

Backpacking Leaders Packet

This packet is for of Trails Club backpacking trip leaders. It includes documents describing club policies for backpacks, planning information, and all the forms needed. All leaders should read this entire document and then use the appropriate forms.

Trails Club Policies

- **Leader Requirements** (1 page) – TCO requirements for leading a backpack.
- **Backpack Trip Rating Guide** (1 page) - A description of the trip rating system used on Trails Club backpacks

Useful Info

- **Leader Tips** (1 page) – A How-To list to help backpack leaders Backpack Trip Rating Guide
- **Backpack Write-up for Blazer & Web** (1 page) – How to write your Trip announcements

Forms

These are the forms used on every backpack trip. Use only one Trip Log/ Sign-up Sheet per backpack trip. When you return home mail in the Trip Log / Sign-up Sheet and Trip Report along with a check for the hiking fees you have collected. *All fees are to be collected before the trip.* These include hike fees (\$1 per day for members, \$2 per day for non-members) shared food cost, shared travel expenses, etc. Complete and carry important forms with you and please see that your participants fill out and carry their proper forms

- **Trip Log/Sign-up Sheet** (2 pages) – This is a standard sign-in sheet used on all TCO trips. It includes *Recognition of Risks* and *Declaration of Intent* statements and must be signed by all participants. Use only one Trip Log/Sign-up Sheet per trip.
- **Trip Report** (1 page) – This is a standard TCO trip report that summarizes the trip.
- **Medical Emergency Rescue Request** (1 page) – This is a form to be used in case a medical emergency rescue is needed. It prompts you for the information that should be collected BEFORE someone goes or calls for help. It needs to be carried by the leader.

Participant forms

These are the forms that each participant must fill out. The leader is also a participant, so should fill these out as well. All participants need to carry an Emergency Contact Information form in a place that is easy to access in case of an emergency.

- **Application for Backpack** (1 page) - The Application for Backpack needs to be filled out sent to the trip leader. This registers you for the trip.
- **Emergency Contact Information** (1 page) - Complete and carry the emergency Contact Information form with you. It shows information that may be needed in case of a medical emergency.
- **Participant Feedback** (1 page) - At the end of the trip mail in the completed Participant Feedback form to the Trails Club PO box.

Optional Trip Information

Some trips may be longer or more involved than others. The following are examples of ways to provide participants with more detail about a long trek. These are really not needed for most simple trips.

- **Sample Backpack Details/Prospectus** (6 pages)
- **Sample Distance versus Elevation Chart** (2 pages)

Requirements for Trails Club Backpack leaders

- 1** Must be Trails Club member
- 2** Must participate on at least 1 Trails Club backpack and be approved by the leader as a capable backpacker
- 3** Must co-lead at least 1 Trails Club backpack under guidance of experienced leader and must be approved by the co-leader as qualified to lead solo
- 4** Must attend Backpack leadership training by Trails Club; this is recommended through 2009, required as of 2010
- 5** Recommended to have current 1st aid & CPR training
- 6** Recommended to have attended Trails Club general backpack seminar

Backpack rating

It would be nice if there was a definitive, standard rating system for backpack trips. A system that covered all the factors, and which worked for everyone. But unfortunately there ain't no such system.

So here is a basic rating system. It is based on participant experience, # of days on the trail, elevation gain, daily mileage, and trail conditions. Following it are some factors that may affect the rating. It assumes that a participant is an outdoor enthusiast in reasonably decent physical condition.

A: Participants may include beginning or 1st-time backpackers. Trip of short duration, typically 2-days / 1-night or geared for beginners. Moderate elevation gain, less than 1,000' per day. Daily mileage in single digits. Trails in generally good condition.

B: Participants should be strong hikers and have some backpack experience. Multi-night trips. Elevation gain of up to 2,000' per day. Daily mileage may reach double digits. Trails may range from good to rugged condition.

C: Participants should be strong hikers with considerable backpack experience. Multi-night trips. Elevation gain may exceed 2,000' per day. Daily mileage may reach double digits. Trails may range from good to rugged condition. May include off-trail or cross-country travel.

The above provides a general guideline for the trip rating. The leader should consider other factors which can significantly alter the basic trip rating. Bottom line: It is ultimately up to the trip leader to determine the trip rating based on all the information that he or she has available.

Factors which can affect the trip rating: notice how many you can not directly control

- number of days on the trail: more days = more food & gear to carry, heavier packs, rougher trip
- number of rest days: add to duration of trip, but also provide a break from trail rigors
- age of participants: generally younger means more resilient
- base elevation: even level travel is more taxing at elevation
- condition of trails: any deviation from trails in good condition can slow the pace and add to the difficulty; slick from moisture, small pebbles on steep downhill, early season ruts from horses on wet trails; tree blow-down; stream crossings; rocky trails; roots in trails
- cross country travel: generally XC travel is more rigorous than trail travel
- distance traveled over the duration of the trip: greater distance usually means more effort
- distance traveled per day: greater distance usually means more effort
- elevation gain: elevation gain is always more rigorous than level travel
- elevation loss: travel downhill under a full backpack can strain joints
- grade (steepness) of trails: Steeper trails are generally more taxing than level trails, regardless of whether the travel is up or down
- health or physical condition of participants: illness, injuries can slow person down
- pace: what may be comfortable for the leader may grind someone else into the ground
- time of day for the trail travel: travel in full sun, in very hot or very cold temperatures, when fighting a wind, or through the routine afternoon shower can add to the rigors
- time of year: affects the # hours of daylight, the average temperatures, the availability of water, the bug population, the weather; may also affect which of trip goals can be met
- weather: temperature / rain / snow / wind
- weight of packs & gear carried: typically pack weight increases with each day of travel; this may also be a factor for those participants who bring too much or unnecessary food

SUGGESTIONS FOR THE TRAILS CLUB TRIP LEADERS

BEFORE THE TRIP

- SCOUT your trip; be sure of the trail conditions and driving route (print directions if needed).
- CHECK weather reports the day before for possible snow, ice, heavy rain...

DAY OF THE TRIP

- BE THERE (at the meeting place) 10-15 minutes ahead of the appointed time.
- ADVISE everyone about the trip – weather, length, elevation gain, driving time, miles, approximate return time of the trip and any need for a permit.
- CHECK that all participants have the appropriate and adequate gear/clothing for the trip.
- TAKE aside anyone that is not prepared: explain and invite them to join us at another time.
- HAVE members and guests sign in and collect trip fees.
- SEE that everyone has transportation and exchange cell phone numbers with each car.
- TRAVEL together (if needed) or provide a map.

AT THE TRAIL HEAD

- GETTING to know the group, have everyone introduce themselves. Take head count.
- COVER your expectations with the group; staying together, not going ahead, breaks, etc.
- APPOINT a rear guard ("sweep" which will stay behind the last person in the group).

DURING THE TRIP

- PACE should be slow at first until you determine if all can keep up.
- WAIT at trail junctions until your rear guard is in sight and your party is together.
- STOPS should be made for a short rests, clothing adjustments and lunch. Take your time as determined by the group needs.
- ASK someone to write and submit a few lines for the next newsletter.
- DO a head count at the end of the activity.
- BE sure that everyone's car starts before you leave the trailhead parking lot.

AFTER THE TRIP

- SUBMIT the Trip Log & Report with a check (not cash) PROMPTLY to the TCO PO Box.

Thank You

Backpack Write-up for Trail Blazer & Web

The write-up should be your attempt to “sell” your backpack to the desired audience. That means you should consider the purpose for your trip and what type of people you would like to participate. It will not be the only communication with potential participants. You should provide enough information about your trip to attract attention and yet do some basic screening. So describe some highlights of the trip as a carrot, but also note any special physical requirements.

When people contact you to express interest, you can screen them via questions and/or with an application.

Once you have done any necessary screening, you can provide additional information (if necessary) via the trip prospectus or other means. So you don't have to provide ALL DETAILS in the initial write-up.

There is no form for the write-up, but here are some suggestions of what information to include:

- Month Dates (Days) Title – Class: this is required and will be the header line in the bulletin & on the web
- see the [Backpack Trip Rating Guide](#) on the web to determine the Class (rating)
- some of perks & highlights so you can SELL the trip to the audience that you want
- location & brief description
- purpose of the trip
- emphasize the points that will convey your picture of the trip to the kind of people you would like to accompany you
- expected or required physical condition or facts such as mileage and/or elevation to convey that
- total mileage or average mileage per day
- # of BP days
- # of layover days
- travel plans
- deadlines
- constraints
- who should they contact & how

Here is an example:

May 1-2 (Sat-Sun) North Lake backpack - Class C

North Lake is west of Mt Defiance. 12 miles round trip with 3800 foot elevation gain. This will include a strenuous hike up to a nice little wooded lake. Maximum 12 to register. We can take the same trail back down or climb up to the ridge above the lake for a loop trail which may include Green Pt Mountain. Must register with leader.

Leader: Linda Conrad lcgrconrad@aol.com or 360-837-3875

Trails Club of Oregon – Trip Log

Trip Date: include yr.	Activity Name:	Activity Miles:	Rating Level:
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PLEASE READ PRIOR TO SIGNING THIS FORM

Recognition of Risks

The Trails Club of Oregon was organized in 1915 primarily for the enjoyment of outdoor activities such as trail hiking, backpacking, x-c skiing, cycling, camping and other similar activities. While the club has had an excellent record, it is the responsibility of the Trails Club of Oregon to inform you that these activities, although peaceful in nature, can be dangerous and as such can cause severe injury and even death due to conditions and forces which we cannot predict. Having made you aware of these facts, the Trails Club of Oregon believes you make your own decision regarding your participation in these activities.

Declaration of Intent

I acknowledge that the Trails Club of Oregon has apprised me of the dangers and hazards, hidden or apparent, in the various activities it sponsors, as outlined to the left. I elect to accept such risks and undertake them on my own responsibility. My signature below signifies I hereby, release and forever discharge the Trails Club of Oregon and its elected officers from any claims or demands for resultant injuries or even death, sustained by me, while participating in a Club sponsored event. **I also understand that the Trails Club of Oregon requests that I carry on my person or in my pack, emergency medical and contact information in the event that it is needed.**

Trip Fees: **Members** - \$1.00 each day of activity
 Guests - \$2.00 each day of activity

FWOC Member - \$1.00 each day of activity
Children (14 years or less) – None

Recommended donation to driver for miles driven: \$0.10-\$0.15 x _____ miles = \$ _____ (max. \$0.20-\$0.30 per car)

Guests: For information about our club please request a brochure from today's leader or visit www.trailsclub.org

	Name	Signature to Accept Terms	Member/ Guest	Phone #	Email	Fee
	Please Print		M or G			
Leader/ 1						None
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

Trails Club of Oregon – Trip Log

Date:	Activity Name:	Activity Miles:	Rating Level:
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PLEASE READ PRIOR TO SIGNING THIS FORM

Recognition of Risks

The Trails Club of Oregon was organized in 1915 primarily for the enjoyment of outdoor activities such as trail hiking, mountain and rock climbing, skiing, cycling, swimming, camping and other similar activities involving the out-of-doors. While the club has had an excellent record, it is the responsibility of the Trails Club of Oregon to inform you that the activities, although peaceful in nature, can be dangerous and as such can cause severe injury and even death due to conditions and forces which we cannot predict. Having made you aware of these facts, the Trails Club of Oregon believes you make your own decision regarding your participation in these activities.

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I acknowledge that the Trails Club of Oregon has apprised me of the dangers and hazards, hidden or apparent, in the various activities it sponsors, as outlined to the left. I elect to accept such risks and undertake them on my own responsibility. My signature below signifies I hereby, for myself, my heirs and personal representatives, release and forever discharge the Trails Club of Oregon and its elected officers from any claims or demands for resultant injuries or even death, sustained by me, while participating in a Club sponsored event. **I also understand that the Trails Club of Oregon requests that I carry on my person or in my pack, emergency contact information in the event that it is needed.**

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Guests: For information about our club please request a brochure from today's leader or visit www.trailsclub.org

	Name	Signature to Accept Terms	Member/ Guest	Phone #	Email	Fee
	Please Print		M or G			
16						
17						
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Trails Club of Oregon – Trip Report

Please return completed Trip report and log with a check for the fees collected to: TCO, PO Box 1243, Portland, OR 97207. If possible, email a write-up to blazer@trailsclub.org for the Trails Trodden section of the newsletter.

Trip Name: _____		Date: _____
Leader: _____	Activity Miles: _____	Rating Level: _____
Weather: _____	Activity Time: _____	Elevation: _____
# of Members: _____	# of Guests: _____	Total # of Participants: _____
Meeting Location: _____	Total Miles Driven: _____	Total Driving Time: _____

For the record and to help in future planning, describe the trip in detail below, particularly the less well known trips.

Driving route (highway numbers, distances, towns, route to the trailhead):

Trip details (route description, maps used, trail condition, water supply, views, flowers, geology, special features, unusual incidents, etc.):

Do you recommend repeating the trip? Y or N **If yes, at what time of the year?** _____

Do you have suggestions for variations or improvements?

IN CASE OF AN ACCIDENT, COMPLETE THIS SECTION: <i>(notify the Trips Trustee and TCO President asap)</i>	
Name of injured person:	
Address & Phone #:	
Type of injury:	
Treatment given:	
Where taken (hospital)	

MEDICAL EMERGENCY RESCUE REQUEST		
Name:	Age:	Sex:
The victim is (circle):		
Alert & Oriented	Verbally Responsive	Painfully Responsive Unresponsive
Heart Rate:		
# of beats per minute: _____	Regular or Irregular	Strong or Weak
Respiratory Rate:		
# of breaths per minute: _____	Labored or Unlabored	
Pupils:		
Equal, Round & Reactive to Light		
Skin:		
Color: _____	Temperature: _____	Moisture: _____
Date & approx time of accident/illness:	Last ate:	

Victim's chief complaint is:
Injuries to: (circle any that apply)
Head Face Neck Shoulders Chest Abdomen Pelvis
Lumbar Region Upper & Lower Extremities Back & Spine
Description of injuries:
Victim found in (position):
Weather & Terrain:
Location of Accident:
Remaining at Scene:

Trails Club Backpack Participant Application

Applicant Name: _____

Street Address: _____

City/State/ZIP: _____

Home Phone: _____ Work: _____ Cell: _____

E-Mail: _____ DOB: _____

Membership Status: Member, FWOC Member, Non-Member

Emergency Contact

Name: _____ Relationship: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone number(s) _____

Experience as relates to this backpack. Please list training and experience such as other backpacks attended, current fitness program. Attach an additional page if necessary.

Medical or physical condition leader should be aware of _____

Have you passed a recent First Aid Class? ___ When? _____ CPR Class? ___ When _____

RECOGNITION OF RISKS

The Trails Club of Oregon was organized in 1915 and currently promotes the enjoyment of outdoor activities such as trail hiking, mountain and rock climbing, skiing, cycling, swimming, camping, and other similar activities involving the out-of-doors. While the club has had an excellent safety record, it is the responsibility of the Trails Club of Oregon to inform you that these activities, although peaceful in nature, can be dangerous and as such can cause severe injury and even death due to conditions and forces which we cannot predict. Having made you aware of these facts, the Trails Club of Oregon believes you must make your own decision regarding participation in these activities.

DECLARATION OF INTENT

I acknowledge that the Trails Club of Oregon has apprised me of the dangers and hazards, hidden or apparent, in the various activities it sponsors, as outlined above, and I elect to accept such risks and undertake these activities on my own responsibility. My signature below signifies I hereby, for myself, my heirs, and personal representatives, release and forever discharge the Trails Club of Oregon and its elected officers from any claims or demands for resultant injuries or even death, sustained by me, while participating in a Club sponsored event. Furthermore, I am financially responsible for the costs of any medical treatment or evacuations, requested by me or others on my behalf, should I become seriously ill or injured.

Applicant Information

(Please Print)

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Trails Club Member (Yes) or (No)

SIGNATURE _____ DATE _____

SIGNATURE of parent or guardian if applicant is under 18 _____
DATE _____

TRAILS CLUB BACKPACK MEDICAL FORM

(Please Print - This form will be kept confidential)

Backpack: _____ Today's Date: _____

Name: _____ Date of birth: _____ Age: _____

Address: _____ City: _____ State: ____ Zip: _____

Phone: _____ Email: _____

Emergency Contact

Name: _____ Relationship: _____

Address: _____

Phone: _____ Cell/Pager: _____ Email: _____

Doctor's Name: _____

Clinic Name & Address: _____

Phone: _____ Fax: _____ Email: _____

Medical Insurance

Name: _____ Group/Policy#: _____

Address: _____

Phone: _____ Fax: _____

The following information is necessary before participation in this Trails Club Outing. It is essential to have this information in case of illness or accident.

1. Do you have any medical problems, issues or limitations? No ____ Yes ____

If yes, please explain:

2. Has a medical professional seen you for a medical condition in the past 12 months? No ____

Yes ____

If yes, please explain:

3. List your current prescriptions, natural, and over-the-counter medication (aspirin & etc.) that you are now taking: (drug name, dosage and frequency)

4. Have you taken any medication in the past 6 months that is not listed in part 3?

No ____ Yes ____ Please list:

5. Allergies to food, medications, or the environment? No ____ Yes ____ Please list.

6. Current tetanus immunization? No ____ Yes ____ Please list date:

The Outing leader will keep a copy of this during the outing in case it is needed. Please keep a copy of this completed form with you at all times during the outing.

Signed: _____ **Date:** _____

Participant Feedback

Your name: _____
Name of event: _____
Dates: _____

Leader: _____
Rating: 1 (very good) 2 3 (average) 4 5 (needs improvement)
Comments / Suggestions / Concerns: _____

Trip: _____
Rating: 1 (very good) 2 3 (average) 4 5 (needs improvement)
Comments / Suggestions / Concerns: _____

Destination: _____
Rating: 1 (very good) 2 3 (average) 4 5 (needs improvement)
Comments / Suggestions / Concerns: _____

Travel arrangements: _____

Lodging when not on trail: _____

Highlights: _____

Further comments: _____

Trails Club of Oregon

Name of trip

Dates of your trip

This is a sample of some of the detailed information that could be included as an additional document for participants on a backpack. The specific information will depend on the type of trip, familiarity with the participants, etc. Make it work for you and your trip by removing sections that don't pertain and adding sections that you feel are needed..

If you are leading for a group other than the Trails Club of Oregon, check the leader manual for that group.

-Brief description of the trip

This is typically the trip write-up used to publicize the trip.

Example: This will be a 6 day (5 night) backpack in the Goat Rock Wilderness area of Washington with a total of 40 miles and 6500 feet of elevation gain. There will be little if any off trail hiking but the trip is rated as a "C" due to poor condition of some of the trail and the possibility of snow on the Packwood glacier. We will have one lay over day near Snow Grass Flats.

-Leaders

Leader and any assistant leaders.

Name	Phone number	Email	Address

-Participants

Name	Phone number	Email	Address

-Forms to be completed

Different clubs have different forms. Examples of Trails Club forms include:

- Release Form**: Complete this form, sign it, and return it to leader
- Emergency Contact Form**: Complete this form and carry it in your 1st aid kit throughout the outing.

-Schedule of events

- Fri, Aug 13:
 - travel to Mammoth Lakes (fly to Reno; pick up rental vehicle)
 - check in at Sierra Nevada Roadway Inn
 - restaurant for dinner
- Sat, Aug 14:
 - restaurant for breakfast
 - ranger station? / check out Mammoth Lakes? / last minute items?
 - drive to trailhead for dayhike / lunch on hike
 - clean up at Sierra Nevada Roadway Inn
 - restaurant for dinner
- Sun, Aug 15:
 - restaurant for breakfast
 - check out from motel
 - shuttle bus to Agnew Meadows TH
 - begin BP
- Mon, Aug 16 - Fri, Aug 20:
 - BP
- Sat, Aug 21:
 - complete BP

- shuttle bus to vehicles
- check in and clean up at Sierra Nevada Roadway Inn
- restaurant for dinner
- Sun, Aug 22:
 - check out of motel
 - early departure at least for fliers
 - eat along drive
 - return rental vehicle at Reno airport
 - flight / drive to PDX

-Air travel

- bus & MAX to get to airport
- Rich, Anne, Ken, and Judith will fly from PDX to Reno & rent a vehicle
- Southwest Airlines (SWA) / only carrier with non-stop flights / flight info available for 6 months out
- (800) 435-9792 / www.IFlySWA.Com
- fares to check out: Advanced Purchase Fare (round trips), Fun Fare (1-way); Promotional Anytime (1-way)
 - Sat, 8/13 / Flight 1357 / be at PDX airport 60 minutes in advance
 - Lv PDX Ar Reno
 - 9:45 11:05
 - Sun, 8/22 / Flight 1043 / be at Reno airport 90 minutes in advance
 - Lv Reno Ar PDX
 - 10:50 12:10

-Land travel

- Doug will leave early Thursday for drive to Mammoth Lakes / fliers get packs to him before then
- Bob drive from Salt Lake City to Mammoth Lakes
- 164 miles from Reno to Mammoth Lakes, roughly 3 hours driving time
- four fliers rent vehicle at airport in Reno
- booked vehicle rental via SWA website / cancel via website / questions or changes, Budget at (877) 468-7835
- Budget / Confirmation 45404209US4 / \$460.37 / SUV (Ford Explorer or comparable)
 - pick up Reno airport 11:30 AM Friday, Aug 13
 - return Reno airport 10:30 AM Sunday, Aug 22

-Meals while traveling

- | | |
|------------|-------------------|
| Fri Apr 10 | lunch, dinner |
| Sat Apr 11 | breakfast, lunch |
| Sat Apr 18 | breakfast, dinner |
| Sun Apr 19 | breakfast |
- options: bring food along, buy grocery store, eat at airport or restaurant

-Meals when on South Rim at Grand Canyon

- | | |
|------------|-------------------|
| Sat Apr 11 | dinner |
| Sun Apr 12 | breakfast, dinner |
| Mon Apr 13 | breakfast |
| Fri Apr 17 | dinner |
| Sat Apr | breakfast |
- options: eat at restaurant, buy at store and prepare in camp

-Meals when on hike and backpack

- | | |
|---------------------|------------------------------------|
| Sun Apr 12 | lunch |
| Mon Apr 13 | lunch, dinner |
| Tue – Thu Apr 14-16 | 3 breakfasts, 3 lunches, 3 dinners |
| Fri Apr 17 | breakfast, lunch |
- total of 4 breakfast, 6 lunches, 4 dinners

-Lodging / trailhead accommodation

This is only needed for trips in which the participants will spend a night before or after the trip away from home. If you plan to stay in a motel, you can let the others know how to contact the motel in case they want to make reservations. For those who plan to camp at the trailhead, let the participants know about water supply, costs, et

-arranged through Sherry, AAA, (503) 243-6434

-Rich has a AAA membership / if anyone else is a member, bring your AAA card / the card may be needed for these rates

-Fri, Aug 13 / Sat, Aug 14 / Sat, Aug 21

-three rooms, all: 1st floor / non-smoking / 2 Qs / \$98.10 per night per room, taxes + fees additional / \$10 / per night additional for room w/three people

-room pairings: Bob & Doug (Benton reservation); Anne & Ken (Pekie reservation); Rich & Judith (Fuhs reservation)

-Sierra Nevada Rodeway Inn

164 Old Mammoth Rd / POB 918

Mammoth Lakes, CA 93546

(760) 934-2515

pool, so bring suit!, spa, continental breakfast

-Where & When to Meet:

If relevant. May apply to meeting in Portland, at PDX airport, at destination airport, at destination lodging, at trailhead – whatever is relevant for your trip.

-Information about area where staying

In this example, Mammoth Lakes, CA

-ranger station / Hwy 203:

-get permit; need to have reservation form

-check trail & backcountry conditions

-check bear situation

-check shuttle bus schedule, stops, & vehicle parking; for BP, single fare covers shuttle on both ends of trip

-Whiskey Creek Mountain Bistro / 24 Lake Mary Rd (good!)

-Vons Supermarket / 481 Old Mammoth Rd

-Mogul restaurant / just N of motel

-check AAA book & Chamber of Commerce magazine for things to do & see in area

-Schat's Bakery / 3305 Main St (there was also one in Bishop)

-<http://mammothweb.com/recreation/hiking.html/siteseeing/sites.html>

-Panorama Gondola / goes to 11,053' summit of Mammoth Mtn / great views

-Minaret Vista Point: best civilized spot to see Ritter, Banner, Minarets, & San Joaquin River drainage; also TH for trail to San Joaquin Ridge

-Weather on the area where staying and backpacking

In this example, the South Rim and in the Canyon in April

Average April temperatures, South Rim High 60, Low 32

Average April temperatures, within Grand Canyon High 82, Low 56

-here is the URL of the [Grand Canyon web site](#); note that the weather forecast on the South Rim includes rain, snow, and freezing temperatures; note that the forecast for Phantom Ranch (located near the bottom of the Canyon) includes rain and high winds

Bring clothing & sleeping gear to handle both climates; you likely won't need your warm clothing below the rim, and won't need summery clothing on the rim

-Trail and backcountry guides

Roper, Steve. Sierra High Route, Second Edition. The Mountaineers. 1997

Secor, R. J. The High Sierra: Peaks, Passes, and Trails, Second Edition. The Mountaineers. 1999

Winnett, Winnett, Morey, and Haber. Sierra North: 100 Backcountry Trips in California's Sierra, 8th Edition. Wilderness Press. 2002

-Maps

Here you list the necessary maps of the area and where to purchase them.

- recommended map: Devils Postpile / Tom Harrison Maps / scale 1:39,600 / 80' contours / plastic - weatherproof / updated 2003 / \$8.95 + \$2 shipping
- other good maps:
 - Ansel Adams Wilderness** / Forest Service / scale 1:63,360 / 80' contours / paper / \$10.95
 - Devils Postpile** / Wilderness Press / scale 1:62,500 / 80' contours / plastic / \$4.95 + \$3.75 shipping
 - Mammoth High Country** / Tom Harrison Maps / scale 1:63,360 / 80' contours / plastic - weatherproof / updated 2004 / \$8.95 + \$2 shipping
 - Mammoth Mtn** / USGS topo / scale 1:24,000 / paper / \$6 / this covers the area close to the trailheads
 - Mt. Ritter** / USGS topo / scale 1:24,000 / paper / \$6 / this covers the backcountry portion
 - custom map from Topo software / National Geographic based on USGS maps / available from kiosk in some REI stores or from the Topo software package for home use / scale 1:24,000 or 1:30,750 or a compressed USGS quad / contours vary / plastic / \$7.95 / elevations in metric
- sources for some or all of these maps:
 - Tom Harrison Maps / www.TomHarrisonMaps.Com / (800) 265-9090
 - Wilderness Press / www.WildernessPress.Com / (800) 443-7227
 - Inyo National Forest Ranger Stations / www.fs.fed.us/r5/inyo/maps/index.html

-Gear

You may want to include a gear list, but it is not required, especially for experienced people or those you have backpacked with previously. However, you should list anything that is somewhat unusual or particular to this trip. Examples would be a bear container, ice ax, footwear for wading streams, sleeping bag to handle the coldest anticipated night temperatures., etc.

This would also be a good place to let the participants know about anticipated night time temperatures and to remind them to have gear for hot, cold, wet, windy weather.

- the gear to be divvied up among the group consists of the water filters, the water buckets, and the group 1st aid gear
- whistle**: EVERYONE carry one in an easily accessible place
- bear canister** / food storage: **BEAR CANISTERS ARE REQUIRED**
- GO LIGHT!!!: your feet & body will thank you, and you'll likely enjoy the trip more
- aside from shared gear, each of us should be completely self-sufficient in the backcountry
- tents**: all solo except Anne & Ken
- food**: how many meals they need to bring and also any meals at the trailhead
 - all managing their own food except Anne & Ken
 - 1 lunch for dayhike
 - 6 breakfasts for BP
 - 7 lunches for BP
 - 6 suppers for BP
 - 1 lunch as emergency food; avoids the need for additional fuel
- Overall:
 - 9 lunches
 - 6 breakfasts
 - 6 suppers
- stoves / cookware / fuel: each cooking pair will handle their own needs; cooking pairs are: Anne & Ken / Doug / Bob & Rob / Judith & Rich; each pair brings stove(s), cookware, & fuel for their pair; only guideline is that for consistency and interchangeable parts, use canister stoves which use MSR-type (screw-in) canisters
 - I plan to bring enough fuel for the 12 breakfasts and suppers; from my last three 12 oz canisters of fuel, I have gotten 14, 15, & 17 meals; thus I figure one 12 oz canister should accommodate me, based on the following:
 - I heat one pot of water per meal. Most of you heat multiple pots of water per meal, so you should adjust your fuel needs appropriately. I would suggest at least one 12 oz canister and one 6 oz canister (I think that is the smaller size), more likely two 12 oz canisters PER PERSON. Use your judgment.
- water filter: Rich, Anne, Bob, Ron at least a minimum
- water bucket: Doug and Rich at a minimum

- hammer: Rich, Ken
- backup water purification: everyone should have some backup water treatment beyond filter and boiling
- 1st aid: bring your personal needs / Rich will bring 1st aid booklet, fresh anti-histimine & immodium, & other group items / Rich has current 1st aid & CPR certification
- hiking pole(s): helpful along trail for steep ups & downs, stream crossings, and lengthy downhills / may get in way for bouldering and off-trail scrambling
- consider: alternate footwear for stream crossings / day pack or equivalent for dayhikes / short gaiters to keep debris out of boots

-Miscellaneous items

- purpose: have an enjoyable time wandering amid spectacular scenery; physical challenge; pictures; camaraderie
- goals: keep distances traveled under pack to single digits per day
- altitude will be a factor: our travels will take us between 8,000' and 11,000+' / altitude sickness will be a possibility / Diamox, Ginkgo, plenty of water, & recent acclimatization at altitude may help to minimize effects
- physical conditioning important: altitude / heavy packs / eight successive days on trail
- sun protection important: consider sunscreen / hat / long sleeves / long pants
- range of temperatures: 32°F to 80+°F
- late afternoon rain showers are not uncommon
- we may encounter snow & ice on dayhikes to south and north sides of Banner & Ritter

-Dayhike information

- we'll use the shuttle bus to get to various trailheads to visit Rainbow Falls, Minaret Falls, and Devils Postpile, but I sure would like to sometime complete that South Lake-Bishop Pass dayhike from two years ago!
- numerous other hikes are available nearby

-Backcountry information

- there will be camping restrictions near several of the lakes; we will learn the current specifics when we pick up our permit
- there will be fire restrictions, but I don't expect or want any open fires, so this is a non-issue
- no personal vehicles are allowed to the trailheads; we will take a shuttle bus (fee) to and from the trailheads

-Permit

- Any special permits or Trailhead parking pass required.
- phone reservations for Inyo National Forest: (760) 873-2483
- reservation #41012
- permit is for 10 people (\$5 per head) starting at Agnew Meadows TH toward Shadow Lake
- pick up permit at any ranger station within 2 days of start of trip
- alternate leaders are Bob & Doug, meaning they can pick up permit if Rich can't

-Backpack or back country route

Here you can describe in greater detail what you anticipate. Here is an example of where the specific camps and route would be determined as the trip progressed.

- the trip will likely be a combination of days of moving camp under full pack and days with hikes and return to same camp
- the specific route and camps will be determined as we go
- there will be segments of off-trail or cross-country travel; these segments will likely be considerably more rugged than trail travel and may involve travel over boulders and/or talus
- we will probably get up close and personal with or at least appreciate the view of the following features in roughly the following sequence:
 - Shadow Lake
 - Ediza, Iceberg, Cecile, and Minaret Lakes
 - Minaret Range
 - Mt. Ritter

- Banner Peak
- Garnet Lake
- Thousand Island Lake
- Lake Catherine

- a camp in the Ediza / Iceberg / Cecile area would allow a dayhike to the SE, possible loop / there could also be a dayhike SW toward Banner & Ritter
- a camp near either Garnet or Thousand Island could allow us to explore around and between either or both of those large lakes
- a camp near Lake Catherine would be a high-elevation camp and allow more exploration S & W of the Ritter Range

Here is an example of a more structured trip where the itinerary for each day was planned in advance, which is more typical.

- Day 1: we will carpool to Mountain Village and then leave a car at Godforsaken trailhead. We will then travel to Out of the Way trailhead in the other two cars and begin our hike about 1:00 pm. Hike 6.5 miles with 1300 feet elevation gain. Some water along way. We camp at Beauty Lake (5650 feet elevation). Bears are common at this lake.
- Day 2: 10.2 miles and 2500 feet elevation gain. We will take the Beauty trail to Crimson Lake and then take Robinwood trail to our camp at Deep Lake. There are water sources along the trail. The camp is at 6700 feet. We will camp here for two nights
- Day 3: Those who want can make the trip to Easy Basin (6 miles and 600 feet of gain). Swimming is said to be wonderful at Deep Lake but we will not be alone so swim gear is suggested.
- Day 4: Hike on the Jackass trail for 8 miles (1250 elevation gain) to our camp at Brown Rock Butte. We will be crossing the Tiny Glacier which is mostly melted out and we will also be on a section of trail that is eroded and narrow in places.
- Day 5: We begin this day with a 1500 ft. climb to Woozy Pass. From this 7400 foot pass we will see most of the Special Range. We travel on good trail and descend to 5000 feet where we camp at Wild Harry Creek. Total mileage for day is 9. No water for most of the day.
- Day 6: Descend 1000 feet in 7 miles to trailhead. Drivers will pick up the car left at the Godforsaken trailhead. Drive home.

-Map of trip from internet

Very similar to what I expect we will cover: <http://doors.stanford.edu/~sr/ansel-adams-2003/map.jpg>;

-Trees we are likely to see

For those with a botanical nature

aspen	fir, red, others?	hemlock, mountain, others?
pine, lodgepole	pine, western white	pine, whitebark

-Flowers / plants we are likely to see

For those with a botanical nature

bitter brush	columbine	corn lily	delphinium	heather, red
heather, white	larkspur	lupine	monkey flower	mountain alder
paintbrush	penstemon	rock fringe	sagebrush	scarlet gilia
shooting star	tiger lily	willow	Tolmie's saxifrage	stickleaf
lovage				

-Details of specific places / features lifted from guidebooks

Presented in roughly the sequence we are likely to encounter them; the features highlighted in yellow are ones we can expect to see up close (this is much more detail than you are likely to even need to provide)

	A	B	C	D	E	F	G
1			Distance (miles)				
2			From	Total	Elevation (feet)		
3	Place / Feature	Elev.	prev pt	Total	Change	Daily Gain	Daily Loss
4	Onion Valley Trailhead	9,200	0.0	0.0			
5	Gilbert Lake	10,417	2.2	2.2	1,217		
6	Flower Lake	10,531	0.3	2.5	114		
7	Kearsarge Pass	11,823	3.0	5.5	1,292		
8	Middle & Lower Kearsarge Lake	10,850	1.0	6.5	-973	2,623	-973
9	John Muir Trail	10,530	1.3	7.8	-320		
10	Bubbs Creek Trail	9,550	1.5	9.3	-980		
11	Vidette Meadow	9,600	0.7	10.0	50		
12	Center Basin / Junction Pass Trail	10,500	2.8	12.8	900	950	-1,300
13	Lake 12,248	12,248	3.5	16.3	1,748		
14	Forester Pass	13,180	1.0	17.3	932		
15	JMT X outlet stream	11,180	3.6	20.9	-2,000		
16	Lake 11,400	11,400	0.4	21.3	220	2,900	-2,000
17	JMT X outlet stream	11,180	0.4	21.7	-220		
18	Lake South America Trail Jct.	11,160	0.7	22.4	-20		
19	Tyndall Creek	10,900	0.3	22.7	-260		
20	Shepherd Pass Trail	10,930	0.1	22.8	30		
21	Bighorn Plateau / rest break	11,400	2.0	24.8	470		
22	Wright Creek	10,790	1.5	26.3	-610	500	-1,110
23	Wallace Creek	10,390	1.1	27.4	-400		
24	Saddle	10,964	1.6	29.0	574		
25	Sandy Meadow / lunch break	10,636	0.8	29.8	-328		
26	Pacific Coast Trail Jct.	10,880	0.9	30.7	244		
27	Rock Creek Trail Jct	10,640	1.3	32.0	-240		
28	Meadow / water break	10,858	1.2	33.2	218		
29	Timberline Lake	11,070	0.7	33.9	212		
30	Campsite above Guitar Lake	11,630	0.9	34.8	560	1,808	-968
31	Guitar Lake	11,483	0.2	35.0	-147		
32	John Muir / Mt. Whitney Trail Jct.	13,560	3.0	38.0	2,077		
33	Mt. Whitney summit	14,494	2.4	40.4	934	2,077	-147
34	John Muir / Mt. Whitney Trail Jct.	13,560	2.4	42.8	-934		
35	Trail Crest Pass	13,600	0.2	43.0	40		
36	Trail Camp	12,000	2.2	45.2	-1,600		
37	Mirror Lake	10,645	2.0	47.2	-1,355		
38	Outpost Camp	10,365	1.0	48.2	-280		
39	Lone Pine Lake Trail	10,080	0.6	48.8	-285		
40	Whitney Portal	8,361	2.3	51.1	-1,719	40	-6,173
41					Total	10,898	-12,671

Sierra 1997 Backpack - Distance vs Elevation

