

THE

HANDBOOK

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THE

· UNIVERSITY OF CALIFORNIA

HIKING CLUB

1953

Office:
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PREFACE

The compiling of material and publication of this Handbook has long been the desire of the University of California Hiking Club. The idea was first approved and formal action started in 1951. The purpose of the publication was two-fold: To acquaint the new member to the club and assist him in preparing for trips and introduce to him the various club activities: To act as supplementary quide to the older members by introducing some new and old time-tested ideas to make the time spent with the Club, both at the University and on trips, as enjoyable as possible.

All the material and ideas have come from the members themselves. One of the chief problems in publishing such a handbook has been presenting the material in such a way as to be interesting for both the old and new member. Each contribut, has attempted to present only basic concepts. The editors have tried to compile these articles into a concise book and to avoid subsequent repitition.

A deep hearted "tranks" is due all the many members who have helped make this booklet possible through their diligent work the past several years. Each article submitted was iven careful consideration. Where more material was submitted than could be economically published, condensation was made by the editors. This handbook is not meant to be a literary masterpiece, but only a guide for the members, by the members, hay everyone get as much joy and assistance as the editors have in compiling this book.

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HISTORY and BNTRODUCTION

The University of California Hiking Club was organized in the Fall of 1948 at a public meeting called by Richard Bower. The club's activities were at first directed strictly to hiking and climbing, but soon the present policy was adopted whereby the club sponsored many other activities of an outdoor or social nature in which sufficient interest was shown. In the club's short history it has sponsored hiking, rock-climbing, skiing, swimming, winter mountaineering, cycling, outside speakers and shows, folk dancing, social dancing, community singing, and volleyball events. Of these activities, a few nave been dropped from the agenda due to lack of interest.

SCHEDULE OF EVENTS

In making out the semester's schedule, the club has tried to follow the policy of having two day hikes, (usually on Sunday), one overnight trip, two rock climbs, and a party each month. In addition, the club sponsors trips during Christmas vacation, between semesters, spring and summer vacations. One of the highlights of the year is the summer high trip; two weeks of back-packing in the Sierras just before registration for the Fall semester. In this way, the UCHC attempts to present a well rounded program for the outdoor enthusiast.

MEMBERSHIP

Membership is restricted to students, faculty, and employees of the University. People not connected with the University may become either associate or special members. Associate members are usually alumni who are still active in the or animation. Special replant

their service in the med forces. With the exception of summer tings and the more rugged mountaineering activities, there are no restrictions as to who may participate in club activities. However, where necessary, members are given preference over non-members. The major summer outings are restricted to members in all fairness, and the more difficult portions of the mountaineering program to those who can meet minimum requirements of skill and experience.

GOVERNMENT

The club is governed by an executive committee consisting of the President, Vice President, Secretary, Corresponding Secretary, Treasurer and four Members-at-Large. Duties of these and other positions will be outlined in Chapter 2. Elections for these top positions are held once each semester. The actual work of the club is done through committees. Membership on these committees is open to any member. Some of these functioning bodies include the service committees: Membership, Transportation, Nominating, Newspaper and Publicity. The program committees are as follows: Tiking, Education, Outings and Entertainment committees. Chapter 2 gives a brief outline of these committee functions.

The newly reorganized Mountaineering Section is a specialized group of members whose activities and outings cover such events as rock-climbing where certain experience is essential. Membership in this section is open to club members who are particularly skilled and experienced in this type of mountaineering. As with the rest of the club, the events and activities are governed by the members themselves for the enjoyment of all.

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D.C. BY. C. ORGANIZATION

A brief description of the Club's organization and the functions of the various branches will help to orient the new member as well as answer some questions of the older club members.

EXECUTIVE BRANCH

While the UCHC is not as highly organized as many other groups of similar size, there is set up a governing body as outlined in the . By-Laws to guide and coordinate the functions of the slub. This is done through an Executive Committee made up of nine members elected from the membership at large. Elections are held each semester for the succeeding semester by ballot. These are sent each member before the end of the term to be filled out and returned for tabulation. Candidates are picked by the nominating committee with adequate time allowed for nominations from the membership as a whole. The nine top people (having the highest number of votes) meet and choose the officers from among themselves.

These officers include: President, Vice President, Secretary, Corresponding Secretary, Treasurer. The Vice-President acts also as the Club Coordinator and is responsible for the preparation of the succeeding semester's events. The other officers perform the usual duties.

COMMITT RES

As was mentioned earlier, the actual running of the club is done by committees. Each semester regular committees are set up, with special committees organized for special events. Membership on these bodies is open to all members. A brief description of their functions

mittee is to keep club members informed of the developments in conservation practices and problems and to help
promote interest in and awareness of natural
history areas and other conservation interests.

During the semester, committee members may be asked to add their viewpoints on recent issues to letters to our congressmen or legislators. The committee takes part in sponsering a worthwhile club conservation project at least once each semester.

Education Committee: Through the holding of general meetings, showing educational films and slides, and sponsoring guest speakers, this committee stimulates club interest and participation in the other activities.

The committee members reserve rooms, obtain films and projectors, purchase refreshements (with the club's money), and organize the general meetings. They also notify the school newspaper of such events.

Since the monthly general meeting is the only way many of the members can assemble at one time, the opportunity to meet all club members is very good.

Entertainment Committee: Their purpose is to arrange for carrying out parties and picnics that are scheduled for the semester.

Committee members take care of building reservations for their events, plan the events for the enjoyment of all, procure refreshments and sporting equipment when necessary, and obtain other forms of entertainment. The planning of folk dance sessions during the semester is also a function of this committee. A good supply of folk and square dance records owned by the club is under the jurisdiction of this group.

marily responsible for the planning and execution of day and weekend hikes.

The committee appoints a leader for each hike and works with him to make sure the trip is well planned, preferable scouted in advance. It is this committee's responsibility to see that the current semester's hikes are satisfactorily organized and to make up the schedule of hikes and short trips for the following semester. This committee offers a wonder ful opportunity for the California Native to express himself, as well as the outsider to become acquainted with the wonderful outing locations around the Bay Area.

Membership Committee: The Membership Committee is responsible for maintaining an up-to-date record of the members (in the card catalog); for issuing membership cards; for registration line sign-up table - in conjunction with the Publicity Committee - during registration week and the first week of school.

The committee takes care of the Bear Track membership list and addresses, and assists in the mailing out of this club newspaper.

Newspaper Committee: The official club organ is the Bear Track. This is published every few weeks during the regular semester announcing the coming trips and exents, reviewing past trips, offering some educational material, and in general tring the club together.

Their functions are to write or have written by the members articles of interest to all. Typing of the stencils, proofreading, drawing of cartoons and stenciling same, and



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printing, are uncomprofiches group.

It is their resultably to determine just what should be and should not be published.

The staff of the paper is chosen from this committee. Such positions may range from Editor to Printer, Artist to Typist. Since the club boasts many members, quite a few are necessary to publish such a paper.

Nomination Committee: This is one committee where all the members are chosen by the President and approved by the Executive Committee. They review the record of each member, suggest a list of nominees for the next elections, request further nominations from the floor, publish any other informative but fair material, and hold the election from the printing of the ballots to the final deadline. This usually consists of five members chosen about mid-semester.

Outings Committee: The purpose is to make the plans and assist in the staging of the five or more outings (4 days or more) that are taken by the club each year.

The committee decides on the locations of these trips, delegates responsible people to lead these trips, and supervises and helps plan the trip (in cooperation with the outings leaders) with regard to equipment, maps, etc. The committee also buys needed maps. New members consequently have a good chance to learn about all the preparations and planning that are necessary to sustain a lengthy trip.

Publicity Committee: Their purpose is primarily to advertise the coming hikes and other club activities.

The committee thinks up and makes its own posters to be displayed in Eshleman Court and the entrances to the University. They are responsible for turning in articles to the Daily Californian and other Bay Area newspapers. Any posting of the clubic activa-



Transportation Committee: The last, but one of the most important in staging any successful event is getting the people to and from the hike or outing. The purpose of this committee is to see that each person signed up for a trip is provided with transportation.

and the Publicity Committee in order to obtain enough cars through those that are available and assign each person to a car. They also arrange for and hire busses and other forms of transportation when necessary.

OTHER BRANCHES

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The above mentioned committees are far from illustrating the full club activities. There are from time to time many other separate groups which are formed or appointed to handle special functions. These may include anything from teaching folk-dancing to writing a handbook. All committees are open to the paid-up members of the club and their suggestions encouraged.

As was mentioned under "Membership Committee", at the beginning of each semester to gain new members the Hiking Club sets up a booth at the Registration Line advertising the club and its activities and solicitating membership. This requires plenty of manpower, and while only a very "short" job as compared to the other semester jobs, its importance is just as great.

The equipment of the club's is under the direction of the Club Quartermaster. All camping gear for club activities must be checked out and returned through this officer. Equipment may be used for private trips when

any club 12... 100. Ald noturned equipment must be checked for cleanliness and breakage or wear through this officer. The quartermaster is in charge of making any necessary repairs.

- HIKE ORGANIZATION -

The items covered in this chapter are of necessity very general in nature. The particular circumstances that present themselves on each trip will vary considerably, and the leaders should take this into due account. This is meant only to be a guide. For more specific material, the files on past hike leaders reports should be consulted.

HILE LEADERS RESPONSIBILITIES

The leader of a hiking group has certain responsibilities whether the hike is the shortest one day trip or our annual two week back packing trip. The equipment that should be brought along on all hikes includes the following:

1. First Aid Kit

2. Club Arrows (sufficient supply)

3. Roster of all Hikers

The advantages of the first aid kit is obvious; the club arrows are used as trail markers; the roster is used as a check for strayed members and as a means of indicating members and non-members. (Non-members are allowed to go on two club events before joining the organization.) The back of the roster steet provides a place for a short summary of the trip giving such information as the prescance of poison oak, trail conditions, etc.

At least one map of the area where the trip is to be held should be had by the leader. This is helpful not only in locating trails, but is of general interest to all those along.

Other responsibilities include scouting the trip and securing property rights.

Scouting the trip several weeks ahead of the scheduled event is a must, unless the leader is very fortistic and a contract the leader is very fortistic.

property rights are of course essention of the route crosses private lands.

The hike or trip leader should encourage the leaving of the campgrounds where the group has stopped as clean, if not cleaner, than when the group arrived. An area strewn with letter after the club has left may cast a tad reflection by the owners or the Forest Service on the Hiking Club.

Some method of introducing all hikers or trip members is a good idea and will tend to make the trip a little more enjoyable for all.

Transportation for the weekend and day hikes are arranged by the Transportation Chairman.



The summer trip transportation is an individual affair so the hike leader is only concerned with getting the group equipment (cook-kits, tarps, first aid kit, arrows) and the food to the hiking area.

The planning for Summer High Trip should be a little more carefully considered. Someone in the group should have some advanced first aid knowledge and the health and stamina of all hikers should be considered by the leader. On all of our previous High Trips we have had some people who have never had any back-packing experience, and remember, the trip is for the enjoyment of all. This means the route should not be too long. The recommended procedure is to have some base-camps from which the more aggressive and rugged individuals can take side trips and wear themselves out any way they desire to.

Last, but not least, the leader should exercise sound judgement on all questions that may arise during the trip. At all times we want the trips to be as safe and enjoyable as is possible.

HIKE ORGANIZATION:

A general plan should be formulated on the routes to be covered, locations, and timing, well aread of the date of the actual event. This will of course very according to the particular trip, but proper scheduling is essential to a successful trip.

For the one day trips past experience has shown that an early departure is appreciated by all, especially when a long automobile trip is necessary. This allows a fair amount of hiking before lunch, and will consequently allow more time for side trips or for travel 10me. Many members feel the last minute studying on Sunday night is an item not to be neglected. Also when considering the trip timing, traffic conditions should be analysed, since Sunday evening traffic can be a very discouraging experience.

is usually done by private auto. Trucks have been used in the past for large groups, but it is recommended at least on auto accompany the truck in case of any emergency. There private cars are used, the drivers should be fully compensated. A flat rate per mile has been suggested and should possibly be followed. Continued imposing upon car ewhers for the use of their cars, especially on long trips, and just paying for the cas and oil has tended to discourage many people from offering their cars for club use.

On long term trips, a schedule of events is useful as a guide and should be made as flexible as possible and yet maintain some significance. Too long a distance of niking and late starts may be avoided with proper and thorough planning. When long distances need be covered, the gradual working up to increased mileage should be followed. These mileages may vary from five miles the first day to about twenty the fourth or fifth day.

Manythikers belowe to the "speed-domon" ass, while others are the "strollers". Especially for long hikes, an alternate leader is advisable to stay with the other group, whichever it may be. At all times, when there is a doubt as to the route, the use of trail signs and/or club arrows is strongly recommended. Since some members hike slower, a mix-up can many times be avoided with these precautions.

Each trip should have a more or less definite objective the participants can point and plan on. This goal has proved helpful in keeping up the spirit when say the weather is not the best for hiking. Singing, whether along the trail or at the evening campfire, stimulates spirit and can mean the difference between a "fair" and a "successful" trip or nike.

A fairly comprehensive review or rehash on the event is enjoyed by all, especially when it brings back memories of enjoyable incidents. One copy, possibly a little less humorous, should be put in a permanent trip file, while the other humanistic article is good "Bear Track "material. A sincere evaluation of each hike may result in future hikes being better planned and more enjoyable for all.

CLOTHING and EQUIPMENT

Now that all arrangements for the outing have been taken care of, the problem of what to wear and what to bring along on the trip presents itself. An exact list cannot be compiled to cover every trip or hike, since each event presents its Own problems. Included below, however, is a general outline and discussion of what has been found through previous trips to be helpful when one is away from the nearest wardrobe or closet.

The U.C.H.C. each year has a variety of outings. Basically these may be divided into four groups: Day Hikes; Auto Camps; Back-packing Hikes; and Ski Touring.

DAY HIKES

By far the most numerous and in some cases the most popular, when the studies are pressing hard, are the one day trips the group takes. These sometimes vary from strenuous hikes to strolls and bicycle trips in Golden Gate Park. However, since many of the newer members attend these functions first, it was thought advisable to include a short note here on the advisable equipment.

Recommended

Boots or high walking shoes, well built.
Boot sox
Bandanna
Jacket (windproof)
Cup or canteen
Lunch Bag

Optional

Swim suit & Towel
Camera equipment
Film
Dark Glasses
First Aid Kit (pers.)
Notebook & Pencil
Poison Oak and cor
Sunburn Lotion

Since these hikes are not ally too long, some people tend to neglect their foot-wear on short trips. Blisters can develop just as easy on day hikes around the University as they can on extended trips in the Sierras. Care should be taken that all footwear is of stout construction, well fitting, and if possible, well broken in. Street shoes are not advisable. Tennis shoes are good for climbing, but on extended hiking they do not provide adequate circulation.

The clothing to be worn should be of fairly durable construction. There is usually enough opportunity to provide additional "airconditioning" when scrambling over rocks or through bushes without asking for "it" by merely bending over too far, etc. (This seems to add to the fun however.)

If the hike goes through an area of sufficient water supply, the canteen may be left at home. A cup is advisable in any case, either for quick drinks enrouse or the traditional cool-aid at lunch-time.

For carrying the lunch, a stout bag is recommended, preferably a surplus food bag. These may be combined in a central knapsack or included on the belt of the hiker.

The jacket should be light, yet water resistant and windproof. In some cases a hat is advisable, however a bandanna will serve the same purpose.

Too much extra equipment often becomes a burden. However a trip can be ever so much more enjoyable if you are comfortable and are not burdened by a sore foot or a beaming red face from over-exposure in nature's oven.

Sufficient number of Club Arrows should accompany the leaders to mark out the trail. Little if anything in the way of Club equipment is needed.

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m The U.C.E. periences two types of autonobile trips; those for just weekends, and those of an extended nature. In both cases, the amount of equipment available to bring is quite a bit greater than on the backpacking trips, since the poor old cars aren't as sensitive as the human being is. There is a limit, however, since too much clutter in a car, especially when driving long distances, can make things somewhat miserable for the occupants.

Listed below is an outline of items for trips of several days nature. Where the trips are longer, added or additional items of the same category should be included. More of a detailed discussion will be found under the Back acking section.

	Decr worring of	20070119				
5		Recommended	Artic.	les		•
Ţ.	Item		Weeker	nd	Full	week
4" =	Sleeping Bag	•	I	•	1	
	Ground Cloth	1	1		1	
	Plate, cup, sp		•			
	fork, knife		1 8	set	1	set
	Twine, string	or wire				•
	Knife (sheath	or pocket)	1		1	
	Matches		-		-	
: ·	Toilet Paper		~		-	
,	T-shirts		1		2-	3
	Wool shirt		1.		1	
	Underclothes		1 6	extra	3-	4
,	Pants (long)		2 1		3	
	Cap or hat					
,	Boots			or.	1	pr.
ď.	Tennis shoes		1 p	r.		pr.
	Coat or jacket		1		1	
-	Sweater or sw		1		1	4
	Sox (boot sox	and				
	cotton sox		. 2 I	or.	5	pr.
	Handmerchiefs		2	•	. 4	
	Belt		1	•	1	
	Pack or pack f		1		1	
	Personal First	-aid				
ę	kit #		1		1	

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Many is the time you have trail, "Why did I ever bring this in how many trips have you gone and used every piece of clothing and equipment? Now is the time to make some of that gear serve two or more purposes - you'll wish you had after the first long day's haul.

The items listed in the Auto Camping section which were recommended, may be included here, only in reduced amounts. There is nothing wrong with turning wash-maid on the trip and cleaning some of those clothes to rewear before reaching civilization. The optional items should be minimized as much as possible, leaving all heavy gear at home. A discussion on the advisable equipment for back-packing will follow:

1. Sleeping Bag - The first thing to consider is warmth. A 100% down bag is probably the warmest, but after a time the down has a tendency to "ball-up", plus getting compressed easily. Duck feathers are also a good filling, but pound for pound are not as warm as down. There are combinations of these materials which are quite satisfactory. Army surplus "40-60" bags have been very successful. Both kapoc and woll fillings should be avoided, for a person can really be miserable with a ten pound woll bag which he has to carry and then freeze in. A blanket roll is usually unsatisfactory.

There are many styles of bags available. The mummy or tapered kind are favored by most back-packers, since these cut down on waste material and allow less heat to escape. The rectangular type is roomier, however, especially nice for the restless sleeper. For winter camping, people use two bags, fitting one inside the other.

One important thing to remember about sleeping bags is that their warmth comes from the insulating value of the entrapped air in the filling. "Fluffing" the bag up before crawling inside will help the user to maintain the full warmth of the bag. A wet sleeping bag has poor insulating value,

A liner is not necessary, but excellent for helping to keep your bag clean. These are inexpensive and quite light.

Varied, but the most important thing is not to get a completely waterproof one. Since no moisture can penetrate this type of cover, either from the inside or outside, they tend to sweat and collect perspiration. Some covers may be waterproofed on the bottom and water repellant on the top. A poncho serves the covering capacity well, as well as doubting as a groundcloth and raincoat. Plastic ponchos (Koroseal, polyethylene, etc.) should be avoided since they tear and catch fire very easily, and have a tendency to blow away in a slight wind storm.

2. Ground Cloths - These have been covered partially earlier. Both the canvas and rubber cloths are good, but heavy. Treated. nylon ones are excellent.

3. Eating and Cooking Utensils - For eating, for those cases when a club cook kit is taken, a cup, plate, fork, and spoon are enough. These items are often included in the group commissary cook kits which are available to all club members. A bread & butter knife is not required.

Cooking equipment for individuals varies widely. The Boy Scout cook kit is very popular, and is very servicable when just one or two people are cooking together. For larger groups the capacity is too small with these kits. Many people prefer to make their own cook kits consisting of a frying pan, pot, and cup. The best pots are the "bail" type; nice ones can be made from No. 10 tin cans. Reasonably long handles on frying pans are nice. Covers for pots are good, since they keep out added flavoring materials that sometimes are blowing about, & hold in heat better.

4. Ovens and Stoves - Amazing work may be done with a light compact reflector even. They may be purchased in the state of at home. A

One oven should suffice four br more people. Usually on short trips reflector evens are not too worthwhile unless you have a yen for fancy cooking. On longer trips when bread would be too bulky and perishable, and rye crisp is not too appetizing, this even is just the thing.

Stoves are generally not a necessity, except for winter camping. These range from big two-burner jobs, obviously too big for back-packing, to the little pocket Colman and primus type. The Colman is dependable and reasonsblyfoolproof. The primus may become tempermental at times, and should be treated with knowing respect. The weight of the standard Coleman 3 lbs- 10 oz., which includes two pots which serve as the case. The primus is the lighter, weighing 1 lb.- 11 oz. when filled with white gas. The Colman may burn either ethyl or white gas, although the latter is preferable.

5. Other Cooking Necessities- A sheath knife or pocket knife is almost indespensible. The Boy Scout pocket knife with a good can-opener is excellent. A sharp knife is handler, and incidentely, a bit safer. In some areas a hatchet is quite useful. The Scout plumb axe is fine. Also the Hudson Bay hand axe with a 2½ lb. head is superior where considerable chopping need be done. The army surplus axes should be viewed with caution.

A water beg or bucket is usually not needed in the summer unless the water supply is fairly distant. One taken on a group hike does not add much to the weight and helps the water-hauling detail. Usually they are made of canvas or rubberized and are quite light in weight.

Matches stored in a waterproof container have more than once made a dismal wet evening bright. Individual matches may be waterproofed by diping the heads in parafin, ski lacquer, or nail polish. A good estimate of the number necessary for a day's fire is 20. Extra ones are advisable.

1/18" nylon semcellent.
6. Packs - "he type of pack or pack frame for use in long back-packing trips is mainly an item of personal likes and dislikes. Where ever you travel; the types of packs will vary, each one having its advantages and disadvantages. Only a few will be discussed here; primarilly the ones found preferable by the club members.

The pack "frame" is usually made out of

a hard-wood or aluminum, the latter being

slightly lighter. A popular commercial make is the "Trapper-Nelson", which comes in three sizes (Baby, Mama, Papa), with the canvas pack bag attached. Many of the "home-made" varieties are basically of the same design. The advantage of the pack frame may be listed as: comfort in wearing, particularly under heavy load, due to arching of cross ribs; is usually detachable from pack bag for use such as wood hauling or for other type of bag: easy to add or tie on last-minute items; or for separate uses just with a small pack & sleeping bag. A good canvas backing is recommended to distribute the lead uniformly over the carrier's back. The big

Disadvantage is the cha-

nce of breaking if drop-

has met with consider#

The army "Ruck-Sack"

ped or in a rall.

when ski-touring. This is basically a steel frame with a big canvas bag attached. Many people prefer this type due to its simplicity in acking; everything can just be thrown in or leaded in the pockets. Its carrying capacity is large, but limited, and the advantage of tying on last minute items is not so apparent unless by forceful methods these can be squeezed inside. The one circums to this

no are in a different position from the maner when traveling, the weight is. concentrated at the hips or just above. Unless the pack is tight there is also a tendency to pull out at the shoulders. As for a relative cheap all-purpose pack, this ruck-sack isn't bad at all.

The large knapsack has met with the likings of many, especially for short trips. The size is usually limited and for large loads, space is at a premium. The straps are usually permanently attached to the canvas bag, and under hard usage often have a tendency to give 'way unless firmly riveted. These may also be tied on to a pack frame with other equipment.

Shoulder bags and packs are not too often seen in California. Head straps attached to the pack often help out considerably in shifting the weight or alternating the load when the shoulders become tired.

Wide straps are strongly recommended on all fromes or packs. Narrow ones have the characteristic of "digging" in after the first few miles. Additional comfort may be had by using foam rubber strips (5"x1"x12) tied on the straps on the underside. These cushion the load and spread it out more evenly.

No matter what the pack, everybody likes his own particular variety. Everyone should be strong and rugged; too many times has a person had to detour out a few days for repairs. Extra rope, especially for the pack frame is advisable. Waterproofing is recommended if there is a possibility of poor .. weather. Without it the contents get wet and the bat gets heavier.

7. Sunglasses - These are important in the Sierras, and vital if snow is expected. Ski goggles are good, but if they fit too close to the head they have a tendency to fog. The plastic goggles scratch and warp, but don't break easily.

8. Toilet Paper - The flat, gas-station type conserves space. Don't for it it!

9. Ligh rlaselight is optional on group trips, but is mighty handy. A carbide lamp is superior for extended periods of time and gives a much brighter light. These are excellant for late evening cooking. A small wire should be included to clean the aperature. Pocket pen lights are very good. Additional fresh batteries are advisable.

10. Sawing Kit - Advisable for smaller group trips where no large kit is carried. Several needles and stout thread and buttons should

be included.

. 11. Toilet Articles - A bag containing a toothbrush, toothpaste or powder (the latter is lighter), a small bar of soap, comb, and

a wash cloth (optional).

12. Clothing - Warm clothing is important, but heavy weight should be avoided. The "layer" system makes possible the utilization of the clothing for other times. Those items listed in the Auto Camps list are good, but the amount should be cut where possible. Don't cut too much, for any unforseen incident might leave one in an embarrassing position. Good wool socks are essential. Cotton may be substituted at times: in fact a combination is often good. Camp shoes for the evening or lay-overs will

to previous clothing explanations applies here also.

rest the feet. Reference

13. Miscellaneous - A personal first-aid kit is not necessary on large group hixes if a big kit is included. A few band-sids are always useful, as is a little extra tape. Sunburn lotion in the high country is recommended.

Extra shoe-laces are nandy, especially at

that "crucial" time.

There are several optional items that may well be included on that back-packing trip, depending on the situation and the amount of extra weight you wish to carry. The ideal equipment load (inc). Morting) is about 20 lbs.

Lems

1. Tent - Tents are usually not needed in most parts of California except in the winter. Usually they are impractical for ordinary backpacking. There are various types, those with sewn-in floors being preferable. Generally the desirable characteristics are: a.) good venelation, b) easy pitching, c) eight stakes, d) small folding size, e) light-weight (2-3 man tent weighs 6 lbs. or less). The tent types are: pyramid, army mountain and modifications of it, wall tent, umbrella tent, and lean-to. Rubberized or the completely air-tight material tends to sweat and often times dampens the sleeping bag or other equipment inside.

2. Canteen - Not necessary unless in a dry area.
The army type is fairly satisfactory. The
flat types are good also. A case will help

keep the water cool when dampened.

3. Fishing Equipment - The back-packer gets into areas not usually frequented by the average fisherman, usually. A telescopic collapsible pole is easy to pack. You will also want extra flies and plugs. Live bait is impractical to carry along, but may be gathered at the fishing spot. Flys are probably the best of all.

4. Compass - A compass is good when someone is along who can use it properly. Only one or

two are needed in a group trip.

5. Insect Repellent - This will depend on the time of the year and location. The best suggestion is to inquire ahead of time, possibly to someone who's allready been there. Most of the brands on the market are about the same. the "6-12" variety being very popular. Some care should be given to certain brands which have a tendency to dissolve plastic, (sun-glasses, etc.)

6. Sun-burn Lotions - Zinc Oxide is very satisfactory; Hollywood pancake (powder base)
works fine too. Such preparations as Skol
and Tartan come off with prespiration and

to have along. Chap-scick for the lips is a preparation that should almost be on the advisable list, since it is small and very comforting to chapped lips, plus preventing possible painful cracking.

.7. Air Mattress - More people are carrying this piece of equipment now that the lighter and more compact rubberized and plastic types are available. The kind that have a number of individually inflatable tubes is nice. The main trouble with nost types seems to be that they crack, and once this happens, they are hard to repair, inspite of many manufacturer's claims that the, are mendable. These cracks start at corners, sharp bends, and about the valves, and hence these spots should be carefully watched. The valve for the matresses vary. The "fold-under" type are difficult to operate in cold weather (frozen fingers). One might use chem. lab. pinch clamps, or a topper. These plastic models weigh from 1 to 3 pounds, while the

AH!

SWEET

SLEEP

AT LAST!

older but more dependable rubberized types weigh over 5 points. There are other cloth types that seem to be holding up well and weigh from 2 to 3 los. Usually full length air mattresses are not necessary, the 3/4 length weigh from 2 to 3/4 length air mattresses are not necessary, the 3/4 length weight and are defined as and are designed.

gth weighing less and still providing that additional comfort as compared to the hard ground. Air mattresses are quite useful in the winter-time due to the regulations in cutting pine bough.

The above is but a brief sketchy outline of what former club members have found to be the best to include on backpacking trips. The explanations are primarilly for the novice, to the older members it may only be regarded as a check list. The more you camp-out, the more you change your lea, and also the more

The equipment needed in the winter snow's varies somewhat from other type of hiking equipment. Such items as skis, poles, and type of bindings are not included in the following. In fact, the items listed are general in nature, having been taken from files of previous trips. Consideration was given to only shorter trips, say from 2 to 5 days. Additional equipment may be desired for longer ones, primarily since change of clothing is a little mor necessary than during the summer when items are more easily washed. The following is a suggested

list: To Carry			•
Item	Amount	Me	ight
Ski Pack	1		10 oz.
Sleep. bag, liner & cover	1		6 oz.
Air mattress	1	2 lb.	
T-shirts & underwear	2		6 02.
Wool socks (pair)	2		6 oz.
Skins for skis (pair)	'l		14 oz.
Wool sock cap	1		2 oz.
Gogsles & extra lenses	1		5 oz.
Glove liners (pair)	1		2 oz.
Face cover	1		l oz.
Handerchiefs	2		l oz.
Wool sweater	1	1 lb.	
Inner soles (pair)	1 1 1		2 oz.
Tent, mountain (shared?)		6 lb.	
Stakes	8		14 oz.
Primus stove	1	1 1b.	
Small tarp	1	1 lb.	2 oz.
Emergency toilet paper	~-		_
Camera gear (varies)		3 lb.	
Skis & bindings (pair)	1	14 lb.	
Poles	2	1 lb.	
Extra shirt	2 1 ck 1		12 oz.
Tin plate, spoon, cup for	rk l		7 oz.
Toilet kit	1		10 oz.
Chap stick, zinc oxide	1	•	4 OZ.
Matches (sufficient supp	ly)		l oz.
Notebook, map, pencil	1		8 oz.
Floch or nen-light	1		6 oz.
Orant cas can (frit)	ו	9 1%.	

Fo Mc	· · · · · · · · · · · · · · · · · · ·				
Item	Ame int			le,ht	
Ski Boots (pr.)	1	5	15.		
Wool Socks (prs.)	2			7	oz.
Gloves (pr.)	l				oz.
Wool Mittens (pr.)	1			3	0Z.
Wool Shirt	1				OZ.
Dark Glasses	1			5	ÇZ.
Ski Pants (pr.)	1	2	lb.	10	oz.
Wool Underwear (pr.)	1			12	oz.
(uppers and/or lowers)			•		
Light Underwear (sec)	1			6	oz.
Cap (with ear pads)	1			3	OZ.
Parka	1	1	lb.	8	OZ.
Handkerchief and/or bandar	nna l			1	OZ.
Pocket Knife	1			8	02.
Ski Wax (in pocket)	1			5	OZ.
Watch	1			3	0 Z .•
Extra Shoe Laces (set)	1				OZ.
Band Aids, etc. (pocket)			·	2	OZ.
Elmom the amending la	ata it		1 000	710	of f

From the preceding lists, it is obvious for Winter Ski Touring that the equipment mounts up fairly high. Of course some items may be ommited, others added (such as crampons, iceaxe, etc.) The ideal weight for equipment should be approximately 32 lbs for a 4 day trip. If all the items were taken as stated in the "To carry" list, the weight exclusive of skis and poles would be 40 lbs. 3 oz. Such items as tents, stoves, gas, tarps may be split up among several people, thus reducing the weight per man materially. Even fourty pounds is not too great for a man, but may be slightly excessive for a woman. Remember, food must go on top of this, which may amount to another twenty pounds.

On longer trips, it might be advisable to include another pair of light boots, especially if a camp layover is planned. Ski boots are heavy and cumbersome to hike in. All boots should be thoroughly waterproofed; An extra pair of dry socks should be available at all times.

Only one set of parts was included in the

A repair kill AL tours elways comes in handy, since a seen mishaps do often happen which may cause some delay. Included

in this kit should be: plyers wire ' tape matches (spare) screws spool of twine rope nails

metal ski edges sewing kit

extra batteries & extra lights

Some first-aid supplies may also be included

On trips where there is a large group, the equipment list may be altered slightly and commissary cooking done. Often times the total

weight per man is reduced this way.

The pack should be water repellant, and the tarp waterproofed as much as possible. When sleeping in the standard nountain tent, care should be taken to leave adequate ventilation, as the collection of moisture on the tent walls often becomes uncomfortable, especially when it starts wetting things inside. Usually one is not worried too much about the cold inside one of these tents; possibly the chance of catching a cold is greater due to sweating and then later being exposed to the cold air.

Additions of such items as song-books, harmonicas, etc. often add a lot to the evenings that aren't too brisk to drive one under the "covers". There is nothing like a moonlight night high in the mountains with congenial companions and dry clothing and equipment. Don't learn the hard way if you can avoid it. Ski touring and winter camping is a great sport.

Food la

It goes without question that one of the essential attributes to a successful trip is :.. the food and how it is cooked. A group of hikers is much like the Army, it does live on its stomach. The contents of this section was selected as aguide to the planning and preparation of meals, especially as applied to pack trips. Other types of outings may use . the following suggestions with a little more of "the kitchen sink" thrown in where there is no weight problem to be concerned with. Where the food and cooking utensils have to be hauled on ones back, it is easy to see where a little more planning (may go into the selections.

The included material has been gleaned from many good texts on the subject. These references may be found in the bibliography section.

FOOD AND TYPES OF CAMPING

Car camping, burro chasing, and back packing, respectively, as a means of transportation, require encreasing restrictions on the weight, type, and bulk of food carried. Nearly all the foods and methods of handling satisfactory for back packing may also be used in car camping or burro packing. Therefore, the following suggestions for back packing can also be applied to other types of trips.

INPORTANCE OF WEIGHT AND BULK

The weight of food carried for a trip varies almost directly with the length of the outing. With the proper choice of camp foods currently available, the weight of food required ser person per say of carrains may be held المراب الأراب من الأراب أم المسملة

not with the food.

A list of foods satisfying these requirements will follow.

FOOD QUALITY

The selection of a proper food weight as mentioned previously is not a guarantee for the maintenance of good health. The included food list also contains a good balance of starches, sugars, proteins, etc. A balanced vitamin supply is essential, with emphasis on the popular vitamin B-1 which is turn provides the energy necessary for a long days hike. Skimping on some of the normal meal items for too long a time is not recommended. At least one good meal and possibly two per day will pay off in the long run.

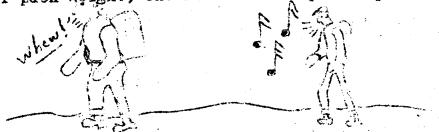
FOOD CONTAINERS FOR BACKPACKING

Food in heavy or breakable containers must be repacked. Most dried foods, such as sugar, dried fruit, cocoa, and so forth should be repacked in small sacks, preferably made of waterproof material. The army one-quart capacity food bag, made of rubberized fabric, is suitable for this purpose. Small polyethylene plastic bags can be used to separate the contents of larger food bags containing more than one type of item. Paper sandwich bags also serve this purpose with non-powdery foods. Non-transparent bags may be marked with different colors or numbers so their contents may be easily identified.

ARRANGEMENT OF FOOD IN BAGS

Each food bas may contain; (1), wholly one type of food or, (2) the ingredients for a complete meal measured out in the correct portions. Ease of packing, fewer small containers, more efficient use of capacity as opposed to the opening of a considerable number of bags

per day of food is general asidered to be the minimum amount necess. To maintain body weight and general health through the entire length of a long trip. However, at the expense of some body weight, and an appreciable amount of pack weight, one and one-half pounds per



day has been found satisfactory by many experienced hikers for moderately long trips (10 to 12 days).

Food bulk, though not as important as weight, must also be considered. It is well, in the selection of foods, to avoid those that take up a large volume for their weight. Dry cereals, other than grape nuts, loaf bread, are examples of such foods.

The above and other considerations governing the choice of foods for a trip are summarized in "Going Light", by Brower:

1. Food should be easily disestable for the parts of the trip where meals are to be rushed and followed quickly by exertion.

2. Food should be easy to prepare unless camp cookery is one of the main objects of the trip.

3. Time required for cooking should be short. In mountains remember that water boils at a lower temperature. For example, Cooking time at sea level is much less than at 15000 lft.

4. Foods likely to burn or stick to the pot should be frowned upon at the grocers or they will be at camp later on. In Camp, the law reads that he who burns the pot also cleans it!

5. Bulky (i.e., space-consuming) foods should be few; a bulky pack is awkward for you to handle and tiring for places to look at

per food quantities from each of these bags in the field before each meal are the advantages and disadvantages of the first method. Shorter meal preparation time, the opening of fewer bags, as opposed to the more tedicus food packing preparations characterize the second method. Combinations of both methods are often used, such as the packing of lunches in separate bags and the keeping of separate foods in other bags for the other meals of the day. In general, bags containing complete meals are recommended for the shorter and more strenuous trips when time is more important.

COOKING EQUIPMENT

Here again the problem of weight is important. The lighter the equipment the better, without sacrigicing the size or durability aspects. For individual cooking, the Scout cook kit, consisting of a small pot with lid, frying pan with folding handle, plate, cup and utensils has proven very satisfactory. For two people, maybe an additional pot could be added. A knife for carving and cutting the food is suggested if a sheath knife is not included in the personal equipment.

For a very small group cooking together (3 - 4 people), a small collapsible cook kit consisting of two pets, a frying pan, an egg turner, and a large spoon, may be supplemented with one or two individual kits. If the preferred eating style is by courses with possible delays between, the amount of cooking gear may be reduced. This also holds for combination dishes, such as stew and chili.

On larger group trips, it has been found that several of these larger collapsible cook kits with plates and service for four have worked out very well. While a bit heavier, the pots are of sufficient size and weight to hold ample amounts without fear of burning or sticking the food to the pot. Added with this may

obe a pancake marill, lipper, our opence () not on knife), and a large spoon.

Many a trip may be set off by a little baking. This can easily be done in a collapsible reflector oven. Included should be a square baking pan. A roll of aluminum foil often comes in handy for baking in the coals of such things as meat or potatoes, and may also be used to cover pots, thus preventing their becoming smoked up over an open fire. A large tamp or poncho for covering the food and wood at night or during a rain is handy. This may also be used to prepare the food on.

Other equipment items worth considering are: Food bags (already mentioned), aluminum can for collecting grease, powdered or bar soap, dish rags and towels, brillo pads or chore girls for the pots, and matches. White Gold (otherwise known as toilet paper) is helpful. in starting fires at times. For car trips, a Coleman pasoline stove is very satisfactory for preparing fast meals.

SUGGESTED FOODS

club pack trips, it has been found the following foods, subdivided into groups for each meal, seem to go well on the trail both nutritionally and easily cocked, and are usually well liked. For each meal, one and possibly two selections from each group turns out a well rounded meal. Personal preference has much to do with the final selection, however, with too much repetition of the same menu discouraged. Opposite each item is the quantity recommended per person per meal.

Breakfasts

Gro	up 1 - Fruits	per	person:
	Dried Prunes (cooked)		la oz.
. •	Dried Peaches (cooked)	4 or	l를 oz.
٠	Dried Apricots (cooked)	8 or	$1\frac{1}{4}$ oz.
er e	Dried Pears (cooked)		13 02
er e Sego	Timiado Amaliga damentos	Section 1	

(Breakfast - Group			(Primarily Trail)	The second secon
Dried Figs (cooked)	2 3. CZ.			per person
Dried Raisins (plain)	i † 02.	?	Group 1 - Breads	
	1/3 pks.		Norwegian Flatbread	5 slices
/A===54 .h\\(\)0.30TP91.8H	1/3 small can		Triscuits	5 pieces
(A mixture of the above d	ried fruits and		Fruit Bars	4 pieces
or applesauce is good)			Wheat Biscuit	1 07.
or applesance is good,			Ry Crisp	4 slices
			Swedish Flatbread	3 slices
Group 2 - Cereals	½ cup or 1½ oz.		4	0 22200
Oatmeal (Rolled cats)	1/3 cup		Group 2 - Spreads, Cheese, etc.	
Cream of Wheat	1/3 cup		Salami (not req'r. refrig.)	$3\frac{1}{2}$ oz.
. Wheat Hearts	1/4 cup		Cheese (American)	la oz.
Malto-Meal	1/3 cup		Tuna rish (small can)	i can ⋅
Wheatena			Salmon (medium can)	1/3 can
Grape Nuts (dried-cold) (Addition of dried raising	s in the above		Summer Sausage	5 oz.
cereals when cooked adds	much to their		Bologna (not req'r. refrig.	
cereais when cooked adds	ring follows . B		Vienna Sausage (small can)	ខ្លាំ can
teste. If strenuous hil	CTUR IOTIOND &		Chipped Beef (Dried)	î oz.
little extra salt is rec	:Olimie lided.		Cheese Spreads (not req'r.	
		18	Oueese Obteson floor rod t.	1014)1 024
Group 3 - Main Dish	1/9 ata can		Group 3 - Beverages	
Scrambled Eggs (dehydrated)	2 02.		Cool-aid (Sugar added)	2 tsp/cup
Bacon (slab recommended)	2 02.		Lemon Powder/Orange Powder	z oz•
Canned Sausage	1/3 cup pdr. milk		Demon Lowerer of Sugar Lower	2 02 •
Pancakes & cup flour,	i/o cup pur mrza		Grown A - Umita	
French Toast (if fresh bre	2½ oz. dried		Group 4 - Fruits Peaches (Dried)	5 slices
Cornbread with syrup	22 02. dried			4 slices
Musli (see recipe)	•		Pears (Dried)	d slices
			Apricots (Dried)	
Group 4 - Breads	E aliana may		Prunes (Dried)	6 slices
Ry-Crisp	5 slices max.		Raisins	la oz.
Triscuits	5 pieces max.		Dates	1 oz.
Cinnamon Rolls (see recip	e)		Figs (Dried)	$1_{\frac{1}{4}}^{\frac{1}{4}}$ oz.
Biscuits 2 cup Bisquick,	1/8 cup mirk.			
Jam, Apricot Powder	Z OZ.		Group 5 - Desserts	-40.
			Peanuts (good with raisins)	
Group 5 - Beverages			Chocolate (Hard, Sweet, Coo	king)2 oz.
Hot Tea	1 bag, sugar	g g	Carnels	2 oz.
Instant Coffee	1 tsp.	1	• • • • • • • • • • • • • • • • • • •	5 or 2 oz.
Cocoa (mixed with sugar)	4 tbsp.			0 or 2 oz.
			Orange Slices	5 or 2 oz.
Group 6 - Miscellaneous	•			·
Left-overs from previous m	eal, such as		Group 6 - Miscellaneous	
Rice Cakes, Potatoe Pancak	es, Corned Beef		If in camp, a hot item may	be added - see
etc.		# , 10 A	or many dinners, & new generate if e	veilable.ofs + ond. ,

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Pilanare.		_		^^
•	. 2	أعدالي	11.8	O.I
Group 1 Source	l nico	n re	ļ	07
Vegetable six (Dehy.)	4 1/A/A	or	*	II.
Nood is	Ţ\$ 1 9	11	fi	tt -
Onion Max	3716	or s	coo	A.3 1
C100.000 x 000 x	ACTUAL.	atege	13.0 13.e	a (
	OC VC	ider:	ord w	encie de
are good Mix	d for	ofla:	VOI	ing
Group 2 - Main Lish		er r	-	on
i donace Beer	1/3 6			
Powdered Potato	1 02 1 02	2 .		
T TO T 1.00 T 1.00 T	l≟ o	2 •		
Quick Gravy	3 42	-1		
Kraft Dinner	1/3	okg.•		
Spaghetiji	2章 or 2章 or			
Mecaropi	2 0 0 2 0 2	-		
Dried Fish	2/3			
Vienna Sausage	なする。 M4 11:	& 1/	3 /	200
Creamed Tuna (large can)	1/3	oc -⊬/	,	J CA 1.1
Salmon	1/3	can		
Span				
Bacon (slao recormended)	2 oz			
Noodles Fotato Fritters	l oz			
POCAGO FITOGOTS		•		
Group 3 - Vegetables (Dehydra	ted)	.		
Rice (with cinnamon) Min		2 oz.		
Onion Flakes		3/8 c		
Lentils		4 oz.		
Split peas		3 oz a 2吉 oz		
Beans (precooked)		1/5 c		
Spinach				
Carrots		$\frac{2}{1}$ or	12	
Tomatoes		是 0%。	E'	
Cabbage		3/4		,
Gut Boans Sweet Potatoes		1.2 02		
Stew (combination of ab	ovel		•	
DOWN COMMITMENTOR OF ST	~, ~,			

Elsquits 1/3 cup Bisquick, 1/8 c. milk Cornbread 12 cs.

Group 5 - Beveragos	
Group	1 bag
Tea	1 tsp.
Instant Colfee	7 00 23
Powdered Milk	la tsi
power our manner of a id i	2 tsp.
Mocke (Warm Cool-aid)	· · · · · · · · · · · · · · · · · · ·
Group 6 - Desserts	
	1/3 pkg.
Amazo Prep'd Pudlings W/ mil	1/3 Dkg.
Amazo Prepid Pudilings W/ mi-	the state of the s
Puddings (all flavors) 2 ts) • mraw • 1/0 bre.
Dried Fruit	2 oz.
Ditor birth	1.3 Pkg.
Applesauce (dried)	- 1 og 2500
Marian Dana Dadaine, Giansmon, Mll	(, 1 0%, 1100
(raisins may	y be included)
Wiscolanaous	· •
Group 7 - Miscelansous	l oz.
Butter or Margarine	
Sugar	1/3 oz
Salt - Pepper	
Sair - tehhot	<u> </u>
Soap (Bar or granulated)	be suitable
SOUTH AND AN ASSOCIATION STATES	may be surcabre,
and a little more elabor	ate meal prepared
and a leave	
OMERICA.	
0 - 0 - 0 - 0	
<u>Snacks</u>	
Group 1 General	4.45
Group 1 General	4 tbsp.
Group 1 General Cocoa (sweetened)	4 tbsp. 3-4
Group 1 General Cocoa (sweetened) Triscuits	3-4
Group 1 General Cocoa (sweetened) Triscuits Peanuts	3-4 1/8 can
Group 1 General Cocoa (sweetened) Triscuits	3-4 1/8 can See lunch
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies	3-4 1/8 can
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit	3-4 1/3 can See lunch 2 oz.
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit	3-4 1/3 can See lunch 2 oz.
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit	3-4 1/3 can See lunch 2 oz. articles should
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple	3-4 1/8 can See lunch 2 oz. articles should
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar	3-4 1/8 can See lunch 2 oz. articles should y. Among these yown sugar, salt,
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar	3-4 1/8 can See lunch 2 oz. articles should y. Among these yown sugar, salt,
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar include both white sugar and be peoper, cinnamon, and bouillon	3-4 1/8 can See lunch 2 oz. articles should y. Among these yown sugar, salt,
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar	3-4 1/8 can See lunch 2 oz. articles should y. Among these yown sugar, salt,
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar include both white sugar and be beover, cinnamon, and bouillon	3-4 1/8 can See lunch 2 oz. articles should y. Among these yown sugar, salt,
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar include both white sugar and be peoper, cinnamen, and bouillon oning and flavoring.	3-4 1/8 can See lunch 2 oz. articles should y. Among these cown sugar, salt, cubes for seas-
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar include both white sugar and be pepper, cinnamen, and bouillon oning and flavoring. RECUPES	3-4 1/3 can See lunch 2 oz. articles should y. Arong these cown sugar, salt, cubes for seas-
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Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar include both white sugar and be pepper, cinnamen, and bouillon oning and flavoring. RECIPES Soups - Addition of dried carre these dried spinach, dried cal	3-4 1/3 can See lunch 2 oz. articles should y. Among these rown sugar, salt, cubes for seas- ots, dried tom- bake, or dried
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar include both white sugar and be pepper cinnamon, and beuillon oning and flavoring. RECUPES Soups - Addition of dried carre atoes, dried spinach, dried cal	3-4 1/8 can See lunch 2 oz. articles should y. Among these rown sugar, salt, cubes for seas- ots, dried tom- obage, or dried ation of above
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar include both white sugar and be pepper cinnamen, and bouillon oning and flavoring. RECIPES Soups - Addition of dried carre atoes, dried spinach, dried cal onion, singly or in any combine	3-4 1/8 can See lunch 2 oz. articles should y. Among these own sugar, salt, cubes for seas- ots, dried tom- bage, or dried ation of above ry good and rich-
Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar include both white sugar and be pepper cinnamen, and bouillon oning and flavoring. RECIPES Soups - Addition of dried carre atoes, dried spinach, dried cal onion, singly or in any combine	3-4 1/8 can See lunch 2 oz. articles should y. Among these own sugar, salt, cubes for seas- ots, dried tom- bage, or dried ation of above ry good and rich-
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Group 1 General Cocoa (sweetened) Triscuits Peanuts Candies Dried Fruit A certain amount of staple be considered in each commissar include both white sugar and be pepper cinnamon, and beuillon oning and flavoring. RECUPES Soups - Addition of dried carre atoes, dried spinach, dried cal	3-4 1/3 can See lunch 2 oz. articles should y. Among these cown sugar, salt, cubes for seas- ots, dried tom- bage, or dried ation of above ry good and rich- Rice added to it

Per person

prepared.

MDirmin Con't.)

IngrediantsOatmeal - one cup per person
Raisins - one oz. per person
Nuts (chopped) - 2/3 oz. per person
Dried Apricets, cut up - 6 per person
Brown Suear - 2 tbsp. per person
Procedure -

Toast the oatmeal until it begins to brown. Add raisins, nuts, and apricots. When thoroughly warm, add the brown sugar, stirring all the while until the sugar is melted. Serve warm.

Cinnamon Rolls - Reflector oven good for baking. Ingredients - serves six (6).

Bisquick - 2 cups

Milk - 호 cup

Grease - 1 cup melted

Sugar - 2 tbsp.

Procedure -

Knead 10 times on a floured surface (glaciered polished rock food) and roll out thick. Spread to cup brown sugar, raisins and cinnamon on dough. Roll up, cut and place pieces upright in baking pan greased.

SAMPLE TRAIL MENUS

. Breakfasts

#1 Stewed Prunes Oatmeal & Raisins RyCrisp Cocoa or Tea

#3
Lemon Juice
Pancakes
Jam & Sugar
Triscuits
Cocoa

#2
Applesauce
Scrambled Eggs (Pdr)*
Bacon
Coffee or Cocoa

#4
Stewed Apricots
Malto-meal & Raisins
French Toast (Pdr egg)
Jam
Tea or Coffee

Luncher

#1
Norwegian Flatbread
Salami
Cool-aid
Raisins
Peanuts

#3
• Ry Crisp
Tuna Fish
Apricots (dried)
• Chocolate
Lemonade

Dinners

#1
Vegetable Soup
Rise (W/ cinnamon)
Cnipped (dried) beef
Spinach
Tea or Coffee
Chocolate Amazo

#3
Bacon
Lentils
Kraft Dinner
Cheese
Tea or Coffee
Applesauce

Triscuits
Amer. Cheese (chunk)
Cool-aid
Peaches (dried)
Caramels

#4
Swedish Flatbread
Vienna Sausase
Pears (dried)
Gum drops
Cool aid

#2
Noodle Soup
Salmon
Instant potato
Tomatoes
Tea or coffee
Jello

#4
Pea Soup
Stew (carrots, tomatoes, potatoes,
Corned Beef, onion,
etc.)
Biscuits
Tea or Coffee

The previous menus are a small sample of the possible combinations of camp foods to provide a wholesome meal selection. There are now available an additional number of dried or dehydrated foods which could be used suitably on a pack trip. Also, additional recipes not mentioned may be personal favorites and prove successful on any trip.

carefully in compiling the previous gested foods. One of those is economy. Dison
times this is the deciding factor on whether
a trip would be made or not. Another factor
is the length of time the food will stay fresh.
Under normal conditions (not extreme heat)
and careful packing, there should be little
spoilage. It is certainly no fun to haul
items on a long trip only to find after you've
packed them fifty miles that they are not
edible and the bearer goes hungry.

COOKING FIRES

Illustrated below are several simple trail fireplaces.

SECTION

OF PIT THE SHOWING STONES

STONES

FIRE PLACE

EURNING

COOMING.

SMALL GREEN STICKS ON WHICH GARBAGE ORIES AND BURNS

SLOPING FLAT MAND STONE IN FRONT DIRECTS WATER DOWN INTO THE HOT STONES

DISH-WATER DISPOSAL THE TRENCH FIRE

IN NON-ROCKY SOIL DIG A
TRENCH 6" WIDE AND ABOUT
14" DEEP. THE LENGTH WILL
DEPEND ON HOW MANY WILL BE
USING THE FIRE. FOR A
PATROL 18" WILL BE LONG

SECTION SHOWING: @ an 8" layer of leaves, grass, small sticks, or paper. @ Layer of small sticks, @ Layer of dirt 1" deep on which your fire

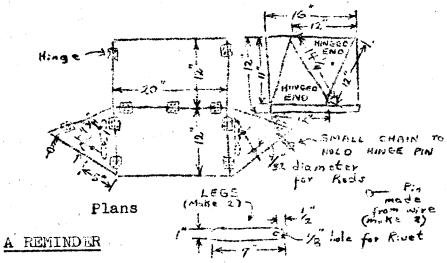
COOKING GARBAGE TRENCH SLOPES
UTENSILS PLACED ON POUR DISHSTRADDLE SMALL STICKS, WATER
THE TRENCH DRIES & BURNS WERE

One added statement with regard to fires: A good even bed of hot reals gives off a more sustained and even heat than a large fire. Cleaning the cooking utensils will verify this statement.

REFLECTOR OVEN

The following is a simple plan for a small reflector even; ample size for a group of twelve people. Those fresh biscuits and cinnamon rolls are all this even needs on the trail to liven up that meal. 18 gauge aluminum is recommended to keep the weight down.





No one apprecieates viewing what the previous party in the campsite had for dinner by seeing discarded wrappers and garbage. A clean cooking area marks a good cook.

Remember:

Burn & all garbage rapel of ALL Flatten, burn & Leave engage Leave enough wood handy for the next camper.

Make sure all fires are out. Use both earth and water if handy and double check.

Yours for a successful commissary!

So you have a blister on your foot! Take care of it, -- don't just stand there with a hurt look on your face! What! You don't know how to treat it? Omigosh! Here. Take this copy of the J.C.H.C. Handbook and look at this chapter right here. Tells all about First Aid. Even has injuries listed in alphabetical order. Just lock up the heading Blisters, and you are all set up. You don! t need any special stuff, * the treatments described use only the materials found in the ordinary first-aid kit, or else are easily obtainable in the outdoors. You had better read the whole thing. Might come in handy someday! And you know

what? It even has a heading telling about emergency signals, both hare and in Europe. Better take a look at the bibliography section at the end of the handbook when you get back to civilization. Borrow one of the books from some friend and read it. You never know -- it might do you

some good someday. Might save your life!

ABRASIONS AND BRUISES

Paint abrasions with antiseptic, cover with sterile gauze, and anchor with adhesive tape. Do not seal off the wound with tape. Bruises must be painted with antiseptic, also, as a severe pruise is easily broken. Follow general procedure as with abrasions. Minor bruises are painful, but not dangerous, and need not be covered.

BITES

Insect bites are the most common in this catagory. Whome po

in the wound, a light application of a insect remains embedded as with a tick that has been hastily pulled out, remove the embedded portion with a sharp, sterile instrument. Paint with antiseptic and cover with gauze and adhesive. Remove ticks by placing a hot object, such as a cigarette or ember, near the animal. Do not burn it, as it will die and excision will be necessary. The ember will cause the animal to pull out, and it may be brushed off.

Snake bites require only antiseptic swabbed into the puncture wound, and a gauze and adhesive covering, unless the snake is poisonous. If A LICHTED such is the case, make many CIGARETTE! incisions over the wound and near it. Don't flinch, make the cuts indicated and long. Cut lengthwise of the limb. Apply suction immediately. Apply a narrow tourniquet 3" above the swelling, but do not cut off the blood supply to the wound. See a doctor immediately.

Animal bites may be treated, as non-poison-ous snake bites.

BLISTERS

If you are near enough to a doctor, either in space or time, paint the blister with antiseptic and place adhesive directly over the swelling. See your doctor. If you must travel some distance on foot, puncture the blister with a sterile instrument. Remove the loose skin with a scissors or sharp knife. Paint heavily with antiseptic and cover tightly with adhesive. Add several strips of adhesive to serve as armor, Watch carefully for signs of further blistering. If such appears, renew antiseptic and adhesive. If the situation worsens, you must be evacuated.

BURNS

If the skin is not broken, apply a burn ointment directly to the burn. Do not some

If the skin is harden apply aptic, cover with gause, and anchor with admesive. Do not cover tightly. See a doctor as soon as possible.

CUTS AND PUNCTURES

Treat cuts in the same manner as abrasions. If blood flows freely and will not stop, an artery has been cut and a tourniquet must be applied. Place the tourniquet above the cut; tighten only until blood flow ceases. Loosen every ten minutes in cold weather, fifteen in warm weather. Never cover a tourniquet, and always indicate its presence and time of application. Functures must be swabbed out with antiseptic before being dressed.

DISLOCATIONS AND FRACTURES

Both of these injuries incapacitate a person. Never attempt to reduce these injuries yourself, unless you are trained to do so. Immobilize the limb or member in the most practicle way. Splints are fine, but be sure they are padded. If a fracture is compounded, that is, broken through the skin, treat the break in the skin as you would a cut. Evacuate the person immediately.

EAR

Objects frequently become embedded in the ear. Hard objects which refuse to shake out must be treated by a doctor. Insects, and so forth, may be floated out by pouring a little water in the ear. Care should be taken to not use hot or very luke warm water.

EYE

floatation with sterile water. If the object will not come out, treat the eye with either weak boric acid solution and compressus, or exply a week treatment of compressus, or

SHUUK

Shock is considered to be present in all serious injuries, and is to be suspected in all minor injuries. Symptoms are: white face, blue fingers, cold sweat, short breath, and violent shaking due to chill. Treatment consists of rest, head slightly lower than the hips. Keep the patient warm at all costs. If the condition persists, evacuate to a doctor at once.

SPLINTERS

Splinters may be removed by excision or with a tweezers. Treat as you would a cut.

SPRAINS

Sprains may be treated in camp by holding limb in warm saline solution for long periods of time, and by the use of that packs and compresses. If an ankle is sprained, wrap it tightly with a bandana, giving it as much support as possible.

The ankle bandage as described in the boy Scout Handbook for Boys is the best.

STERILE TECHNIQUE

In treating any open wound, sterile instruments and coverings should always be used. Instruments may be sterilized in an open flame. Heat until the metal turns blue. Gauze and other cloth, if not sterile already, may be sterilized by holding in an open flame until it begins to scorch. Always use antiseptic on open wounds, or areas likely to break open. Never touch a wound with fingers unless absolutely necessary. Protect all wounds from dirt, etc., but never bind them tightly, except in the case of blisters.

... aif ament. These two allmonos to touch, and In sunstroke, the skin is the face is often florid. In heat exhaustion, all symptoms of shock are present. This ailment is a form of shock, and should be treated as such. Mild stimulants may be given, as well as mildly saline warm water.

Sunstroke is treated by cooling the patient. Loosen the clothing, apply cold water packs, take the patient out of the sun.

GO --OR STAY?

In most injury cases where one or more members of a party are disabled, a decision must be made. Do I go for help, or do I attempt an evacuation? The answer lies solely with the conditions. If you are near help, and the injury not too serious, by all means go for help. Leave a companion with the injured person, or supply him with food and shelter, and means of protection from animals. On the other hand, if the weather is bad, if there is no shelter, or some other conditions make staying out of the question, then you must . evacuate the injured yourself.

While moving, make the patient as comfortable as possible, and make all haste to reach a doctor. If you are the only member of a party who remains uninjured, give first aid, make the patients comfortable, and safe, and go for help -- always. The one exception to this rule is in climbing accidents. It is always better in such cases to signal for help and remain with the injured. Standard signals among mountaineers are:

Three sharp signals (sound, sight, etc.) repeated at regular intervals Answer - Two similar signals, repeated until distress call ceases.

The one thing that must be kept in mind al all times is that the person administering the First-Aid must keep his head, use common sense, and remain calm and confident.

For stone bikens

		mander and an area area services at a large of a service and a		
Boric Cintment	Menthol- atum	Musterole Vasoline	Tr. Mertn- iolate	Forceps Scissors
RS Muslin Bundages stemile	Box of band~ Aids	Ace Bandage	Applic- ators sterile	Snake bite kit
Salt tablets	Adhesive tapo	Sulfa- thiozole Ointm't	Spirits of Ammonia	Empirin Compound
Halazone tablets	Tooth- ache sol'n	Eye Oiatm't	3"x3" Gauze Comp.	3 - 2" rolls bandage
l-l½" rolls bandage	2-1" rolls bandage	Aspirin tablets	Tannic Acid jelly	Sunburn solution

For belt first-aid kits:

Tr. Merth- iolate	Roll 호 Ad- hesive	Snake bite kit	Band- aids	Kip Oint- ment
Eye	3-5	3 -	Roll	Aspirin
oint-	Iodine	2"x2"	l"	Tab-
ment	swabsi	Compr.	Gauze	lets

Whether you are starting on your first hike or trip, or you're a veteran of the high country trails and peaks, Take Note: The following sugrestions and recommendations are intended to be helpful, though rarely have such diversified subjects (as are given here) been included under the title of "Conservation". Previously "Conservation" has been as wise use, while under this subject in this handbook such matters have been covered which experience has demonstrated need to be called to the attention of a majority of hikers, campers, and wilderness travelers. If you are experienced and considerate, you know and observe these suggestions already, and instinctively follow good practices and mountain manners. If you are new to outdoor living, try out the following ideas; they are for your benefit and enjoyment as you take part in any outdoor experience.

ON THE TRAIL

The main point here and in all areas where you may be hiking, is to keep the country in its natural condition as much as possible so that it may be "passed on unimpaired to future generations". (As you read on, you'll see that this one sentence is the basis for almost all conservation practices!)

1. Leave the ulcerating civilized attitude of rushing and hurrying at home. Take your time and enjoy the mountain scenery.

2. Stay on the trail (if there is one); short-cuts on switchbacks tear down the trail and promote erosion.

3. Be considerate of the other fellow who is using the country. In areas where pack animals travel, give pack trains or animals the right-of-way. It is also suggested that the uphill (struggling) backpackers be given

Stock / 13. (10.00 worry about it, however, in they take your presenoc as an excuse for a rest stop!)

4, Regarding smoking, take heed of areas wherein all smoking is danger-Cos (prohibited), and smoks only when stopped at Albarings where fire



dangyr is low. Dispose of digarattes and matches by mashing them on a pook or other uncombustible material, then busying the cold ashes. in the mineral soil you've cleared when you

first stopped.

5. Remember that those pretty wild flowers . seen along the trail will be wilted within an hour after you pick them! Without collecting permits (Federal or state) or permission from private land owners, let the plant and animal life of an area remain as it was before you passed. This applies particularly to national parks where no collecting whatsoever is permitted, including flowers, pine cones, rocks, etc.

IN CAMP

1. Leave the trails and campsites clean by . by burning and/or burying all rubbish; and enjoy the countryside without defacing it. Burn tin cans, flatten them, then bury them. If you have pack asimals it might be better yet to carry them our to civilization, if sufficient room is available to the packs. Attempt to leave, the areas the same as you found them, meaning "natural". However if the previous fellow leaves a mess, you could do a good turn. and clean it up.

2. Be careful with fire! If you can't find a previously used fire spot, clear a circle six feet in diameter of all combustible material before building a fire. Never leave a burning campfire, from the time you light it

water, stirring the coals as you sprink. pour the water on them, then cover with clean mineral earth, not leafmold.

3. In gathering wood for small cooking

fires, remember that the smaller stuff is best:

ping down live wood. Down wood can be gathered

don't waste time chopping up big logs or chop-

from a fair sized area around clamp to avoid clean-stripping of all wood from one area. In wet weather, the undersides of downed logs or dead lower branches of standing trees may be utilized. Please forget about bough-beds since cutting boughs for a few beds can permanently deface all the young growth in an otherwise well preserved area. Also, forget about driving nails into forest trees. Not only are they unsightly, but they are also harmful to the tree. Where clotheslines are needed, stretch that rope around the tree instead of fastening to the tree.

FISHING

- 1. Follow the regulations of the national or state park or forest which you are fishing in, as well as the state laws in force everywhere. But remember, only the "game-hog" takes more fish then he can use, regardless of the limit.
- 2. In returning small fish to the water, wet your hands first to prevent injury to the fish, and very carefully remove the hook. If the fish is seriously damaged, keep him.

SANITATION

1. Consideration should be given the possible use of water down-stream when washing areas for garbage, etc., should given some consideration, especially with regards to adjacent streams, convenience, and wind disection. Sufficient distance, if possible several hundred feet, should be maintained between the drinking water supply and such areas.

LET'S ALL KEEP CALIFORNIA GREEN AND: GOLDEN!!



CHAPTER S

MOUNTAINEERING.

The Mountaineering Section of the Hiking Club is a group of club members who are interested in what is generally called mountainclimbing or rock-climbing. Actually the term "mountaineering" includes both of these and more; we use "mountaineering" to mean the traveling in and climbing on mountains or various rock formations. These may vary from the very low local practice rocks in amd around the city to the high, sheer cliffs and spires of Yosemite Valley. Due to the limitations of time and location, most of our "mountaineering" activity is confined to rock-climbing.

ROCK CLIMBING

Although Rock-climbing is the most spectacular type of mountaineering, it is perhaps the easiest to learn, for it does not require the years of experience necessary for a good knowledge of snow and ice climbing. The basic techniques of rock-climbing can be taught on the rocks of Berkeley; this is important since it enables one to learn on Sunday climbs enough to be able, when going to regions such as Yosemite Valley, to start climbing immediately when, of course, accompanied by experienced companions. The primary purpose of this section is to interest people in climbing and outline how climbing experience may be gained.

INSTRUCTION

Our methods of interesting and teaching the new climbers are the local Sunday climbs, followed by the usual rock-climbing dinner. These practice climbs are taken several times in a convent of ving distance from the substitute of the pupalar local climb locations are Cragnont Rock in Berkeley and Hunter's Hill north of Vallejo; Here The backnown climber learns how to climb on rock and how to use the rope for assistance and safety.

On the larger trips, the new climber, now able to handle himself and the rope, is given a chance to do climbs that are bis enough to be the being of achieverant, not just practice for hountain ering. "As his skill and knowledge grow, so does his pleasure, until the time comes when he is able to plan climbs and begin teaching what he has learned to another group of new climbers.

ACTIVITIES

Many people have accused us of exclusiveness. This charge may be justified,
but such an attitude is not intentional on
our part, for we are sincere when we say
that a person who comes out to our climbs
and the after-climb dinners and shows an
interest in this fine sport, is semeone
we value highly. Piscussions involving
this activity are usually quite lively, and
are eagerly participated in by all members
interested, especially during the noon hour
when plans are reviewed for future trips.
While these coften cat guite involved.

ially to the new-comer, a closer anation will prove their worth. Each climb requires careful consideration and planning, both for the fun and enjoyment of all and the safety angle.

Finally, don't think that climbing is limited only to men. There are many women who participate in both the practice climbs and the more adventuresome ones and who are members of Mountaineering Section. A quick comparison with the membership roster of the Stanford Alpine Club or the Sierra club Rock-Climbing Section will show that the female of the species can also enjoy this pastime. One of the better Sterra Club women climbers came from our group.

SUMMARY

A detailed discussion on the techniques of mountain and rock-climbing is not included in this book due to its specialized nature. Many books have been written on just this subject, and may be obtained from any good library. Much of the technique is standardized and quite a bit more or less personal preference. Any member of the Mountaineering Section would gladly discuss this with a new member. And again, one of the chief purposes for this group in the club is to strike up interest in the sport and to guide the new members.

For the weekend practice climbs, all the equipment that is necessary for the beginner is a good pair of tennis shoes, old clothes,

ipment will and a will to learn. Com be furnished by the club.

CLIMB CLASSIFICATION

The following is the standard classification of the types of climbs:

Class 1 - Any serviceable footgear will do, meaning a gentle slope.

Class 2 - Steep enough to require tennis shoes, lug soles or nail to be worn.

Class 3 - Ropes should be available in the climbing party for safety.

Class 4 - Ropes required in the climbing party and should be used.

Class 5. - Pitons or bolts must be placed in the rock crevices for the protection of the leader.

Class 6 - Pitons or bolts are used by the leaders for direct aid.

(Class 7 - Overhanging sand-dune!)

Yours for a good time!

- STREP SUGGESTEENS -

The following list of possible trips and hikes within reasonable distance from the University of California have either been tried by the club or have come to us from other outdoor clubs in this area. (Mileage from Oakland).

OUTINGS (More than a weekend's duration)

Pyramid Lake Area - Carson City, Virginia City, Nevada. 300 miles. Death Valley National Monument. 500 miles. Panamint Valley & Mountains. 450 miles. Joshua Tree Nat. Monument & adjacent Southern California Peaks. 550 Miles. Yosemite Valley. 180 Miles. Lava Beds National Monument. 450 Miles.

Trinity Alps. 300 Miles. Mt. Lassen National Park. 200 Miles.

Mt. Shasta Area. 300 Miles.

Klammath Falls - Crater Lake Area. 375 Miles.

Zion - Bryce -- Cedar Breaks, Nat. Parks.

Grand Canvon. 750 miles

Hoover Dam - Lake Mead Area. 600 Miles.

Baja Calif. - Mt. Palomar - So. Calif. & San Diego Mountains. 700 Miles.

(Summer High Trips - See yearly reports)

DAY OR OVERNIGHT HIKES

(1) Santa Cruz Mountains: . Chalk Mountain - Big Basin Area. Loma Prieta - 4-H Camp, West Side.

Mt. Madonna.

Loma Prieta - East, Svedal .

Ridbe Route - Mt. Madonna to Loma Prieta.

Butano Forest.

Big Basin Redwoods State Park.

Blue Rock Ridge.

(2) Mt. Hamilton Range:

Mt. Hamilton

Alum Rock Faris

Gilroy Hot Springs Anderson - Corgate Reservoir Area.

(3) Santa Lucias: Gabilon Range: Big Sur Area. Junipero Serra Area. Ventana Double Cones. Pffeffer Redwoods. Pinnacles National Monument. Fremont Peak State Park.

(4) Marin County Mt. Tamalpais via Muir Woods. Drakes Bay, Bear Valley. Muir Woods National Monument. Cataract Gulch. Tomales Bay. Inverness Ridge. Tamalpais via Stinson Beach.

(5) Sonoma, Solano, Napa Counties: Valley of the Moon. Mt. St. Helena. Gualala River. Putah Creek (Lombardi's Ranch). Russian River - Canoe Trip.

(6) Berkeley Hills: Tilden Park. Redwood Park. Mt. Diabolo. Devil's Den.

(7) Western Slope of Sierras: Calaveras Big Trees. Maleakoff Pit (near Colfax in Nevada County) Sierra Buttes. Placer County Big Trees. Yosemite Park. Desolation Valley - Pyramid Pk. - Mt. Talac. Marysville Buttes. Donner Summit (Ski Trips). Ebbetts Pass (Ski Trips).

(9) General:

TOPOGRAPHIC NOMENCLATURE

To both the new and old-time hiker and mountaineer, there often times when some particular bit of topography presents itself and there arises a difference of opinion as to its exact definition. This chapter will attempt to define some of the most outstanding terrain features one is apt to see while tramping about in the mountains. Included in the following list are some of the terms which seem to arise the most when discussing mountaineering. In no sense is this list complete; but only an outline of some of the most general terms.

Alluvial - Earth deposited by water. Alluvial Fan - The broad spread of detritus where a river issues from a steep course upon flat land leaving eroded material. Alluvium - Deposits, as of sand or mud, formed in the slack water or overflow of streams. Arete - A sharp mountain spur or ridge. Basin - A depression in the earth's surface, as

a valley or region drained by a river.

Bench - A terrace formed in rocks.

Bench Mark - A permanent mark affixed to the ground from which elevations are measured. Bergschrund - A large crevasse separating the

main portion of a elacier from its upper slopes

Bluff - A bold steep headland; a steep bank. Buttress - A projecting rock or hillside. Canyon - A deep gorge or ravine, with sttp

or precipitus sides. Castellated - Having battlements, built castle. Chattermarks - Transverse crescent-shaped marks

in a continuous series in Louled striae.

Chimney - A flue-like column of rock. Chockstone - A stone wedged in a crevasse, chimney or cleft.

Chute - An inclined trough between two elev.

Cirque Glacier - Small Lated glacier occupying hanging valueys.

Cleft - An opening made by cleaving; fissure.

Cliff - A high steep face of rock.

Col - A depression between two mountains, a gap in a ridge.

Column - A vertical shaft or pillar.

Cornice - An overhang or projection of rock.

Couloir - A deep gorge or gully.

Crag - A rough, steep rock jutting cut prominent;

Crest - the ride of a mountain.

Crevasse - A deep fissure, as in a clacier.

Delta - A triangular alluvial deposit at or in the mouth of a river.

Divide - The crest of a mountain range separating two watersheds.

Dome - A rounded rock formation.

Drift - Material which has been transported by moving masses of ice or water or wind and deposited over portions of the earth's surface Drumlin - A lenticular compact mound of till,

its longer axis in direction of glacial move. Dune - A hill of loose sand heaped by the wind, End Moraine - Arcuate ridge built up by stationary ice-front.

Erratics - Ice-transported blocks far from their parent outcrops.

Esker - A ridge of glacial gravel.

Exfoliation - The peeling-off of outer rock.

Fjord - A long, narrow arm of the sea with high focky banks.

Firn - Snow, partly consolidated into ice. Glaciation - Rockscoring by moving ice-mass.

Glacier - A stream of ice formed from perenial

snow moving downward.

Gorge - A narrow passage between walls; ravine. Gully - Charnel cut by running water; rayine. Hanging Valley - A valley with a steep lip at one end, usually dropping to a lower one. Hard-pan - A layer of hard detritus under

Kame - A conical hill or short ridge of stratified sand or gravel fromed by glacial deposition.

Kettles - A kettle-shaped cavity.

Ledge - A shelf-like ridge of rock.

Lobe - A globular protuberance.

Loess - A pale yellowish clay or loam forming deposits along river valleys.

Massif - The dominant, central mass of a mountain ridge with longitudinal or transverse valleys.

Medial Moraine - The joining of two inner moraines when two glaciers coalesce.

Mesa - A high, broad, flat table-land with precipitous cliffs to surrounding area.

Monolithic - Any structure in stone formed of a single piece.

Moraine - A ridge of earth and stones collected by a placter on its surface.

Neve - The consolidated snow on the summit of a mountain; the transition stage in the formation of an ice-glacier.

Notch - A narrow short defile.

Nunatak - A rocky crag rising above an icefield. Outwash Plains - The sloping land caused by the coalescing of several alluvial fans.

Palisade-An extended cliff or precipice of rock. Pass - A defile between two mountain ranges.

Piedmont Glacier - Sheets of ice formed by the coalescence of several valley glaciers which

have spread below the snow line.

Quarrying - The gousing, cutting, etc, of stone. Ridge - A long hill, or hills; a lengthened

elevation of land.

Saddle - A depression across a summit of a ridge: a pass.

Scree - The sloping mass of small fragments below a cliff; usually smaller than talus.

Shelf - Any flat projecting ledge.

Spur - A projecting crag, ridge, or peak of a hill or mountain.

Stoss Slope - Slope facing the direction whence a blacier moves.

Striation - The act of cutting fine linear markings in the bed-rock due to the abrasive effect of moving glaciers.

Talus - The sloping mass of small fragments below a cliff; usually larger than scree. Parminal None inque to bear Hund Mone +-- 113"

Till - An unstratt ... Mess of clay, sand, pebbles, and boulders deposited by masses of ice.

Tusk - A sharp, projecting tooth-like point.

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The following books may be of interest to the hiker and camper with regards to cooking, menu planning, packing, first aid, etc.

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American Red Cross: First Aid Textbook, 1945.

Sierra Club; Going Light - With Backpack or Burro.

2

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Boy Scouts of America: Reprints from: Scouting & Boys Life Magazines.

Kephart, Horace: Camping and Woodcraft.

Young, Geoffray W .: Mountain Craft.

Weaver, R. V. & Merrill, A. F.: Camping Can Be Fun.

The Mountaineers Club: Mountaineers Handbook.

EQUIPMENT & FOOD STORES

Equipment Stores in the Bay Area:

S & W Trading Post 461 8th St. Oakland Harberts Bros. 2338 Shattuck Berkeley Ski Hut 1615 University Ave.

Berkeley

Bensons Sporting Goods

2997 College Berkeley

Suggested Food Stores in the Bay Area:

Sixth Street Market (near Washington St.),

<u>Dried fruits in bulk</u>.

Cakland

Ski Hut 1615 University Ave.

Dehydreted Vegetables Berkeley

U-Save Market Universty & Grove

Most Items Berkeley

Mayfair Market McArthur & Broadway
Most Items Oakland

Benson's Sporting Goods 2997 College, Berkeley Dehydrated Foods.

Crystal Palace Market Eighth & Market, S. F. Dried fruits in bulk

PRATA

1

- PH

active in the organization. Special he bors are service men who ere carried on the Club's-books as phic-up members for the duration of very familiar with the Page 20 berger lice is headed. All that is necessary is laded into that pack will seem to mittiply itself in weight as the miles pile up, especially Page 25 bottom 2 lines may be bunchased or easily made at home. A separate pan should Page 27 bottom 2 lines pack for you trips is the way the weight is distributed. Since it was designed for the-" Page 31 top line Any show shroute, sunburn lotion 18 600d--M Page 33 top line "To Wear on Carry" bottom lines "above list. On extended trips, another pair of wool or part wool pants may be included."

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Page	42	bottom 2 lines "Minute rice added to it is tasty	
		also. Include enough salt, especial	T A
		after a hot days hike."	
Page	43	title line "Lunches"	
		bottom line	
		"A raw carrot, if availiable, is	
	• ,	good."	4
Page	44	top line	7
		"Mudi - (Muslage or other alledged terms)"	à
Page	45	title line "SAMPLE TRAIL MENUS (Cont.)	
Page	46	top line "Severalfactors have been considered	. 17
		"Severalfactors have been considered	•••
Page	4.9	title to Chapter 6	
- 4 - 2,		bottom line	1
• •		Where no part of the insect	
**		remains"	1
••		(II)	, a

Page 50 bottom line "to the burn. DO NOT COVER." Page 51 bottom 2 lines "apply a weak Argyrol solution once. Evacuate to a doctor." Page 52 title line "Shock" Page 53 title line "Sunstroke and Heat Exhaustion" Page 54 title line "KNOW YOUR FIRST-AID KIT" Page 55 tible line "Conservation" Page 56 top line "stop trails. (Don't worry about 1t, however, --" bottom line "until it is completly out. To extinguish it, -- " Page 59 bottom line "a semester at the better climbing areas with--" Page 67 bottom line "Terminal Moraine - (See "End Moraine")" Page 68 top line "Till - An unassorted, commingled and chiefly--"