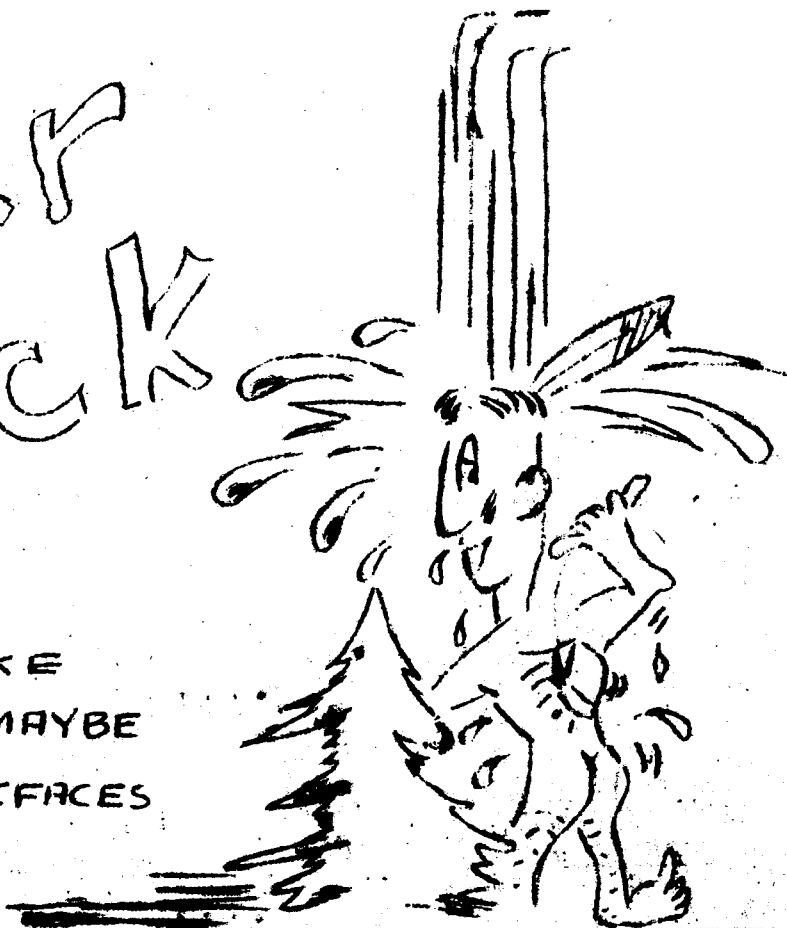


# BEAR TRACK

WE INJUNS LIKE  
WATERFALLS — MAYBE  
YOU UCHC PALEFACES  
LIKUM TOO!



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University of California  
Hiking Club

January 1959

## BETWEEN-SEMESTERS TRIP, HAVASU CANYON Jan. 29 - Feb. 8

The between semesters trip this year will be to Havasu Canyon, Arizona. This beautiful canyon is the home of the most isolated tribe of Indians in the United States, the Havasupai, ("people of the blue water".) A stream having a pretty blue color flows through the canyon and empties into the Grand Canyon of the Colorado, with several spectacular falls along the way. The canyon should provide many enjoyable hours of exploration, and if we are lucky we might get some old Indian to tell us a few tall tales.

The trip will be in individual cars, so that there will probably be a group back for the last day of registration. Signups and information about the trip are posted on the Club bulletin board. (For further information, call Dave Egglesten--Th-3-6278.)

Dave Egglesten, Leader

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## CAVE TRIP TO THE MOTHER LODGE

Over the weekend of December 13-14, Lou Goodman, Dick Scheible, Clarke Baylis, Dave Rottman, Marcia Gaines, Roger Lowe, and Bob Buddemeier ventured forth to the vicinity of Volcano in search of caves. After spending Saturday night in the middle of a dirt road, (fortunately unused,) the group trekked off into the hills for a day of spelunking.

The first cave descended was "China Doll." In the cave were some nice formations as well as an opening one size smaller than certain strategic diameters of Marcia Gaines. After extracting Marcia, the group set out in search of a river cave rumored to exist in the area. This was finally found, its principal feature turning out to be mud.

Dave Rottman, apparently acting on the premise that the shortest distance between two points is a painfully straight line, then led part of the group through half of the brush fields in the Mother Lodge in search of another cave. By the time this one was found, everyone had fallen down at least twice, ("It's this limestone; I never fall on granite....."), and the group finally limped back to the cars and headed home.

Bob Buddemeier

In any gathering of backpacking enthusiasts, the above question can usually be counted on to start the fires of argument. Should any person advance the notion that perhaps neither sack or frame are the best packing devices, the discussion often becomes a bonfire of controversy. Just how is a beginner to know what pack is best for his needs? In the following paragraphs I will describe the various packing devices in common use, point out their faults and merits, and make a few suggestions concerning the choice of a pack.

The packboard or packframe is widely used by backpackers in the Western U.S. These are basically similar devices utilizing a rectangular frame (for rigidity) around which is wrapped a tightly laced canvas or webbing back-rest. The load is lashed or tied on to the outside, and shoulder straps are attached by means of which the whole is carried as a unit. Some frames or boards have a bag attached for convenience in stowing gear. Typical devices are the Kelty packframe, and the Yukon packboard. This type of pack is ideal for medium to large loads ranging in weight up to around 80 pounds. A usual disadvantage is a shift of center-of-mass of the loaded man due to the load being carried an inch or so away from the body. This change in center-of-mass, plus an annoying tendency to sway if the body is swung rapidly, make this pack a poor choice for skiing, rock-climbing, and other sports involving precise nobile balance.

The rucksack, evolved from the similar knapsack and haversack, solves this problem of balance. It is simply a sac worn on the back (via shoulderstraps) as though it were a jacket without sleeves. A drawstring closure keeps the load in, and a canvas flap over the opening keeps dirt and rain out. There is usually no frame to hold the load away from the body, and thus center-of-mass deviations are held to a minimum. As the load is carried low, usually around the small of the back or somewhat higher, the load limit must generally be below 40 pounds. Since the load rests directly on the body, care must be taken to see that hard or sharp objects are not packed right against the person's back. Some rucksacks have a frame of roughly triangular outline. This gives rigidity and offers some ease in packing, but suffers a bit from the same faults as the packframe. This pack is ideal for skiers and climbers, and others who carry only small or light loads. Typical rucksacks with frames are the US Army ski pack, and the Bergans rucksack. The latter is a Norwegian import.

A very comfortable pack seldom seen outside northern areas is the pack-basket. A large, roughly cylindrical basket is woven of stout cane and reeds, and shoulder straps are provided for carrying. The basket provides rigidity for packing ease and protection against sharp objects in the back. For fast stowing, it can't be beaten. However, it weighs a bit more than either rucksacks or good frames, and suffers from their disadvantages. For canoeing, where loads are carried on the back for relatively short distances, this is a convenient pack.

When canoeing without a pack, or in any case where no formal packing device is available, a tump-line is useful. This is nothing more than a broad band of soft but strong material passed over the forehead. On each end are tied long and very strong cords or ropes. In use, the load to be carried is tied into a compact bundle and the cords of the tump-line are attached to opposite sides of the load. Their length is adjusted so the load, when suspended from the forehead, rests just above the buttocks. Immense loads may be lifted and carried this way, 500 and 700 pounds having been carried by persons accustomed to its use. In this country the tump-line is used to carry awkward and heavy loads for relatively short distances, but Himalayan porters use it for long-distance hauling.

(Continued on Page 3)

#### A REQUEST FROM THE QUARTERMASTER

I with the assistance John Fiske have completed the inventory of club equipment recently. There are a few items unaccounted for. If there is the chance that you have any club equipment that was checked out during the last summer or semester, please return it as soon as possible.

The present missing equipment is going to cost you, the club, \$10 to replace. Here's hoping I get a response.  
Bill Gardner

A pack similar to the rucksack is the packbag. This is a large rectangular sack supported by shoulder straps directly on the back. Its size is an advantage, ~~but it has the same faults as the~~ rucksack. Since there is no air space between the pack and back, sweat may soak the clothing to an uncomfortable degree. This pack, typified by the Duluth packbag, is most useful for moderate loads up to 50 pounds. It is seldom used by long-distance packers, but canoeists find it convenient because it may be stowed nearly anywhere in their craft.

Now---which of the these if for you? Everyone must suit himself, but there are some easy guides to follow in selecting a pack. If the ~~pack itself weighs over five pounds, it is unreasonably~~ heavy. Most goods packs, and even packboards and frames, will weigh no more than two and one-half pounds. For one day hikes, a rucksack is all you need. If you carry a sleeping bag a rucksack is usually too small--choose something else. If you load includes hard objects such as cans, Primus stoves, crampons, etc., choose a pack with a frame. Skiers and climbers are well advised to use a frame rucksack, sized according to the load. For casual back-packing, a packframe is most comfortable. If frequent access to the interior of the pack is desired, a frame with attached bag is handy. Otherwise the bag is only extra weight.

When heavier than usual loads must be carried on any type of pack, consider intermitent use of a tump-line attached to the pack. That will go far in increasing your comfort, as it allows you to take the load off your shoulder muscles for a while without the necessity of too-frequent stops. It maybe left attached to the pack when not in use, and the cords are always useful a round camp anyway.

Some final words of caution. Pick a sturdy pack. When your pack breaks or tears, it is ~~inconvenient to carry your load in your~~ arms. Above all, before purchasing the pack, put a full load in it and walk around the store for a while. Are the straps comfortable and properly spaced? That walk around the store may be embarrassing, but your red face will wear off a lot faster than will the blisters on your shoulders which will surely appear if you use a pack with uncomfortable shoulderstraps. For light packs up to 30 lbs, a soft oil-tanned leather is a nice strap. For anything heavier, a padded strap is usually needed. The best are made of sponge rubber or polyethylene foam, covered with heavy nylon.

Your backpacking trips will be as enjoyable as your pack is satisfactory. Choose with care, and shop around before you buy. With a good pack you'll find that backpacking is the most pleasant and rewarding way to enjoy the natural scene.

wdl

#### CLIMBING AT TAHQUITZ

On Friday, Dec. 26, several carloads of UCHC'ers departed Berkeley for sunny Southern California. We spent the night in true Hiking Club rough-it style--in the Loughman's abode in Venture. The next morning we arose bright and early, and, after a hearty breakfast of pancakes and ice-cream, were Tahquitz bound. That afternoon found us on various climbing routes on Tahquitz Rock. As we climbed we merrily sang out, "There's never foul weather at Tahquitz." The first day it was cloudy, damp, and windy. The second day it was windy, the third day it was very windy, the fourth day we spent in warm, sunny Joshua Tree National Monument. The climbing at Tahquitz was very enjoyable despite the wind, and many good climbs were conquered. The climbing at Joshua Tree derives its enjoyment primarily from picking out a pinnacle, choosing a route, and charging up it (ho ho!) The granite there is very similar to coarse sandpaper. The rest of the holidays were spent at Joshus Tree by some, Pasadena by others, and various other places throughout the state for the rest of us. All in all it was a very enjoyable trip. I for one am looking forward to returning to Tahquitz.

Keith Howard

BIKE HIKE

Early on the morning of Dec. 7 ten hardy hikers met to try their talents in a different way; they were all equipped with bicycles. The party journeyed by automobile to Napa where the cars were left. From here we cycled some 29 miles north to the town of Calistoga. Along the way everyone enjoyed a visit to a state game farm and drooled over all of the pheasant on the hoof. Except for Bob Russol's blowout, this part of the trip was made without mishap.

In Calistoga the cyclists invaded the city park which was surrounded by signs saying "Bicycles Prohibited!" As we all sank into the lawn preparing for lunch, Pete Scott uttered the statement of the day which consisted of one long, contented sigh. Immediately after lunch everyone tried out the playground facilities.

The trip back to Napa (along a different route), was quite a bit more lively. Everyone enjoyed a visit to the Christian Bros. winery, not to mention the free samples. After this stop everyone was making very good time. (Probably because it was getting dark?) We all finally made it to the outskirts of Napa, where the Highway Patrol detained us for approximately for a half hour. After we showed that the wine bottles hadn't been opened, we all went back to the cars.

One of the big surprises was that the two girls who went, Joan Bruhns and Lorie Scott, had little trouble keeping ahead of some of the fellows in the group. Although the trip was rather long, (60mi.) everyone enjoyed themselves.

Bob Mugolo

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HOW NOT TO CLIMB A MOUNTAIN

In August of 1957 I ascended Mt. Humphreys in the Southern Sierra and violated most of the mountaineering safety rules. I write the account of this ascent to point out my mistakes in the hope that the reader may avoid them in the future.

Mt. Humphreys is listed in the Climbers Guide as being easy 4th class. My first 3rd class ascent was three days previous and I had just learned to tie a bowline at a Sierra Club practice climb. On the basis of experience I had no business attempting the ascent. The second major mistake was that I was climbing solo. Had I been injured a self rescue would have been my only hope. The only persons who know of my whereabouts were physically incapable of coming to my assistance. My own knowledge of first aid procedures was very limited and my supplies consisted of several band-aids and a flashlight. In spite of these factors against me I began the climb at one o'clock in the afternoon after backpacking five miles in the morning. Reaching the summit at five I had enough energy to map a panorama with my camera. Climbing with all possible speed I failed to allow for the return trip and had to exhaust my energy sources to return to camp by moonlight. I had no physical reserves to depend upon to overcome any difficulties. Needless to say I was in no physical condition to continue the trip the next day.

A team of climbers begin a climb with a certain safety factor in its favor. I disregarded many of these factors thereby reducing my safety factor to my own physical ability to keep climbing. In view of these decreased factors, the ascent should never have been attempted. Good judgment is a mountaineers best friend and greatest asset. It certainly was lacking in this ascent. I was lucky--very lucky.

John Fisko

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This prominent spire at the south west end of the Valley offers some very enjoyable and spectacular climbing. The climbing problems are for the most part 4th class or easy 5th. However, one point requires either difficult 5th class or 6th class. The route is divided into two parts by a ledge (called the Main Ledge) which runs completely around the spire about 400 feet below its summit. It lies generally on the south face of the spire. The approach to the base of the climb is made by the talus chute behind the Spiros Buttress and then toward the notch between Higher and Lower Spires. Approximately 100-150 feet below the notch there is a short 3rd class crack running up to a ledge with a tree upon it. The route proceeds up the broken face above until the main ledge is reached. After following the main ledge to the right for some distance a large flake separated from the cliff by one foot is reached. The routes above this point start from the flat top of this flake. Here the climber has two choices. Directly above lies the flake pitch which is 6th class. The flake alternate route, which has one difficult 5th class move on it, proceeds off the right end of the flake. The problem of getting of the flake on the alternate pitch is solved by climbing down the crack on its right hand margin a short ways, and reaching up and to the right for a good lie-back hold which can be used to swing on to an obvious 5th class face.

The two routes join above and then continue up under a large overhang and around this obstacle to the right. From this point the large summit is easily reached.

Lower Spire is for the most part relatively easy with one taxing point. This one point, however, presents some of the most spectacular climbing of all the popular routes in Yosemite.

Charlie Raymond

#### CHRISTMAS PARTY AND PROGRESSIVE DINNER

Christmas festivities and shenanigans began Friday, Dec. 12, when thirty or more UCHC ers joined in a five-course progressive dinner and party. Hors d'oeuvres at Mel Bernstein's featured chips and dips, numerous goodies on toothpicks; olives, radishes, and other tempting tidbits. At Ann Dacey and Mary Ann Dooling's place the green salad included everything; a tossed salad should contain, even the bell peppers. Steaming hot borsch with buttered brown bread was served at the Zonlight's home in Kensington, and the main dish, enchiladas a la chef Gloria Ramos was an undeniable hit at the Bill Gardner and Tim Kaarto residence.

By this time we barely fumbled our way to Senior Men's Hall in anticipation of date-nut bread by Nanette Jaffe, and cakes by Marcia Gaines, John Shonle, and Pat Murphy. Our witty Santa, Bill Gardner, distributed the gifts everyone had brought, most of them typically ingenious and hilarious. If you've never seen Marcia Lighbody with Mickey Mouse ears, you've really missed something. Dave and Iris Marsh had a good time measuring the leaping power of their springy grasshoppers; and does anyone know if Don Wainwright ate his gift-- the fancy octopus, that is? If he didn't, it's sure to turn up for breakfast on some camping trip.

To the rejoicing of many, but the despair of a few, folk dancing followed upon the gift distribution. When all were happily exhausted except perhaps, Ray de Sausseere, Tom Aley drew out his trusty guitar and folk singing continued long into the night and continuing at Nanette's after-party party. It was a grand evening in the Hiking Club style and throughout the night I heard but one complaint, "Who forgot the Mistletoe?"

Pat Murphy

## FOLK DANCING

For next semester, a new policy regarding folk dance-teaching will be initiated. There will be folk dancing most every Friday night. It is planned to alternate the teaching one Friday with a general party the next Friday, etc. On the teaching nights I hope to teach three beginning, one or two intermediate, and possibly one advanced dance. The program will start with the beginning dances and progress to the harder dances as the night passes into morning. There will be general dancing to break up the monotony of the teaching.

Larry Hawley

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We have been asked to announce that the A.S.U.C. Social Recreational Events Board is giving a Co-Rec. dance after the University of Oregon game on Feb. 13, from 10:00 to 1:00 in the Second Floor Lounge, Stephens Union. Admission 50 cents per person.

MADAM, MAY WE INTRODUCE....

YOUR NEW OFFICERS

President: Tom Aley  
 Vice Pres: Bill Bohn  
 Exec. Sec: Joan Bruhns  
 Corres. Sec: Dottie Gasser  
 Treasurer: Dick Scheible  
 Reps. at Large:  
 Chuck Pratt  
 Bill Loughman  
 Ann Dacey  
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