

SNOW CAMP

Bus:

On Friday 3/22, one 56-seat bus will arrive at **8:00 am for a 8:30 am** departure from the Wrigley Market Place, E 27th St & W American Ave, Long Beach (parking on 27th Street). All 3 groups will ride this same bus to snow camp. You will arrive at the trailhead at approximately **4:00 pm**.

On Sunday 3/24, the same 56-seat bus will pick up Group 2 at **2:00 pm, and Groups 1 & 3 for a 3:00 pm** departure from S Lake Rd & Habegger Ln to Wrigley Market Place. Dinner will be in the Upper Crust Pizza in Bishop (Vons Parking lot). You can shop at Vons for the ride home or order and eat from the deli counter. You will arrive in Long Beach at approximately **9:00 pm**.

Mark all your gear "Group 3". Lash together your snowshoes, trekking poles shovel and anything else that's going on the outside of your pack separately from you pack. Anything hanging off your pack should be placed inside. Bring your hiking clothes, boots, gaiters, and whatever you need for the ride onto the bus

Agenda:

Pick up rental & borrowed gear on Thursday or before, you will not have time Friday morning. Arrange to take Friday, March 22nd off of work to meet the bus in Long Beach at 8:00 AM. We will be sharing at 56-seat bus with the other two groups. I would suggest arriving early and reserving seats near the front, and so you know who you will be sitting with. The bus will leave at 8:30 AM sharp. Bus stops in Pearsonville (~11:30) at an AM/PM & Subway for a 30-minute stretch. Bus stops in Bishop (~2:00) near restaurants for a 1 ½ hour dinner and clothes changing break. Bring money for food on Friday and Sunday. After having dinner in Bishop come back to the bus and change into your hiking cloths and boots. The same bus will pick us up on Sunday after staying in Bishop, so you can leave belongings on the bus. We've never had a problem, but you leave valuables on the bus at your own risk. At the trailhead take anything you need for the outing with you when you exit the bus. Quickly assemble your pack, snowshoes and shovel (1 per tent), and anything else you're strapping to the outside of your pack. Most likely we will need snowshoes immediately, but you should be prepared to strap you shoes to your pack in case the snow is firm enough to walk on. For sure you will strap your shovel to the pack, and possibly your close-cell foam sleeping pad and tent, anything that doesn't fit inside.

Friday night, the group will pack ~1.5 hours up a Snow covered road to Willow campground. We may hike some ways without snowshoes, and we may put them on if we encounter soft snow. At Willow, depending on conditions, we will decide whether to continue on to South Lake or not.

If we have to stop at Willow:

We cannot legally camp with groups bigger than 15 at Willow so if we are unable to make it to South Lake Friday night, and if the weather is favorable, we will use our snowshoes to "stamp" out

flat sleeping areas in the snow and spread tarps for sleeping pads and bags at Willow and "rest" until first light. We put up tents only for adverse weather as we will be up as soon as it is light (6:00 AM), have a quick breakfast, and start our backpack to South Lake (another couple of miles) no later than 7:30 AM.

If we can continue to South Lake Friday night:

Ideally, we will not need to stop at Willow, but will continue on to South Lake arriving ~8:00 PM. At South Lake we will stamp out tent platforms, place ground cloths for sleeping bags and pads and sleep out Friday night if the weather allows. We typically do not put up tents Friday night in mild conditions.

Saturday morning if we have stopped at Willow for the night we will be up by 6:00 AM. We will need to eat, filter water (if needed) and break camp by 7:30 AM to continue our backpack to South Lake. We should arrive at South Lake by 9:00 AM where we'll set up our tents, pack our day packs, and head out for a day of hiking and snow shoeing. We will not return to camp until evening (5:00 PM) so bring everything you need for the day.

If we're already camped at South Lake Friday night we will get up at 7:00 AM, eat breakfast, set up tents, filter water, and pack our daypacks for the day. We will leave camp around 9:00 AM and return around 5:00 PM. You'll need everything for the day including 10-essentials, food, lunch, 2 quarts of water or more, cloths, rain gear, snowshoes, and poles. We will hike into the mountains and forest surrounding South Lake to practice skills and enjoy our surroundings. When we return to camp Saturday evening we will have a happy hour pot luck dinner. Bring something to share, your course grade and permanent record depend on it.

Sunday we will get up at 7:00AM and hike out of camp again with our day packs in order to find adequate terrain to practice snow and avalanche risk interpretation skills. We will return to camp by 11:00 for lunch and to break camp. By 12:00 we all need to be heading down the trail so we can meet the bus at 2:00 PM. Most people will probably use snowshoes for much of the pack out as the snow will be softer at mid-day. We will probably arrive at the trailhead around the time the bus arrives. Turn in your WTC issued snowshoes, shovel, and rental tent (if rented) to a leader, put anything loose inside your pack, and retrieve anything from you pack you will need on the ride home (money, wallet, etc.). Help load the gear. Find your place on the bus. About ~40 minutes after we depart the bus will stop in the Vons parking lot in Bishop for a one-hour dinner break. Don't dally, when the bus stops head into Upper Crust Pizza or Vons as the bathroom and beer lines get long. After dinner you can make a quick trip to Vons to stock up on snacks and drinks for the ride home. The only other stop on the way home will be again, a short break at the AM/PM & Subway in Pearsonville about 2 hours after we depart Bishop. We should arrive back in Long Beach by ~9:00 PM. Take everything off the bus when you depart. Trust me, you don't want to have to go back on the bus after walking off and getting some fresh air.

Definitions:

Backpack - A pack (either internal or external frame) large enough to carry gear for this 3-day winter outing; 70L to 80L

Day pack - A smaller pack (with or without a frame) for day hikes. Need to be able to attach snowshoes and shovel.

Packs: Some participants will carry both a backpack and a day pack. The backpack (either internal or external frame is ok) must be large enough to carry all your gear inside or have attachments for lashing straps so that excess gear can be attached outside the pack. The day pack (lightweight preferred) must be large enough for an all-day hike and also have attachment points for your shovel and potentially your snowshoes. Some participants may elect to use their backpack for the day hike. This is perfectly acceptable. Advantage of using backpack for day hike: You can leave the day pack at home and lighten the weight of the backpack. Disadvantages of using backpack for day hike: (1) You have to carry the larger, heavier backpack during the day hikes. (2) You have to completely empty the backpack and re-organize your gear to use it as a day pack; then you have to be able to quickly reverse the process for the backpack out.

All participants must have snowshoes and ski/trekking poles with snow baskets - and a means of attaching these to both the backpack AND the day pack. Additionally, ~half the participants will carry a shovel, ideally one for every tent pair. Whoever carries the shovel carries the WHOLE shove (blade and handle). Packs can be rented or (possibly) borrowed. Snowshoes and shovels will be provided by WTC and must be returned at the end of the outing.

Adjustable length ski poles are handy, but this is not a requirement. If not adjustable, your forearm should be just about horizontal when pole is held vertical with basket (not the point) resting on snow surface. Ski poles are acceptable but realize for comfort and leverage you'll probably be holding them in the middle of the shaft, and they can't be lashed to your pack when not needed. WTC will supply snowshoes at the class before Snow Camp and shovels when we're dropped off at the trailhead. Shovels are required by the forest service for use in case of an avalanche and also very handy in snow. You must have lashing straps on both backpack and day pack with which to securely tie the shovel (as well as snowshoes and trekking poles). At least every other participant will carry a shovel.

Water: Plan to start the backpack with two quarts of water but carry extra (empty) bottles or bladders for a total capacity of at least 3 or 4 quarts minimum, but ideally 6 to 8-quart capacity is much better as you should only have to filter water once for the 3 days. Two quarts should be adequate for the pack-in Friday plus breakfast. You will probably need to filter water Saturday morning before the hike.

Making water: Most people will filter water. There will be a flowing stream about a half mile away (and +/- 300'). For a group our size at least every 3rd person will need to carry a filter, so at least 8 or 9 filters to share. When the last person is done filtering make sure to pump all water out of the filter and bring it in the tent with you at night. Many filter elements will crack if

they freeze. If you do not have storage for at least four quarts, you will likely need to melt snow Saturday night, which takes time and uses fuel. If you plan to melt snow for water, bring a liquid gasoline (white gas) stove and a 22 oz fuel bottle, as the canister stoves are inefficient and use too much fuel for this. During the day hike you can add clean snow to your <half empty bottles. This will melt over time. You can also put a scoop or two of clean snow inside a dark trash bag and leave it on top of something dark (tent or tarp) while we day hike. Depending on sun and temps some or much of that should melt by our return. **Sleeping bag:** A zero-degree mummy bag is essential. If you sleep cold, then bring a bag rated for lower temperature. Either down or synthetic is ok. Down is lighter in weight and more compact and is usually ok in California. (In other locations where it rains a lot, a synthetic bag is preferred.)

Foam pad: Most instructors recommend bringing two pads, a closed cell foam pad (Ridgecrest, Z-rest, etc) and a self-inflating mattress (ThermaRest type). If you like comfort or sleep cold, bring the extra ThermaRest. If you are concerned about weight, leave it at home and bring only the closed-cell foam pad. If your foam pad is only 3/4 length, you need a second pad for under your legs and feet. (Will this extra piece slip out and blow away Friday night?). The second smaller pad can also be used to sit - or stand - on during rest breaks. I do not recommend a ThermaRest by itself as you would be in trouble if it develops a leak during the trip. A full-thickness foam pad normally provides adequate but not the warmest insulation. One point not commonly mentioned: If your sleeping bag drops over the side of the pad onto the snow, expect to get cold. So a wider pad can be beneficial in snow.

A down parka (or equivalent) is comfortable for sitting around in the evening or early morning, but it is too hot to hike in, even during the Friday night backpack. Friday night, I will wear the same clothing as on the first two hikes, with either a mid-weight shirt or my rain jacket added. I will put on long underwear bottoms only if it is really really cold (I never have before). Those who start with long underwear may have to stop and take them off at some point to avoid sweating.

Use the rest room on the bus before it leaves. The next one we see is where we spend the night. If nature calls during the hike, try to get off the road (if it is safe to do so) so that cross-country skiers the next-day will not find yellow snow along the road. At night, use the rest rooms as we do not want the campsite littered with yellow snow or bury any evidence the next morning.

The Forest Service requires that we spend the night where there are restrooms nearby. These are normally locked for the winter but the leaders have keys and will unlock them while we are there, if we can get to them. If there are waste cans in the restrooms, they are not to be used!!! Use the dumpsters outside if available or pack it out. Toilet paper can be placed in the toilets but bring plastic bags and pack out all your other trash, including hygiene products. Do NOT use the bathrooms to dress!

WTC INSTRUCTOR GUIDE

76 WAYS TO STAY WARM

Feet:

1. If feet are cold, put on a hat (up to 1/4 of body heat is lost through the head).
2. Make sure toes are not immobilized by too many socks or too small boots. Too many socks can cause tightness that cuts circulation and results in cold feet.
3. Use vapor barrier liner or plastic bags if boots get wet.
4. Use down booties around camp & in sleeping bag.

Feet- Boots:

5. Waterproof boots so feet do not get wet.
6. Use winter mountaineering (plastic) boots for extreme conditions.
7. Keep boots in sleeping bag (in plastic bag) at night so they don't freeze, or at least in the tent
8. Use insulated insoles.

Feet-Socks:

9. Layer thin poly fiber socks with thick wool/synthetic socks.
10. Use new, thick socks (if boots not too tight).
11. Do not wear cotton socks.
12. Change to dry socks (and cloths) before going to bed.

Hands:

13. Protect with dry gloves.
14. Use mittens if very cold (less surface area to volume ratio than gloves).
15. Place hand warmer inside mittens.
16. Have extra mittens for after snow play.
17. Hold a cup of hot tea.

Head:

18. Balaclava protects head, neck and face.
19. Beanie / balaclava is an effective temperature regulating mechanism.
20. 20-30% heat loss through head.
21. Sleep with beanie or balaclava on.

Clothing:

22. Adjust layers so you do not sweat.
23. Use windbreaker to prevent heat loss through convection.
24. Remove wet clothing before you begin to chill.
25. Clothing that wicks body moisture (synthetic).
26. Clothing should provide warmth when wet: synthetic, wool, pile.

27. Clothing should dry out quickly (synthetic).
28. Make sure you have fresh, dry clothing for bed.
29. Down jacket is great for sitting around in the evening and can be worn inside your sleeping bag if not too compressed.

Food:

30. Eat frequently - high carbohydrate foods.
31. Drink plenty of water.
32. Flavor water to make it more appealing.
33. Start hydrating body day before snow camp.
34. Drink warm liquids before going to bed. (teas, hot cider, hot chocolate, etc.).
35. Eat high energy food before going to bed, digestion warms the body.
36. Stop activities and set up camp before exhausted.
37. Stay away from alcohol (peripheral blood vessels).

Exercise:

38. Will warm you, but make sure you take in enough calories, so exercise does not further deplete energy reserves. Stop exercise early so that clothes dry out before getting in sleeping bag.

Body Fuel:

39. High energy food & water so body can metabolize food.
40. Take some food to tent with you.
41. Exercise generates heat.
42. When relaxed, you are not generating so much heat; keep what you have by covering up.
43. If clothing is not keeping you warm, add another layer of insulation.
44. Shivering - shut-down of peripheral blood vessels.
45. Alcohol - feels warm but does not keep you warm.

Sleeping Bag:

46. Have low-temperature rated bag (at least 0 degree, -15 better).
47. Fluff out bag to gain loft.
48. Mummy bag; less air space, cinch it around your head and neck.
49. Keep bag dry - away from sides of tent.
50. Do not use down if wet trip is expected; use synthetic (Polarguard, Holofil, Qualofil). Down loses insulating ability when wet.
51. Dry bag out on sunny days.
52. Use vapor barrier liner (VEL): reduces air circulation' humid microclimate; prevents bag wetness.

- 53. Use bivy sack (to enclose bag) or bag liner (adds a few degrees) - or 2 bags.
- 54. Wear warm, dry clothes to bed.
- 55. Do not breathe into bag, use hat, handkerchief, sweater.

Ground Pads:

- 56. Loft is zero on bottom of bag, especially with down.
- 57. Need something between you and ground.
- 58. Closed cell foam - blue foam, ~1/2" thick, good price.
- 59. Full size open cell - cushions and insulates but absorbs water. Do not use open cell foam.
- 60. Air mattress - cushions, poor insulation, puncture easily.
- 61. ThermaRest - open cell within airtight, waterproof shell, failure not total.
- 62. Warmest = closed cell + ThermaRest.
- 63. Use ground pad + sit pad under torso.
- 64. Use 2 ground pads.

Tent:

- 65. Make sure zippers and fasteners work.
- 66. Share tent (up to 10 degrees warmer).
- 67. Use good snow stakes (or alternate)
- 68. Close vents to reduce air circulation (warmer, wetter). Open vents to reduce condensation (cooler, drier)
- 69. Use 4 season tent.

Tent Site:

- 70. Select tent site protected from wind. Air circulation robs you of warmth.
- 71. Select site away from low spots, valleys, streamside. Make bed surface higher than surrounding ground (even a little higher helps). Cold air flows downward and pools in low spots, valleys.
- 72. Pitch tent where it gets the morning sun.

Warmers:

- 73. Bottles of warm water (in sealed bottles) to bed.
- 74. Make sure bottles are new, not cracked.
- 75. Hand warmers, foot warmers (stick inside socks).

Fire:

- 76. Any external source of heat helps. Bring pressed logs and a large disposable turkey pan (aluminum).