

General Meeting
Minutes for February 12, 2014

Present were Becca Polglase, Suzanne Stratford, four new parents, sixteen returning members, and five new members.

1. Introductions – Katy

1. Each person said their name, how long they have been a part of the group, and what kitchen utensil they would be if they had the choice.
2. The contact information for leadership follows. Please feel free to email us at any time with questions, concerns, comments, and ideas.

Becca Polglase
beccap@mountaineers.org

Noah Compton, President
wasnowboard@gmail.com

Rebecca Walton, Vice-President of Trips and Skills
razw14@hotmail.com

Christoph Suhr, Vice-President of Membership
christoph.suhr@gmail.com

Katy Snyder, Tech Officer
katy.snyder14@gmail.com

Carolyn Stratford, Secretary
carolynjes@gmail.com

1. Trip Wrap-Ups – Carolyn, Rebecca, and Katy

1. Skills Days: We had two weekends of skills days: two days each for crevasse rescue and belay escape/rappel. These went very well. Everyone learned a lot. We also had some great volunteers!
2. XC Ski Trip: We had a great time skiing in the Methow Valley. Staying at the hostel was definitely a highlight. We split up into smaller groups (advanced and beginning), which worked very well. There was time for one-on-one instruction, and everyone learned a lot. Overall, we feel the trip went very smoothly.

1. Backcountry Alpine Ski and Snowboard Trip – Michael and Noah H.

1. There will be a backcountry alpine trip February 23. Tab is the volunteer leading this trip.
2. The location has not been finalized as yet.
3. Pre-requisites include, but are not limited to: proper skis (AT skis – can be rented); high level of skiing ability (intermediate/advanced, confident on any terrain); high endurance; avalanche beacon (can be rented from Feathered Friends).
4. There might be some snow shoeing on this trip as well, in order to get to the right place.
5. The avalanche danger is very high, especially with all the new snowfall. Trip participants will be required to attend an avalanche safety training session in preparation for the trip.

1. XC Ski Overnight – Karin

1. There will be an overnight XC ski trip February 22-23 (the same weekend as the backcountry alpine trip).
2. The location has not been finalized. It will possibly be near Mt. Rainier, but this depends on snow conditions.
3. The trip will consist of two full days of skiing – approx. 11 miles per day.
4. You should have gone XC skiing before, and feel like you could do it for a few hours at a time.
5. We will be tent camping.

1. Snow Caves – Rebecca

1. There will be an overnight snow cave trip March 15-16. **The day trip previously on the calendar for March 1 is no longer happening.**
2. The trip sheet passed out at the meeting is from a couple of years ago, an updated one will be forthcoming.
3. On the first day we will hike in one or two miles and build the caves. We will sleep in the caves, and break them down before leaving in the morning.
4. **You will need plenty of warm layers for this trip.** More details to come, but the list passed out at the meeting is a good estimate. Also, you will need a full length sleeping pad, and a sleeping bag rated for less than 15 degrees (you can also double up sleeping bags to lower the rating – please talk to Becca for more information).

1. 10 Essentials – Katy

1. We broke up into small groups, and each group came up with a list of what they thought was included on the 10 Essentials list.
2. The 10 Essentials is a basic set of gear that you always bring with you when on a trip. They don't have to take up very much room, but a sufficient set of gear will help you survive in case of an emergency.
3. Map/Compass – It is good to be able to navigate using a map and compass. That way you know you can handle the situation if, for example, your GPS fails. We will work on map and compass skills a little later on this year. *On MAC, we usually have a group map.
4. Sunscreen/Sunglasses – As we all probably know, sunburn is very painful. It also can dehydrate you. Sunglasses are very important. You will not be allowed to go on certain trips if you don't have sunglasses with you (we usually have several extra pairs in the car in case you forget yours). Sunglasses are required for all snow trips: the rays from the sun reflect off the snow (even if it is cloudy), and can cause snow blindness. This condition can be life-threatening.
5. Extra Layers – Again, how much you bring will depend on the type of activity you are doing. Always have in your pack a hat, gloves (they don't have to be snow gloves, liners will do), and a set of long underwear. It is also a good idea to have a spare lightweight raincoat.
6. Extra Illumination – **BRING YOUR HEADLAMP ON ALL TRIPS!!!!** A headlamp is never out of place – bring it to school, work, and in the backcountry. Always keep it with you – the sun has a way of going down a lot sooner than expected. Include in your 10 Essentials either extra batteries for your headlamp, or another headlamp/flashlight. *Before leaving on trips, make sure that both your illumination sources work.
7. First Aid Kit – On MAC, we always bring a big group first aid kit. That said, it is a good idea to have a small one with you. Go through your first aid kit every now and then so that you know what supplies you have. Remember to restock after giving care. One of the most important rules to keep in mind when putting together a first aid kit is: make sure you know how to use everything you have. It probably won't help very much if you include Tincture of Benzoin in your first aid kit, then find yourself in an emergency in the backcountry wondering what on earth you have with you.
8. Firestarter – Have a candle and some matches in a ziploc bag (they also make these neat waterproof match containers). Waterproof matches are nice so that if somehow your matches get wet, they aren't ruined. A lighter is also an acceptable alternative.
9. Repair Kit – Repair kits are very individual between people, and also depend on the type of activity you are doing. For example, if you are using a specialized

type of equipment such as an external frame pack, you need to bring all the special fittings needed to fix it in case something breaks. Common items found in repair kits include: duct tape (usually wrapped around a water bottle); dental floss (it is strong); zipties; accessory cord; shoelaces; safety pins; needle and thread. A pocketknife should be found in every single repair kit. It comes in handy in a multitude of ways.

10. Extra Food – This will in part depend on how long the trip is. You basically want a reserve stock of high-energy food that is not to be touched outside of an emergency. An example of what could be brought as extra food: several granola bars, a cup or so of nuts, and a couple handfuls of dried fruit. Jerky and/or a bar of chocolate could also be added to this. *Keep in mind that if you decide to include chocolate, there are two major disadvantages: it will melt, and it is very tempting to munch on as a snack.
11. Extra Water – Make sure you always leave the parking lot with a reasonable amount of water that is safe to drink. How much this is will depend on the activity you are doing. Ensure that you have a way of purifying water while out on the trail (iodine tablets or a filter). *On MAC, we usually share water filters, so not everyone has to bring or own one.
12. Shelter – You need a means of protecting yourself from the environment. A space blanket (can be bought in a very small package at stores such as REI) is one of the most common items found under this section. *Be advised that once you unfold a space blanket, it is almost impossible to fold back up. Therefore you probably only want to unfold it in an emergency.
13. If you have any questions about what to include in your 10 Essentials, feel free to ask Becca, Madden, or any of the MAC members.

1. Vantage – Carolyn

1. We will be going on an overnight trip to Vantage March 29-30. We will be camping at the Wanapum Recreation Area in Ginkgo Petrified Forest State Park.
2. We plan on climbing all day both Saturday and Sunday.
3. There will be opportunities to work on a multitude of skills.
4. More information will be forthcoming.

1. Wonderland Trail – Rebecca and Carolyn

1. This trip will happen August 1-10. We will only be hiking for eight days, but we are setting aside more than that because you are more likely to get a permit if you give some leeway in the dates.
2. Sign up for each trip will be announced two weeks before it opens.
3. We have three mandatory practice hikes (**Note: Our plan has been evolving, and**

these dates are different from those announced earlier this year): April 26-27; June 28-29; and July 23-24.

4. These hikes are mandatory for several reasons: we need to experiment with our gear to make sure it works before the big trip – in particular, we need to get a lot of miles in on our boots to make sure they're comfortable; this trip is longer and more strenuous than the Pasayten trip last year – it is important that participants get an idea of the high level of endurance needed before the big trip.
 5. Due to the maximum group size allowed in national parks (12 people), there are only ten spots available for youth participants. This will be a very interesting and hard trip; it is extremely important that each participant commit to training and going on the practice hikes. It will be essential that each person accept the responsibility they have for getting in shape.
 6. The Wonderland Trail runs around the base of Mt. Rainier. It is approximately 94 miles long, and has a total elevation gain of approximately 16,000 ft. We will be hiking approximately 12 miles per day, with a couple of shorter days. We are planning on caching our food at ranger stations along the route, so we will only have to carry food for about three days at a time.
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1. Pack Check – Katy and Rebecca
 1. Katy and Rebecca reviewed the gear contained in several packs that were brought, ensuring that it was suitable for cold weather camping.
 2. In general, the gear reviewed consisted of layers, mess kit, 10 Essentials, sleeping bag, and sleeping pad.

The meeting ended with good informal discussion time.