

June 2015 14ers Plan of Attack

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Lake City

Directions to Rental office

Directions: From Gunnison – As you come into town on Hwy. 149 you will pass the “Toy Wash” as well as the propane tanks on your right. You will then go up a hill and about half way down the hill you will see the “Broadaxe Business Center” on your right. We are located in that building and have signs that will direct you to the office. **From Creede** – Take Hwy. 149 into town. You will then be on Gunnison Avenue which will turn to the right then to the left as you go through town. You will pass the grocery store and bakery on your left and as you start up the hill you will see the “Broadaxe Business Center” on your left. We are located in that building and have signs that will direct you to the office.

April's Gear List

(from 14ers.com with my own commentary)

Main Gear:

Food and water (plenty of water)

Hat - light beanie (warmer/winter) and brimmed hat (for sun)

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Gloves - light running gloves - Tom P will have extras
Synthetic shirts-- wicking, bring 4-5 if you have them!
Synthetic long underwear-- bring 1-2 pairs in case - IF you plan on Hiking if it's cold!
Fleece or Wind-Block jacket
Waterproof shell/jacket-- also can serve as wind-block - A Must
Nylon shorts-- soccer shorts will do
Hiking pants-- or lightweight pants or zip-offs, roll-ups etc
Hiking shoes or boots-- make sure they're broken-in and comfy for long days on feet! Tristan uses old running shoes, April has hiking shoes, Tom P and Ross have Hiking Boots
Hiking socks-- Smart Wools ideal
Watch
Pack (that fits the hike/climb)-- I think if 3 of us carry a small camelback and one carries a standard day pack, we will have plenty of cargo space. - Tom P will have 2 packs along
Headlamp
Sunglasses-- polarized
Knife or multi-tool-- leatherman 'juice' or fancy pocket knife
Water bladder or bottles-- bladder would be best because we should probably each carry 3 liters or so - Tom P will have extra water bottles/Bladders (2-3 Liters/Person)
Compass-- we should each have one - Tom P has GPS, Compass and more!
Whistle-- we should each have one
Maps-- Tom P will have Topo
Tape-- wrap some duct tape around something in case of emergency
Matches/lighter-- in a baggie or waterproof something
30spf+ sunscreen-- and plenty of it!
TP (in ziploc bag)-- I will bring some of the FOR SURE, but I may not SHARE

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Cell phone
Trash Bag (large)
Cooler
Small Grill? I'll ask if Cabin has one
Emergency supplies, including a first aid kit-- I have one small one, who else has one? Tom P has a Big-Ass first aid kit
Climbing helmet-- not necessary on the class 1-2 routes we'll be taking
Optional: Trekking poles-- TPed has 2 sets
Optional: GPS-- Tom P has THE WATCH
Lawn Chairs! for Trailhead/After hike!
Gear for Overnight Summer Trips:
Sleeping bag-- get one appropriate for cool weather even though it will be summer. I think mine goes down to at least 20 F- Condo's have bedding
Tent - no need

(From my own mind)

sweatpants/pajama wear

plenty of clean underwear

regular (non-hiking socks)

Sports bra (oops, only me!)

1 pair of jeans

1 pair of casual shorts (we may be going out to dinner a couple nights)

3-4 casual t-shirts

sandals/flip-flops

cozy sweatshirt/fleece

pillow

toothbrush and toothpaste

hairbrush/comb

DEODORANT

swimming suit (I always bring this just in case! I had to buy an emergency one in Argentina once)

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regular flashlight

~~mess kit (will our cabin have dishware? I am going to assume we will eat out on the nights we are camping)~~

Powerbars, nuts, dried fruit, healthy snacks

book to read

knitting or other form of quiet entertainment

~~tarp for under tent~~

Nuun tablets for hydration

dirty laundry sack or receptacle of sorts

camera

laptop or tablet

chargers for all electronic shit

ipod cable for car

portable backpack or suitcase to hold all this shit!!

From TPed

- Battery powered Lantern - suitable for outdoor cribbage in evenings
- Cribbage Board and Cards - now that I'm thinking of it.
- Frisbee!
- Micro Spikes or Mini Crampons
- Snow Shoes!

Meal Ideas

Dinner

1. Dinner out at [Packer Saloon and Cannibal Grill](#)
(more about the Cannibal of Lake City - <http://www.sangres.com/history/alferdpacker.htm>)
2. Spaghetti
3. Grill Meals
 - Hamburgers / Portabella mushroom burgers
 - for marinade: Canola oil, onion, garlic, balsamic vinegar (perhaps bring some in a little tupperware rather than buying. We only need 4 tbsp of vinegar)
 - Beans, Chips, Salad
 - Brats/Hot Dogs
 - Beans, Chips, Salad
4. Tacos
 - Maybe we could use this black bean taco recipe? we can also get taco seasoning and ground beef to make meaty tacos.
<http://allrecipes.com/recipe/black-bean-tacos/>

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- Also get refried beans to go on the side
- 5. grilled cheese + soup
 - A Ross/Biz favorite. Probably for the 4 of us we'd need 2 cans of tomato soup, a loaf of bread, a small/medium block of cheddar of some kind, a small/medium block of pepper jack. We'd also most likely want to have salads on the side to balance this out. I'd recommend ceasar salads: romaine lettuce, roma tomatoes, croutons, parmesan, dressing.
- 6. baked potatoes w/fixings
 - We'd need russet potatoes, sour cream (which could be used for tacos, too), cheese (which could be used for tacos AND grilled cheeses), and maybe some frozen vegetables. We'd probably want to have a protein with this too. As the captain of the bean team, I'd recommend baked beans.
- 7. Haitian-style red beans and rice (Ross and Elizabeth have a good recipe, it's easy and tasty)
 - White rice
 - 2 cans of red beans
 - 1 can cream of celery soup
 - vegetable broth bouillon or vegetable broth
 - parsley
 - 1 bunch green onions
 - sage (the spice)
- 8. Shepherd's Pie - Its pretty good, Tom P made it!
 - <http://www.foodnetwork.com/recipes/rachael-ray/30-minute-shepherds-pie-recipe.html>.
- 9. <your thoughts go here>

Breakfast

(we'll want a really hearty breakfast, because we're going to burn a bunch of calories before lunch):

- bagels n' cream cheese
- fruit - Bananas
- Yogurt with grape nuts and craisins
- eggs with spinach and toast
- <your thoughts go here>

Lunch Time

- trail mix
- PB&J
- cliff bars
- Fruit - Apples (can carry in backpack)
- bagels w/cheese or something
- <your thoughts go here>

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After/Snacks/Drinks

- Beer!
- Bourbon!
- Peanuts!
- Soda
- <your thoughts go here>

Will turn this into a grocery list at end of the document - I'll buy as much as possible before leaving, David and I will get perishables before we get to Lake City.

14ers - routes, plans, trailheads, etc

Hike Estimates/Tools

There are some hike calculators [Here](#) and [Here](#). We can use these to estimate how long some of these will take (and how early we start!). Guestimates are between 1 + 1.3 miles/hour up and down - or as example 5 miles w/ 2100 ft elevation change would take 3.25-4 hours.

Peaks and Notes for Trails/Tailheads

Mt Evans (driveup/Acclimation)

David/Unc Tom P from Georgetown.

6/10 update - This one is a bust - road is closed until Mid July. We'll go take a walk on the Glacier instead

Grays Peak/Torreys Peak

- David/Unc Tom P from Georgetown

--Grays Peak - East Slopes trail (Class 1)

-- If continuing to Torreys, take Combination (Class 2) to Torreys Peak - South Slopes

<http://www.14ers.com/flash/overviewtopos/overviewmaps.php?peak=Grays+Peak>

-- Trailhead Directions: Take I-70 to the Bakerville exit (#221). Leave the highway and drive south over to the dirt parking area near the start of Forest Road 189. This is the winter trailhead and, even if the upper road is open, low-clearance passenger cars should park here. It's almost 3 miles to the summer trailhead. Reach a junction after one mile - stay straight and follow the sign for the Grays Peak trailhead. Continue another 2 miles to the trailhead at 11,280'. There are restrooms and a few dispersed camping spots near the parking area.

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Mt Bross

- David/Unc Tom P on route to Lake City

Will assess [Mt Bross west slope](#) route from Kite lake - Tom P knows trailhead well! - Moderate/Class 2 ([Combo Route](#) or [West Slope](#) <4mi hike) - [58 Mi from Georgetown 1.5 hr](#)

Handies Peak

- Whole gang when Ross and Elizabeth arrive

[Handies Peak](#) Standard route is Class 1 - 5.7 mile round trip from [American Basin TH](#). [~23 Miles 1hr+](#) from Lake City. Trailhead sounds exciting in spring - there is a stream to cross!

Sunshine Peak + Redcloud

- From Lake City with whoever wants to go

[Sunshine Peak](#) + Redcloud - Class 2 Combo with RedCloud (12.25m hike) - [Silver Creek/Grizley Gulch TH](#) - [~18 Miles 1hr](#). Alternate: [Redcloud Peak](#) alone - Class 2 (9m hike)

Uncompahgre Peak

- From Lake City with whoever wants to go

[Uncompahgre Peak](#) is a Class 2 (7.25m hike) from [Nellie TH](#) - [~10 Miles or less - 50 mins.](#)

Wetterhorn Peak

(If we want to try class 3) - From Lake City

[Wetterhorn Peak](#) Class 3 - (7m hike) - [Matterhorn Creek TH](#) - [~12 Miles 1hr](#)

San Luis Peak

Approx [57 Miles from Lake City \(1.9 hours thru Crede\)](#) - [Approx Directions](#)

South Route from [W Willow Creek TH](#) - [One of the easiest - but 11 Mile RT](#)

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Others Peaks?

.... Am I missing any? ...

<your thoughts go here>

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----- Print this page for a handy/dandy grocery list -----

Grocery List

(if ingredients are not apparent in above meals - e.g. spices and stuff) feel free to plop stuff right into this list!)

- Bourbon
- Peanuts
- Coffee
- Coffee Filters (both types from home)
- Power Bars
- Beer - **What Kind?**
- Onions
- Garlic
- 15 ounce can black beans
- 7 ounce can green salsa (salsa verde)
- Taco Shells (soft and Hard)
- Taco Seasoning
- 2 ounces shredded Mexican cheese blend (optional)
- Russet Potatoes
- 2 cans of tomato soup
- Salad Dressing (what kinds)
- Baked Beans
- White rice (**How big of a bag?**)
- 2 cans of red beans
- 1 can cream of celery soup
- vegetable broth bouillon or vegetable broth (**in a can?**)
- 2 tablespoons chopped fresh parsley leaves
- Spaghetti
- Spaghetti Sauce
- Peanut Butter - **Super Chunk OK?**
- Jelly
- Catsup
- Mustard
- Trail Mix Fixings
 - a. Mixed Nuts + Almonds
 - b. M&Ms
 - c. Raisins
 - d. Seeds - pumpkin/sunflower, etc
 - e. <What Else>

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Perishables (Buy near lake City)

- Tomatoes
- Avocado
- Lettuce
- Spinach
- Tom P likes Kale!
- 4 LBs Ground beef
- Hamburger buns
- Portabella caps
- Bread
- Cheddar Cheese
- Pepper Jack Cheese
- Bagels
- Cream Cheese
- parsley
- 1 bunch green onions
- Sour Cream
- Eggs (1 Doz?)
- Frozen Vegetables (peas if we do shepherd's pie)
- Carrots
- Butter
- Milk
- Juice (Any Favorites)
- Yogurt (Flavors?)

Spices and small things from home

-
- Beef Bullion Cube
- Balsamic vinegar (little bottle from home)
- Olive oil (small bottle)
- Garlic?
- Garlic Powder
- Chili powder
- Ground Cumin
- Paprika
- Canola oil
- sage (the spice)
- Flour (not much)
- Salt and freshly ground black pepper
- 2 teaspoons Worcestershire, eyeball it
- 1 teaspoon sweet paprika
- Ziplock Sandwich Bags for gorp/lunches
- Coffee Filters (both types from home)

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- Any weird cooking gadgets
- Nuun tablets for hydration