

# The Goosedown Gazette

Spring/Summer 1997

Volume 19 Issue 2



## Are You Doing What You Want?

### We Are.

In the past few months, members have gone on trips to the Cascades, Big South Fork, Mount Whitney, Death Valley, the Grand Tetons, Glacier National Park, Red Rock Nevada, Monagahela National Park, Red River Gorge, New River Gorge, Stone Mountain, and indoor climbing at Rockquest, skydiving in IN, cross-country skiing in the N. Midwest and Canada, white-water rafting in WV, hiking in CO, scuba-diving in FL, caving in KY, and big-wall climbing in Zion (just to name a few places).

\*

Come and experience life! Go where you want- where you breathe a little deeper, sweat a little harder, and paddle, climb, hike, slalom, and push your limits to the perfect exhaustion. Or go where you tune into a slower pace, listening to the patter of rain on the tent fly, savoring the simpleness of a warm campside meal, and wondering how you could have possibly gone on so long without it all.

\*

- **Join us every Wednesday at 7:00pm Room 527 Old Chemistry.** We informally discuss trips, do a bit of business, then kickback for a program or slide-show.

- **Membership is \$10.00/quarter and \$25.00/year.** Membership entitles you to use of the Club's library and enough equipment for yourself for one week at a time. Gear check-out is every Wed. after the meetings, and should be returned the following Wed. before the meeting.

- **The UCMC office is located in 217 TUC,** and the phone is **556-6014.** Check out the killer UCMC home page for news, trips and cool links @ <http://soaserver.tuc.uc.edu/org/ucmc/>

## Need More Info?

Feel free to contact any and all officers!

President	Jeremy Sibert 921-6959
Vice President	Amy Kindell 721-1507
Treasurer	Matthew Kappan 721-1507
EQT Manager	Bob Mauk 721-8962
Asst. Mngr.	Zack Krupp 556-7622
Asst. Mngr.	Ted Roll 941-5151

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*Goosedown Gazette*  
U.C. Mountaineering Club  
P.O. Box 210136  
Cincinnati, OH 45221

Chief Editor	Annelies Koob 341-2120
Asst. Editor	Jeremy Sibert 921-6959

or e-mail our

**Editors: Annelies Koob, and Jeremy Sibert**  
at [koob@one.net](mailto:koob@one.net), or  
[sibertjd@email.uc.edu](mailto:sibertjd@email.uc.edu)

### Cover Photo

From left to right: David Core, Bob Mouk, Annelies Koob, Jeremy Sibert, Zack Krupp. At the Swift Current Pass trail head in Glacier National Park, Montana.

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## Letter from the President

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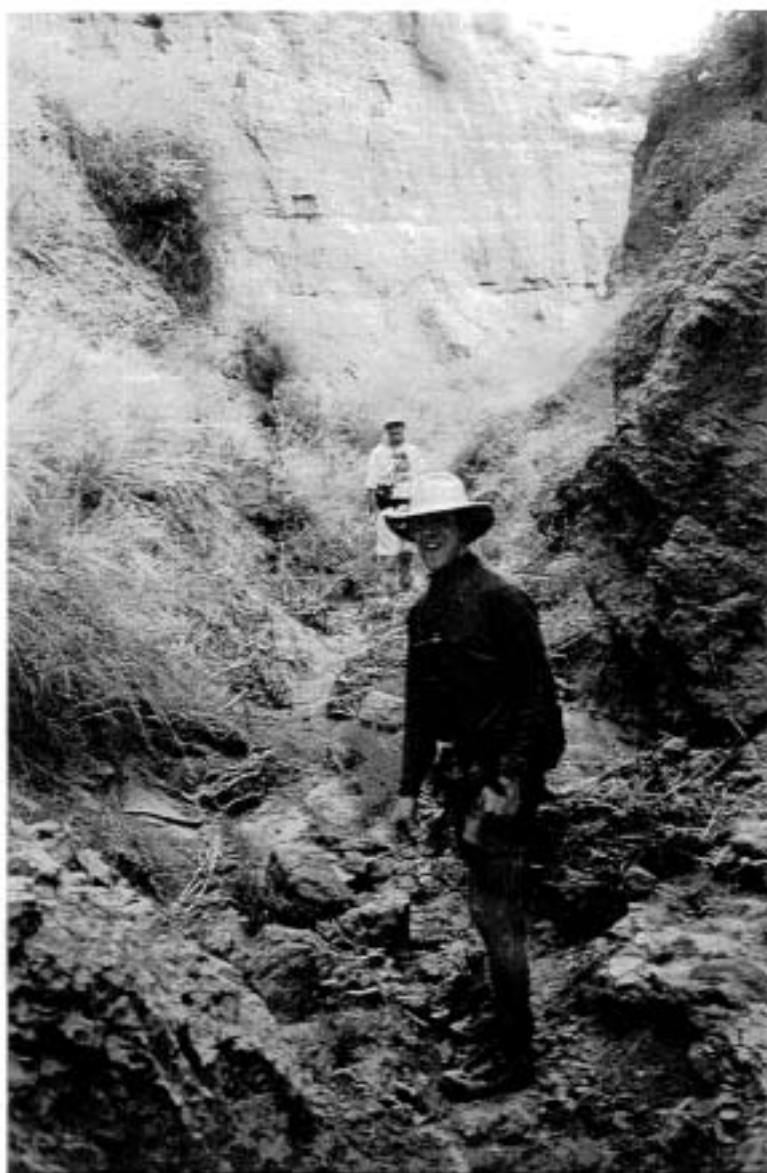
Jeremy Sibert

Welcome potential new Mountaineers. It's the beginning of a new season and the flowers are blooming. This is probably the best time of the year to partake in many of the activities the UC Mountaineering Club promotes. Time to dust off those packs and boots and walk among alpine flowers and splash in the cool water.

Through many years of observation, the UCMC officers and members have determined that one of the best ways for all of you new budding mountaineers to become involved in the club is to get out there and go on some trips. What better way to get to know the members of this club than to spend an entire weekend, or better yet, an entire week with them! I know, some of you may be thinking: I don't know how to pitch a tent, or how to tie a figure eight into a harness, or how to find my way out of a dark forbidding cavern. Well, you're in luck! The UCMC offers basic courses covering topics such as backpacking, climbing and caving, and what courses we don't offer, you can rest assured that there is a current member out there that has the experience and willingness to teach a young (or older) aspiring UCMC'er.

When I first joined this club, almost four years ago, that is precisely how I got involved. I joined because of a flyer my friend on campus (I was not even a student at UC) saw for a caving course hosted by the UCMC. Shortly after taking that course, I got involved in the club by volunteering for equipment manager and took another course in basic rock climbing. By taking these courses, going on trips and getting involved in the club I got to know a lot of people and gained a lot of knowledge about the outdoors. I encourage all of you to go on these trips and get involved in the club as well. Come to meetings, take part in club activities, run for office in June. Don't let the fear of looking dumb because you

might not know how to read a topo map intimidate you, for every one in this club has been there too. I don't think any of us have found exactly what we're looking for, but, we spend every free weekend on trails, on rivers, on rocky crags, and in caves searching for it. Come and join us in our search!





# April

1997

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1	2 meeting	3	4 Backpacking	5
6	7	8	9 OPEN HOUSE	10	11	12
13	14	15	16 meeting slide show pacific NW	17	18	19
20	21	22 Earth Day / slide show	23 meeting slide show / speaker rockquest	24 climbing course lecture	25	26 climbing course
27 climbing course	28	29 Backpacking course lecture	30 meeting gear auction			



# May

1997

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Backpacking Course rain date for climbing course →
4 → rain date for climbing course	5	6	7 meeting nominations scholarship proposal	8	9	10
11	12	13	14 meeting nominations leadership seminar	15 Caving Course Lecture	16	17 Caving Course
18 Caving Course	19	20	21 meeting nominations	22	23 annual occoee white water trip	24 annual occoee white water trip mountaineering in the north cascades
25 annual occoee white water trip mountaineering in the north cascades	26 annual occoee white water trip	27	28 meeting elections	29	30	31 skydiving trip Bike trip →



# June

1997

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 mountaineering in the north cascades Bike trip	2	3	4 last meeting of summer quarter @ Eden Park for clean-up	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 womens backpacking course →
22	23	24	25 first meet- ing of summer quarter	26	27	28
29	30		meeting			

## Thru-hiking the Appalachian Trail

by Alfred Sidman

Many college students who enjoy the outdoors dream of hiking the Appalachian Trail, which runs 2150 miles from northern Georgia to middle Maine. During the summer of '94, a year after graduating college, I did just that. Here are answers to some questions I frequently received both on and off the trail.

What's it like? I thought the trail was going to be an extended, somewhat lonely wilderness experience. It's not. You will probably not go a single entire day without seeing someone, unless you are traveling off-season. I spent only a handful of nights alone in shelters on the trip. The trail frequently goes through or near small towns. And it turns out that the people you meet, the trail towns, classic AT hostels, and other social aspects are a large part of the trail experience. Thru-hiking the trail, you become part of an interesting and interactive community.

Did you travel with someone? No, but I often ended up in the same shelters with the same people for several nights. Most thru-hikers did not go end-to-end with the same people, even if that was the original plan. Too much variation in speed, hiking styles, etc. And it can be tough to see the same people all the time. Rather, hikers would often form loose traveling groups for a few weeks or months, often with people who started out strangers. Even those people staying with someone the whole way, as with couples, would often hike at different speeds then wait up for the other. On the other hand, a few best friends happily stuck together like glue the whole way. My observation was that thru-hiking the AT was a bit of a strain on the relationships of couples, new and old. Often because the man wanted to go faster than the woman. Tough way to spend a honeymoon, though some were doing it as that.

Was it hard? Every year, about 1800 people start from the south hoping to do thru-hikes, and 200 start from the north a bit later in the summer. About one person out of eight makes it all the way. A lot of people dropped out within days of the start. These were usually people who really had no idea what the backpacking experience would be like, who had not prepared properly, some of whom were carrying way too much equipment to make it very far. Nearly everyone suffered some pain in the first few weeks, if only blisters. Even once I had developed a sturdy set of trail legs I still faced periods of boredom and loneliness, as well as recurring aches and pains. And of course there were stretches of nasty weather, such as rain for a week or temperatures in excess of 100°. There were many times when I asked myself why I was subjecting myself to this when I could easily slip back to the comforts of home.

For those who made it, the common factors for success were informed preparation beforehand, keeping mileage within limits that would not cause injury, and a strong mental attitude. Although some factors were beyond personal control, everyone agreed that success was largely "in the head." I saw people succeeding against very heavy odds. Yes it was hard, and particularly rewarding for it. I should also point out that many of those who had to leave the trail still got a great deal out of it. And some come back another summer to finish, or take many summers. Depending on your goals, you may also get what you want out of a long section hike of a month or two.

Is prior backpacking experience necessary? I had some, but not a whole lot. Some experience helps. But people made it all the way with no prior experience, and some experienced people didn't get as far as they had hoped.

Continued on the next page...

How long does it take? Many take less, but plan on 6 months.

Is it safe? The trail is a pretty safe place. All thru-hikers are safe people, and watch out for each other. A few seem strange, but that's "colorful" rather than dangerous. There have been a few instances of non-hikers coming on the trail and causing trouble, including several well-publicized murders. But this is in the context of hundreds of thousands of people on parts of the trail each year. Statistically, the trail is safer than most cities. If anything, I would be more alert in high traffic areas such as the rather crowded Shenandoah National Park in VA than in the more remote parts. The guidebooks say more on basic precautions on the trail or in town, such as being wary of people who don't meet the usual hiker "profile". Women hiking solo seemed to usually join an informal group of traveling companions, male or female, whom they could keep in contact with on a daily basis, though they might hike alone for much of the day. Like everyone else, they didn't necessarily travel with the same group the whole way.

Animals are something to consider but are not really a threat. The biggest dangers are terrain and the elements. Every year a few people out of thousands suffer fractures. I knew of three. For most of the trail, someone would find you within hours if you were in trouble, and within a day for the most remote parts in-season. Most importantly, carry proper clothing for cold and wet weather. I saw one case of mild hypothermia. Just be cautious.

Where did you sleep? One of the things that makes the AT so unusual is that there are over 200 shelters strung along its length, spaced 7-12 miles apart. A standard shelter has a roof, three walls, a platform floor, and an open front. Often a privy to reduce the impact on the surrounding forest. The majority of thru-hikers carried tents to give them the option of setting up in a beautiful spot, to get away from bugs, to avoid the occasional crowded shelter, or as a safety backup. I did not have a tent, giving me a considerable weight savings. I was never left out

of a shelter, though some nights were really crowded. There were perhaps two occasions where I found myself in dangerous situations, with night falling, having to go over mountains in lightning storms to get to the next shelter. These few times, I would have stopped and tented if I could have. I spent a couple of sleepless nights because of bugs. For me and a minority of hikers, not having a tent was an acceptable inconvenience and risk given the weight savings. The majority would advise carrying a tent.

Where did you get food? Most people, myself included, started off with pre-arranged mail-drops of food to post offices along the way. Developing a drop schedule, figuring out your food needs, buying

an unimaginable amount of food, and packaging it all is a hassle. Don't leave it for the last minute, like I did. And you need someone to take the time to send the stuff to you. I only purchased one month of food, so that if I decided the trail wasn't for me I wouldn't be left with 150 Lipton dinners. The majority of thru-hikers received food drops throughout the trip, usually supplemented by food purchased on the trail. However, drops can be inconvenient. You might arrive just after a small post office closes on Friday, and then be stuck until Monday morning waiting to get your drop. Meanwhile, since any town large enough for a P.O. is probably going to have a store, you could have easily purchased supplies there even if the selection was modest. I recommend food by mail-drop as a convenient way to start before you get a feel for the trail. But for myself and a large minority of others, buying all food on the trail turned out to be easier for most of the hike. You'll always want some drops to get much-appreciated mail.

How much does it cost? For a college student or recent graduate, this is a very important consideration. Hiking the trail is something you have to prepare for financially. The books tell you to budget at least a buck a mile, \$2150 for the on-trail expenses alone.

Continued on the next page...

This does not include equipment, transportation to and from the ends of the trail, or pre-purchased food you mail to your self. I spent about \$2500 for all food, lodging, and side trips. I had about \$900 worth of new and old equipment, maps and guidebooks. Family gave me free transportation to and from the trail. And this was probably on the lower end of the expenses incurred by thru-hikers. By doing it in 4 rather than the usual 5-7 months, I spent less than most people will. I did live pretty well, ate in plenty of restaurants, stayed in towns, thought always in hostels also took a five day trip to DC some people lived on considerably less through strict budgeting. But this is a lot harder to do

than most people expect. Some people drooped out for lack of funds, other had to borrow from family. So the whole thing might cost \$3500-4000, for an average trip of 6 months.

#### Sources of AT Information

Write the Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, WV 25425, (304)535-6331. Also try Wingfoot's "The Tru-Hiker's Handbook", available at Outdoor Adventures in Clifton.

Good Luck!

## **SAFETY NOTICES and RECALLS**

---

On December 18, 1995, BLACK DIAMOND announced a request for inspection and bolt replacement on its Switchblade crampons. The cap screws attaching the rails to the footplates are occasionally breaking. Durability problems with the cap screws may be aggravated by flashing on the particular footplates made in the fall of '92. The footplates are shiny purple. Please return them for inspection and remedial measures.

**Switchblade Repair  
Black Diamond Equipment, Ltd.  
2084 East 3900 South  
Salt Lake City, UT 84124**

However, Black Diamond would like to provide all customers who have purchased '93, '94, or '95 Switchblades with FREE SCREW UPGRADE KITS! The new screws are more durable than any predecessors. Write to address above, call 801-278-5533, or fax 800-775-7675

Also, on September 1, 1996, MOUNTAIN SAFETY RESEARCH (MSR) announced a recall of all Dromedary Bags manufactured from Jan. 1991 thru July 1996 due to the presence of miniscule amounts of organic arsenical known as OBPA in a laminate layer of the bag's fabric that leaches in trace amounts into water stored there. The bags are identifiable by their brass grommets, as opposed to the black grommets in the new bags. There is no serious health effect associated with trace amounts of OBPA. Nonetheless, in consistency with MSR's solid and consistent reputation for standing behind their products, the company has offered to replace any of these bags with the new ones. 1-800-877-9677 or [info@msr.e-mail.com](mailto:info@msr.e-mail.com). *Editor's Note: You can also bring them to The Benchmark Outfitter in Blue Ash, and they can exchange the bag for a new one right there. However, there is little reason for concern- if you have used the bag more than once it has all been washed out anyway. The new bags have a very slight design change, for better or worse, so if you just insist on having a new one, here's your chance.*



# Lessons from Geese

<p><b>FACT 1:</b> As each goose flaps its wings, it creates an uplift for the birds that follow. By flying in a "V" formation, the entire flock gains a flying distance of over 70% what each bird would fly alone.</p>	<p><b>Lesson:</b> <i>People who share a common direction and sense of community can get to their destination faster and easier because they are traveling on the thrust of one another.</i></p>
<p><b>FACT 2:</b> When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power created by the birds in front of it.</p>	<p><b>Lesson:</b> <i>If we have as much sense, we stay in formation with those headed where we want to go. We are willing to accept their help, and offer our help to others.</i></p>
<p><b>FACT 3:</b> When the lead goose tires, it rotates back into the formation and another goose flies to the point position.</p>	<p><b>Lesson:</b> <i>It pays to take turns doing the hard tasks and sharing leadership. As with geese, people are interdependent on each other's skills, capabilities, and unique arrangements of gifts, talents, and resources.</i></p>
<p><b>FACT 4:</b> The geese flying in formation honk to encourage those up front to keep up their speed.</p>	<p><b>Lesson:</b> <i>In groups where there is encouragement, the production is much greater. We need to make sure our honking is encouraging. The power of encouragement is the quality of the honking we seek.</i></p>
<p><b>FACT 5:</b> When a goose gets sick, wounded, or shot down, two geese drop out of formation and follow it down to help protect it. They stay with the hurt goose until it dies or is able to fly again. Then, they launch out with another formation or catch up with their flock.</p>	<p><b>Lesson:</b> <i>If we have as much sense, we realize the importance of standing beside each other through difficult times as well as when we are strong.</i></p>



## A Grand Adventure

By Jeremy Sibert



After nearly nine months of planning the day was finally here. Annelies, Zack and I were going to summit the Grand Teton. It had been a year since I was here last, though it seemed as if I had not left. Everything at the climbers Ranch was as I remembered it, the creaking of the wood floors, the smell of Ramen and Lipton noodles in the air, Ruth's weather beaten face and the Grand Teton towering some 7000 feet above the tiny cluster of log cabins.

With our gear packed and permit secured we were ready to begin the 6 mile hike to base camp at the Moraine camping area, just below the Lower Saddle. As we hiked through Garnet Canyon on the approach to our objective we saw South Teton, then Middle Teton with its distinctive Black Dike, and finally the one for which we came, "The Grand". I had not been this close before. The 13,770 foot peak was to be our first real technical ascent of a mountain. The weather had been excellent for the past few days and this one was no exception. The outline of the rugged summits of the range were

highlighted beautifully by the brilliant blue sky. Nearing the end of Garnet Canyon we passed through The Meadows. It was a small island of green grass and colorful flowers in the middle of a sea of rock. This was the first of four camping areas along the approach. However, it was not tactically appropriate for our summit bid. Upon leaving The Meadows, it was apparent we had come to the end of the "easy part of the approach". There was nearly 2-3K feet to be gained in 1-2 miles.

After completing the steep approach, we finally found a plot for our tents to sit. We had a permit for the Moraine camping area. This was the third of the four camping spots with the last being the Lower Saddle. This was not as good of a place to start as the Lower Saddle, but it was the closest we could secure a permit for. Exhausted and hungry we set up camp and had dinner. We were to get up early the next morning to start for our objective.

The alarm on my watch beeped at 5:30am signifying that it was time to pack up and head for the base of the climb. The sun was just below the horizon and it was casting a beautiful orange glow onto the peaks of the range. After about an hour we reached the Lower Saddle. Breathing was a little more labored, being that none of us had been above 11k before. We took a small breather at the saddle and then sighted our route and headed up the beginning of the Owens Spallding route (a classic walk-up on the south-west side that was

continued on next page...

the way of the first summit team). This was to lead us to Wall Street, the approach to the base of the Upper Exum. The Upper Exum is a 5.4 technical route that leads up the south rib of the Grand to the summit. Upon reaching the base of the route, Zack noted a few wisps of clouds moving in on us and commented on the prudence of continuing the climb. It was now about 10:30 am, we were somewhat behind on our summit time (a party should be on the summit by noon so they can avoid late afternoon storms that are typical on a mountain), but we decided to press on.



We quickly climbed the first pitch and by the second pitch it had began to clear and warm up a bit. We were feeling good, even though we were running behind. We kept pushing up the route, which now looking back, could have been

climbed safely and faster using a running belay (This is when the party moves together as one. If the leader should fall, the other two arrest the fall). On about the 6<sup>th</sup> or 7<sup>th</sup> pitch, about half way and committed, the weather started to deteriorate quickly. Storm clouds began to move in and light snow started to fall as well as the temperature. We realized that our concentration had to lie in getting off the mountain not a summit bid. The problem was that we were committed and the safest route down was the Owens Spalding, which was on the other side of the mountain; that is, over the summit. The rock was getting slick and visibility was decreasing. We picked up our pace even more, but it still felt as we were traveling at a snails pace. We then came to the infamous friction slab; a move that I have been told is difficult enough when it's dry, but now it was wet and icy. With no other option, I climbed to the top of the pitch and found a possible escape. When Zack and Annelies reached me, we all decided that it looked like our best option. For, the next pitch was Open Book and as the name implies, it is a dihedral (inside corner) about 50 feet high. Without knowledge of aid climbing or the appropriate gear the move was near impossible.

We had found a place we could rappel, the problem was that it was now about 7pm and visibility was about 5-10ft. I had to use judgments based on memory of the topography of the mountain from the earlier approach. We found a sufficient anchor and began the first of many pitches. The first was low angle and easy. Our spirits were high as we felt we were getting somewhere. The second was much like the first, but then the third was vertical. After descending into an abyss of fog and darkness, I finally came upon a small ledge big enough for the three of us. After Annelies and Zack reached the ledge, we tied in and attempted to pull the ropes. They were stuck! This was not good, for our only options were to prussic (a method of ascending a

continued on next page...

rope) up the rope or spend the night on the wind blow face of the mountain. After some deliberation, we decide that we were to weak to climb the rope to free it, so we removed our emergency blankets and prepared to bivy (an unplanned place to spend the night) on the ledge. After about 45 min. it was obvious that we were not all going to survive on the ledge. The wind was just to strong and we were in too exposed of a place. Annelies was beginning to show signs of hypothermia. We decided that we had to free the rope and continue our decent.



This was the first time I had to use my prussic in an emergency. After what seemed to be forever, I reached the top, freed the rope and descended again to the ledge and we continued our rappel. After three more pitches, we finally found the base of the wall. We attempted to pull the ropes that final time but the got hung again. With no energy or time left to try and retrieve them; we left them where they were. We began to walk down the couloir not sure if we were even in the right one. It was now about 1am and we were exhausted and hungry. After about an hour of walk/scrambling our lights began to grow dim. First my light burned out, then Zack's, we were left with Anne's mini-mag. We did not feel it was safe to carry on with our travels in the dark and fog, so we searched for a place to stay before Anne's light burned out. Finally, our home for the night. We found a couple of boulders perched against each other just large enough for the three of us to crawl inside. We constructed a door and spread the contents of our packs around to keep out wind. We then covered ourselves with the emergency blankets and tried to relax.

Finally, after 4 hours of intense shivering and being cramped in a tight rocky hole, daylight came and with it were blue skies. We had made it! We left our bivy and headed back to base camp where one pack of Ramen Noodles awaited. After a short rest and small snack we packed our things and started the long journey to the car, all the way thinking of the huge amounts of food we were going to consume at Denny's. As far as the ropes we left behind, they were found by another party, returned to Ruth at the climbers ranch and she then mailed them to my home here in Cincinnati. It was a great feeling to know that respect among climbers still exists. We never made it to the summit, but the spirit of adventure was definitely found. We learned from the few mistakes we made, but during our ordeal we worked as a team and in the end that is what keep us alive. Experts and novices alike have to deal with weather and mother nature does not discern either. We could have avoided the ordeal had we gotten a forecast from the ranger station before heading up the mountain. But, in our excitement we had overlooked this very important detail.

# Gear Review

## HIKING BOOTS



**Brand:** Asolo

**Model:** 535

**Purchased from:** Outdoor Adventures

**Est. DOP:** 01-05-97

**Est. cost:** \$125 to \$150

**Intended use:**

*Moderate to heavy hiking and backpacking*

**Meet expectations?:**

*These are GREAT! The boots are more stable and stiff than their stepdowns, the 530's, yet have little breakin period. They aren't too stiff. They really save your legs because they help do the walking for you- they have a nice roll to them. I would recommend their use!*

**Other Comments:** *I tried on a bunch of different styles and brands of boots numerous times and finally got these. I used Nikwax to protect the outside (2 coats). It made them waterproof without paying for feet-sweating Gore! The soles are nice because they come up high on the sides all the way around, so you can traverse puddles without even getting the leather wet (unless you walk like a slop!) The tongue is soft and cushy, also.*

**Do you recommend use?:** Yes

Reviewed by: *Carolye Asfahl*

Selecting new gear can seem a daunting task, given the variety of companies and equipment to choose from. You need to have an idea of what exactly you will be using the equipment for, the environment in which you will be using it, and the relative price range you



*First Annual Gear Review  
Spring 1997*

have to work with. Be sure to check both stores and catalogs to compare prices, and ask friends and/or sales reps if they have personally used the gear you are interested in. The true test of gear quality is actual field testing, so we have asked UCMC members to evaluate gear they themselves have used. Hopefully, these reviews may help your personal selection of gear. We have included names of evaluaters so you may ask for more info, and a blank review sheet to add your own evaluation for our next edition.

## SLEEPING BAGS



**Brand:** L.L. Bean

**Model:** 40° Ultra-Lite Long, Mummy

**Purchased from:** L.L. Bean

**Est. DOP:** 1994

**Est. cost:** \$110 Long, \$99 Reg.

**Intended use:**

*An ultra-light sleeping bag for warm weather camping and backpacking*

**Meet expectations?:**

*For warm weather use, it is ideal. When I wear lots of pile, I can use it to around 30°. It is rated to 40°, but this is with a pad and (at minimum) long johns.*

**Other Comments:**

*This is the lightest sleeping bag I have ever seen advertised, at 2lbs. for the long and 1lb.4oz. for the regular. It stuffs down to 7"x12", about the size of a loaf of bread. My bag lasted through an entire Appalachian Trail thru-hike, sleeping on a 3/4 mat on rough shelter floors. The shell did come open at the feet at one point, requiring some sewing to repair. The Lite-Lofi, though very light and insulating, loses its fill somewhat faster than other synthetics and down.*

**Do you recommend use?:** Yes

Reviewed by: *Alfred Sidman*

## Outerwear: Parka

Brand: *Columbia*

Model: *Longs Peak*

Purchased from: *All About Sports*

Est. DOP: *12 / 95*

Est. cost: *\$150*

Intended use: *General wear, hiking, backpacking, in wet weather.*

Meet expectations?: *Good to very good - It is water proof, but not very breathable.*

*I LOVE the zip out polar fleece liner - its like having three jackets in one.*

*Very warm when used all together. Waterproof and windproof.*

Comments: *It needs pit-zips.*

Do you recommend use?: *Yes. Comfortable to -10° F.*

Reviewed by: *Maria Wood*

## Outerwear: Jacket / Pants

Brand: *Mountain Eq. Co-op*

Model: *Apex*

Purchased from: *Mtn. Eq. Co-op*

Est. DOP: *02 / 94*

Est. cost: *\$450*

Intended use: *Protection from extreme wet weather.*

Meet expectations?: *Yes. It worked great the first year or so, then it seemed the pants were leaking. Turns out my jacket did not come down over the zippers on either side of the pants where the rain gutter ends, so water was able to leak inside.*

*The pants are designed to take on and off without removing boots or other clothing. They zip up the entire length of the leg, making for quick dressing in wet weather*

Comments: *This suit is reasonably priced and the product of a very reputable company. A good investment for hikers, but not as well suited for technical climbing. Depending on torso length, I would suggest a slightly longer jacket.*

Do you recommend use?: *Yes.*

Reviewed by: *Jeremy Sibert*

*Tip: If you find boots that you like, try getting fitted at an outfitter to be sure of the exact size you need. Hiking boots will fit differently than regular walking or running shoes. But remember, you are not obligated to buy from a particular store just because they sized you - sometimes your best bet is to get sized in a store and order from a catalog.*

## Equipment: Bicycle

Brand: *Kona*

Model: *Kilavea - Rigia*

Purchased from: *Campus Cyclery*

Est. DOP: *2 / 97*

Est. cost: *\$950 (on sale!)*

Intended use: *Cross country riding and racing.*

Meet expectations?: *It far exceeded expectations. It handles extremely well. Stops you faster than a cop.*

*It shifts beautifully, is superlight.*

*An overall great ride.*

Comments: *It is priced (and worth) \$1200.00, but I got it on sale.*

Do you recommend use?: *Absolutely!*

Reviewed by: *Patrick Jones*

## Equipment: Backpack

Brand: *Camptrails*

Model: *Catskill*

Purchased from: *All About Sports*

Est. DOP: *10 / 95*

Est. cost: *\$150*

Intended use: *An external-frame backpack, ideal for extended backpacking over fairly level and maintained trails.*

Meet expectations?: *It has been wonderful - I am positive it will outlive my strength.*

Comments: *I purchased a men's backpack because I think it rests more comfortably on my hips, but that is definitely something everyone should experiment with for themselves.*

Do you recommend use?: *Yes.*

Reviewed by: *Jody Datsun*

*A company's commitment to quality includes its customer service. What are their policies regarding repairs and returns? Many, like Marmot, Patagonia, and The North Face offer lifetime guarantees. As you decide on your outdoor investments, remember: No one's ever had a bad trip because of great gear.*

## *Equipment: Sleeping Pad*

Brand: *Cascade Designs*

Model: *Ridge Rest : 3/4 Length*

Purchased from: *Alpine Adventures*

Est. DOP: *05 / 96*

Est. cost: *\$10*

Intended use: *3 Season sleeping pad for insulataion and comfort. (Because it is 5/8" thick and only 3 1/2' in length, a longer and more insulated pad is needed for winter use.)*

Meet expectations?: *Yes, I wanted something lightweight (it is only 9oz.) and easy to carry. It rolls up in second, takes a beating, and is made with durable, laminated EVA closed-cell foam.*

Comments: *It is important to remember that sleeping bags have temperature ratings that assume you are using a sleeping pad.*

*This particular length is ideal for shorter backpackers and those not spoiled by a Therma-Rest - it weighs half the weight and costs around \$50 less. There is no cushy-air, but I prefer the saved weight and space.*

Do you recommend use?: *Yes.*

Reviewed by: *Annelies Koob*

## *Equipment: Climbing Rope*

Brand: *Mammut*

Model: *Flex and Aero-Flex*

Purchased from: *Self-Propelled*

Est. DOP: *(Unknown)*

Est. cost: *\$140*

Intended use: *11mm 50m rope for rock climbing*

Meet expectations?: *Yes. It handles well. It has a slightly soft handle when new, but stiffens up slightly with age.*

*Its strength hold up well to normal wear and tear.*

Comments: *It conveniently has the center of the rope marked with tape.*

Do you recommend use?: *Yes.*

Reviewed by: *Jerry Bargo*

***"Take nothing but pictures, leave nothing but foot-prints, kill nothing but time."***

## Hiking Boots

Brand: *Scarpa*

Model: *Kilavea - Rigia*

Purchased from: *Eastern Mtn. Sports*

Est. DOP: *94*

Est. cost: *\$180*

Intended use: *An all-leather mid-weight boot for hiking and back-packing.*

Meet expectations?: *It turned out to be an excellent boot.*

*Comfortable and long-lived.*

Comments: *These boots are distributed by Fabiano, USA. I purchased them for the Appalachian Trail thru-hike. Most people go through two to four pairs of traditional, heavy, Norwegian style boots on this trail, yet the Scarpa's lasted the entire 2,000 miles, plus several smaller trips and "winters around town".*

Do you recommend use?:  
*Two thumbs up!*

Reviewed by: *Alfred Sidman*

## Outerwear: Parka

Brand: *Moonstone*

Model: *MVT Parka*

Purchased from: *App. Outfitter*

Est. DOP: *12 / 96*

Est. cost: *\$180*

Intended use: *An all season jacket for wet weather.*

Meet expectations?: *It is very rugged. I never got wet except while riding my bike for an extended time - it may not be too breathable - and I was wet from perspiration.*

Comments: *Remember to open pit-zips to increase breathability and allow some body heat to escape when exerting yourself. The jacket is NOT Gore-Tex, but works very well.*

Do you recommend use?: *Yes.*

Reviewed by: *Joshua Showers*

*When trying on a jacket, the arm length should be no less than the length of your knuckles, allowing for full range of motion while maintaining full coverage of the arm. Allow room for fleece layers in winter jackets. The main sizing difference between men's and women's jackets are torso and arm length. Both lengths are shortened on a women's jacket.*

## *Climbing Shoes*

Brand: *5-10*

Model: *Mocasya*

Purchased from: *RockQuest*

Est. DOP: *01/97*

Est. cost: *\$100*

Intended use: *Climbing shoes for edging and facing.*

Meet expectations?: *Yes. Excellent shoes. They are slip-ons, very comfortable and have excellent performance.*

Comments: *They are good shoes with a wide foot.*

Do you recommend use?: *Yes.*

Reviewed by: *Matt Tabar*

## *Village Discount Outlet on Montgomery Rd.*

Brand:

Model:

Purchased from:

Est. DOP:

Est. cost:

Intended use: *Get clothes for outdoor trips! Very inexpensive used clothes. Lots of wool and other good outdoor fabrics.*

Meet expectations?: *Yes!! You may find yourself shopping for your everyday wardrobe after you visit - I did!*

Comments: *Prices under \$2 is common. Condition of clothes and selection is AMAZING. Lots to choose from. Never leave for a caving trip without picking up a wool sweater!*

Do you recommend use?: *Yes.*

Reviewed by: *Faye Suer*

***The UCMC Equipment Managers are very knowledgeable; feel free to ask them questions you may have. If they are unable to answer themselves, they know where to direct your questions. You can find them in the new equipment trailer before and after the meetings on Wednesdays.***



# STAIRWAY TO HEAVEN

*(The Climber's Version)*

*contributed by Bill Strachan*

*There's a climber who's sure  
All his line is made of gold  
And he's climbing a stairway to heaven.  
When he gets there he knows,  
If his placements all hold,  
That here he can get what he came for.*

*There's a feeling I get  
When I look to the cliff  
And my spirit is crying for leading.  
In my vision I have seen  
Strings of rope through the trees  
And heard signals voiced while belaying.*

*If there's a bustle an aid route won't go  
Don't be alarmed now.  
There's a lean-bean who can flash it clean.  
Yes there are two routes you can go by,  
But in the long run,  
There's still time to change the hold your on.*

*Your hands are numbing, and it can go,  
In case you don't know,  
The leader's signaling you to join him.  
Dear people, can you hear the wind blow?  
And did you know?  
A climber's spirit is in the howling wind.*

*"On belay," has been called.  
But he wants to be sure  
That his second has caught the meaning.  
The anchors are strong,  
Bombproofed into a bong,  
To hold if he off the face he's flinging.*

*I'll tell you that soon,  
If you call this climber's tune,  
That an urge to scale rock will overcome reason.  
And a new day will dawn,  
Just keep climbing hard and long,  
And you will be an expert leader thru the seasons.*

Do you have any good stories about your trips, advice or tips for beginners, poems, quotes, jokes, how-to's, gossip, rumors, pictures, ideas, or insights? Have them printed in the next issue of The Goosedown!

## THREE MEN IN A TENT: THE EXPEDITION

*Jeff Snipes*

The following statements are the profound thoughts and phrases which arose during an expedition undertaken by the infamous group "Three Men in a Tent." One wonders what kind of mind can think these thoughts. More to the point, what type of person would spend an entire weekend inside a VE-25 to develop such a refined literary document. The moral of the story is, "Think when you make a statement - someone may be writing it down..."

*How am I going to go for my morning jog in here?*

*Put it in the vegetable?*

*I have to piss sometime - Isn't that what the snow tunnels are for?*

*Is the candle lantern burning a hole in the center of the tent?*

*Another beer? (reply)- I have a hole in my face....*

*We should have brought a 12-pk.*

*We'd be too much at home with a twelve pack.*

*Well, we're out of beer- how much tougher can it get?*

*Let's eat.*

*I think all the cold air in this tent is attracted to an open zipper...*

*That's pretty bad- the only way to stretch out is to lay down.*

*I can't believe you're pissing uphill of the tent.*

*Gin (the card game): I am so far away from Gin, I'll have to pack a lunch to get there.*

*When's lunch?*

*Observe all signs.*

*Nah- that'd take all the fun out.*

*Has anyone seen my other pfoota boot?*

*What the hell is a pfoota boot?*

*This is a pfoota boot- Don't those look like pfoota boots to you?*

*Shit- I thought pfoota boots were ambidextrous- I got 'em on the wrong feet.*

*Oh no! My pfoota boots don't fit this way either.*

*I NEED WATER!*

*Ya know, you don't realize all the stupid shit you say until someone starts writing it down.*

*No, I've got Koosh armor on.*

*Hell- what's a koosh?*

*There's a herd of Nalgene in here.*

*Yah- and they're migrating.*

*The 2nd semi-seasonal Nalgene migration.*

*Who checks the sleeping bag tags anyway?*

*Why can't you take 'em off?*

*There is an energy return on this koosh.*

*I CAN FLY!*

*Jane Fonda's high impact tent stretches.*

*I'd like to see Jane do f#@king stretches in here.*

*Shit disappears in a long sleeping bag.*

*There's just something not right about this.....*

## Forest Fantasy

By Matthew Kappen

Sometimes I wonder, I wonder what it would be like to wake up and catch that first radiant ray of sunlight in the morning? How would it feel to be greeted by the bright sunlight, as well as the calm breeze rustling through the tree leaves? Every day I wonder what it would be like to hear no sirens in the background, only the distant thunder of a waterfall crashing to the rocks below? My overcreative imagination wanders to a place filled not with people and concrete, but with mountains and valleys. I no longer live to meet the expectations of other, I live for myself. Nobody is around to scold me for watching a gray and brown bird feed her little birdlings. The thought of deadlines has died somewhere behind me and emergencies suggest too fast a pace. Thoughts of what others want have lost me millions of miles ago, as I look over a vast grassland touched by nothing more than a herd of elk or a grizzly bear teaching her young to find food. After spending countless hours watching a paradise on earth, I wander into the dense forest encircling the valley. On my journey, I overcome a hidden canyon unmarked

by man's expansion. The sound of rushing water draws me closer and closer until I am standing in the midst of giants. Enormous trees with 6 and 8 foot diameters reach endlessly toward the sky. The massive trees reaching forever toward the clouds provide immense protection to a colony of chipmunks. I watch the chipmunks come to life in front of me; they dart around trees and under logs trying to avoid close contact with me. Finally, one chipmunk becomes overly daring and runs to my foot to smell it. I let him get accustomed to me before he decides to hide again. I chose to continue my journey and leave this enchanted canyon untouched. After several more hours of traveling through the forest, I stop to rest for the night on the bank of a roaring river. I see a leaf wash by my as the current carries it to an unknown destination. I can only wonder what is in store for that leaf and the rest of this undiscovered heaven on earth. As I drift away into a sleepy state of unconsciousness, I realize that only here am I free. Only where my imagination paints a paradise does true freedom really exist; and when I return, I will paint this picture all over again.

## Pat on Cycling

by Patrick Jones

### Respect for Trails

If you are a mountain biker like I am than I assume that you enjoy riding on trails. Here are a few reasons why you should take care to preserve our trails:

- 1.) Respect for fellow mountain bikers and other trail users. Nobody wants to ride or hike on a trail that has been damaged, with exposed clay or bedrock in six inch deep ruts. Riding on such a trail is not only unpleasant but can  
continued on next page...

also be very dangerous.

2.) Short - term and long - term continued use of the trails. Over the short - term it is important to respect these trails because if we don't environmentalists, who are far more politically powerful than mountain bikers, will gladly see to it that we no longer have the right to use them. It is just as important over the long - term because any damage to the trail now, no matter how seemingly small or insignificant, has the potential to seed permanent, large scale damage due to erosion.

3.) Common sense. Think about it. Riding on trails makes you happy. Trails are destroyed. Nowhere to ride. You aren't happy.

Here are a few ways to help preserve our trails:

1.) Ride only on trails that you won't damage by riding. If you notice your wheel is digging into muck and carving a huge rut in its track, it's time to get off and walk to find a better section or to turn back. Doing this saves energy and preserves the trail as well as your drivetrain. Whether or not you will cause damage depends on things such as local climate, soil depth and makeup, and the level of traffic on the trail.

2.) Stay on the trail. Riding on or past the edges of the trail destroys vegetation and will result in the trail being widened. Trying to ride around muddy spots only results in more muddy spots.

3.) Control your bike. Excessive speed or poor turning will make you lose the trail. Locking the brakes can carve ruts

4.) Volunteer to help repair a trail.

5.) Do a little on-the-fly trail maintenance. If a rut is still soft, ride on the crest instead of in the trough. This helps to smooth out the trail.

6.) Put on some slicks and take to the roads. If you can't find any trails in rideable condition, swallow your pride and ride on the pavement. I am forced to stay in town for school, so for a challenge I like to go to the best hills Cincinnati has to offer, namely Monastery or Riverview in Mount Adams or Straight or Ravine in Clifton, and do several laps up and down. The best professional riders (the Europeans) will spend a lot of training time on the roads, allowing them to fine tune body position and bicycle geometry, improve shifting and cadence, and increase endurance and strength.

# UC Mountaineering Club

217 TUC University of Cincinnati

P.O. Box 210136

Cincinnati, OH 45221

**513-556-6014**

**Phone List** (as of March 12, 97)

**President** - Jeremy Sibert 921-6959  
**V. President** - Amy Kindell 721-1507  
**Treas.** - Matt Kappen 721-1507  
**Equip. Mngr.** - Bob Mouk 721-8962  
**Asst. E. Mngr.** - Zack Krupp 564-9031  
**Asst. E. Mngr.** - Ted Roll 941-5151

## A

Abbott, Dale 729-0935  
Ali, Cathy 321-9793  
Ankenbauer, Marc 385-6867  
Artman, Pat 861-3404  
Asfahl, Carolye (all) 556-1507 / 281-4984  
Austin, Rodney & Kathy (bp,cp) 921-6775

## B

Bargo, Jerry (c,ca,bp) 733-0666 / 459-6618  
Besseliere, David (all) school: 556-7674  
home: 514-771-9629  
Bilveu, Michael 556-7869  
Bortner, Larry 291-3438  
Boylan, Chris 474-1361  
Brown, Mike (all) 221-6239  
Brown, Nathan 761-1198  
Burt, Troy 871-4253

## C

Canavan, Donald 583-1571  
Carter, Julie 769-0111  
Cerny, Jennifer 281-7695  
Childers, Keith (w,c,ca,cn) 899-2843  
Cleverdal, Henrik 861-5372  
Clevidence, Julie (bp,ca,cn,w,cp) 931-6092  
Colomb, Sandrine (bp,cn,cp,sk,m) 929-0369  
Conway, Brad 723-1164  
Core, David 721-8962  
Crimmel, Chuck (bp,cn,b,cp,sk) 984-6328  
Cyr, Rich (b,m,c,bp) 732-9727

## D

Day, Nick 779-4673  
DeMania, Deborah 794-1138  
Dohnal, Katrina (all) 861-3404  
Dotson, Jody 381-3875 / 683-2246  
Doyle, Tim (w,c,s,bp,cn,sc)  
home: 861-9410  
work: 556-3469  
Dransman, Julie 741-8281

Dudukin, Macia 792-9345  
Dusa, Dan 542-5275  
Dzeich, Karen and Dennis 652-2302  
and 683-8100

## E

Even, Paul (all) 563-1891  
Even, Robert (w,bp,m,ca,c) 542-5147  
Everett, Rhett 684-0608

## F

Fenzl, David 829-1063  
Fitzsimmons, Steve 384-1204  
Frey, Peter 961-3710 / 556-4772  
Fonseca, Cristina 861-0635 / 556-3743  
Frato, Matt 751-3309  
Friedrich, Amy 381-3875 / 825-5422

## G

Gammon, Judy 581-5913  
Gerwe, Jim 556-8720  
Gibson, Ed 556-8852  
Gibson, Jay 321-5585 / 622-3503  
Gorman, Mike (all) 622-8244 / 352-6204  
Gray, Sarah 961-4820  
Guidry, Reyna 381-0402  
Guttadauro, Mark & Laura 471-2730  
and 556-9258

## H

Hagan, Chris 751-4242  
Hagar, James 651-3774  
Hagar, Shannon 281-2449  
Hassan, Khaled 221-3626  
Hauck, Brian 521-8236  
Hays, Caitlin (bp,ca,c,w,sk)  
Heitkamp, Brenda 681-3281  
Hennelley, Rob 922-1454  
Holke, Alexander 281-5262  
Holmes, Mike 546-2420

## I

Ingole, Trina 622-7932 / 732-9784

## J

Jackson, Glenn (bp) 861-1921  
Jones, Darius 721-7932  
Jones, Patrick (b,bp,ca,cn,cp) 281-6916

## K

Kappen, Matt 721-1507  
Kessler, Bob & Cindy (all) 683-7527  
and 683-7500  
Kesterman, Jennifer (bp,cn,w,sk) 741-3476  
Kesterman, Michelle 985-5959  
Kindell, Amy 721-1507  
King, Lynda & Mark 961-6108  
Kizer, Paul 651-5152  
Klein, Karsle 861-3740

Koob, Annelies 341-2120  
 Kramer, Paul 385-1312  
 Krupp, Zack 564-9031

**L**

Lampe, Joe (all) 281-8041 / 381-3881  
 Lockwood, Sarah (bp,ca,w,cp) 385-4857  
 Lynch, Dan 681-2962 / 269-5588

**M**

MacPherson, Steve 221-5632  
 Magee, Jennifer (bp,ca,w,cp,m) 721-1413  
 Masters, Bob 583-0904  
 Matheis, Wolfgang 221-0359  
 Mouk, Bob 614-891-5875  
 Meadows, Nina 321-3107 / 579-0733  
 Meek, Amanda (all) 751-0948  
 McFarland, Matt (bp,ca,c,cn,cp) 451-1560  
 Mixon, David (all) 221-0531

**N**

Nalliah, Hari (bp,ca,c,cn,cp) 755-9108  
 Nieman, Steve (ca,cn,sk) 784-9928

**O**

Oess, Tim 621-4532  
 O'Herron, Mike 922-4721  
 Olayiwola, Olayide (all) 556-7677  
 Olsson, Malin 861-5372  
 Osborn, Ken & Johannah 384-7528

**P**

Pataki, John 559-0724  
 Pfeffer, Nate 321-3913  
 Pilchowski, Jorg 929-0369  
 Prentice, Ian 221-6161 / 243-5630

**Q**

Quinn, Brian (all) 861-3404

**R**

Rajkhowa, Amit 556-7533  
 Reeves, Jerry 385-4903  
 Rock, Kevin (all) 661-0677  
 Roll, Ted 941-5151  
 Roth, Matthew 848-2102  
 Rumford, Vicki (bp,cn,w,cp,sd) 861-1655  
 and 677-7660  
 Rush, Brian (all) 874-1140

**S**

Sampson, Jeff 564-9031  
 Savicki, Kelly (bp,ca,c,cn,w,cp) 232-8218  
 Scheponick, Marie 961-6937  
 Schild, Andreas (bp,ca,w,m) 221-7211  
 Schirmer, Mike (m,c,ca) 574-5911  
 Schmid, Carrie 641-1148

Sexton, Robert 871-3928  
 Showers, Josh (bp,m,b) 961-7431  
 Shoe, Bridget (c,ca,cn,b,m) 961-1427  
 Sibert, Jeremy 921-6959  
 Sidman, Alfred 651-9761  
 Skaggs, Amy (bp,c,cn,w,cp,m) 961-1590  
 Smith, Eric 231-9134  
 Smithen, Kirstyn (ca,c) 977-3825  
 Sovilla, Andy 232-7636

Sparks, Andrea 281-7529  
 Steuver, John 559-1279  
 Strachan, Bill & Laura 741-7217 / 741-1650  
 Suer, Mark & Faye 631-1731

Surdick, Cathy (all) 281-8086  
 Sutherland, Allan 491-5207  
 Swank, Darren 556-8852

**T**

Tabar, Matt (c,bp,cn,cp,ca,m) 729-5930  
 Thomas, Casey 929-0482  
 Thomas, Peter (all) 921-2858 / 671-8002  
 Thomas, Sarah 471-7272 / 684-7963  
 Tkach, Kevin (all) 556-8702  
 home: 216-233-8150  
 Tolan, Kevin 556-7848  
 Tripp, Angela 621-2583  
 Tumbush, Greg (all) 539-8960

**U**

Unkrich, Lou 244-2327

**V**

Vaughn, Lisa 556-2056 / 751-6428  
 Vennemeyer, Jeanne 681-2693 / 684-7594  
 Via, Jeff 321-7756

**W**

Walker, Trey 321-9793  
 Wahls, Kim (all) 821-3887 / 948-4905  
 Weidner, Christy 641-1935  
 Wieland, Jane & Paul 984-9561  
 Wilhelm, Jim 961-1427 / 861-3404  
 Wood, Alice 471-0415  
 Wood, Maria 541-2652  
 Wyrick, Carrie 381-0402

**Z**

Zak, Hope 321-7756  
 Zimmer, Kristen 921-5993

**Abbreviations:**

c=climbing ca=caving cn=canoeing cp=camping  
 b=biking bp=backpacking m=mountaineering  
 sc=scubadiving sd=skydiving sk=skiing  
 w=whitewater

# The Ultimate Backpacker's Equipment Checklist

(If it's not here, you don't need it!)

## Major Equipment

- \_\_\_ Large backpack
- \_\_\_ Tent
- \_\_\_ with fly
- \_\_\_ and ground cloth
- \_\_\_ and stakes and guylines
- \_\_\_ Sleeping bag
- \_\_\_ Sleeping pad
- \_\_\_ Stove
- \_\_\_ Cook set
- \_\_\_ Fuel

## Clothing

- \_\_\_ Undershorts (spares)
- \_\_\_ Polypropylene long underwear
- \_\_\_ Synthetic sock liners (3 pair)
- \_\_\_ Wool socks (2 pair)
- \_\_\_ Fleece vest/pullover
- \_\_\_ Fleece pants
- \_\_\_ Sweater
- \_\_\_ Boots
- \_\_\_ Jacket (windshell, parka, or vest)
- \_\_\_ Rain gear (top/bottom Gore-tex or poncho)
- \_\_\_ Gaiters
- \_\_\_ Cravat (or bandana)
- \_\_\_ Wool or fleece hat
- \_\_\_ Gloves and liners
- \_\_\_ Camp shoes (comfy/light weight)

## Camp Hygiene

- \_\_\_ Toothbrush
- \_\_\_ Toothpaste (pref. baking soda or castile soap)
- \_\_\_ Dr. Bronner's castile soap or Campsuds
- \_\_\_ Lip balm
- \_\_\_ Toilet paper/bandana
- \_\_\_ o.b.'s (no applicator)
- \_\_\_ Plastic spade
- \_\_\_ Comb
- \_\_\_ Sun block
- \_\_\_ Foot powder

## Cooking Accessories

- \_\_\_ Food (pre-portioned/re-packaged)
- \_\_\_ Water purifier (pump or tablets)
- \_\_\_ Dromedary bag
- \_\_\_ Water bottles
- \_\_\_ Cup (or mug)
- \_\_\_ Fork and Spoon (pref. lexon)
- \_\_\_ Pocket knife
- \_\_\_ Lighters (pref. 2 or more)
- \_\_\_ Extra fuel
- \_\_\_ Funnel
- \_\_\_ Can opener
- \_\_\_ Spices/seasonings

## Field Equipment

- \_\_\_ Map (waterproof/tearproof)
- \_\_\_ Guidebook
- \_\_\_ Compass
- \_\_\_ Watch
- \_\_\_ Global Positioning System
- \_\_\_ Camera
- \_\_\_ Film
- \_\_\_ Pen/pencil
- \_\_\_ Notebook
- \_\_\_ Flashlight
- \_\_\_ Headlamp
- \_\_\_ Walking sticks/trekking poles

## Just in Case

- \_\_\_ First-Aid kit
- \_\_\_ Space blanket
- \_\_\_ Spare batteries (flashlight/headlamp)
- \_\_\_ Moleskin
- \_\_\_ Snake-bite kit
- \_\_\_ Gore-tex repair kit
- \_\_\_ Spare parts pack
- \_\_\_ Hip belt or day pack
- \_\_\_ Nylon repair kit
- \_\_\_ Extra rope or nylon cord
- \_\_\_ Benadryl/Tylenol/ImmodiumAD
- \_\_\_ Assorted zip-lock and ditty bags
- \_\_\_ Duct tape (never leave home w/o it)

Obviously, this list includes everything but the kitchen sink, but be it your first trip or your hundredth, it never hurts to make a list and check it twice! This is just a sample list, and should be adjusted to your needs, depending on the length of your trip, the expected weather and temperatures, and the availability of various camping facilities. Remember to thoroughly check all your gear and equipment before you leave - in the field is too late to replace broken O-rings and moldy water filters

## Notes:

# Gear Review

Clothing / Boots (check one)  
 Equipment  
 Food  
 Car Camping Extras  
 Other

Brand Name: \_\_\_\_\_

Model: \_\_\_\_\_

Other Info: \_\_\_\_\_

Purchased From: Catalog / Store (circle one)

Name of Company: \_\_\_\_\_

Est. Purchase Date: \_\_\_\_\_

Est. Price: \_\_\_\_\_

Est. Weight: \_\_\_\_\_

Intended Use of Product (including any temp. ratings, weather limitations, terrain adaptability, etc.):

How did it Measure Up to Expectations?

Were any Repairs ever needed, and is it easy to repair in the field?

Was the company helpful with questions? Is there a warranty or a guarantee of quality?

Please add any relative comments, complaints, suggestions, or other info.:

Would you recommend its use?

**\*\*\*\*\*PLEASE CONTINUE ON THE BACK OF THIS SHEET IF YOU NEED MORE ROOM\*\*\*\*\***

REVIEWED BY: \_\_\_\_\_ REVIEW DATE: \_\_\_\_\_

Please provide as much information and comments as possible. These reviews will be in the next edition of the Goosedown Gazette, and possibly assist another in their gear selection. Thank you for your time! If you have any questions, please call the UCMC office at 556-6014. You can return your review to the office in 217 TUC or simply bring it to the next meeting.

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