



MARCH 2000

A Publication of the Mountaineering Club of Alaska

Volume 43 Issue 03

Box 102037, Anchorage, Alaska 99510

MARCH MEETING

Wednesday

March 15, 7:30 pm

**Pioneer Schoolhouse, 3rd & Eagle Streets
Downtown Anchorage**

**Program: *Shawn Lyons* will show slides of hikes and
climbs in the Kenai and Talkeetna Mountains.**

April preview: Mountains of Mongolia.

HIKING AND CLIMBING SCHEDULE

- Mar 11 Reed Valley Ski Trip
Class B. Ski a couple of hours up the gentle Reed Lakes Trail to the lower Snowbird cabin. Again, bring a lunch.
Leader: 566-4MCA
- 11 Middle Glacier Peak
Kenai Mountains. Class Technical: Glacier Travel. Limit 4 people. Crampons required.
Leaders: 566-4MCA
- 16-19 Mt. Silvertip
Delta Mountains (Alaska Range). Elevation 9450. Class Technical: Glacier Travel. Five-hour drive. Ski in from the highway. Crevasse rescue knowledge and avalanche training required. See leaders for gear list.
Leaders: 566-4MCA

Apr 22 - May 7 Arizona-Utah

One week in Grand Canyon, one week in Grand Gulch backpack. Trip is now full, but if you could go on short notice, let me know.
Leader: 566-4MCA

May ? Souvenir Peak

Class E. Talkeetna Mountains. Sometime in mid-May.
Leaders: 566-4MCA

Jul 22 - Aug 5 Gates of the Arctic

Two weeks, Reed River to Pingo Lake-Noatak River. Backpack trip up Reed River drainage through Angiaak Pass to Pingo Lake along the Noatak. Day trips Igikpak Mountain and other areas in the Schwatka Mountains. Class C trip 3,500 ft elevation gain.
Leader: 566-4MCA

TRAINING SCHEDULE

Mar 11-12 Snow Shelter Construction
Igloos, caves, Logan trenches, quinces. Students should bring backcountry snow shovels, snow saws (if available), winter camping gear (including bivi sack), skis and poles (they are used in shelters, too). No tents, stay in the shelters we make. Location depends on conditions. Limit 8, unless more instructors.
Instructor: 566-4MCA

Mar 15 MCA Trip Leader Orientation
Pioneer Schoolhouse 6:30 PM, just prior to general meeting. Intended for all MCA trip leaders but particularly for club members who are interested in becoming trip leaders for MCA. MCA bylaws and policies regarding minimum qualifications for trip leaders and procedures for leading club sanctioned trips will be covered, as well as tips and suggestions for leading safe and fun club outings. Training courses and trip leader packets will be distributed
Contact: 566-4MCA

Mar 18 Avalanche Victim Search Practice
Want to get out and practice using your avalanche gear? How about a try at one of the new directional avalanche beacons? Come on out to MCA's Avalanche Victim Search and give it a try. Every one is welcome from first time users to old timers. 10:00 AM at Huffman Carrs Coffee Shop.
Instructor: 566-4MCA

Mar 19 Glacier Travel / Crevasse Rescue
Kaladi Bros., 6921 Brayton, 10:00 AM - 2:00 PM. Glaciology, glacier gear, route selection, roped travel, ascending, rescue procedures, mechanical advantage.
Instructor: 566-4MCA

Mar 26 Glacier Travel / Crevasse Rescue
Field exercises at Hilltop ski area.
Instructor: 566-4MCA

Mar 26 Mountain Rescue
Site/victim evaluation, first aid, raising/lowering systems, evacuation. Hilltop ski area.
Instructor: 566-4MCA

Apr 21-23 Glacier Travel / Crevasse Rescue
Field exercises at Matanuska Glacier.
Instructor: 566-4MCA

May Mountain Safety Training Outing
One week in either Little Switzerland or Mt.Blackburn. For those participating in Gary's training classes.
Instructor: 566-4MCA

May 16 Orienteering Training
Hosted by the Arctic Orienteering Club. 7:00 P.M. \$1.00 donation for maps. Pre-register at REI.
Contact: 566-4MCA

May 17 Orienteering Field Training
Hosted by the Arctic Orienteering Club. APU Moseley Sports Center, 5:30-7:30. \$4.00 fee.
Contact: 566-4MCA

CPR and First Aid Training

All these providers offer courses too numerous to list. Give them a call!

1. American Red Cross (277-1538). Offers from basic CPR to a BLS, and First Aid, \$47.00, \$31.00 for renewal. Once per quarter offers a nine hour Remote Alaskan First Aid Course, concentrating on wilderness emergencies for \$55.00 (depends on demand).
2. Aurora North Emergency Services Academy (264-2090) BLS/CPR \$45.00, Basic First Aid \$30.00 and CPR for \$25.00.
3. Respond Systems (344-0302) Adult CPR/First Aid \$50.00.
4. Safety Training in the Northland (333-2666)
5. Emergency Medical Training (346-2088)

ADZE



Partners Needed

Marcus Baker trip in early-mid-May needs 1 or more climbers to fill out party of 2 from Santa Fe. Plans include fly-in to MCA hut (possible walk-out) on Matanuska Glacier beneath the Scandinavian Peaks, which would also be an objective. If you are not interested in going but know the area we'd appreciate hearing from you as information is difficult to come by here. Also looking for canoe partner for 2-4 night canoe trip in Kenai later that month.
Jim, (505) 988-7214,
westernedge@santa-fe.net



Correction to Feb. Scree

It has been pointed out to me that I inadvertently referred to Mount Michaelson as the currently considered highest point of the Brooks Range when it is in fact probably #3 (8855 ft.) and Mount Chamberlain is probably #1 (9020 ft.) The latter is on the topo sheet named the former. Mount Isto was 99060 ft. and is resurveyed 8975 ft.

Tom Choate



TRIP REPORTS

Notch 'Mountain'

by Tom Choate



ere I am, the leader, lying face down in the snow over a near-cliff, glasses full of snow, and cheek scraped by the rough breakable crust. Nothing like setting a good example! How did I get in this mess?"

Seven of eleven people signed up met at Carrs about 9 on Sun. Feb. 13 (2 called, 2 no shows) to carpool for the drive to the Alyeska Prince parking lot. Eric showed us the shortest way to the catroad, having been on in more recently than I. The roadway had been "groomed" many days earlier when the snow was wet with rain, and now it had frozen into miles of rough "death cookies." It took about 40 minutes to crunch slowly to Winner Creek and begin the climb up to Notch "Mountain." We regrouped for a break after 20 more minutes and admired the developing views of the Crow/Raven/Eagle country glowing in the sun. Another 30 minutes of skinning up the icy road, and we passed the fork, keeping right, to reach the open valley above. The cornices and fractures above glistened as if frozen, as we turned sharply right onto a mini ridge. This is where the road should have ended according to the photo in the hotel lobby, but it dipped down and then abruptly up a 40-degree slope to the top of Notch ridge, at timberline.

Out of the shade at last, the snow sparkled with frost crystals in the sun. A hundred yards to the right lay the cabin that preceded the

catroad by many years. Lunch stop here was delayed by over a half-hour because careless visitors had left a lot of food and garbage that had been mostly eaten by squirrels. Heaps of spruce cone chips were scattered all over down-stairs and up, and I couldn't resist sweeping. Soon Cory and others were helping and wire was found to block numerous holes in the floor.

After lunch and a photo session we moved on up the ridge (with a beacon check at a suspicious cornice). After a steep bit there was a flat spot where the catroad stopped and rock outcrops were scattered. One steep, rocky and crusty place higher up caused all but two (one had ski crampons) to kick steps. Soon we were on the summit enjoying superb views of the berry peaks to the south as well as all the other peaks in all directions. With sunshine photos and snacks, it was nearly 4 PM when we started down. Everyone agreed to continue the ridge circuit to Sunnyside, so Cory led off down the icy crust like a pro skier, while most of us struggled, fell, or walked through the rocks to the pass.

We found more cat and snowmachine tracks in the wind blasted snow and we were soon on the summit of Sunnyside, investigating an old pipe stand (for weather instruments?) and snacking where the main catroad ends. We started down about 5 PM., most of us with climbing skins off, and soon found surprisingly good skiing in a gentle valley that had an inch of snow on the crust. My tentative turns were soon matched by Elena, and then doubled by Kathy.

The fun in the sun only lasted to timberline, where I made my dramatic headplant, and the breakable crust caused a sprained ankle for Simon. We were waiting for Donna's diagnosis, when Simon showed up, skiing gingerly. From here down it was steep and rough ice, so four of us walked the rest of the way. The four with stronger thighs and better knees rattled on ahead, occasionally stopping to see how we were faring. It was getting a bit dark when we reached Winner Cr., so we continued walking, one person occasionally using a headlamp. We arrived at the cars at 7:20 to complete a fine eight-hour tour over two mini peaks three thousand feet above. This should take seven hours or less in good skiing conditions, but at least we didn't have to put up with noisy machines and other skiers.



And Vishnu answered unto Brahma and Siva: The existence of Mounains is nobler than that of animate beings, for they feel no heat, nor cold, nor pain, nor anger, nor fear, nor pleasure. We three gods, therefore, will reside in the earth as mountains for the benefit of mankind."

Hindu legend of creation - age uncertain (B.C.)

BOARD MEETINGS

(Barnes & Noble)

02/15/00

The following members attended the meeting: Richard B., Willy H., Tom C., Kirk T., Wendy S., Paul T., Todd S., Bill R., Shawn O., and Matt N. The following was discussed:

Eklutna Huts

Bill R. made a motion to accept Chugach St. Park draft policy on huts as is (MCA comments had previously been incorporated). This was unanimously approved.

Trip Leader Qualifications

Bill R. presented a proposal to revise the leader qualifications section of the MCA policy on Club Sanctioned Trips to include mandatory first aid/CPR, attendance of trip leader orientation course every 5 years, mandatory co-leader for class E trip or higher, and formal training in avalanche hazard recognition and victim search approved by the Hiking and Climbing Committee (if the trip is in avalanche terrain). These additional qualifications were proposed to reduce potential liability for the Club and its leaders, and would become effective in August 2000. The proposal was passed unanimously.

Bill R. presented a proposal to ask the Hiking and Climbing Committee to adopt a formal policy on avalanche training requirements for MCA trip leaders. The proposed training requirement would be "equivalent in content and classroom/field hours to the Level 1 avalanche course guidelines adopted by American Association of Avalanche Professionals, AAAP on Oct. 1999, or the Recreational Avalanche Course (RAC) guidelines of the Canadian Avalanche Association." The proposal was passed unanimously meaning that this proposal will go to the Hiking and Climbing Committee for review and approval.

Bill R presented a proposal to replace the "Leader Guide-

lines" section of the MCA policy on Club Sanctioned Trips with expanded guidelines. The proposal would replace the "Leader Guidelines" section of the MCA policy on Club Sanctioned Trips with two new sections entitled: "Trip Leader Responsibilities" and "Trip Leader Checklist." The "new" sections were originally developed by the Hiking and Climbing Committee in 1996 and would provide thorough instructions to MCA trip leaders on the procedures that should be used to ensure the safety of club trip participants and leaders. The proposal was passed unanimously.

Bill R. presented a proposal to establish a Trip Leader Database of MCA members currently approved to lead MCA sanctioned trips to be maintained by the Hiking and Climbing Committee. The proposal was passed unanimously.

Trip Rules

Bill R. presented a proposal to add the following two new items to the General Rules for MCA Sanctioned Trips in the Club Sanctioned Trip policy:

- 1) "The trip leader has the authority to split the group (fast and slow), but must select a qualified co-leader to help."
- 2) "The trip leader can require special equipment and refuse participation to any person that is ill prepared (e.g., inappropriate clothing).

These items were not specifically stated in the General Rules. The proposal was passed unanimously.

MCA Trip Database

Bill R. presented a proposal to maintain the existing MCA Trip Database that documents club sanctioned trips led by MCA members. The Hiking and Climbing Committee would maintain this database. The proposal was passed unanimously.

Trip Guidelines

Bill R. presented a proposal for formal guidelines for the Hiking and Climbing Committee to use for approving MCA Sanctioned Trips. This proposal will be forwarded to the Hiking and Climbing Committee for further discussion.

Avalanche Training

Whereas the club encourages the membership to seek avalanche training by qualified guides, it was decided that Dave Staeheli would be given the floor at the next general meeting (2/16/00) to announce his avalanche training

Avalanche Gear Purchase

Richard ordered avalanche equipment from AMH for members to buy. The following decision was made:

- 1) MCA would cover the cost up front (a policy not encouraged by all of the board)
- 2) Richard would sell the equipment at the February meeting



- 3) Other people who signed up to buy equipment must get money to Richard by end of February
Anything left after next meeting goes back to AMH.

Peak Registers

Wendy S. volunteered to set up a program to maintain peak registers.

Respectfully Submitted,
Cory Hinds

MINUTES



FEBRUARY MEETING

The meeting was held downstairs at the Pioneer School House. There were a total of approximately 90 people in attendance. Approximately 15 new members or visitors introduced themselves.

TREASURER

Treasurer **Patty McPherson** provided a brief update budget: revenues \$2,000, expenditures \$5,720 (less \$4,500 temporarily allocated to cover equipment purchases), and approximately \$8,000 in reserves.

COMMITTEE REPORTS

Hiking and Climbing

Upcoming trips are posted in the Scree and on the club voicemail (566-4MCA). Five new trips were announced and sign-up sheets were provided. Established leaders are encouraged to contact the Hiking & Climbing Chair people Matt Nedom and Paul Templeton if they are interested in leading a trip. A Trip Leader Orientation course will be offered at 6:30 pm on 15 March (just prior to the next meeting). **This short course will become mandatory for all trips leaders**; leaders are encouraged to attend.

Geographic Names

Chairman **Tom Choate** announced that the committee is preparing a list of peak names in the Western Chugach State Park. Anyone climbing in the Lake George area see Tom.

Parks Advisory

Chairperson **Scott Bailey** announced that comments on the Management Plan for Chugach National Forest are due by the end of March.

Equipment

Chairperson **Todd Steele** reminded members to wait patiently in line at AMH while checking out club equipment and to return gear on time.

Training

Chairperson **Steve Parry** solicited response for people interested in various training courses (see listing elsewhere in this *Scree*). Gary Runa's basic mountaineering courses are ongoing.

OLD BUSINESS

Freeze-dried food order: see Wayne Todd.

Trip report from Notch Mountain (Tom Choate).

Reminder to check the Club **Voicemail** for the latest on upcoming trips. Great job Kristen!

NEW BUSINESS

Avalanche beacon, shovel, probe **equipment** available. People who signed up need to pay Richard by 2/29 or the equipment goes back to AMH.

ANNOUNCEMENTS

Reminder to return **library books**. Paul Templeton was the main offender.

Avalanche training – course offered by local guide Dave Staeheli.

Elena Hinds showed two trays of slides of climbing in Alps, Dolomites, Tatra, and Pamirs.

Respectfully submitted,
Cory Hinds

Web Chat



rec.climbing:

The weekend of January 22, Republica de Chile Hut on Iztaccihuatl was burned to ashes by irresponsible or negligent climbers. The hut is gone after 49 years and 2 months of service. At least 100 climbers are estimated to have been on La Joya-summit trail that weekend, including foreign climbers as per the Alpine Rescue patrol. The hut was located at 4,600 meters and was inaugurated in November 1950, by Grupo de los Cien, a non-profit organization that since then built 19 alpine huts on the Mexican volcanoes.

Rodolfo Araujo grupo_de_los_cien@bigfoot.com



MCA Trip Classifications

The classifications below do not take into account individual trip hazards such as river crossings, scree slopes, snow fields, bears, etc. Trip leaders are required to inform the trip participants of any such hazards either verbally, on the sign-up sheet, or in the trip description. Leader approval is required for participation on all trips.

NON-TECHNICAL: Following are a few standards used to classify non-technical trips. The classification is made in terms of hiking distance and altitude gain. Many trips are not on established trails.

CLASS A: Easy hikes with a maximum distance of 8 miles for day trips or 4 miles per day for overnight trips. Altitude gain up to 1200 feet.

CLASS B: Trips involving a maximum distance of up to 12 miles for a day trip or 6 miles per day for an overnight trip. Altitude gain of 1200 to 2500 feet.

CLASS C: Trips up to 15 miles for a day hike or 8 miles per day for an overnight trip. Altitude gain up to 3500 feet. Scree, steep grass or other rough terrain problems may be encountered.

CLASS D: Hikes and climbs with an altitude gain of over 3500 feet or a distance of greater than 15 miles for a day-hike or greater than 8 miles a day for an overnight trip. Peaks in this classification may require minimal climbing skills.

CLASS E: Hazardous climbing conditions or stream-crossing conditions may be encountered. A basic mountaineering course may be required.

TECHNICAL: Technical trips are open to all qualified climbers. However, the registration on any particular trip must be restricted to a safe and manageable number of climbers. Registration is made directly with the leader, who determines the qualifications needed for the trip.

GLACIER TRAVEL: Trips requiring roped travel over glaciers. Knowledge of crevasse rescue, and ice axe and crampon skills are required. Basic understanding of ice and snow anchors also required.

FIFTH CLASS: Trips which involve fifth class climbing. A Basic Mountaineering course or equivalent is required. Knowledge of belay and rappel techniques and placing anchors is required. Climbing difficulty varies widely with each trip.

TRIP PARTICIPANTS have the obligation to acquaint themselves with the nature of the trip and to verify that it is within their capability and experience. Anyone wishing to participate in any trip above CLASS A must have completed one or more trips of the next lower classification, or the equivalent.

Approved by MCA Board, February 1995

General Rules for MCA Sanctioned Trips

1. Proper equipment is on the reverse side of this list.
2. No dogs. (Among the reasons are bear problems.)
3. The leader's suggestions are to be followed. Do not go off alone, return or rush ahead without his (her) permission, and don't ford a stream before the leader assesses the situation. Remember, this is a club trip and the leader must know where all participants are. Anyone separating from the group without the leader's approval is no longer considered a participant the MCA Sanctioned trip.
4. Trip participants who, in the leader's opinion, put themselves or other members of the group in danger by disregarding the leader's suggestions, shall be subject to sanction by the club. Sanctions may include, but are not limited to, reprimand at general meeting, exclusion from future trips, termination of annual membership or lifetime exclusion from the club.
5. You must sign up on a trip roster (club meetings) or contact the leader, and you must have signed the club waiver to be on a club trip.
6. When carpools are arranged, please plan to pay the driver your share without his (her) asking you. Generally \$5 - short trips, \$10 or more for longer.
7. If you find you cannot participate after signing up on the roster, please let the leader know, both for transportation and gear-planning and so someone else can go. If you are the leader, help find a replacement.
8. Total number of people on club trips:
Minimum: 4 (for safety reasons)
Maximum: Leader option, depends upon the trail and campsite conditions, but generally limited to 12 in trailless areas or State and National Parks
9. Firearms are not encouraged, and please let the leader know if you want to carry one - it will be leader's option. Aerosol bear repellent is preferred.

Approved by MCA Board, February 1995

Mountaineering Club of Alaska, Inc.

Membership Application

The Mountaineering Club of Alaska (MCA) was formed in 1958 to promote the enjoyment of hiking and climbing in Alaska and the exploration of its mountains. We welcome anyone who wishes to become a member.

Participate and Learn The MCA conducts scheduled hikes and climbs led by experienced club members, technical mountaineering and climbing courses, and other instruction throughout the year. The club maintains eight mountain huts in the nearby Chugach and Talkeetna Mountains. The MCA/Vin Hoeman Library, located upstairs in Alaska Mountaineering and Hiking on Spenard Road, contains hundreds of books, periodicals, bound volumes of Scree, and a 'peak file' with information on local climbs. The club also loans climbing gear to members, including ice axes, helmets, crampons, snowshoes and avalanche beacons.

Stay Informed The MCA publishes a monthly newsletter, Scree, and sends it to all members. The Scree contains the minutes of general meetings, announcements of upcoming events, the trip schedule and trip reports written by club members. A monthly meeting and presentation is held on the third Wednesday of each month at 7:30 P.M. in the basement of the Pioneer Schoolhouse (corner of 3rd and Eagle Streets, downtown Anchorage). Special events or changes to the meeting will be noted in *Scree*.

- **Complete both parts of this form** if you intend to participate in club-sponsored trips, or visit an MCA hut.
- Please make checks payable to Mountaineering Club of Alaska.
- Dues are \$10.00 for an individual or \$15.00 for a family (one Scree per family).
- Membership is for one calendar year, through the 31st of December. Memberships paid after October 1st are good through the following year.
- If applying by mail, please include a self-addressed envelope for your membership card which is required to participate on club trips and training. Or you may pick it up at any monthly meeting.

Our address is: MCA
Box 102037
Anchorage, Ak 99510

NEW	<input type="checkbox"/>	DATE	
RENEWAL	<input type="checkbox"/>	NAME	
INDIVIDUAL(\$10)	<input type="checkbox"/>	FAMILY	
FAMILY(\$15)	<input type="checkbox"/>	MEMBERS	
MAILING ADDRESS FOR SCREE			
STREET or PO BOX			
CITY/STATE/ZIP			
TELEPHONE			
Join a committee?	<input type="checkbox"/>	Hiking & Climbing, Parks, Equipment, Training, Library, Other	
Lead a trip?	<input type="checkbox"/>	Location: _____ Date _____	
COMMENTS _____			

Paid: ☐ \$10 ☐ \$15 on Date: ____/____/____
☐ Cash or Check Number: _____

Membership Card Issued for Year: _____. ☐
Address added to Mailing List ☐

RELEASE OF LIABILITY — READ CAREFULLY

I, _____ (print name), am aware that mountaineering sports (including hiking; backpacking; rock, snow, and ice climbing; mountaineering; skiing; and ski mountaineering) are hazardous activities. I wish to participate and/or receive instruction in these activities with the Mountaineering Club of Alaska, Inc. ("MCA") I recognize that these activities involve numerous risks, which include, by way of example and not limitation, falling while hiking, climbing, skiing or crossing rivers or glaciers; being struck by falling rock, ice or snow; avalanches; lightning; fire; hypothermia; frostbite; defective or malfunctioning equipment; and attack by insects or animals. I further recognize that the remoteness of the activities may preclude prompt medical care. I further recognize that risk of injury or death may be caused or enhanced by mistakes or negligence on the part of either my fellow participants or MCA officers, directors, guides, instructors, or trip leaders. I nevertheless agree to accept any and all risks of injury, death, or property damage that may occur in connection with any MCA activity, including use of MCA furnished equipment and use of MCA backcountry huts.

_____ (initial that you have read this paragraph)

GIVING UP MY LEGAL RIGHTS

By signing this Agreement, I agree to give up for myself and for my heirs all legal rights I may have against the MCA or my fellow participants in MCA activities. **I give up these legal rights regardless of whether the injury, death, or property damage results from mistakes or negligence on the part of either my fellow participants or the MCA.** (As used in this agreement, MCA means the Mountaineering Club of Alaska, Inc., and all of its officers, directors, guides, instructors and trip leaders.) I understand this agreement shall remain in effect until such time as I provide signed written notice of its revocation to the MCA.

_____ (initial that you have read this paragraph)

MY PROMISE NOT TO SUE

I agree that I will not sue, or otherwise make any claim against, the MCA or my fellow participants in MCA activities for injury, death, or property damage which occurs in the course of my participation or instruction in mountaineering sports.

_____ (initial that you have read this paragraph)

MY RELEASE OF LIABILITY

I also agree to release and discharge the MCA and my fellow participants in MCA activities from all actions, claims, or demands, both for myself and for my heirs, dependents, and/or personal representative, for injury, death, or property damage occurring in the course of my participation or instruction in mountaineering sports.

_____ (initial that you have read this paragraph)

MY PROMISE TO INDEMNIFY

I agree to pay all expenses, including attorney's fees and court costs, that the MCA may incur as a consequence of any legal action arising out of injury, death, or property damage suffered by me, or suffered by someone else as a result of my conduct.

_____ (initial that you have read this paragraph)

MY CONSENT TO MEDICAL TREATMENT

I consent to any hospital care or medical or surgical diagnosis or treatment which may be necessary as a result of my participation in activities with the MCA. I also understand and agree that I am solely responsible for all applicable charges for such medical treatment, including evacuation and/or rescue cost.

_____ (initial that you have read this paragraph)

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A BINDING, LEGAL AGREEMENT BETWEEN ME AND THE MCA AND I SIGN IT OF MY OWN FREE WILL.

Dated: _____ Signature: _____

Signature of Parent or Guardian (if under 19): _____

Equipment

Summer

Raingear that works
Windgear
Wool or fleece pants
Shorts
Light longjohns
Wool shirt
Jacket
Baseball cap
Gloves
Extra socks
Wool or pile hat
Hiking boots
Stream-crossing footwear
Sunscreen
Mosquito repellent
Whistle
Large plastic bag
Lighter, matches
Map, compass
Aerosol bear repellent
Moleskin/Spenco 2nd skin

Ace bandage
Surgical tape
Aspirin
Gauze
Anti-bacterial ointment
4" x 4" pads, band-aids
Wire
Vice grips or pliers
Utility cord
Sewing kit
Tent
Sleeping pad
Sleeping bag
Backpack cover
Cook pot
Stove (fires not allowed)
Fuel bottle
Walking stick or ice axe
Water bottles (not canteens)
FOOD

Additional for Glaciers

Ice axe
Gaitors
Climbing boots
Slings, carabiners
Rappel device
Belay device
Rope
Wands
Mittens
Crampons
Seat Harness
Ice screw(s)
Pulleys
Prussiks/ascenders
Glacier glasses/cream
If snow on glacier:
Picket
Skis or snowshoes

Winter

Windgear
Wool/fleece pants
Wool/fleece shirt
Longjohns
Down jacket
Wool/fleece hat
Face mask
Mittens
Double boots
Avalanche beacon
Shovel
Lighter
Headlamp

First aid kit
Repair kit
Tent (or snow shelters)
Sleeping bag
Sleeping pad
Large cook pot
Stove
Windscreen for stove
Fuel bottle
Thermos
Gaitors
Thermometer
Skis or snowshoes

Approved by MCA Board, February 1995

Leader Qualifications

1. Must be a member of the MCA.
2. Must have approval of the Hiking and Climbing Committee (A simple majority.)
3. Must have participated in trips of the same or higher classification than the one being led, showing competence in the opinion of the leaders of those trips; or equivalent experience acceptable to the Hiking and Climbing Committee.
4. Leaders on trips which may involve any avalanche-prone terrain must have passed formal avalanche training approved by the Hiking and Climbing Committee.
5. Leaders on trips which involve any hazardous stream crossings must have either formal training in safe stream crossing methods or have extensive experience crossing streams.

Leader Guidelines

1. Must follow the general rules for MCA Sanctioned Trips.
2. Must have a sign-up sheet with all participants' names on it.
3. Select a meeting time and place disclosed only to those persons on the sign-up sheet, unless call-ins are acceptable to the leader.
4. Must verify that each participant has signed a valid waiver and that it is on file.
5. Can require special equipment and refuse participation to any person that is ill-equipped (including clothing).
6. Has the authority to split the group (fast and slow), but must select a co-leader to help.
7. Must report any injuries to the MCA President.
8. Must report any personnel problems to the Hiking and Climbing Committee.

Approved by MCA Board, February 1995



Mountaineering Club of Alaska

Officers

President Richard Baranow
Vice-President Tom Choate
Secretary Cory Hinds
Treasurer Patty McPherson

Board

Kirk Towner
Shawn O'Donnell
Dolly Lefever
Wendy Sanem
Bill Romberg

Annual membership dues: Single \$10.00 Family \$15.00 (one *Scree* per family)

Dues can be paid at any meeting or mailed to the treasurer at the MCA address below. If you want a membership card, please fill out the club application found on the previous page and mail it with a self-addressed, stamped envelope. If you fail to receive the newsletter, or have questions about your membership, contact the club treasurer. The post office does not forward the newsletter.

SCREE is a monthly publication of the Mountaineering Club of Alaska. Articles and notes submitted for publication and other communication related to the newsletter should be mailed to my address: 1106 W. 54th Ave., Anchorage, AK 99518, or e-mailed to willy@mcak.org. Articles should be received by March 31 to be included in the April issue.

Paid ads may be submitted to the attention of the Vice-President at the club address and should be "camera ready" and pre-paid. Your cooperation will be appreciated...
Willy Hersman, Editor, 561-7900.

HIKING/CLIMBING CHAIRS: matt needom, paul templeton
Web Page: <http://www.mcak.org>
Hot Line: 566-4MCA

Mountaineering Club of Alaska
Box 102037
Anchorage, Alaska 99510