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AMC Covid-19 Update

AMC and the New Hampshire Chapter are exploring ways to continue our activities. Despite Covid-19, our goal is to make opportunities for outdoor activities and training available to our members and the public while maintaining the safety of all. It is a challenge, and our response will evolve based on the ever changing status of the pandemic.

That said, there is news to share.

The status of the Huts is a continuing interest to hikers, and on March 1, AMC issued the latest update. AMC announced that the Huts will not be open for guests during May, but that Lonesome Lake, Greenleaf, Zealand and Mizpah Huts will be staffed by caretakers starting on May

21. The remaining Huts will be closed during May. Following May, the status of the Huts will be determined two months in advance. So, AMC plans to announce its plans for June on April 1.

AMC expects that it will be able to accommodate guests at some Huts during the coming hiking season. However, as with everything else, the experience will be different. The number of guests will be limited, and reservations may be for specific bunkrooms. Meal service will likely be revised to keep groups separated while eating.

For Huts that are opened either for guests or on caretaker status, the Huts will function as stewardship centers, recreation hubs, refuges of

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Creation of the New Hampshire Chapter

BY: BOB MCLAUGHLIN

In the summer 2020 issue of *Mountain Passages* we included an article on the *The Rise of Hiking Clubs in the White Mountains*. In that article, we briefly described the creation of the Appalachian Mountain Club. This time we will examine history even closer to home: the creation of our New Hampshire Chapter.

The Appalachian Mountain Club was founded in 1876. About 30 years later the first "Chapter" was organized. In 1904, a group of AMC members in New York State formed the New York Section which was officially recognized



Winter hikers climbing Mount Monadnock in the 1920s. AMC Archives.

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OUR MISSION

The Appalachian Mountain Club is the nation's oldest outdoor recreation and conservation organization, and promotes the protection, enjoyment, and understanding of the mountains, forests, waters and trails of the Appalachian region. AMC has more than 100,000 members, 16,000 volunteers, 450 full-time and seasonal staff. The New Hampshire Chapter is the second largest of the 12 Chapters within the Club.

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by the Club in 1912. After that, additional Chapters were quickly organized. In 1918, the Massachusetts Chapter was created, and then in 1921 the Narragansett Chapter, the Connecticut Chapter and the Merrimack Valley in New Hampshire Chapter were formed.

The Merrimack Valley in New Hampshire Chapter ultimately became our New Hampshire Chapter, but this took some time.

First, we have to consider when our Chapter was really created. There are three possible dates. On May 24, 1921, an organizational meeting was held in Boston that voted to create the Chapter and join it to the AMC. Three weeks later, on June 14, the AMC Council voted to accept the Chapter into the Appalachian Mountain Club. Finally, the first Annual Meeting of the Chapter was held on Tuesday, December 6, 1921 to complete the organization. While we could probably argue endlessly about which date is the actual date of creation of the Chapter, it is undoubtedly some date in 1921. So, this is our 100th anniversary!

But what was the Chapter that was created in 1921? As initially conceived the Chapter included only Rockingham, Merrimack and Hillsborough Counties. AMC members in these counties were automatically members of the Chapter, and members in other parts of New Hampshire could request membership in the Chapter.

In 1941, Rockingham County withdrew from the Chapter, and then in 1954 Belknap and Sullivan Counties were added.

1956 was a year of crisis. The Merrimack Valley in New Hampshire Chapter could not find a candidate who was willing to serve as its chair, and serious consideration was given to dissolving the Chapter. However, the members of the Chapter and the AMC decided that the Chapter was needed and AMC urged another search for a candidate for Chair.

Fortunately, Florence W. Henderson stepped forward and accepted the position as Chair. Following this "near death" experience, the Chapter expanded its boundaries to include all of New Hampshire and changed its name to the New Hampshire Chapter. Our Chapter had taken on its current shape!

Not surprisingly, from its start our Chapter focused on hiking. The initial outing was on Memorial Day Weekend 1921 to New Boston, NH, to climb Joe English Hill and visit local attractions. You can still climb Joe English Hill and retrace the first Chapter hike. The trip report described the weekend's activities as:

Sunday, the 29th, most of the party climbed Joe English Hill from which were had some very fine views. A strenuous descent on the steep south slope to the meadow below was rewarded by

an appetizing lunch eaten beside the brook. Monday forenoon short walks were taken. In the afternoon a soldier's memorial was unveiled and dedicated . . . The party then departed for home motoring as far as Goffstown and Manchester.

The trail up Joe English Hill is an easy trail with 500 feet elevation change in a 2 mile round trip. Definitely not a "high peak," but it does offer a pleasant outing and rewarding views.



Some hikers in the 1920s preferred traveling in larger groups. No social distancing here! AMC Archives.

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MOUNTAIN PASSAGES

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Submissions. Members may submit articles or photos (hi-res jpegs) to newsletter@amcnh.org. Articles may be edited at the discretion of the editor to meet space and style requirements. Publication is on a space-available basis. While Mountain Passages does not pay for submissions; a byline or photo credit is given. Contact Mountain Passages for reprint permission.

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last resort, and in assisting with search and rescue. Water and restrooms will be available for hikers in the huts that are open. Some food is also expected to be available, but will be limited.

In addition, the Highland Center and Pinkham Notch facilities will be open and operating at reduced capacity. The AMC also expects that the Hiker Shuttle will operate in 2021.

Additional and updated information will be available on the AMC website at www.outdoors.org/articles/answers-to-your-questions-related-to-the-2021-amc-huts-season

With regard to Chapter activities, the

various activity committees have begun offering outings and training. While capacity is limited and precautions are implemented, dedicated leaders have been able to hold the activities while complying with the Covid-19 protocols developed by the Club and the requirements and state and local authorities. It is an evolving process, but we are moving forward. Check out the AMC activities list to find outings that are being offered.

We all are too aware that the Chapter had to cancel the Winter School. However, we are pleased to announce that we will be able to provide at least leadership training as a partial replacement for our regular Spring

School. See the accompanying article for more information.

Finally, some of our activities have transitioned to completely virtual events. For example, the Membership Committee has been holding membership socials via Zoom with great success. Most recently, on February 17, a successful social was held which featured the Ski Committee. Another Zoom social is planned for the spring.

While we all look forward to the day that we can get back to our normal activities, our goal is to make the best of a less than perfect situation. Let's make it work!



Spring Leadership Training

After a lot of planning, the New Hampshire Chapter is pleased to announce a special leadership training opportunity for spring 2021. These sessions will cover all the material we normally cover in leader training.

To provide this training under Covid-19 guidelines we have set up a new sequence with online sessions to be conducted 7:00-8:30 pm for three weeks followed by a full day outdoors at Cardigan for field leadership experience. Sessions will cover: the roles of the leader, leadership style and group dynamics, trip planning and logistics, participant screening, accident scene management, handling difficult behaviors, and group and individual gear. The online sessions will include just 2 instructors and up to 6 participants who will be together through all sessions and the outdoor hike field practice day.

The day at Cardigan will include a 6 mile hike using map and compass and practicing leadership skills. Full three season hiking gear will be required.

In order to accommodate as many people as possible, we will offer two sessions:

- Group A will hold online sessions on Monday April 5, 12 and 19 at 7:00 - 8:30 pm, and will hold the field day at Cardigan lodge and forest on Sunday April 25 from 8:00 am-5:00 pm.
- Group B will hold online sessions on April 14, 21 and 28, and will hold

the field day at Cardigan lodge and forest on Sunday May 2 from 8:00am-5:00 pm.

Note that there is a limit of 6 participants in each group and the groups will be filled first come, first served. A waitlist will be established if the groups are full.

Registration is a multistep process due to the AMC Covid-19 protocols.

- To register, you must log in to Outdoors.org. You will find the registration pages for the training in the AMC activities list under the "Adventures" tab in one of the two entries for "NH Chapter Leadership Training" which are listed for April 25 or May 2. Click on "Register Now," complete the information, sign the waiver and answer Covid-19 questions. Click on registration and payment to finish registration for either Group A or Group B.

- After you are registered, you will receive confirmation and Zoom meeting links confirming your spot.

The program is for adults only and costs \$20 for a member and \$25 for a

non-member. Photocopies of maps, a leadership hand book, and prepackaged snacks on the full day at Cardigan will be provided. You will need to bring a trail lunch.

For further information contact Rick Silverberg at 603-225-5921 (best time to call: 7:00 pm -10:30 pm) or by email Rsilverberg54@gmail.com.



Photo by: Jessica Clifford.

Initially, Chapter hikes tended to focus on local destinations in Southern New Hampshire where the trail heads could be reached by trains or trolleys. In the first few years, trip reports described trips to Ragged Mountain, Cardigan, the Uncanoonuc Mountains and the Pawtuckaway Hills. In addition, the Chapter sponsored “a series of afternoon walks on either Saturday or Sunday of each week.”

Most outings were scheduled over a weekend to accommodate the time consuming travel to the chosen destination. The parties stayed in local hostels, and ventured into the woods and to summits during the days. *Not all hikers in the 1920s overdressed! AMC Archives.*

The trip reports describe spectacular views and pleasant outings, but also include descriptions of hikes in the rain and the fog. Some things never change!

Not all of the trips were in the warmer months. In 1923, a series of snowshoe

outings were scheduled visiting Devil’s Den near Lake Massabesic, the Belknaps, and the area around Concord. In 1923, a 5 day outing was held on Washington’s Birthday at the The Cobb House in Canaan, NH, with the first recorded trip to Mt Cardigan

by the Chapter.

With advent of more common automobile transportation, the Chapter ventured further afield and day trips

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A group of hikers resting at a shelter near Jackson, NH, in 1921. AMC Archives.



Members of the Merrimack Valley in New Hampshire Chapter resting from building Hi Cabin. Unfortunately, we cannot identify the individuals in the photo, but any information will be appreciated. AMC Archives.

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became possible. Destinations became more aggressive. Moosilauke, Kearsarge, the Belknap Range and Cardigan appear in the trip reports. However, Chapter outings seldom ventured into the Whites until later.

Just as now, the Chapter activities were not all hiking.

In June 1930, the Chapter sponsored a canoe trip on the Contoocook River which covered 15 miles in the course of the day with time for a picnic. More was to come, but we all know this!

The Chapter also worked on trail improvement and creation. In May 1924, the Chapter voted to cut a trail on the

east side of Cardigan from Alexander, NH to the summit. This trail, the Manning Trail, was cut in 1925, and named after the brothers Robert and Charles Manning, Chapter members, who were killed in a train accident during a snow storm while hiking near Glenduff. Other trails followed including portions of the Appalachian Trail and the Monadnock-Sunapee Trail. Again, trail work continues to be a major focus for Chapter members.

In 1929, the Chapter took on a new project building the cabin near the summit of Cardigan. This cabin, now known as the Hi Cabin, was completed in 1931 and is just 400 feet below the summit. The Chapter operated the Hi Cabin for 8 years,

but ultimately decided the task was too great, and then turned operation over to the AMC which continues to operate it as part of Cardigan Lodge today.

Our 100th Anniversary provides an opportunity to remember what has been achieved over the century and to look forward to what will await us in the future. It is time to celebrate what has been accomplished and to look forward to what can be accomplished in to our Chapter's next century!

Keep your eyes out for announcements of future trips and activities to commemorate the Chapter's Centenary.

THANK YOU

All of the historical images in this edition of *Mountain Passages* have been provided by Rebecca Fullerton, the AMC Archivist. Thank you Becky!



Coming of Spring; Some Ideas to Better Observe and Appreciate It

BY: BOB McLAUGHLIN

Spring has arrived! At least, astronomical spring has arrived. While meteorological and biological spring arrive later in New Hampshire, they surely are on the way.

This year, unlike prior years, we are still dealing with a pandemic that restricts our activities and may still be limiting the time our children are able to spend in school classrooms. While there are many drawbacks to this situation, some parents have learned the pleasure of developing self-directed curricula for home education based on their own passions. There is no reason to abandon this approach as the pandemic wanes.

We have developed a selection of science and nature study projects related to the change of seasons to enhance children's appreciation of the world around them. While we developed this list with children in mind, adults might find them of interest also.

With this introduction, we offer these alternative approaches to gaining deeper understanding of the magic of spring.

Progression of the Sun. This activity gives you a chance to observe the progression that occurs with the onset of astronomical spring. As most of us know, the location of the sunrise and sunset and the arc of the sun in the sky change as the seasons change. We may have noticed that one side of our house is in shade in the winter and is sunny in the summer. In this suggested activity, you can carefully observe and document this movement.

First, you should choose a location from which you can see the horizon where the sun either rises or sets, or if possible does both. Mark this spot and take a photograph of the horizon. Print the photo or if you prefer use it to create a line drawing of the horizon noting prominent landmarks.

Second, choose an observation day. Generally, one day a week will work best. If the day is cloudy and the sunrise and sunset are obscured, you can postpone the observation until the sky is clear. When you make your observation, you should mark the location of the sunrise or sunset on the horizon photo or drawing you created and write the date of the observation.

After you have made a number of observations, you will notice the progression of the location of sunrise and sunset. If you continue your observations until the summer solstice (June 20 in 2021) you will see the sun's march north. If you continue your observations, you will see the sun's march south until the winter solstice. If you continue for the full year, you will have recorded the sun's annual progression along the horizon and have developed a better appreciation of the astronomical factors that shape our seasons.

Change of Temperature. This activity focuses on the arrival of meteorological spring. You can measure the temperature yourself or rely on temperature reports available on the internet. Each has its advantages and drawbacks.

If you rely on temperature reports on the internet, you should make sure you are using data collected at the same location. Most websites provide this information. The big advantage of using an internet source of data is you should be able to easily learn the high and low temperature collected on each day.

If you measure the temperature yourself, you need to confirm the temperature is representative of the location. Generally, you will want to locate your thermometer on the shady side of your house away from vents, condensers and surfaces that may radiate heat. Unless you have a recording thermometer, you should set one or more times to record the temperature each day. The advantage of this alternative is that you generate your own data which reflect the conditions at your home.

Whichever data collection approach you take, the fun comes with playing with the data after it is collected. You can record the data in tables and you can plot on graphs. If you have the software, recording the data in a spreadsheet will allow endless alternatives for manipulation.

The beauty of this alternative is you and your children will develop a better appreciation of how temperature changes as the season advances and at the same time develop mathematical skills to better understand the data you collect. For example, you can plot the data in a scatter plot graph and then use the resulting graph to plot a smooth line plot that eliminates the vari-

ability. There are so many alternatives to explore

Transformation of the Landscape. This activity is the first in three that examine the coming of biological spring. This alternative focuses on the more artistic aspects of the change.

First, you should select a view from your home or in a nearby park that includes open area and a variety of trees and bushes. Then, take a photo of the view. You can use your smart phone or a camera, either will work fine provided they record the date of the photo. The critical part is you should mark exactly where you took the photo and identify critical landmarks. If you have a camera or cell phone with telephoto functions make sure you record the focal length so you can use it in subsequent photos.

Then, return to the location and take duplicate photos. Ideally, try to take photos at about the same time of the day. If you start in March, you might only take one photo each week at first, but as the changes start coming faster later in the season start taking a photo every day. If you are conscious of sticking to this schedule, you will be amazed anew by the explosion of life that spring represents in our area.

You can turn the photos into a slide show on your computer that will take your breath away. Just make sure that the photos show the same scene with the only variable being the date the photo was taken!

Bird Migration. Another activity to monitor the coming of biological spring is recording the birds you see in your neighborhood or backyard. There are many approaches to take on this activity. I participate in Cornell University's "Project Feederwatch" which allows you to record the birds observed at your feeder on whatever schedule you prefer. I have been using it for four seasons and the diversity of the species observed definitely increases as spring advances. Except for robins, I have not identified migratory species, likely because the feeders come down in April to avoid attracting bears. However, I have noted how year round species move into new territory with warming temperatures

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and longer days.

You might want to move further afield and try to spot the migrants. Wetlands, lakes and seashores are prime locations as are mountain tops and ridgelines. You might want to check on the web or with local birders you know to find the best place to observe.

Another great activity for spring bird watching is learning or improving your bird identification skill by listening to their songs. As we have all observed, birds sing much more loudly and persistently in the spring as they seek to stake out their turf

and attract mates. This gives us a great opportunity to isolate and identify their songs and calls. Generally, as spring progresses the number of species singing increases. So, if you start early in the spring, you will have fewer species to identify at first and be better prepared when more species add their voices to the chorus.

In any case, the object is to try to observe how birds and bird behavior change with the changing season.

Wildflower Progression. Finally, another activity to observe the onset of biological spring is to track the appearance and disappearance of wild flowers in your area. Debbie Marcus has a great article about

wildflowers in New Hampshire that appears in this edition of *Mountain Passages*. Many good books and smart phone apps are also available. If you want to use wildflowers to follow the change of the season, the important thing is to keep a record and visit the same location repeatedly.

These suggestions are intended to help you better appreciate the miracle that is spring in New Hampshire. If they don't appeal to you, that is fine. It is just great to lie back in sun and enjoy the warmth and the sounds of reawakening life around you.

Whatever your choice, enjoy the coming of spring!



Exploring the Sunapee-Ragged-Kearsarge Greenway

BY: STEPHEN L. PRIEST

What is the SRKG?

The Sunapee-Ragged-Kearsarge-Greenway (SRKG Greenway) Trail is a hidden gem of New Hampshire. The SRKG Greenway is 75-miles of trail in Merrimack County divided into fourteen-day hiking sections surrounding Lake Sunapee, crossing Sunapee, Ragged, and Kearsarge mountains. The SRKG trails are maintained and supported by volunteers, local towns, land conservation organizations,

local snowmobile clubs, and private ownership. In other words, the SRKG Greenway is a group project of those committed to the maintenance and enjoyment of this area of New Hampshire.

The general color map accompanying this article puts the SRKG trails into perspective.

I was introduced to the SRKG through a group called Outdoor Recreation for Seniors (ORFS) which is based at the Chapin Senior Center in New London, NH. It all started when I picked up the Chapin

monthly newsletter that a friend had left on their coffee table, and noticed listings every Tuesday for either a hike or a paddle – all within 50-miles of New London.

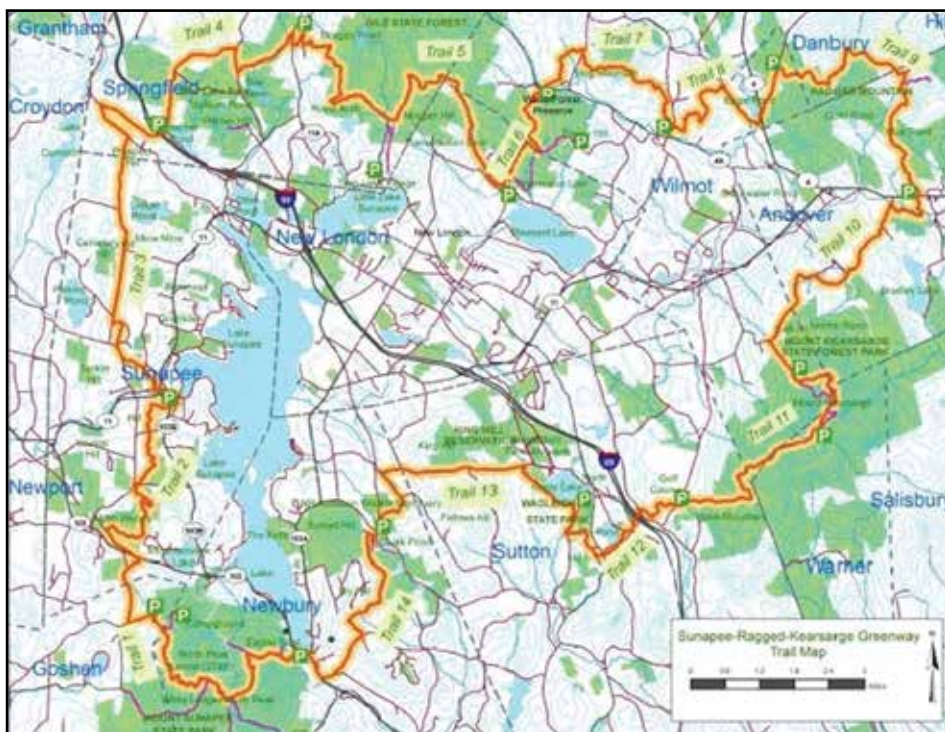
My wife and I began hiking and paddling with the group. On one of the ORFS hikes, I noticed a trapezoid trail maker with a circle identifying it as the SRKG. My first complete SRKG hike was when a fellow ORFS asked me to join him to hike SRKG Trail 7- NH 4A to Wilmot Center, or as he calls it, the Bog Mountain Trail.

Little did I know that two years later, I would complete the SRKG fourteen trail loop.

How Long to Hike all Fourteen Trails?

The SRKG is a majestic 75-mile loop of fourteen trails across the lakes region. Individual trails can be hiked in one day or over multiple days. I completed Trails 4 and 7 on separate day hikes, followed by a two-year hiatus, and then finished the last twelve trails in five months.

Some individual trails can be divided and completed over days, such as when I hiked the 7.3-mile Trail 3 Sunapee Town Hall to Deer Hill Road over three separate days and the 8.4-mile Trail 5 Springfield/ New London Road to Great Brook Bridge in two days. Consider that all the trails are one way hikes. So, if you want to hike an entire trail segment in a day, you



Map of the entire SRKG Trail. www.srkg.com

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either have to spot a car at the destination trailhead or hike the trail both ways. No camping is allowed on the SRKG. So, overnights are not an option.

Along the way, I discovered four elements that have brought the SRKG to life for me:

- 1) The SRKG Trapezoid Blaze/Trail Marker;
- 2) The *SRK Greenway Trail Guide*'s narrative for each trail;
- 3) Sunapee-Ragged-Kearsarge Greenway Trail Summary on the SRKG website; and
- 4) The SRKG Maps for each of the 14 Trails.



The SRKG Trapezoid Blaze. Photo by: Steve Priest. www.srkg.com.

The SRKG Blaze/Trail Marker

The unique SRKG trail marker, some may call it a trail blaze, is often referred to as the "trapezoid" because of its unique design. This "trapezoid" marker has kept me on the trail for all 75 miles. If the trapezoid was not within sight, it was time for me to stop, look around, and maybe backtrack until I located it. It was my safety net, "I was on the trail."

SRK Greenway Trail Guide

The *SRK Greenway Trail Guide 3rd Edition*, published and sold on the SRKG web site (www.srkg.com) and in local bookstores, was invaluable. I carried the Trail Guide with me on all fourteen hikes. The Guide describes each trail in a clockwise fashion. I mainly followed the Guide's hike direction. Still, I did one hike in a counterclockwise direction (5.4-Mile Trail 1 Newbury Trail to Old Province Trail, Goshen) because I noticed the Old Province trailhead was at a higher elevation than the Newbury trailhead, and thought it would be an easier hike going downhill. As an aside, this was a mistake; the rockbound one plus hour downhill hike severely tested my quads.

Sunapee-Ragged-Kearsarge Greenway Trail Summary

The SRKG trails are for day hiking only. Overnight camping is not permitted. An excellent resource for locating the SRKG trailheads and parking areas is the SRKG website: <http://www.srkg.com/trails-guide-summary/>

Sunapee-Ragged-Kearsarge Greenway Maps

Sunapee Ragged Kearsarge Greenway publishes an excellent map entitled the *SRK Greenway Trail Guide*. The map is 12x18 inches that folds to 3x4 inches and is printed on *Tyvek* so it can hold up to water and hard use. The map is linked to the *Trail Guide*, and together are indispensable. In addition, you might find it useful to consult other available maps for more detail or a better idea of the surrounding area.

Trail 9 Canada Road via Ragged Mountain to Proctor Academy

All of this background is great, but will never give you a good idea what hiking the Sunapee-Ragged-Kearsarge Greenway is really like.

While I cannot take you on all fourteen trails of the SRKG hikes, let me share the 6.1-mile Trail 9 New Canada Road to Proctor Academy, Andover. I selected this trail as it was the last of the fourteen trails I needed to complete the Sunapee-Ragged-Kearsarge Greenway (SRKG) 75-mile loop. The

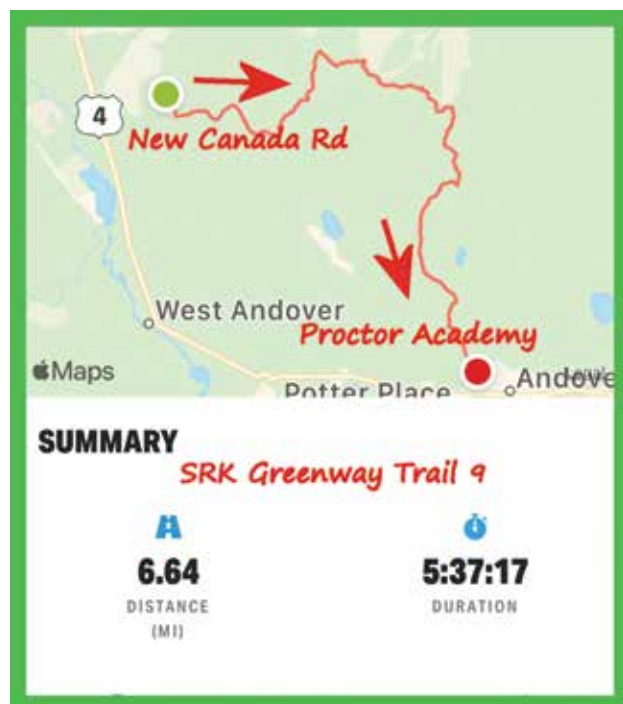
hike was extra special because family and friends accompanied me.

Starting at 7 am at the northern trailhead at New Canada Road, Wilmot, NH, we hiked up, over, and around Ragged Mountain for 5.5-hours before finishing the 6.5-mile trail at its southern trailhead at Proctor Academy, Andover, NH. We found the trail very well marked.

The weather was clear and 72 degrees with wet and slippery trail conditions from the previous night's rain. Our first two hours climb was up the woods of Ragged Mountain with an unexpected talus rock field, climbing up for nearly three miles. Finally, we reached the clearing at the ski summit of the Mountain. We enjoyed our lunch on the hut deck with a scenic view of Newfound Lake and surrounding countryside.

After lunch we continued our hike to the Proctor Academy Trailhead. The view at the ledge on West Peak at 4.1 miles was particularly impressive. Stretched in front of us were the ski slopes of Mt Sunapee, the Ragged Mountain tower we had just left, and a clear view of Kearsarge Mountain. And to top this off, we were able to discern a section of Lake Sunapee. Wow! For a simple outdoor enthusiast, this point of view was remarkable! Check out the

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My Final Hike to Complete the SRKG Trail. Photo by: Steve Priest.



The Panoramic View from the ledge on West Peak. Photo by: Steve Priest.

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picture with the three red circles identifying each of the three mountain peaks. There in front of us is the entire SRK Greenway 75-mile loop!

As in all my prior SRKG hikes, I carried the SRKG Trail Guide. As we passed six-miles, we were getting tired and looking for the end of the trail. The Guide listed 6.1 miles – meaning one-tenth of the mile until we celebrate my 14th hike on the SRKG. This “one-tenth of a mile” was a steep loose gravel downhill through woods and went on for what seemed like forever. When we finally emerged into the Proctor Academy parking lot, the southern trailhead sign read “6.4-mile trail” and my

cell phone GPS said 6.64 miles!

Overall a very well signed trail. The SRKG Trail Guide lists this trail as “Difficult.” I would agree, but it is not overwhelming.

Trail 9 section is used by the SRKG and maintained by the Ragged Mountain Fish and Game Club and Proctor Academy. Well done to all caretakers.

My recent book, *Hiking New Hampshire's Sunapee-Ragged-Kearsarge Greenway Trail*, supplements the *SRKG Trail Guide* with an introduction and video for each of the fourteen trail hikes. The videos give you a “what it feels like” to hike the SRKG, while the *Guide* remains the continual reference with maps and content for locating a trailhead, when to turn, and where you exit the trail. I used this *Guide* to stay on the path when turns were not readily visible

and to locate recommended spur trails for additional enjoyment and education. One spur trail is the Trail 9 Overlook on West Peak described above.

If you are interested, you can find my book on Amazon at *Sunapee-Ragged-Kearsarge Greenway Trail: 75-Miles on a Fourteen Trail Loop* by Stephen L. Priest <https://www.amazon.com/gp/product/B08MDN1S16> It is free for Kindle Unlimited readers.

I also maintain a website that can be reached by <http://tiny.cc/mjh6tz>.

Finally, I would like to thank the Sunapee-Ragged-Kearsarge Greenway Coalition that has graciously given full permission to use pictures, text, and maps from the *SRK Greenway Trail Guide 3rd Edition*. As noted above, they maintain an excellent website at www.srkg.com.

Sunapee-Ragged-Kearsarge Greenway Trail Summary

	Trail Name	Distance & SRKG Assigned Level of Difficulty	Est. Time
1	Newbury Harbor via Mt Sunapee to Old Province Road, Goshen	5.4 mi. Moderate	4.5 hrs.
2	Old Province Road, Goshen to Sunapee Town Office	7.3 mi Moderate	4 hrs.
3	Sunapee Town Office to Deer Hill Road, Springfield	7.3 mi Moderate	3 hrs.
4	Deer Hill Road to Springfield-New London Road (NH 114)	4.1 mi Easy	2.5 hrs.
5	Springfield-New London Road (NH 114) to Great Brook Bridge	8.4 mi Difficult	6 hrs.
6	Great Brook Bridge to NH 4A in Wilmot	3.2 mi Easy	2 hrs.
7	NH 4A in Wilmot via Bog Mountain to Wilmot Center	4.4 mi Moderate	3 hrs.
8	Wilmot Center via Eagle Pond to New Canada Road	4.1 mi Easy	2.4 hrs.
9	New Canada Road via Ragged Mountain to Proctor Academy, Andover	6.1 mi Difficult	3.5 hrs.
10	Proctor Academy to Winslow State Park, Wilmot	6.0 mi Moderate	3.5 hrs.
11	Winslow State Park, Wilmot via Mt Kearsarge and Lincoln Trail to Kearsarge Valley Road	5.8 mi Difficult	4.5 hrs.
12	Kearsarge Valley Road, Sutton to Wadleigh State Park, Sutton	3.9 mi Easy	2.5 hrs.
13	Wadleigh State Park, Sutton to Chalk Pond Road, Newbury	5.4 mi Moderate	3.5 hrs.
14	Chalk Pond Road, Newbury to Newbury Harbor	4.4 mi Moderate	2.5 hrs.



Spring Ephemeral Wildflowers



Trout Lily. Photo by: Paul Hopkins.

BY: DEBBIE MARCUS

In a few short weeks the winter snow will be gone from the forest floor. All it takes is a few sunny days and the soil warms beneath the leaf litter, especially on south facing slopes of deciduous forests. Quickly, before the trees leaf out, spring ephemeral wildflowers must push through



Red Trillium. Photo by: Paul Hopkins.

to the sun and bloom. Once the canopy of leaves is deployed, spring ephemerals set their seeds and their leaves die back and disappear from the forest floor. These wildflowers then spend the other 10 or so months of the year hidden underground.

But, oh, do they put on a beautiful show in early spring! Hepatica, Spring Beauty, Dutchman's Britches or Squirrel Corn, Red Trillium, Trout Lilly, Bloodroot, and Sessel-leaved Bellwort carpet the ground in late April and early May on the forested slopes of NH and VT.

Northern New England's forests, fields, bogs, and even alpine summits abound with spectacular wild flowers, each adapted to their own habitat. Some like partial shade; some like the rocky alpine zone.

Spring ephemerals crave the sun after their long dormancy. Their high rate of photosynthesis spurs them to rapidly produce shoots, leaves, flowers, and seeds. Writer Micki Colbeck describes this as their "Epigeous" growth period.

These wildflowers also need the

protective leaf litter of the deciduous forest floor to shelter their perennial organs - corms, tubers, or rhizomes - during their "Hypogeous" growth period. In the fall and winter the plant's storage organ sends down roots and sends up shoots into the leaf litter, taking in nutrients and water in the dead of winter under the snow. Those shoots give these wildflowers a head start when conditions are just right in the spring.

We are fortunate indeed to have spring ephemerals in our northern forests. These wildflowers are found only in North America, Japan, and Russia. They flourish in the calcium-rich soils of New England's woodlands.

We are doubly lucky to see these wildflower gems in NH and VT. The landscape of our northern forests was significantly changed as forests were cut for timber, plowed for agriculture, and grazed by sheep. Writer Ned Swanberg recalls that by the time the Merino sheep farming craze of the early 1800's died down, roughly $\frac{3}{4}$ of NH and VT forests had been cleared for grazing and agriculture. By the mid to late 1800's much of this cleared land slowly began to revert back to pine and hardwood forest. The spring ephemeral wildflowers are still working on their return to impacted areas.

It takes a long, long time for spring ephemerals to re-colonize woodlands. It can take more than six years for a seedling to grow into a mature flowering plant. Seeds are not dispersed by the usual means: birds, animals, or the wind. The seeds of most spring ephemeral wildflowers are



Spring Beauty. Photo by: Debbie Marcus



Hepatica. Photo by: Debbie Marcus



Dutchmen's Britches. Photo by: Debbie Marcus



Bloodroot. Photo by: Debbie Marcus



Bloodroot shoot unfurling. Photo by: Debbie Marcus

spread by ants in a process called "Myrmecochory". Swanberg explains:

"To spread successfully in the forest, the plants create tiny eliasomes - oily packets containing their seeds - as enticements for ants. The ants collect these to nourish their larvae and subsequently deposit the seeds in their colony compost piles."

The seeds are carried such a short distance, perhaps only up to two meters from the parent plant. With such a short distance of dispersal, any disturbance of the forest is a threat to spring ephemerals. Once they are gone, they rarely return.

On the ¼ of our NH and VT woodlands not cleared, grazed, farmed, or developed from the 19th century to the present, here's where you look for spring ephemeral wildflowers to put on a show. Most hiking trails in NH and VT pass through deciduous woodlands at the lower elevations. Look for the great nodding heads of Red Trilliums, and take a moment to search the forest floor for Spring Beauties, Bloodroots, Hepatica, and more. But don't wait too long. Blink, and they're gone for another year!

For more information, I strongly recommend the following resources:

- *Wildflowers of the White Mountains: A Field Guide to New Hampshire's Wildflowers, from Valley to Summit.* John Hession & Valerie Michaud, Huntington Graphics, 2003.
- *Doubly Ephemeral Wildflowers*, Ned Swanberg, Northern Woodlands Magazine, May 19, 2008
- *Spring Ephemerals...here but a moment*, Micki Colbeck, Valley News, May 11, 2019





Construction of Hi Cabin



Mary, the mule, hauling supplies to build Hi Cabin. A tractor was also used, but it kept breaking down. AMC Archives.

An early Chapter member and Chair, Wilbert F. Gilman, is credited with conceiving Hi Cabin as a place where members could spend the night comfortably near the summit of Mt Cardigan. The site selected was described as “a comparatively level shelf

of ledge a few rods south of the spring on the Clark Trail, just where it leaves the woods for the ledges.” Construction of the Hi Cabin started in June and by October, Hi Cabin was ready for occupancy. As an article in Appalachia stated: “Altogether the installation is

as complete as a mountaineer could wish, and great credit must be given to the designers and builders for carrying through the project so thoroughly.”

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10 City Square, Boston MA 02129
617-523-0636 or
www.outdoors.org/membercenter



August 7, 1931: Construction has started laying the foundation and the beams for the floor. AMC Archives.



September 11, 1931: Things are beginning to take shape. The floor is in and the walls are going up. AMC Archives.



September 30, 1941: Almost complete! The crew enjoys the first meal in Hi Cabin. AMC Archives.



October 11, 1931: Work is done and it is time to dedicate Hi Cabin. AMC Archives.



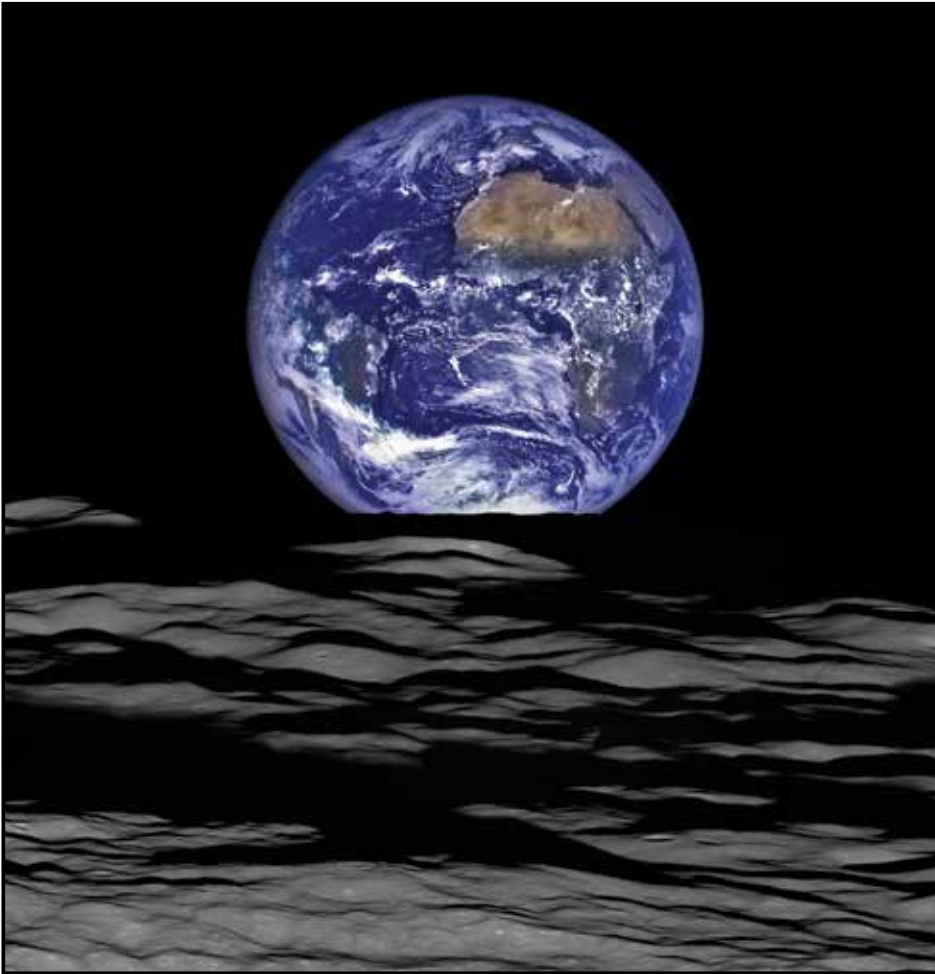
He pointed out that the best messages are original messages about how you feel, or how you are impacted. The next best are standard group messages that you have modified by adding a personal statement. The least effective are standard group message without any additional text.

A general climate action statement.

No matter how you do it, it is important to let your legislators know how you feel about conservation issues, or any other issue of importance. Legislators have many items competing for their time, attention, and resources. The more messages that are sent regarding an issue, the greater the likelihood it will receive significant attention.



Earth Friendly Things You Can Do to Help the Environment



It has almost become a cliché, but it is true; We only have one home in the cosmos, and we need to care for it!. Photo by: NASA.

BY: JOHN WILLIAMS

The winter issue of *Mountain Passages* contained an article on “Human Impacts to the Environment.” The article described some of the negative ecological impacts caused by human activity. Many people want to help, and ask what they can do as individuals to reduce and mitigate environmental decline. Every person has a global warming footprint and environmental impact on our environment. This article follows up and provides a list of things we can do which will reduce our individual negative impact on our local and global environment.

ENVIRONMENT FRIENDLY CHOICES FOR HOUSEHOLD CLEANING

Each of us makes many choices in our daily lives that can affect the harm we do to the environment in our everyday activities.

Consider the following issues and alternatives that you can adopt to reduce your impact and maybe even improve your environment.

- Bathroom Cleaners: How many household cleaners do you use? Do you really need all of them? Many household cleaning products contain harsh chemicals; read the labels. Look for bio-degradable cleaners which can work as well. Also, think whether you need to use a cleaner instead of just a towel and water and a little bit of organic soap.

- Laundry Products: Many of us routinely reach for detergents when we do our laundry. However, do you know that many detergents are difficult or impossible to totally remove in typical wastewater treatment systems? If detergents enter the rivers or lakes, they can hurt aquatic organisms. Biodegradable detergents are available on the market as are laundry soap products.

By switching to these products which can be more effectively removed in wastewater treatment you can reduce your impact on groundwater and surface water environments.

- Bathroom Cleaners: Bathrooms may be the location where many of us use the most unnecessary chemicals. There are disinfectant sprays, foaming cleaning products and products to turn our toilet water blue. Many or possibly all of these are unnecessary and only increase the damage we do to the environment. While we all want to keep our bathrooms clean and pleasant smelling, do we really need all of these chemicals to do it?

ENVIRONMENTALLY FRIENDLY CHOICES FOR YARD WORK AND LANDSCAPING

The choices we make in caring for the land around our houses directly impacts our small part of the environment and can have effects well beyond our property. In some cases, your options might be limited by homeowner covenants, but there are likely some environmentally friendly changes you can make.

- Landscape Design: If you look around your property are there changes you can make to enhance it as a refuge for wildlife? An expansive neatly trimmed lawn has its appeal, but it is essentially a biological desert. Can you replace part of your lawn with attractive native plants? Creative landscaping with native plants can be very attractive and provide habitat for birds and beneficial insects. You don't have to launch a big redesign project, but if you make a plan and then implement it in small steps, you can make big changes in the land around your home.

If you are lucky enough to live by a waterbody, whether it is a stream, a lake or a wetland, you can take steps to protect it. Adding buffers of native bushes and grasses will isolate the waterbody from lawn chemical runoff. Try to reduce your yard chemical use. Many lawn chemicals, particularly pesticides, are toxic to aquatic life. Fertilizer runoff promotes growth and blooms of algae and other aquatic plants which overload the aquatic environment reducing water quality and depleting

oxygen. Fish kills and injury to water birds can result.

- **Fertilizer:** Too many of us have developed the routine of applying fertilizer on a regular schedule whether fertilizer is needed or not. This routine is encouraged by the manufacturers of commercial fertilizer products and lawn care companies as essential to maintain a big green healthy lawn. But is it really necessary?

Most lawns are over fertilized and most of the fertilizer that is applied washes away in the first good rain. If instead of following a routine schedule, you apply fertilizer only when your lawn shows signs of nutrient shortage your fertilizer use will be greatly reduced. You can further reduce fertilizer use if you mulch the grass and leaves on your lawn by chopping them up as you mow. Mulching grass and leaves in place will provide natural organic nutrition to soil, help retain moisture to keep your lawn healthy, and reduce the work of fall leaf clean up.

You can follow similar steps in your garden. If you mulch your leaves in place and plant shade trees, your garden will be much easier to maintain and will not require frequent applications of fertilizer. In addition, you can make your own fertilizer by composting your vegetable scraps and coffee grounds. You can then use composted material to side dress your garden plants. Finally, when you do need to buy fertilizer, you can look for organic fertilizers and use them sparingly.

- **Pesticide Usage:** Pesticides include products intended for preventing, destroying, repelling and mitigating any "pest." Pesticides include insecticides, herbicides (weed killers), repellents and growth regulators. Ask yourself whether you really need to use a pesticide or whether a manual solution such as weeding or a less toxic alternative will work. While pesticides are probably less toxic now, consider the story of DDT insecticide which nearly exterminated the eagles and hawks in the U.S.

Strive to use less insecticide and weed killer, and only target active problem areas in your house and garden. Insecticides are poison to insects, and can also poison the birds and animals who feed on the insects or who are otherwise exposed to the pesticide product. Pesticides are not all bad.

Consider mosquito and tick repellents and control methods to avoid bites.

Finally, if you are looking for a product for a pesticidal use, you should verify that there is a statement of registration on its label such as "EPA Reg. No." followed by a number. The absence of an EPA registration is a red flag regarding product safety.

- **Garden/Lawn Tools:** Choice of tools for gardening and lawn care can also affect the environment. Push mowers can be a great workout, but if you require a powered lawn mower consider battery or electric lawn mowers, rather than gas powered mowers, to reduce noise, waste heat and fossil fuel use. When you rake leaves, consider using an old-fashioned pole and tine rake to get healthy exercise and avoid the loud noise of fossil fuel burning or electric blower. Similarly, consider removing snow with a shovel instead of a snow blower.

ENERGY USE, LOWER YOUR HUMAN CARBON FOOTPRINT

Energy use is the greatest cause of global warming, through the release of greenhouse gases and direct environment warming. We can reduce our individual energy use when we think about our actions and make small changes. Every reduction can add up even if the individual reductions are small in themselves.

The largest changes we can make are related to heating and cooling our homes, and reduced fuel use on the road. Things you can do are:

- Increase the insulation in your home and buildings. Do you have adequate insulation in your attic, walls, and basement? Can you install new energy efficient windows or cover drafty windows with plastic sheeting? Any enhancement of insulation will help reduce global warming by reducing energy use and will save you money year after year.

- Insulate your hot water heater and hot water pipes, run electric water heaters on a timer, 1 or 2x/day

- Reduce heating, turn the thermostat down when you are not home and while sleeping. It is an old myth that keeping the thermostat at one setting all of the time reduces the heating load. Put a sweater on.

- Reduce air conditioner use, adjust the thermostat higher and save money.

- Plant and maintain shade trees around your house to reduce air conditioner use and reduce energy use.

- In warm months, open windows at night to cool your home, and consider closing

some windows during the day to keep the hot air outside.

- Close the shades when it is very hot or cold outside. Windows are the most significant loss of energy for well insulated homes, because the R-values (insulation rating) for most windows are only R3 compared to R20 for modern walls and R49 for attic ceilings. Higher R-values provide more insulation. Windows shades when down reduce heat loss during winter and reduce heat gain during summer.

Other things you can do to reduce your energy use are:

- Turn off unused lights and appliances. Some homes are filled with parasitic electric users, such as TVs, entertainment centers, cable boxes, and computers drawing power all day and night when not being used.

- Install LED bulbs, especially for the lights which are on for the most hours.

- Buy Energy Star appliances. Modern refrigerators, air conditioners and dehumidifiers are much more energy efficient than old units, and operate better at lower cost.

- Use the microwave which provides energy efficient cooking and adds minimal heat to the kitchen, which is very helpful in the summer. Grill outside in hot weather to reduce air conditioner use inside.

- Dry your clothes on a clothes line outside for that fresh air smell which is energy free.

- Drive a fuel-efficient vehicle, drive fewer miles, car pool, and combine your errands to reduce miles driven.

- Shop and buy local, to reduce high transportation energy use for produce and goods.

- Live local to your job, ride a bike to work. Car pool when you can.

Finally, on a personal level consider reducing meat consumption, especially beef. The energy use to produce beef has the highest negative impact on the environment when compared with other food production. Consume foods lower on the food chain for a healthier Earth by lowering the total energy for food production.

WASTE REDUCTION AND WASTE MANAGEMENT

The March-April 2019 issue of *Mountain Passages* contained an excellent article by Janis & Arianna Stokes, *Waste Not*, on how to evaluate and reduce our household waste stream. It is worth a reread!

It is important to properly dispose of hazardous materials that are present in our homes. Some of these hazardous materials are in smoke detectors (radioactive material and lead), thermostats (mercury and lead), fluorescent light bulbs (mercury), and electronics (lead, mercury and heavy metals). Other hazardous materials are paints, solvents and other home and



*We know the
symbol, we know
what it means.
Do it!*

garden chemicals. Old appliances, such as air conditioners, refrigerators and washing machines contain hazardous materials.

Buy only what you will use, take the time to dispose of unused products properly. Most communities have periodic drop off days for hazardous materials. Many also offer to properly dispose of hazardous materials for free or a modest fee. While it may cost a little bit to properly dispose of these hazardous materials, it is a reasonable price to pay to protect the environment.

REDUCE, RE-USE, RECYCLE

Look around you, we are all surrounded by our “things.” Some are made to last while others are intended to be used once and then disposed. By consciously choosing which to buy and use, each of us has the opportunity to reduce the waste burden we place on the environment.

Plastic Products: Plastic products are everywhere, and many are great products and have long useful lives. Most plastics do not biodegrade and some plastic types are estimated to take thousands of years to decompose in the landfills. Single use plastics are very bad for the environment, because billions of items are disposed into landfills worldwide annually, and many are simply discarded in the environment. We have all seen discarded plastic items along trails and on beaches, and we have all seen the photos of mats of plastic floating on the oceans.

In previous years, plastics were sent to China for recycling. China has stopped accepting waste plastic from the world, because there is minimal economic benefit to recycling plastic, with a few rare exceptions. It is estimated that about 300

million tons of plastic waste are dumped annually. What can you do?

- Glass, aluminum and steel containers recycle economically. Containers are melted and the material is re-used. Consider glass and metal containers rather than plastic.

- STOP buying water in disposable plastic bottles.

- Decline disposable plastic straws.

- Avoid using plastic grocery bags.

Purchase and reuse cloth grocery bags.

- Avoid plastic cutlery, decline plastic cutlery if getting take-out food.

- Avoid products with excessive packaging, especially plastic.

- Avoid disposable coffee cups,

K-cups, and single use plastic containers.

- Avoid daily yogurt cups and favor large containers.

- Avoid juice boxes and other food sold in small disposable containers.

Consider reusable products instead of “one and done” alternatives. Some to consider are

- Using rechargeable batteries (NiMH/nickel metal hydride) in place of disposable AA and AAA batteries. While these rechargeable batteries do not hold their charge as long as some disposable batteries, they can be recharged and reused many times. Because rechargeable batteries slowly lose their charge over time, they are generally not good for low draw uses, such as smoke detectors, or for items that are held in reserve, such as emergency use flash lights.

- Using cloth dish rags and sponges to reduce use of paper towel and disposable cleaners and wipes.

For larger items, think of how you can avoid disposing of them. Consider:

- Repairing items before you buy replacements.

- Offering unwanted items to family, and friends, or to a donation site for re-use. This is better than filling the landfills.

- Reducing purchases. Think before you buy. Buy used items, or borrow tools and occasional use items from a friend or neighbor or from a hardware store or other outlet.

- Buying less clothing. Again, think before you buy.

- Reusing and recycling packaging materials, boxes, and foam filler.

Finally, recycle at home and away.

OUTDOORS AND HUMAN PRACTICES

When you are out on the trail or on the water, there are things you can do to lessen your impact on the environment.

- Learn and follow the Leave No Trace principles; leave only your footprints and carry out trash.

- Support local land protections and conservation efforts which secure and protect wild life habitats.

- Do not crowd or harass wildlife, do not feed wildlife.

AMC'S GREEN PROMISE, OUR COMMITMENT

The AMC has a long-standing commitment to use its huts, lodges and sporting camps as models for sustainable operations and environmental stewardship. These policies are designed to both reduce our environmental impact and provide an opportunity for guests to learn how to practice conservation at home. In some cases, AMC is upgrading its facilities to make them more energy-efficient. In the case of the Highland Center, AMC built a lodge and education center from the ground up to utilize the latest in green design and technology.

All AMC New Hampshire huts and lodges have been awarded “Environmental Champion” status by the New Hampshire Lodging and Restaurant Association’s Sustainable Lodging and Restaurant Program.

AMC is committed to continuing to find new ways to reduce energy use, with a goal of reducing its total carbon footprint by 80% by 2050.

For more information, reference:

<https://www.outdoors.org/lodging-camping/green-promise>

FINAL THOUGHTS

This article presents a variety of steps each of us can take to reduce our environmental footprint. Taken together the recommendations can seem overwhelming. However, if you pick one, or two or a few, and implement them in your life, you will be moving forward. Once they become part of the routine, you can add more. Every step is progress and will benefit our environment.

The important part is staying conscious of the possibilities and staying focused on improvement. Reversing the problems we face, and protecting the environment is a big task. But, we can do it if we all work together.



Where In The Whites?

What are the mountains in the photo and where was it taken?
Be as specific as possible!



This issue's mystery photo: Identify the mountains and where the photographer was when the picture was taken. Photo by: Bob McLaughlin.

In the Spring 2020 Edition of Mountain Passages we introduced a new photo identification contest, *Where in the Whites?*. We asked readers to guess where the photo was taken and what mountains were in the photo. We promised to print the names of the first 10 respondents with the correct answer.

Last month's photo is reprinted here. It is a view of Owl's Head in the Pemigewasset

Wilderness taken from the outlet of Black Pond. We received five correct answers from:

- Tom & Jennifer Lazott;
- Donna Dearborn;
- Ian Ayer;
- Liz (Wyman) Medford; and
- John Williams.

Congratulations! You know your White Mountain Views!

For this month's photo, identifying the mountains that are the subject will be incredibly easy, but where was the photographer when he took the picture? Again, please identify the mountains in the photo and where it was taken. Be as specific as possible! Take a guess and submit your answers to WitWamcnh@gmail.com.

We look forward to seeing your submissions.



The answer to last issue's question is Owl's Head from the outlet of Black Pond in the Pemigewasset Wilderness. Photo by: Bob McLaughlin.



We Need Your Help

Mountain Passages has been published for 47 years. Unfortunately, our collection of the back issues is missing issues from the first 12 years.

We recognize that finding issues dating from 1974 to 1986 is not easy. But, we are hoping someone has them in a box or a binder or a pile in the attic or the basement. If you or your parents or grandparents have been long time members of the AMC and the New Hampshire Chapter, and kept back issues of *Mountain Passages*, we would love to see them.

If you can help, please contact us at

MtnPassages@gmail.com or
newletternh@amcnh.org.

Thank you!



What's in your first aid kit this spring?

BY BRETT BILLINGS

Outdoor enthusiasts may relish the rediscovered access with the onset of warmer weather and longer days, but with the thawing of the trails and waterways comes an increase in activity-based injuries.

A question I struggle with, regardless of the season, but especially this time of year is, how much first aid equipment should I bring? For me, the answer is a systems-based approach to packing for an outing that tries to reduce and repurpose items across “packing systems.” The tendency for beginning trekkers is: More must be better. But this approach can mistake quantity for quality.

While some basic materials are required in everyone's first aid kit, such as a selection of bandages, some gauze and adhesive tape, and antiseptic and wound cleaning materials (e.g., betadine

and hydrogen peroxide), ultimately, managing our reactions to the environment (cold, rain, sun, etc) will likely be more important in a first aid situation than having three sizes of gauze pad, tweezers, and scissors in a pouch.

FISH-IN-FERN is an acronym that helps outdoor folks remember to pack the Ten Essentials – those items that are most important to a safe and healthy (and fun!) outing. Each letter stands for a different “system” to pack, and the benefit to this approach is the flexibility to expand or contract equipment as excursions change rather than relying on a static list of items that may or may not be relevant to an outing. A basic first aid kit could easily contain a hundred items! So my goal here is to introduce the idea that it's not so much “what” you bring for first aid, but “how” you plan to use it.

For example, when I'm traveling solo on a day hike, I might greatly reduce and combine items across

systems so that what I do bring in my pack is relatively little devoted solely to first aid. Whereas, if I'm traveling for a couple days, perhaps with friends, then our needs, and the chance of something going wrong increase and I diversify the items within each system. This would then mean bringing more items devoted solely to first aid.

Let's start small, with some items I'm usually bound to always have on hand in my bag.

First, you should always include safety pins, duct tape, and a couple dozen feet of durable string – like paracord. Each of these items takes up little space (duct tape can be unrolled and then re-wrapped around the base of a sturdy water bottle), and each applies to the Repair system in the FISH IN FERN acronym. Second, you need a pocket-knife (or other means to cut tape, cloth, or cord). Next an emergency blanket (the space-age looking, lightweight, and shiny wraps that runners might be

SPRING FIRST AID KIT, TO PAGE 20



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NH Chapter
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'Mountain Passages' is only the beginning...

From hiking to biking, AMC's New Hampshire chapter has it all. Visit our website at amcnh.org and read more about us and our many year-round events.



SPRING FIRST AID KIT, FROM PAGE 19

given after long races) is useful for first aid but also applies to the Insulation, Sun/Weather, and Repair systems. And lastly, athletic tape and a few 4-6" gauze pads are helpful since they might be harder (but not impossible!) to replicate in the field when needed for first aid.

But what about larger scenarios? If an outing will last a night or more, include multiple people, feature higher-hazard sports, or perhaps take place in an extreme environment, well then, a larger first aid kit with more targeted items is in order. My purpose here isn't to list the hundreds of items that companies and organizations recommend, but rather, to suggest it's not so much "what" you bring, but "how" you plan to use it. For example, 25mg of diphenhydramine or a new SAM splint aren't beneficial without at least some understanding of how to use them.

So in closing, the best way to

understand "how" to make decisions around packing and first aid is to seek some training. With each level of certification comes a greater ability to make decisions and confront new or challenging scenarios. Wilderness First Aid (WFA) is typically a one- or two-day course and is the "on-ramp" for many folks toward a better understanding of "how" to prepare and confront injuries and illnesses in the outdoors.

F - FIRE
I - INSULATION
S - SUN/WEATHER
H - HYDRATION
I - ILLUMINATION
N - NUTRITION
F - FIRST AID
E - EMERGENCY
R - REPAIR
N - NAVIGATION



SOME INDISPENSABLE ITEMS:

- SAFETY PINS
- ATHLETIC TAPE
- DUCT TAPE
- CORD
- POCKET KNIFE
- GAUZE
- EMERGENCY BLANKET

