

ALLENTOWN HIKING CLUB

P0 BOX 1542, ALLENTOWN, PA 18105-1542

SPONSORED BY THE ALLENTOWN RECREATION BUREAU
MEMBER KEYSTONE TRAILS ASSOCIATION &
APPALACHIAN TRAILS CONFERENCE

Welcome New Members 2005

As representatives for the New Member Committee, we would like to welcome you into the Allentown Hiking Club. The Allentown Hiking Club was organized in 1931, and this year is our 74th year of operation, thanks to the hard work and dedication of our fellow members past and present. The Club's objective is as quoted from the by-laws: "The aspiration of the Club shall be to escape the crowded city; to walk, hike, and climb for enjoyment and exercise with nature loving companions; to maintain it's section of the Appalachian trail; and to stimulate public interests in every phase of nature and the outdoors through programs and lectures".

In the following pages of this brochure, you will find information on general hiking instructions. There is some general information on the Club officers, a trail rating system guide, Club by-laws, and where to obtain maps and guide books. Also included are sources for purchasing equipment, information on poisonous plants, reptiles and insects and a listing of items that should be considered for hiking and backpacking packing on the trails for winter and summer. These lists are suggestions for your general information and safety out on the trail, but you can choose what items you should take or not.

When packing for spring or fall outings your clothing requirements will be more difficult to choose since the weather can change very rapidly. Water is your most important item to carry, dehydration can occur quickly in either summer or winter. Lunches should be carried since almost all your hikes will go through lunchtime, make sure you include trail snacks to maintain the body's energy. If you need to purchase any hiking gear that you may require, the New Member Committee can assist in suggesting what types and brands to buy, and where to purchase them.

This brochure has a section with a list of items that you should consider taking on a backpacking trip. Backpacking, if you do not already know is – a trip of two or more days in which you carry all the essential items on your back that is needed for an overnight stay in the woods. The items you carry will vary depending on the time of year and the length of your stay. Backpacking is more difficult than day hiking due to the added weight.

A four-page section lists ten beautiful hiking trails in Pennsylvania. Information is included on where to obtain maps and any additional trail information if available.

As a member of the group, we sincerely hope you can contribute some of your time to help at the meeting or at many of the other activities in the club. Remember that you are one of the members that keep this organization intact and moving in a forward direction. Please assist in anyway possible as we need your help!

Our job is to answer any questions you may have and to help make your hiking or backpacking experiences enjoyable. I can be reached at: (610) 760-0479 or email: agriffin@harleysvillegroup.com.

We hope to see you out on the trail,

Anne Griffin

New Member Committee Chairman

Lightning – Avoiding Injury

Lightning is one of the dangers that are present in our everyday lives. However, for the most part we are reasonably safe in our homes and other indoor places. Nevertheless, when we venture into the great outdoors the risk can be somewhat increased without proper precautions as explained below.

This leads us to the first point to make which is almost too obvious to mention. Namely, if thunderstorms are predicted, avoid planning trips that will take you to high-risk areas such as exposed ridges, open country, and places above tree line. If you are caught out in the open by an approaching storm, figure out how much time you have and make plans for shelter accordingly. You cannot outrun a thunderstorm, for most travel 25 miles per hour or faster. As thunder takes about five seconds to travel one mile, you can time the distance between the flash and the sound and figure roughly how far away the storm is. By comparing two successive episodes, you can form an idea of how fast the storm is traveling.

As an exposed point or high place tends to attract a direct stroke, you need to avoid these places and indeed, avoid being the high point yourself. Therefore, find a place to hide. Fifty-two percent of all lightning fatalities occur out in the open. Further, you must not shelter under a high point such as a lone tree, a cliff base, or a shallow cave as you might be hit with the “splash”. Ten percent of all fatalities occur under a solitary tree. By all means avoid a small shed in an open field. Warm air currents tend to call down lightning, so don't stand at open doors or windows. Avoid natural electrical conduits such as lakes, water sources and rock fissures. If you are in a hiking party, do not cluster in a group. Separate yourselves by at least ten yards if you can. Avoid metal structure such as towers, ladders, and wire fences. Separate yourself from your pack and other metallic objects such as climbing equipment.

Places that are relatively safe are: a grove of trees, a space between and below two flat-topped boulders, a place at least fifty to eighty feet away from the base of the cliff, a large dry cave, or just a low place somewhere. Bearing in mind the above precautions, you are reasonably safe in a tent, or in an automobile with the doors and windows closed. Rubber tires are no protection, as witnessed by the fact that many farmers are killed on their tractors while working in a storm.

It is unwise to lie down to avoid lightning, because a bolt flashed through the ground then turns your whole body length into a conductor. Recent studies have suggested that the current may drill a path no more than one centimeter wide as it passes through the body. Obviously, if this path goes through the brain or the heart there is much more likelihood of severe damages than if it simply passes through the legs. This may be why cattle are killed more often than humans are, since the heart is frequently involved in the circuit. The safest posture is to crouch or kneel, legs together hands over ears. Ideally, separate yourself from the ground with some form of insulating material such as a sleeping pad, a coil of rope, or a poncho.

Finally, a word about St. Elmo's fire, this refers to the glow that surrounds objects when a super-charged cloud is near by. Metal objects may buzz and crackle. It is a sign of eminent danger—lightning could explode at any time. This demands jettisoning metal equipment and getting down and away as fast as possible.

Mike “Starman” Benyo

AHC HIKE RATING SYSTEM

In an attempt to assist hikers, a hike rating system has been implemented. The rating system will allow the hiker to judge his/her ability to complete the hike. The rating system will precede the Allentown Hiking Club's usual hike description. On multi-day outings such as backpacks, the rating for the hike will reflect the distance traveled on a per-day basis. Remember that the hike ratings are assigned by the hike leader, and are therefore based on the leader's subjective opinion. The rating system is displayed below:

Rating	Description (distance, terrain, pace)
A+	Up to 6 miles, little climbing and easy terrain, 2 mph or slower.
A	Up to 6 miles, some climbing and/or rocky terrain, 2 mph or slower.
B+	Up to 6 miles, some climbing and/or rocky terrain, 2 to 2.5 mph.
B	Up to 7-9 miles, some climbing and easy terrain, 2 to 2.5 mph or slower.
C+	Up to 7-9 miles, some climbing and/or rocky terrain, 2 to 2.5 mph.
C	Up to 7-9 miles, significant climbing and/or rocky terrain, 2 to 2.5 mph.
D+	10-12 miles, some climbing and/or rocky terrain, 2 to 2.5 mph.
D	10-12 miles, significant climbing and/or rocky terrain, 2 to 5 mph.
E+	Over 12 miles, some climbing and/or rocky terrain, over 2.5 mph.
E	Over 12 miles, significant climbing and/or rocky terrain, over 2.5 mph.
U (or Blank)	Hike is not rated by the hike leader.

Remember for your own well being, a good pair of hiking boots must be worn on AT hikes or on backpacking trips. You will only injure yourself by not being properly prepared for your outing. Make sure your boots are broken in around the house at least a month beforehand, this will help prevent blisters that are caused by boots that do not conform to your feet properly. A hiker with blistered aching feet is not going to enjoy their outing!

Trail Etiquette

A list of general guidelines to follow for hiking or backpacking on the trails.

1. Pack out your trash!

It shouldn't be necessary to remind anyone of this, but with the overabundance of trash on the trails it is very important to emphasize this! Pack out all the trash that you bring in, if you can carry it in, you can carry it back out no matter how small (cigarette butts, etc.).

2. Be respectful of other individuals on the trails

Stay to the right when passing hikers from the opposite direction on wide trails and wait for hikers to pass on narrow trails. Move over and let faster hikers pass when approached from behind. Keep the noise down to a minimum—keep in mind that solitude brings hikers into the woods in the first place. You will also have a much better chance to see wildlife in the woods if you're quiet. Obey regulations.

3. Leave only footprints

Leave everything as you have found it. It is illegal to disturb plants or wildlife in National Forests, State Parks, or Game Commission lands in Pennsylvania. Do not remove or damage any artifacts, rocks, fossils, etc. Do not remove or deface things that belong on the trail, trail markers, signs etc. Tread gently when the trails are muddy; footprints can damage the trails.

4. Shelters

Although shelters on the Appalachian trail are first come first serve, if you encounter a thru-hiker and the shelter is full offer your place in the shelter, and stay in your tent. Make sure the campfire is out when departing the shelter area. Sweep the shelter clean after use, and clean the ashes out of the fireplace. Keep the privy area clean if the shelter is so equipped.

5. Trail condition

Report any problems or illegal activity noticed out on the trail, such as washed out bridges or downed trees and debris to the local authorities, or clubs maintaining the trail.

6. Pets

All pets must be on a leash at all times! Certain sections of the AT (Hawk Mountain corridor, etc.) and other trails ban pets on the trails, be sure to check the regulations in the area before you intend to hike.

7. Get involved

Give back to the trails you use—get involved with the trail maintenance, and club organizations. How many times have you heard someone complain about the condition of the trail, yet they never donate their time to help out with the maintenance.

Trail Safety

Whenever you hike on the trail even if it's only for a couple of hours you should take a few common-sense precautions. Most of the trails are not very far from civilization, but each year hikers become lost, suffer from dehydration or exposure and require rescuing because they misjudged their abilities or failed to prepare.

1. Notify a friend or relative where you are hiking

Let someone know precisely where you are going on a map and when you intend to return. If you take a different route than you originally intended and became injured, rescuers would have a much more difficult time finding you.

2. Hike with a partner

It's best if you don't hike alone. Traveling in the backwoods can be risky, a twisted or broken ankle can happen anywhere especially on some of the rougher trails. If you have a companion they will be able to seek help. Don't count on carrying your cell phone with you, since most of the remote trails have no service available. Hiking alone has its rewards, but leave this to the most experienced backcountry hikers.

3. Check out the Weather

Weather can change rapidly in the mountainous areas. Always check the forecast before you head out and dress accordingly, beware of thunderstorms. Read the article on lightning in this brochure.

4. Review the area you intend to hike beforehand

Obtain maps and trail guides of the area you intend to hike and study this material before heading out on the trail.

5. Bring the proper hiking equipment

Water is the most important item to carry, bring snacks, first-aid kit, proper footwear and dress for the weather.

6. Know your limits

Your physical condition governs how much hiking distance you are capable of. Hike at an easy pace especially if this is your first time on the trail, you're here to enjoy yourself, not wear yourself out on the trail.

BY-LAWS OF THE ALLENTOWN HIKING CLUB

Revised April 2002

ARTICLE 1. NAME

The name of this organization will be the Allentown Hiking Club.

ARTICLE 2. OBJECTIVES

The aspiration of this Club shall be to escape the crowded city; to walk, hike, and climb for enjoyment and exercise with nature loving companions; to maintain its section of the Appalachian Trail; and to stimulate public interests in every phase of nature and the outdoors through programs and lectures.

ARTICLE 3. MEMBERSHIP

Section 1. General Membership

Any person, seventeen years or over, may be eligible for membership. Active membership shall be from year to year, the year to begin at the close of the Annual Meeting. Membership is solicited and guests may be invited to three official hikes, on the last of which the application for membership must be paid. Any undesirable member may be expelled by a majority vote at a regular meeting after a hearing.

Section 2. Honorary Membership

(a) Selection Criteria

Generally speaking, criteria for selection of a person for Honorary Membership in the Allentown Hiking Club should be based solely on that person's long-time contribution toward the end result of meeting the goals and objectives of the Club, i.e., contributions such as holding a position as club officer, taking the lead in the planning of hikes and/or other club activities, construction and maintenance of hiking trails, trail corridor monitoring, interaction and cooperation with other hiking clubs, etc. (See Article 2, for a definition of the goals and objectives of the Club.) Any candidate for selection must have been an active member of the Club for at least ten years.

(b) Selection Procedure

Procedure for selection of a member candidate to Honorary Membership in the club is as follows:

- (1) Any member of the Club may recommend any other member for Honorary Membership at any time provided the candidate meets the criteria described in Section 2 (a) above.
- (2) The recommendation, including the reasons therefore, must be made in writing and submitted to the club secretary.
- (3) The recommendation will then be reviewed by a selection committee comprised of the club officers, and any other persons already named to Honorary Membership and who have made themselves available to serve on such committee.
- (4) No selection will be made without at least five persons serving on the committee.
- (5) Final selection shall be made upon approval of the nominee by a majority of the members of such committee.
- (6) The club president shall direct the club secretary to notify the nominee of his/her election to Honorary Membership.

(c) Special Privileges

Honorary members shall not be required to pay club dues.

(d) Deceased Members

A deceased member may be selected for posthumous recognition in lieu of Honorary Membership, provided criteria and procedures outlined above are followed.

ARTICLE 4. FISCAL YEAR

The fiscal year of the Club shall begin on January 1st to December 31st. The books of the Secretary and Treasurer shall conform to the fiscal year.

ARTICLE 5. DUES

The annual dues shall be five dollars (\$5.00) per year, subject to change. The dues of members joining after November 1st shall count for the next year.

ARTICLE 6. OFFICERS

The officers of the Club shall be a President, vice-president, Secretary and Treasurer, who shall be elected at the Annual Meeting. Any vacancy occurring during the year may be filled by the members at any regular business meeting or at a special meeting called for the purpose. The President, Vice-President, Secretary and Treasurer shall constitute a Board of Trustees to transact affairs of the Club calling for action between meetings. The duties of the officers shall be those usually belonging to their positions.

ARTICLE 7. MEETINGS

Section 1 Annual Meeting

The Annual Meeting shall be held in December of each year.

Section 2 Regular Meeting

Regular monthly meetings shall be held all other months of the year, the date for all meetings to be the first Wednesday of the month, unless this date conflicts with a holiday or availability of a meeting location. The meeting date may be temporarily changed by a majority vote at a meeting. At all meetings, nine members which must include two officers shall constitute a quorum. In case of no quorum at any meeting, the meeting shall be held on the first Wednesday thereafter at which a quorum is present.

Section 3 Special Meeting

A special meeting for any specific purpose may be called at any time by the President, by the order of the Trustees, or at the request of not less than five members. The quorum shall be the same as for a regular meeting; only such business as is named in the call or is purely routine in nature may be transacted.

ARTICLE 8. COMMITTEES

The President, Vice-President, Secretary and Treasurer shall constitute:

Section 1

The Program Committee, it shall consist of not less than two members and cooperate with the Board of Trustees. Its duties shall be to provide and arrange hiking schedules and programs for the indoor meetings

Section 2

Any special committees authorized by the Club shall be appointed by the President unless otherwise ordered by a majority vote. A written record of the duties of these special committees shall be recorded.

ARTICLE 9. CLUB PROPERTY

The Secretary shall be custodian of all properties other than money and the Treasurer of the moneys of the Club; they shall render written reports of the same at the Annual Meeting.

ARTICLE 10. AUDITOR

The President shall appoint an auditor on or before the Annual Meeting. He shall examine the books of the Secretary and the Treasurer and verify the same for passing at the March Quarterly Meeting.

ARTICLE 11. TRAILS CHAIRMAN

The President shall appoint a Trails Chairman. Such Trails Chairman shall have direct responsibility for the preservation and maintenance of an assigned section of the Appalachian Trail. Guidelines for carrying out such duties are contained in the Club's most recently approved "Appalachian Trail Management Plan".

ARTICLE 12. PARLIAMENTARY AUTHORITY

Robert's Rules of Order shall be the parliamentary authority of this Club for all matters not contained in these by-laws.

ARTICLE 13. AMENDMENTS

These by-laws may be amended at any regular indoor meeting of this Club provided that one month's notice in writing of the proposed amendment has been given to the Secretary and that the said proposed amendment has been read to the members at the meeting preceding that which it is to be voted on. A two-thirds vote shall be required to adopt an amendment.

ARTICLE 14. RESCINDMENT

All previous rules conflicting with the above are hereby rescinded.

ORDER OF BUSINESS

- | | | |
|-----------------------|----------------------------------|-----------------|
| 1. Roll Call | 4. Membership Secretary's Report | 7. New Business |
| 2. Reading of Minutes | 5. Reports of Committees | 8. Program |
| 3. Treasurer's Report | 6. Unfinished Business | 9. Adjournment |

Hiking Boots Best Friend or Bitter Enemy?

As a hiker what part of your body gets the most usage or abuse? Your feet of course. Hiking with a 25 to 45 pound pack on your back places a tremendous load on your feet. Taking care of this very important part of your body is one of your primary concerns. Blisters and aching sore feet can quickly change your outlook on a hike that is meant to be enjoyed.

Type of hiking

The type of shoes you wear will depend on the type of hiking you will be doing. Some individuals swear by the use of sneakers for all types of hikes – you may get away with this from time to time, why take the chance. When you're dealing with rocks (like those found on the AT) that can twist your ankle in the blink of an eye, or getting your exposed ankle sliced by a sharp rock, wearing sneakers is definitely not the way to go. By wearing good hiking boots your chance of injury is greatly reduced.

If you're hiking in areas that has flat terrain with little or no rocks you can most likely use a pair of sneakers. Some examples of this type of easy walking hikes are city park walks, flowered arboretum's, road hikes, and canal tow path hikes. These types of hikes are usually easy on your feet and do not require the ankle support of the traditional hiking boots.

If you intend to hike on long treks and rough terrain with plenty of rocks, nothing beats the comfort of a well-fitted pair of hiking boots. These boots are usually 6" or more high, and provide proper ankle support. The leather or nylon protects the sides of your feet from cuts (sharp rocks), and has a strong stiff sole that isolates your feet from walking on the sharp rocks on the trails. Commonly all leather boots are heavier than those of nylon and leather construction.

Should I purchase waterproof shoes?

Many manufactures list their boots as waterproof. Some manufacturers use a waterproof coating on the outside of the boots, some use a sort of material that prevents most of the water from entering the boots. But for an almost totally waterproof shoe they will be Goretex lined. These liners are guaranteed waterproof by the Manufacturer W. L. Gore. This technology is explained on their website: <http://www.gore-tex.com/>

The waterproof shoes are not for everyone. They have a tendency to limit the amount of perspiration that exits the shoes from your feet. If your feet tend to sweat heavily the waterproof shoe may hinder the escape of moisture. The only way to tell is to try a pair and see if they work for you. Personally I wouldn't do without the Goretex shoes, they work very well for me.

Proper break-in of your hiking boots

It is important that your new hiking boots are broken in before you go on a hike. Wear your boots around the house, at work, or take a walk during lunch. Give all leather boots at least a month of break-in before you attempt a hike. All leather boots require a longer break-in period than boots that are constructed of nylon and leather; the nylon is a lot more flexible and usually requires much less break-in time. Commonly the nylon and leather boots are lighter and cooler, and dry quicker.

Caring for your boots

If you want your boots to last for a long time, it is wise to take proper care of them. When you first get your new boots, seal the leather with Snow Seal (or equivalent) and seal the nylon parts of your boots with Camp Dry (or equivalent) waterproofing spray. Make sure you read the use and care information from the manufacturer to be sure the waterproofing coating that you use does not void the warranty. When your boots get wet NEVER dry your boots out over or close to a fire, this will dry out the leather causing premature failure of your boots; let your boots air dry, or use a boot dryer, which circulates air through the boot to accelerate drying time.

Proper socks and liners

The socks and liners that you wear are just as important as what kind of boots. The outer sock should be made from heavy wool or a wool/synthetic blend (even in summer). Wool will insulate your feet, and retain its thickness when wet. It's bulk will help cushion your feet from the boot, preventing the formation of blisters. Never wear cotton liners, as the cotton absorbs sweat and will cause blisters. Wear Polypropylene, Coolmax, Thermax, or Capilene liners instead; these will wick the moisture away from your feet.

Insoles

Boot manufacturers don't always pay as much attention to the quality of the insoles as they do their shoes. After-market insole manufacturers take up the slack: *Superfeet*, *Sorbothane*, *Insolator*, are some of the available brands. Insoles help to insulate the heel and foot from the shock of walking on rocks and uneven surfaces. Adding a pair of these insoles will make your hike much more comfortable on your feet.

Note: Trim toe nails prior to a hike, untrimmed nails will hit against the front of the boots on down hills causing damage that will result in the loss of your nails; this is a very common problem which most people overlook.

GAITERS – NOT THE REPTILIAN VARIETY!

Gaiters are cloth leg coverings reaching from the instep to above the ankle, to mid calf, or just below the knee. They are usually made of nylon cloth such as Dupont Cordura that is a very tough material. The cloth may or may not be waterproofed depending on the intended usage. Gaiters are used to protect the ankle & lower leg from abrasions, water, snow, stinging nettles, poison ivy, or anything else that might injure this part of your leg. It also prevents the annoying problem of stones and debris getting down inside your boot.

Outdoor Research is my preferred brand of gaiters, and I own three different styles from their product line. I like their choice of using Velcro closures instead of zippers and snaps. This allows a multitude of adjustment and also eliminates the problem in the winter when the zippers and snaps freeze up and jam. The designers made an excellent choice of making the opening on the front instead of the side; this allows bootlace adjustment without removing the gaiter.

The first gaiter that I use is called the OR Rocky Mountain Low Gaiter. It weighs in at 4.5 oz. a pair, is 8” in height, and has a front Velcro closure. The top and bottom are elastic, and it has a front metal hook to hold on to the bootlaces. This gaiter comes without any waterproof coating and it’s used primarily to keep dirt and debris out of your boots. I prefer that all my gaiters are waterproofed so I used a layer of water-based Seam Sealer 3 to coat the inside of the cloth and sprayed the outside with Camp Dry. This made the gaiters a bit stiffer due to the urethane coating on the inside but they were not uncomfortable to wear. The Camp Dry coating will also help prevent water from entering into the fabric and adding to the weight of the garment. It is available in only one size since the elastic top and bottom will stretch to fit.

The second pair of gaiters that I use from OR is the Rocky Mountain High Goretex Gaiters, it weighs in at 8 oz. a pair and is available in 4 sizes. This gaiter has a Goretex upper with a coated pack cloth bottom that covers the boot and lower section of the ankle. The front closure is Velcro, and has an elastic bottom with a front metal hook to hold on to the bootlaces. This model also has a heavy duty sewn on strap that runs under the arch of the boot secured with a buckle on the opposite side to hold the gaiter in place. Since this is a high gaiter, the manufacture added a strap and cam buckle arrangement to the top, this allows the user to easily adjust the gaiter up and down to the changing conditions on the trail. The Goretex upper allows the calf area of the users leg to breathe, but still remain waterproof.

This is the pair of gaiters that I use the most, they work quite well in the rain and provide plenty of protection against the stinging nettles, thorn bushes, and downed limbs that are abundant along the many trails I hike every year. The Outdoor Research Rocky Mountain gaiters worked flawlessly on all of my trips. Since I use these gaiters on almost every trip I have finally worn out the heavy duty straps that go under the arch on the boots. I contacted the company to obtain replacement straps and they sent them out for free. They also recommended to use a short piece of hollow webbing over the straps to reduce the need to replace these straps, this has quite worked well protecting the straps from abrasion.

The last pair of gaiters that I have is called: Outdoor Research Crocodile Goretex Gaiter. I purchased this pair in a large size since I use these only for winter; they easily fit over the bulky winter clothing. They have a full 2-inch wide Velcro front closure that allows a multitude of adjustments for the different layered clothing that I wear.

The lower section is made with super-durable Dupont Cordura fully lined with pack cloth. The upper is made with Taslan Goretex, and has the same strap and cam buckle arrangement as the Rocky Mountain High Gaiter. The bottom of the gaiter is fitted to conform to the shape of the boot and is held fast with a bombproof die-cut neoprene/nylon arch strap. The close fit to the boot easily prevents snow and mud from getting under the gaiter; it also has the bootlace hook. This gaiter is also taller than the one mentioned above and reaches to just below my knee, this works well in deep snow keeping your legs quite warm and dry. This gaiter weighs in at an average weight of 10 oz. and is available in 4 sizes.

You may have considered purchasing a pair of gaiters, but were unsure of their usefulness -- hopefully this article has shed some light on the subject.

Alan Jurin

HIKING TRAILS IN PENNSYLVANIA

This is a listing of ten impressive trails in Pennsylvania. Access to some of these trails lend well for day hikes: such as the Appalachian Trail, others that are in remote areas with limited parking access makes it much more difficult to day hike. The list includes some information about each trail, where to purchase maps and trail guides and where to receive free maps if they are available.

1. Susquehannock Trail

The Susquehannock Trail Club has laid out an 85 mile loop trail in North Central Pennsylvania about 10 miles east of Coudersport. The route links many old CCC fire-trails, old logging roads and railroad grades. The route is marked by 2" x 6" rectangular orange blazes. At intervals the STS emblem is painted on trees. There are no shelters along the Trail, but campsites are available and backpackers may build fires using the proper precautions.

The Northern Gateway is on Route 6, the Southern Gateway is on PA 144 near Ole Bull State Park. After leaving the Northern Gateway, the STS goes east and then south passing near Lyman Run State Park. It continues past the Cherry Springs Fire Tower which is no longer accessible for viewing. The trail travels through Ole Bull State Park, which is the Southern Gateway on the trail. The STS is connected to the Black Forest Trail system by two trails. The North Link Trail is about 5.5 miles south of Ole Bull and approximately 8 miles separates the two trails. The Southern Link Trail is approximately 8 miles south of Ole Bull and approximately 6 miles separates the STS and the Black Forest Trail.

Just past the South link trail the STS also connects with the Donut Hole Trail, sharing a common path from the mouth of Porter Branch to the Fork Hill Road. The STS then takes a westerly direction through the town of Cross Fork. Cross Fork is the approximate halfway point and the only village on the STS. There are motels, a restaurant and groceries available. The trail continues through the Hammersley Run Wild Area to the East Fork of the Sinnemahoning Creek, Prouty Picnic Area, Patterson Picnic Area and then north to arrive at the finish at the Northern Gateway in Denton Hill.

*There is a packet of maps and a separate map-guide available from:
Susquehannock Trail Club P0 Box 643
Coudersport, PA 16915*

*The map packet is \$3.50 plus 6% Sales Tax and \$1.50 shipping, for a total of \$5.21.
The guidebook is \$10.00 plus 6% Sales Tax and \$1.50 shipping for a total of \$12.10*

2. Black Forest Trail

The Black Forest Trail is a 42.1-mile loop trail in the northwest corner of Lycoming County near the village of Slate Run, PA. Slate Run is located along Pine Creek on highway 414, 27 miles north of Jersey Shore, PA. The trail starts and finishes in a pine plantation 0.8 mile from the Slate Run Village on the State forestry road. The forestry road leaves Route 414 in a westerly direction. The name Black Forest was derived from the dense, dark (Black) virgin coniferous forests that originally covered the region.

In addition to the Black Forest Trail, the BFT System is comprised of a loop and connecting trails near the BFT. The loop trails were primarily developed as cross-country ski trails, but can be easily hiked and allow various day hikes with a variety of lengths. The BFT also has two link trails, the North Link and the South Link that connect the BFT with the Susquehannock Trail System. These links are on the western side of the BFT loop.

The Black Forest Trail is a rugged trail with many vistas as the trail winds up to heights overlooking Slate Run, Morris Run, Big Dam Hollow, Naval Run, and Pine Creek. There are many steep climbs on the Black Forest Trail, but the vistas are well worth the effort. In the spring, when the water is high, the many creeks that traverse the trail provide numerous beautiful scenes. The beauty and grandeur of the BFT however does have a drawback, because it is one of the most popular trails in Pennsylvania this means the BFT offers little opportunity for solitude. The BFT was constructed and maintained by the Pennsylvania Bureau of Forestry, Tiadaghton District.

A map-guide book and patch are available from:

*Tiadaghton Forest Fighters
Association
Box 5091
Williamsport, PA 17701*

*Or from:
Pine Creek Outfitters
RR4Box 130B
Wellsboro, PA 16901
724-3003*

Pine Creek Outfitters charge \$4.00 for the maps and guide, + \$1.00 Shipping & 6% Sales Tax for PA residents. They also have a separate waterproof map (1995 Edition) available for \$3.00, + \$1.00 Shipping & 6% Tax.

3. Donut Hole Trail

This 90-mile orange blazed cross-country trail traverses the northern most part of the Sproul State Forest. The western terminus is located at Jerico just off Route 120 one mile east of Sinnemahoning. The eastern terminus is located in the game lands parking lot beyond Farrandville on SSR 1001 off of Route 664 outside of Lock Haven. The Donut Hole and Susquehannock Trails share a common path from the mouth of Porter branch to the Fork Hill Road. At that point the trails split, the Susquehannock Trail goes north and the Donut Hole Trail goes south.

Both ends of the Donut Hole Trail are easily accessed from PA Route 120. There are two additional paved road trailheads, along Kettle Creek Road near the lower campground of Kettle Creek State Park and at PA Route 144 near Tammarack Fire

Tower. The trail crosses Kettle Creek at the lower campground by means of a stream ford. During high water this ford is closed. Hikers can avoid this crossing by walking Kettle Creek Road north 1-1/4 mile until it crosses Kettle Creek, there is a blue blazed trail on the left that connects to the Donut Hole trail.

There is a notable view on the Donut Hole Trail, it is located at the vista above Alvin Bush Dam. Principal attractions of the Donut Hole Trail are its sense of remoteness and solitude not often found with other major trails. Three day hikes and a two day backpack trip using the eastern portion are described by Tom Thwaites in his book "50 Hikes in Central Pennsylvania".

For detailed free maps of the Donut Hole Trail and information, contact: *Sproul State Forest*
HCR 62, Box 90
Reno, PA 17764
(717) 923-1450

4. Old Loggers Path

The trail follows many former railroad grades, logging roads, bark trails, etc. -hence the name Old Loggers Path. The trail is a 27.1 mile long circuit trail located in northeastern Lycoming County. The starting point is located approximately 2.7 miles Southwest of Ellenton on Ellenton Road. Look for parking just past the stop sign in Masten (a ghost lumber town), the starting point is a short distance (375 ft.) to the right (SW).

The town of Ellenton may not appear on some Pennsylvania maps but does appear on the official Pennsylvania maps. This is the only access in the winter as all the other roads are normally blocked by snow. The trail area as well as many of the trail areas of Pennsylvania have been written up in a historical series of logging railroad books of Pennsylvania. The book that covers this region is called "Ghost Lumber Towns of Central Pennsylvania." It includes Masten which is the starting point of the Old Loggers Path. These books are available at many of the book stores around Williamsport, and the Lycoming Museum. The trail is blazed with international orange rectangles. Double blazes warn of changes in direction. Several other trails are marked with blue rectangles.

The area traversed by the OLP is covered by the Grover, Barbours, Bodines and Ralston 7.5' U.S.G.S. quadrangles. The trail is located entirely on State Forest Lands, land that had formerly belonged to the Central Pennsylvania Lumber Co. The trail layout has taken advantage of the engineering expertise of the early logging railroaders as it follows the grades. The highlights of the trail are the many cuts & fills on the grades, Rock Run (one of the prettiest streams in Pennsylvania), the vistas that look into the McIntyre Wild Area, Pleasant Stream and the Loyalsock Trail region.

Information and a free map can be obtained from:

The trail is also described as a backpack trip in Tom Thwaites "50 Hikes in Central PA" book, available at many of the Outdoor Sections of bookstores.

Tiadaghton State Forest
423 E. Central Avenue
S. Williamsport, PA 17701
(717) 327-3450

5. Chuck Keiper Trail

This orange paint blazed trail in the southern part of the Sproul State Forest is organized into two loops, east and west. The east loop is 22.4 miles long and suitable for a two-day backpack. The west loop of 33.5 miles can be traversed in three days. Weather conditions on the Allegheny Plateau are quite changeable. Hikers should be sure to check the local forecast for North Central Pennsylvania. There are many stream crossings without bridges so it would be best to hike the trail during low water. In 2001 part of the western section of the trail has been relocated to higher ground to alleviate the high water problems.

The Chuck Keiper Trail traverses the Burns Run Wild Area, Fish Dam Wild Area, East Branch Swamp Natural Area and Cranberry Swamp Natural Area. A looped trail is located around the perimeter of Cranberry Swamp. This trail will be marked with blue paint blazed when time and manpower permits.

The trail is named for Charles F. Keiper who was the District Wildlife Conservation for Western Clinton County from 1951 until his death in 1973. Chuck Keiper was a dedicated conservationist and wildlife law enforcement officer. This trail is a tribute to his devotion to Pennsylvania's wildlife resource.

On May 31, 1985, a complex tornado ripped through much of North Central PA. Over 8,000 acres of forest land in the Sproul State Forest was flattened. Fish Dam Trail and Denniston Fork Trail in the Fish Dam Wild Area were particularly devastated. As a result, the trail in this area has been relocated. The Western Loop of the trail bisects the Two Rock Run Fire area. Careless burning on April 18, 1990 ignited this wildfire. Nine out of ten trees in the path of the wildfire died as a result of the burn. Timber salvage on a third of the 9600 acres burned has been completed. The wildfire cuts the Chuck Keiper in two places. These segments include Walker Trail and J. U. Branch Trail. Dead trees on both sides of the trail have been removed. Carsonite post trail markers have been used to mark the trail in some areas where all trees were harvested. Now, in the summer there is no shade on the burned segments of the trail.

For information on trail conditions and for a trail map contact: *Sproul State Forest*
HCR 62, Box 90
Renovo, PA 17764
(717)923-1450

6. Loyalsock Trail

The name Loyalsock Creek is taken from the Indian phrase "Lawi-Saquick," meaning middle creek, or flowing between Muncy Creek and Lycoming Creek. Loyalsock Creek has its start in Wyoming County and ends at Montoursville, where it empties into the Susquehanna River. The Loyalsock Trail, a wilderness footpath, runs from PA 87, 10 miles north of Montoursville, to U.S. 220 at Ringdale, a distance of 59.3 miles. The trail parallels the creek, mostly following ridges, but at times passing mountain streams, waterfalls, lakes, and ponds. The Loyalsock Trail is known for its many fine vistas.

The Loyalsock Trail is maintained by the Alpine Club of Williamsport. The group marks the main trail with painted 2" x 6" yellow rectangles on which are a 1" horizontal red stripe. Side trail markers are painted yellow with a red X. Lead-in trails are marked with blue metal discs. White-marked trails are not brushed. The Alpine Club publishes a pocket-size guide and maps for the trail. A source for the map is listed below. The guide divides the trail into eight sections, all having road access at each end. The trail is covered by USGS 7 1/2 minute quadrangles: Montoursville, Huntersville, Picture Rocks, Hillsgrove, Eagles Mere, and Laporte. The Loyalsock Trail is also shown on the Wyoming-Tiadaghton State Forests Public Use Map.

Nearby automobile camping is possible at Worlds End State Park, Higley's Campground at Forksville, and Pioneer Campground on U.S. Route 220 south of Laporte. Hotels are located at Dushore, Laporte, Forksville, Eagles Mere, and Hillsgrove. Embroidered LT patches may be purchased from the Club by those who have hiked at least 10 miles of the trail.

Ed Matlack, owner of Pioneer Campground, provides a shuttle service for Loyalsock Trail hikers. For information call (717) 946-9971.

For more information on the Loyalsock Trail write: *or for a Guide Book and Map Set you can contact:*
Pine Creek Outfitters.

*Williamsport Alpine Club
P.O. Box 501
Williamsport, PA 17703*

*RR 4 Box 130B
Wellsboro, PA 16901
(717) 724-3003*

The cost of the set is \$6.25 plus \$2.00 shipping and 6% Sales Tax for PA residents

7. West Rim Trail

The West Rim Trail for the most part runs along the western rim of the Pennsylvania Grand Canyon, from which it derives its name. Recently this trail was given the honor of being chosen one of the best trails in Pennsylvania by Outside Magazine. The trail traverses 30 miles through some very diverse areas in both topography and forest type. Parts of the trail pass through some mixed Allegheny hardwoods, with large white ash, cherry, and hemlock. The other portions of the trail wind along ridges of Oak Forest, abundant mountain laurel and then pass through boggy meadows near beaver dams.

The Trail's northern terminus is one mile south of Route 6 on the Colton road near the village of Ansonia. The southern terminus is along PA 414, 2 miles south of the village of Blackwell in the bottom of the Pine Creek Gorge. There are many vistas along the trail overlooking the various sections of the Pine Creek Gorge. While the trail is only 30 miles long, it does traverse some rough terrain and one should plan on several days to hike the trail.

Pine Creek Outfitters also offers shuttle service for hikers, but it is necessary to call ahead for reservations.

A free map is available from:
Tioga State Forest Office
P.O. Box 94
Wellsboro, PA 16901
(717) 724-2868

An excellent guidebook and waterproof map is available from:
Pine Creek Outfitters
RR 4 Box 130B
Wellsboro, PA 16901
(717) 724-3003

The cost is \$6.50, plus 6% PA Sales Tax (Pa Residents only) and \$2.00 Shipping

8. Appalachian Trail

The Appalachian Trail is the major trail through the South Ridge and Valley section of Pennsylvania. It travels from New Jersey to Maryland and uses Blue Mountain and Peters Mountain to the Susquehanna River, and then Cove Mountain to cross the Cumberland Valley and finally South Mountain to the Maryland line. The trail is 230.4 miles/368.6 km long and is marked by 2"x 6" white blazes. Signs installed by the Pennsylvania Department of Transportation frequently mark Road crossings. There are shelters and campsites throughout its length. Space is available on a first come basis, however, hikers should carry a tent or tarpaulin as shelters are often filled.

Twelve volunteer hiking clubs under the leadership of the Appalachian Trail Conference (ATC) maintain the Appalachian Trail in Pennsylvania. The work is coordinated in Pennsylvania by KTA. For more detailed information, trail users should obtain a copy of the Pennsylvania Appalachian Trail Guide published by the KTA. The guide and a set of maps for the Appalachian Trail in Pennsylvania are available through the KTA. Or the ATC

9. Quehanna Trail

The Quehanna Trail is a large loop trail in Moshannon and Elk State Forests. There are two blue blazed connector trails that permit a shorter version of the orange blazed main trail. A number of blue blazed cross country ski trails intersect the eastern part of the loop and can be used to fashion shorter circuit hikes. A spur trail connects the Quehanna to the Donut Hole Trail and the Bucktail Path.

Five parking areas have been designated for trail use. They are Parker Dam State Park, the PennDOT parking area at Piper on the Quehanna Highway, the Bureau of Forestry barn on the Wykoff Run Road, the PA Game Commissions lands parking lot off the Ardell Road and the Bureau of Forestry's Ranger Headquarters off the Deible Road and Quehanna Highway.

The Quehanna Trail passes through some of the most scenic and wild areas of Pennsylvania. Included are the Quehanna Wild Area, Marion Brooks Natural Area and the Wykoff Run Natural Area. In the 1950's a highly secret nuclear reactor research project was conducted in this area. As a result there have been concerns about nuclear contamination still being present. As of this date, both the DER (Department of Environmental Protection) and the NRC (Nuclear Regulatory Commission) state that there is no undue risk to hikers in the Quehanna area. In 1994 a 48 foot fixed span bridge was built by the KTA Trailcare Crew on the trail where it crosses Medix Run. This bridge was built in four 12 foot long sections and joined at the site with epoxy glue and lag screws. This bridge is a remarkable achievement, most importantly permits a safe and dry crossing of Medix Run during times of high water.

A history of the area of the Quehanna Trail and the other trails in the area along with detailed trail descriptions is available from the Quehanna Area Trails Club. The 42-page book written by Ralph Seeley is entitled Great Buffalo Swamp. It is available from:

*QATC
Edith Hebel
HC 1
Karthaus, PA 16845
\$6.50 Postpaid:*

Tom Thwaites describes a seven-day backpack trip of the Quehanna Trail in detail in "50 Hikes in CENTRAL PA." An excellent detailed map of the Quehanna Trail and its cross-connectors is available by writing or calling below:

*Moshannon State Forest
P.O. Box 952
Clearfield, PA 16830
(814) 765-3741*

*Elk State Forest
RD 1, Rt. 155 Box 322
Emporium, PA 15834
(814) 486-3353*

10. Thunder Swamp Trail

The Thunderswamp Trail System is located on the Pocono Plateau in southern Pike County just north of the Monroe County line. The trail system consists of the blue blazed 30-mile loop main trail plus 15 miles of red blazed side trails to many natural features. It is located in the Delaware State Forest. A wide assortment of short and long hikes is available on this system. The system was built in the 1970's by the Youth Conservation Corps and is now maintained by volunteers. The Thunderswamp Trail System crosses streams, ridges and valleys and skirts wetlands. The Trail is rocky in many areas and sturdy footwear is a necessity. Hikers will have the opportunity to see the wildlife of the Pocono Plateau. The System extends into the Fennel Run and Stillwater Natural Areas. Near the northern end of the trail is the site of the first tree planting in Pennsylvania.

The trail system is suitable for both dayhikes and backpacking trips. A free permit for camping is available from the District Forest Office at the address given below. Primitive campsites should not be located within 50 feet of the trail nor within 300 feet of buildings, roads and water sources. Fires are prohibited during the fire season; from March 1 to May 25 and from October 1 to December 1. The Thunderswamp Trail System can be accessed by taking Exit 8 from I-84 and following PA 402 south for about 14 miles. The main parking area is on the left.

For more information and an excellent map of the system with distances contact:

*Delaware State Forest
474 Clearview Lane
Stroudsburg, PA 18360
(717)895-4000*

This PA trails information was copied with minor corrections and formatting from the KTA web page. Additional information on other trails in Pennsylvania can be found on their site at: <http://www.kta-hike.org>

REQUIREMENTS FOR LEADING A HIKE

1. Be a member of the Allentown Hiking Club.
2. Participate in at least three club activities, such as attend meetings, hikes, picnics or maintenance projects. One of these must be to act as a co-leader on a hike. (Find a hike that interests you and contact the leader. Let them know that you are interested in leading a hike at some point in the future and would like to co-lead on their hike.)
3. Must be familiar with the destination and area. This is especially important if there is a car shuttle.
4. Must be over 21 years of age.
5. Experienced in the type of trip. Novice should not be leading backpack, canoeing, or hike in difficult terrain with little or no experience.

BACKPACKING AND EQUIPMENT

Backpacking is a trip of two or more days in which you carry all the essential items on your back that is needed for an overnight stay in the woods. Some individuals carry the bare minimums—this is fine, others carry way too much. Most people fall somewhere in the middle balancing comfort versus weight.

This is a general list of backpacking items compiled from many sources. What you carry may fluctuate due to personal preference, finances, or other variables. Beginners usually carry too much on their first trip—do not worry this is appropriate—you will learn what is needed on subsequent trips, and then vary your items accordingly. Observe what types of equipment other backpackers use when on your outing.

SLEEPING EQUIP	COOKING	FOOD	NECESSITIES
Summer Sleeping Bag +40° Winter Sleeping Bag +20° Tent or Bivy Tent / Bivy Ground Cloth Sleeping Pad or Mattress	Cooking Pot w/lid Aluminum pot holder Silverware (<i>Lexan</i>) White Gas Stove Fuel for stove Drinking Cup	<i>Landjeagers</i> / Beef Sticks Freeze Dried Meals Instant Oatmeal Freeze Dried Snacks Beef Jerky Tea Bags Coffee, Creamer, Sugar Granola Bars High Energy Bars Candy Snacks Other Trail Snacks	Matches in wp/container Fire starters Pocket Knife (<i>Swiss Army</i>) Water filter/Iodine tablets Water 2qt. Minimum Compass Trail Map First Aid Kit Flashlight Extra Bulb & Batteries Snake Bite Kit Watch/Clock Nylon String 50ft 1/8" dia

MISC. ITEMS	TOILETRIES	SUMMER CLOTHING	WINTER CLOTHING
Ultralight lamp/Candle light Lamp Oil/Extra Candle Backpack Backpack Rain Cover Trash Bag Sunblock After-bite (for insect bites) Sunglasses Bug Repellent	Toilet Paper Toothpaste & Brush Biodegradable Liquid Soap Pack towel	Goretex Raingear Nylon Shorts Nylon Short Sleeve Shirt Short/high Gaiters Coolmax Short Sleeve shirt Outer Wool socks 2 Pair Poly-pro sock liners 2 Pair Hiking Boots Rain Hat Sweatband Nylon Pants (Cool nights) Sandals	Poly-pro underwear <i>Polartec</i> 100 Top <i>Polartec</i> 100 Bottom <i>Polartec</i> 200 Coat <i>Polartec</i> 200 Pants Nylon long sleeve shirt Nylon Pants <i>Coolmax</i> long sleeve shirt High Gaiters <i>Goretex</i> Raingear Outer Wool socks 2 Pair Poly-pro sock liners 2 Pair Hiking Boots Weather Proof Hat Insulated Gloves Balaclava

Do not use cotton clothing!

Cotton when wet, loses all of its insulating ability, wool is the only natural insulation that retains most of its insulating ability when wet. It is better to use synthetics like some of the following name brands: *Coolmax*, *Thermax*, *Capilene*, *Polartec*, *Goretex*, and some of the materials, nylon, polypropylene, and polyester.

Backpacks

The size of backpack that you will use will depend on the amount of equipment you will carry. This is usually a one-time buy for most people and the same pack is used for all seasons. My backpack internal storage capacity is 5400 cu. in. and is sufficient for all my backpacking needs from weekend trips to nine day extended trips. Make sure your backpack fits properly when loaded any discomfort in the store or at home will be aggravated out on the trail.

Some local outdoor stores rent backpacks and equipment—this may be an excellent way to test out different brands of equipment before you make a purchase.

Backpacks are not all made the same, there are different designs for women and men. Here are the two major differences in their pack design. Women’s backpacks are usually contoured differently in the hip belt area at a steeper angle 20-22° to fit flat against the hips rather than the 10° or less found on men’s backpacks. The shoulder straps are cut back in a women’s pack at a sharper angle in the chest area for obvious reasons. Some manufacturers have removable shoulder straps and hip belts that can be interchanged to make a pack fit almost any torso instead of having separate product lines for men or women.

BACKPACKING AND EQUIPMENT Cont.

Backpacks also come in two major design categories, internal and external frame packs. An internal frame pack has aluminum stays that are mounted vertically inside of the pack. These follow along the contours of the persons back in the area of the shoulder straps supporting the load. There is also usually a cushioned plastic support for the small of your back.

On the newer packs they also have various types of suspension systems to redirect the pressure on your back to the hip belt area. An external frame pack has an aluminum or plastic rigid frame that the shoulder straps and hip belts are attached to. The storage area of the backpack is then attached to the back of the frame. Each of these designs has their advantages and disadvantages and one is not necessarily better than the other—this choice is a personal preference. The weight of the empty backpack in a 5000-5500 cu. in. average size should be in the range of 5-6lbs or less.

Tent

Most quality 2 person tents should weigh in less than 5 pounds including a ground cloth. You can cut your weight down by using a one person tent, a Bivy or use a piece of plastic as a tarp, these can cut your shelter weigh down by half or less and you sacrifice comfort in the process. The severity of the weather will also govern what type of shelter you will use, and how well it will work for you. I have used all the shelters above and will not make any personal suggestions on what you should use—it is your choice. You can always borrow a tent or Bivy to try out to see what will work for you before you buy.

Sleeping Mattresses

The choice of mattress to add insulation and cushion under your sleeping bag can vary anywhere from an inflatable pad with internal foam, to closed cell foam or no mat at all. In winter it is highly recommended that you use some kind of pad. Your body weight on the bottom of the sleeping bag compresses the insulating fibers reducing its insulating ability allowing cold to penetrate from underneath—a mat will compensate for this heat loss.

Sleeping Bags

Winter backpacking requires more clothing and a sleeping bag with a lower temperature rating, +20° minimum. The ratings are listed as the lowest minimum comfortable temperature. This comfort level will vary according to the age of the sleeping bag and care of its storage. Sleeping bags lose their loft over time—this loss of loft and insulating ability will be aggravated if the sleeping bag is stored improperly. The minimum comfort temperature rating of the sleeping bags will also differ between person to person as some individuals sleep warmer than others and some may require a colder rated bag.

Never store your sleeping bag for an extended period in its stuff bags. The bag is highly compressed in this way and will rapidly deteriorate the loft. The best way to store your bag is to hang the bag from hooks using the nylon loops by the foot area, or in the larger storage bags usually supplied by the sleeping bag manufacturer. Store it in a dry area away from sunlight, which will rapidly deteriorate the outer fabric.

The bag weights vary tremendously depending on the sleeping bag manufacturer and what insulation is used in the construction. Be very careful if you choose a goose down sleeping bag—this is one of those natural insulation's that is totally useless when it gets wet – keep this sleeping bag dry by storing it in a waterproof storage bag or in a trash bag when out on the trail. Synthetic sleeping bag when wet will still retain it's insulating ability. The new synthetic sleeping bags using Polarguard 3D insulation are within a few ounces of goose down with the same temperature rating. Summer/ early fall bags in the +35° range usually weigh in around 2 pounds or less.

Stoves

What type of backpacking stoves should I buy? There are many varieties of stove from very basic to very elaborate. The type of stove you will choose will depend on what type of food you intend to carry. If you are carrying freeze-dried meals you only need to boil water. Any type of stove will do the job—some work much faster—and others are more fuel-efficient (or a combination of both). Weight is also a factor and the more elaborate stove the more they may weigh, but not necessarily.

If you intend to simmer while cooking your food your choices drop rapidly. Most of the stoves are designed to rapidly boil water, and are usually not designed to operate with a low flame. The choice of stove for this application is usually some kind of gas stove. Stoves with fuel that are in a solid form like Sterno are difficult to control. If you use your stove in very cold weather, stay away from alcohol and butane fuels as they work poorly in these situations. Some of the newer butane stove fuels have another fuel (propane) added to the butane than may help reduce the poor cold weather performance. In very cold weather it sometimes helps to place the fuel canister in the bottom of your sleeping bag so that your body heat will help warm the fuel canister, then remove the canister when you intend to use the stove.

Water Filters

What type of water filter should I buy if any? The sources of water you encounter may be marginal and should be filtered, treated or boiled to remove any bacteria or parasites. You can treat the water with Iodine tablets or boil it for 10 minutes to make the water safe to drink. These types of treatments will not clean the water of silt or other contaminants such as pesticides or fertilizers that may have found their way into the water source, only a filter/purifier will do this job. These have a micro-porous first stage filter and a charcoal secondary filter which will remove other contaminants and improve the flavor, some filters have a third stage Iodine filter to additionally treat the water in high risk areas which are usually found outside

our country. This type of third stage filter is usually not required throughout the United States.

Summer and Winter Day Hiking List

This list is a guide to what may be taken on day hikes, the items that are carried will vary from person to person and trip to trip. The items that you take will depend on some or all of the following reasons: what the weather will be like, the difficulty of the hike you will be going on, availability of water along the trail, how remote the trail is from civilization, and how long you will be out on the trail.

The information in this list is to assist you in getting started as a beginning hiker.

Clothes Summer

Loose fitting, Light colored clothing

Waterproof shell, or rain suit

Lightweight hiking boots and wool outer socks with polypropylene inner sock, Short gaiters to keep dirt out of boots.

Baseball cap keeps rain and sun off your face

Extra layer in pack, just in case!

Clothes Winter

Layered clothing - loose fitting - **No cotton!** -- use: Polypropylene, Coolmax, Capilene, Pile, Fleece, Wool

Windproof, waterproof shell, or rain suit

Gloves, wool or wool mittens, or Goretex Thinsulate

Waterproof hiking boots and wool outer socks with polypropylene inner sock

Knit hat -wool - or baseball cap

Bandanna or scarf

Gaiters - (leggings) - keeps the snow out of the boots and helps to keep the pants dry

Rainsuit

Extra layer in pack, just in case!

Fluorescent orange jacket or hat, for hunting season

Gear

Day pack / Fanny Pack

Compass

Pack repair kit

Hiking stick

Waterproof matches

Plastic bag

First aid kit

2 Liter Water container (Platypus)

Whistle

Lighter

Toilet paper

Flashlight

Emergency blanket

Knife (multi-function)

Extra batteries

Camera

Needle & thread

Sunglasses

Nylon cord (20 ft minimum)

Waterproof tape

Pencil & pad

Guidebook & maps

Moleskin

Candle

Sunscreen

Bug repellent

Insect bite treatment

Food

Gorp - peanuts, pretzels, M&M's, granola bars

Cheese

Fruit, vegetables

Bagels, crackers, candy bars

Slim Jim's, Beef Jerky, Landjeagers

Peanut butter & Jelly

Dried foods - fruit, fruit leathers

Dried raisins, apples, peaches

Whole grain breads, cookies

Fruit bars

Lots of carbohydrates!!

Plenty of water 2 Liters MINIMUM!!

First Aid Kit

Ace bandage

Needle and thread

Waterproof tape for blisters

Moleskin

Aspirin

Antibiotic ointment

Benadryl .bee stings

Safety pins

Small gauze bandage

Snake bite kit

Band-Aids

Duct tape to place on areas that rub to prevent blisters

First aid book

Ultra-light Backpacking (3 seasons)

For those of you wishing to try out ultra-light backpacking here is an excellent equipment listing from one of our club members -- Mike Benyo.

On a weekend Backpack trip of 3 days in length the pack weight is around 20 lbs. The only items that varies is the amount of food.

1. Tent & Gear

A stuff sack containing the following items:

- | | |
|-----------|--|
| Tent | Vitamin C Tablets |
| Fly | Iodine Tablet |
| Water Bag | Zip-lock Bag (to Fill the water bag) |
| Poncho | 2 Ropes of lightweight parachute cord: |
| | One 10 ft length for clothesline |
| | One 40 ft length for hanging food |

2. Sleeping Gear

A stuff sack containing the following items:

- Sleeping bag (for cool weather)
- Nylon Blanket (for warm weather)

3. Ground Cloth

Ground cloth with tent posts and pegs wrapped inside.

4. Sleeping Pad

Acts as a frame for the rucksack

5. Pack

Northface rucksack approximately 2100 cu. in.

6. Clothes

- * , Hat - Baseball or Rain hat
- + , 1 - Bandana
- * , 1- Shorts
- * , 1- Shirt
- * , + , 2pr, Socks
- * , 1 - Shoes
- + , 1 -Tights
- + , 1 -Fleece

Wearing *
Carrying +

7. Food

- Jerky
- Gorp
- Dried Fruit
- Seeds
- Candy Bars
- Bagels

8. Misc. Gear

- Water bottle
- Tooth Brush & Paste
- Toilet Paper
- Flashlight & Batteries
- Knife
- Matches or Lighter
- First Aid Gear
- Whistle

Poisonous Plants, Reptiles and Insects

Poisonous Plants



Poison Ivory



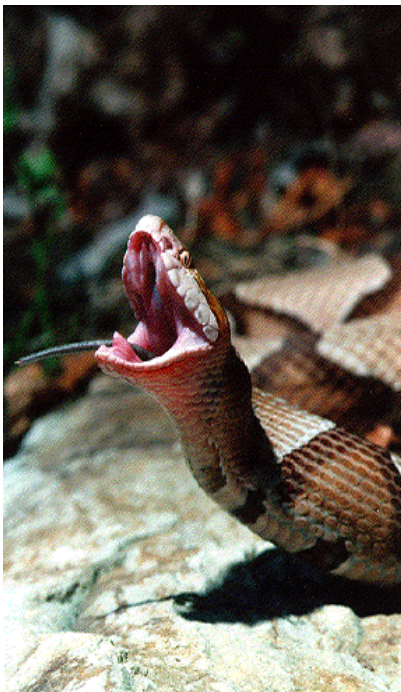
Poison Oak



Poison Sumac

Poison Oak, Poison Ivy -- Contact with this annoying oil produces a rash in three out of four people. The rash can begin within a few hours after contact, or it can start three to five days later. The rash starts with itchiness and swelling followed by a reddish inflammation of tiny pimples. Blisters then form and soon afterward couple in a chain-like reaction. This fluid then hardens to a yellowish crust. Left untreated, the rash (a typical histamine response) will last three to five weeks. Poison Sumac is more of a skin irritant than poison Ivy or Oak. In fall it has scarlet leaves and white berrylike drupes.

Poisonous Snakes



Copperhead Snake

Rattlesnake

The sound made by a rattler is caused by the clicking together of the rattle segments when the tail is vibrated. This sound has been described as similar to the crackling sound of frying fat.

It should be noted that when the rattle is wet, it makes no noise.



Timber Rattlesnake

Copperhead

The copperhead is inoffensive unless disturbed, and its bite is not often fatal to humans. It prefers rocky areas. This snake will rather hide using its natural coloring than fight with an enemy.



Eastern Diamondback Rattlesnake

Poisonous Insects



Black widow spider bites are the leading cause of death from spider bites in the United States. The venom is 14 times more toxic than rattlesnake venom. It is a neurotoxin that causes little local reaction but does cause pain and spasms in the larger muscle groups of the body within 30 minutes to three hours. Although very rare severe bites can cause respiratory failure, coma and death. Many documented bites were from the use of outdoor privy's.