

Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Winter 2022-23 • Volume 61 • Number 1



White Mountains, Lennie Steinmetz photo

Appie and Golden Appie Awards

Prepare for outdoor winter activities

**August Camp 2023:
Mt. Hood Oregon**

And more...





Barbara and Jeff Fritzinger Golden Appies of the Year

It would be hard to find 2 people with more enthusiasm for the AMC and the DV Chapter than our Golden Appies of the Year. Jeff and Barbara Fritzinger have embraced Leadership and Skills development as the way they serve the Chapter, despite both of them continuing to work hard in their busy careers. Jeff has served as both Hiking and Leadership Chair, often with Barbara adding quiet support to his efforts. Barbara has served as the DV Chapter representative to AMC Outdoor Leadership Development Committee. Together they have participated in and led DV Chapter Leadership Training and due to their engaging presentation styles have been asked to assist other Chapters with both Leadership and Diversity Training.

Their passion for training has also focused on skills training for beginning hikers and skills needed for hiking in the winter. Several Earth Day events have been organized and promoted by Jeff and Barbara. They also enjoy leading and have led successful trips to the Catskills for many years in addition to day hikes in our local area. We are so fortunate to have their skill and devotion contributed to the DV Chapter.

Annette Sheldon and Stanton de Reil Appies of the Year

If you go to AMC's Mohican Outdoor Center you just might run into our Appies of the Year leading a group of smiling children and their parents down the road to intersect with the Appalachian Trail for a first experience in the outdoors. Annette and Stan are able to draw out the child-like wonder in children and adults alike as they lead and Chair Family Activities for the DV Chapter. One example of this is making bread baking an activity during Mohican weekends. They have supported Mohican Outdoor Center both as Mohican Committee members and by leading several activities per year at Mohican, including the popular Work and Play weekend which allows participants to help with maintenance projects at Mohican while also enjoying some free time on the beautiful trails there. For many years Annette and Stan led hikes throughout interesting locations in New Jersey. Stan often educates members about interesting edibles grown in his garden or foraged in the woods by bringing them to share at AMC activities. In 2022, Annette and Stan took on an additional responsibility as Social Chairs for the Chapter, a big role that required they help the Chapter return to activities safely as COVID restrictions decreased. They have led a successful Activity Social and Gear Swap, Annual Meeting, Chapter picnic and organized the first leader's camp out in many years. Thanks Stan and Annette for your enthusiastic support of the DV Chapter.



Stay warm, well hydrated, well fed on the trail

By Lennie and Bill Steinmetz

Winter hiking, skiing and snowshoeing aren't about being cold; they're about learning how to keep warm in the cold, staying well hydrated and well-fed, and hiking smart. Here are a few simple rules.

Rule 1: Stay cool to keep warm.

In theory staying warm sounds easy: wear lots of warm clothes. It isn't that easy. Staying warm in winter is more moisture management than insulation.

There are several techniques that help. The first is that to keep warm, stay cool. This may sound counter intuitive, but it works. If you do not stay cool, you will sweat and when you sweat you give off water vapor. As the water vapor passes through clothing, it cools until, as it approaches the outside surface, it reaches the dew point. Then it becomes liquid water and your clothes get wet.

Rule 2: Ventilate.

Even when cool, you will sweat some. The next step is to address removing that moisture without getting your clothes wet. Everyone has heard of Gore-Tex. It's great stuff, but not perfect. While it will allow moisture to pass through, it does slow it down. Better is to have no outer shell, or one made of uncoated nylon. Better still is to have good ventilation. Pit zips help a lot. Other coats have body vents and other ways to adjust the cuffs to admit or restrict air. These are as important as the water-proofness of a coat. Shop carefully.



Rule 3: Drink and eat a lot.

Being cool and ventilated is a great start, but to keep your body warm, you also need to keep your blood flowing throughout your body and to do this, you need to stay well-hydrated. In the summer, when it's hot, we naturally drink a lot. In the winter, when it's cold, that's not always the case. We still sweat, and we also lose large amounts of water vapor every time we take a breath of cold air. As the cold, dry air fills our lungs; the moisture evaporates to humidify the air. We breathe out and see steam. To keep our blood thinned and moving through our bodies, that water needs to be replaced. Just like in the summer: drink enough so you keep peeing. To encourage drinking, carry your water bottle where you can access it easily, in an insulated bottle carrier to keep it from freezing.

Finally, we have our cool, dry, hydrated hiking machine in full swing. Nothing is going to stop us now. At least until we run out of energy. To prevent that: eat. Winter hiking doesn't lend itself to stopping to eat, so the solution is to eat on the move.

Rule 4. Hike smart, be conservative.

It's especially important to hike conservatively in the winter. During the summer, if you undertake a hike that's too long or too hard and get in over your head, you can just hike out and try again another day. If you make a really big mistake, you might spend the night in the woods and hike out in the morning. Winter is fundamentally different. If you make a big mistake in the winter, it can be fatal.

Pacing in winter is equally a part of hiking smart and is also an integral part of proper ventilation; not sweating more than your clothing layers can dissipate. In addition, proper pacing helps maintain your energy reserves, preventing excessive fatigue and helping you to stay safe and comfortable.

It's important that everyone understands that winter hiking isn't a game; it's serious business. It deserves respect and concentration in the same way that driving to the mountains

Basics for winter activities

- Wear clothes that will keep you warm! Cotton is a no-no; it gets damp and cold. Cotton underwear and sweatshirts will keep you cold, not warm. Beware of inexpensive long underwear; it may be cotton. Read the label.
- Wool and synthetics keep you warm. A wool or synthetic sweater and an old pair of wool pants work well.
- Dress in layers. You will get amazingly hot and sweaty while hiking, skiing, etc., but as soon as you stop, you will get cold fast. It is important to be able to shed or add layers quickly.
- Bring an extra sweater, a windproof jacket and a warm winter hat that pulls over your ears. You can lose half your body heat through your head. Bring gloves or mittens. Bring an extra pair of synthetic or wool socks.
- Wear sturdy footwear; boots are best.
- Bring sunglasses and sunblock.
- Bring a hearty lunch and extra snacks. Winter hikes are not the time for dieting!
- Bring at least two bottles of water. You will be working hard and will get very thirsty. Staying hydrated will help keep you warm. Insulated bottles made for hiking are best. One-liter water or soda bottles will work if kept in your pack next to your back to keep them from freezing. Sports bottles leak all over everything.
- Bring a good size backpack for your extra clothes, water and food

deserves respect and concentration. You wouldn't drive to the mountains in a snowstorm with bald tires and brakes that didn't work. You shouldn't winter hike without the proper equipment, clothing, and knowledge.

Equipment for winter activities

Equipment and clothing needs vary. For short hikes or snowshoe trips on nice winter days, the requirements are less than for assaults on 4,000 foot peaks above tree line. To get started winter hiking your needs are pretty low and can be met with a mixture of high-tech and low tech equipment. As you get more into winter hiking your desire for more high-tech equipment will probably grow. (And your bank account will dwindle.)

Minimum snowshoes with built-in crampons for traveling through snow covered mountains. These come in several models, from "recreational" to "summit," where the strength (and price) increases. The more expensive ones are stronger, heavier and generally last longer. Any will work for introductory winter hiking. There is no consensus on sizing. Some recommend following the manufacturers' weight suggestions for the snowshoes (be sure to add in the weight of your pack). However, remember that here in the Northeast, where we seldom get deep powder snow, you can often use shorter snowshoes.

Boots and gaiters: There are many options now for winter boots for day hiking, but perhaps the most important thing is that they be well insulated and high enough to work with gaiters. Remember, your feet will be repeatedly in contact with cold snow and ice, and warm boots with gaiters will keep snow out of your boots and gaiters help keep your feet and legs warm. Select a pair of boots that provides ample room for thicker socks and liners and which also does not constrict your toes (which may lead them to be cold/frozen from lack of circulation). There are many good brands available and many reviews online to help you evaluate the options. Trying them on in person, with the socks that you intend to wear when hiking, can help you

evaluate which feel most comfortable and work best for you feet. Note that boots for winter camping may benefit from removable liners, and that boots for above tree line on high peaks may have special requirements in terms of rigidity and warmth. Your boots are one of your most important and critical pieces of winter equipment.

Traction devices: Microspikes are fairly inexpensive and very popular devices that go over your boot and have small spikes that work well in slippery conditions. They are light, and quick to put on and take off while being useful in many settings except extremely steep ascents and descents. Having a pair of these in you pack throughout the winter season will serve you well in many situations.

Crampons are the more serious traction devices needed on steeper hard-packed or crusty snow or ice. Again there are many varieties with varying price ranges, weights and styles. Some of the more important aspects are that they fit your boots properly, and that you are familiar with how to put them on. You should not try to figure out how they work while sitting in the snow on a cold sub-freezing day or in the car on the way to the trailhead!

Ice axe: An impressive looking piece of equipment, but not needed on most trips. However, above tree line (with the proper training), an ice-axe can be a lifesaver if you slip on the steep, crusty snow fields and during normal climbing provide a crucial third point of contact.

Poles: These are extremely helpful. They help you keep your balance on the snow and give you something to lean on when panting. The options range from old ski poles, which work fine up through the latest adjustable trekking poles, which also work, but cost more. There is argument about basket size, some advocate bigger baskets for deep snow but in some winter conditions these can get caught under crusts and in holes. Many experienced climbers advocate small summer or no baskets.





Water bottles: A wide mouth Lexan bottle, filled with hot water mixed with sports drink (such as Gatorade), stored upside down in an insulated water bottle carrier on your waist belt is the way to go. (The Lexan bottles won't break, the hot water delays freezing; the flavoring further reduces the freezing point and makes it taste better, and the carrier delays freezing while providing easy access). Storing it upside down causes the first ice to form in the bottom of the bottle and the threaded cover to stay ice-free longer. Carry a second bottle well inside your pack to keep it insulated. It's also good to carry a stainless vacuum bottle with a hot drink like tea, hot chocolate, or soup. While great in the summer, hydration bladders are subject to freezing problems in the winter and are not recommended.

Food & carrier. The key is to eat small amounts throughout the day. It will keep you warm, and you probably won't have the opportunity to stop and eat an extended meal, as you would get too cold. Food should be a mixture of easily eaten items, and should be carried in a waist pack or pouch on your pack. Gorp, candy, cut up baklava, granola bars. Avoid some bars such as Power Bars, which freeze solid. If you want to take them, treat them like cheese. Pre-cut them then pop a piece in your mouth and wait for it to thaw out before chewing. A trick I use is to carry my gorp in a plastic bottle. I can unscrew the cover with my mittens on, then "drink" the gorp without getting my mittens in it. Something you can't do with a bag of gorp.

Clothing for winter hiking.

Remember the three Ws: Wicking, Warmth and Weather protection:

Socks: Polypro liners (for their wicking), wool socks (for their warmth) and your boots provide the weather protection. Smart-wool mid to heavy weight socks work well.

Long underwear: Polypro or Polyester? Polypro (polypropylene) supposedly works slightly better at wicking away moisture while absorbing less water, but it also permanently absorbs body odors that are almost impossible to remove by standard washing.

Pants and shirts: For warmth, choose nylon, polyester, fleece, or wool, not cotton, which retains moisture. Many thin layers are better than one thick layer, as you can adjust your insulation to the weather and your level of exertion. On a 30-de-

gree day, climbing uphill you might only need thin nylon pants over your long underwear. Standing around at minus 20 degrees, you may want several layers of clothes. Pants with side zips are especially good, as you can add, or remove, them over your boots.

Overpants and coat: For weather protection, Gore-Tex is the material, although lately other vendors have been coming out with other waterproof and breathable fabrics and coatings. Below 32 degrees you can use uncoated nylon wind pants and coat. These are even better, as they breathe better than even Gore-Tex. But they aren't waterproof, so you really need a rain coat too. (33 degrees and raining, without a waterproof layer, is asking for hypothermia.)

Mittens and gloves: The same three Ws apply. Thin Poly liners, fleece or wool mittens and gloves, and over mitts to keep out the wind and water. You will find that when hiking with much on your hands, they will probably sweat. Thin fleece gloves or mittens may be all you need. Mittens or gloves? Mittens keep your hands warmer by reducing the surface area exposed to the cold. Gloves provide more dexterity, but frequently not enough. Try poly gloves inside fleece (or wool) mittens with overmitts. Then if you need dexterity, you can remove the mittens and still have the liner gloves for some warmth.

Hats, face masks, goggles: Fleece hats are good, but most don't stop the wind which can lead to earaches. Windblock fleece headbands are good, as they protect your ears, while allowing your body to cool off, which you may need while climbing. A face mask or balaclava is important when it's very cold or windy. Above tree line, a face mask and goggles may be needed to protect you from the wind and snow.

Chemical hand and toe warmers: These shouldn't really be needed. If you are using them often, it could be argued that you are too close to being in trouble. But they should be carried. These are a material which produces an exothermic reaction (i.e., give off heat) when exposed to air. They are a one-time use item, and while they don't give off a lot of heat can be the difference between frostbite and cold, or cold and warm. Do not place these directly on bare skin however, as they may burn the skin.



Mt. Hood

August Camp 2023

AMC's August Camp 2023 will be located on a brand-new site in Oregon on private land between Sandy, Oregon, and Mount Hood Village, only an hour's drive from Portland International Airport, making this one of the most easily accessed sites for Camp in many years.

We will have great hiking around Mount Hood and in the Mt Hood National Forest, plus in sections of the Columbia River Gorge. There is easy access on foot to the Sandy River for those who like to get wet after a hike or might want to join the traditional early morning swimmers.

A popular mountain biking trail system is nearby, so we will look into whether a mountain biking activity can be planned. For those with a car, there is a bike rental shop in Sandy.

Our designated airport is Portland International. Meeting time and place for the shuttle will be made available in January 2023.

We will be taking applications during a 10-day period beginning at 9 AM on January 2, 2023.

Watch the website augustcamp.org for details in December. All applications received during the specified enrollment period will be treated equally. There is no advantage to being the first in line. Camper selection is by lottery.

Camp dates in 2023 are:

Week 1: July 15-22

Week 2: July 22-29

Week 3: July 29-August 5

Week 4: August 5-12

Prices for August Camp 2023 are \$1650 for members and \$1980 for non-members.

augustcamp.org

From The Gourmet Camper Cookbook

By Richard Puglisi

It can be good! Food on a camping trip can be good. This was what I took away from my time in the boy scouts. Though, it was not a lesson I learned early on.

It was never easy cooking on those camping trips. Some blame belonged with those scout mess kits. They consisted of a small cooking pot with a lid, nestled in between a large bowl/dish and a frying pan with a swing around locking handle.

As I recall, cooking over an open campfire could be a real challenge. I remember one morning frying eggs in the scout pan. All was going well until a log in the campfire shifted, and my eggs were covered with black ashes.

And using that cooking pot was just doomed from the start. It had a thin wire bailer handle and when filled with water was so unstable it was guaranteed to tip over and extinguish most campfires.

When we weren't struggling with those mess kits, we would improvise. Break a branch off a live tree (we didn't always think about ecology back in those days), whittle a sharp point on the end with a trusty scout knife and shove a hot dog on it. And accompanying this would be the usual can of Campbell's Pork & Beans, placed in the fire coals with the lid up but still attached, so you could pull it out.

Despite these problems and negative experiences, I loved the outdoors and continued camping into my adulthood. Over the years with the help of cooking stoves and better equipment, I worked to become a better cook. Below is a quick and easy breakfast recipe that I have made many times.

Apple Pancakes

- 1 cup pancake mix
- ¾ cup water
- ½ cup diced apples
- ½ cup diced walnuts
- tsp cinnamon
- oil, maple syrup

Combine pancake mix with water, apples, walnuts, and cinnamon. Heat frying pan, add oil and spoon in ¼ cup of batter. Flip when bubbles form, then cook two minutes more. Top with maple syrup.

Appalachian Footnotes

news from the

Delaware Valley Chapter Appalachian Mountain Club

published using recycled electrons.

Editor: Eric Pavlak
Box 542, Oaks, PA 19456
610-650-8926 e-mail: newsletter@amcdv.org
Others editors who worked on this issue:
Lennie Steinmetz & Susan Weida

Copyright 2022 by the Delaware Valley Chapter,
Appalachian Mountain Club

Appalachian Footnotes is published as a service to its members by the Delaware Valley Chapter of the Appalachian Mountain Club. Opinions expressed are those of the listed authors and do not necessarily reflect those of the AMC. We are not responsible for errors or omissions, except to acknowledge them in a subsequent issue. The Editor welcomes and encourages submissions reflecting all viewpoints for publication in the Newsletter but reserves the right to edit. Material may be submitted by e-mail at newsletter@amcdv.org.

AT Vista set for August 4-7 in Tennessee

The Northeast Tennessee Tourism Association and Visit Johnson City will host the in-person Appalachian Trail Vista 2023 program in the Johnson City, Tennessee area, with hikes, excursions, workshops and entertainment at the East Tennessee State University campus. The event is four days, Friday through Monday, August 4-7 for a gathering with hundreds of hiking and outdoor enthusiasts!

The AT Vista is the rebranded ATC Biennial program, somewhat streamlined but keeping most of the exciting activities. It's been since the summer of 2017 that we've been able to gather, spend time on the trail, learn and socialize. This inaugural AT Vista program is being planned to carry on the great camaraderie of kindred spirits that cherish the Appalachian Trail and being outdoors.

Affordable on-campus rooms and delicious and healthy buffet meals will be available on site. The local Johnson City area offers lots of wonderful dining opportunities including a variety of vegetarian and ethnic options, as well as excellent local breweries. If you opt to reside on campus in the dormitory system, you can arrive as early as Thursday evening and stay through Tuesday morning, as program activities begin on Friday, August 4 and extend through Monday, August 7.

Nearby vacation homes, hotels, campgrounds, and RV and camping will also be available.

Programming includes over 40 hikes, of which many will be on the Appalachian Trail, and the remainder using many of the hiking areas that are within an hour's drive from the Johnson City area. There are nearly 35 workshops expected, and over ten exciting excursions. Evening entertainment includes concerts and opportunities to meet other attendees.

Registration and information at <http://www.atvista2023.org/>

Lancaster Sierra Club holds annual 5k polar bear run-hike event Jan. 15

Runners and hikers are invited to participate in the Lancaster Group of the Sierra Club's 13th Annual Polar Bear 5K (3.1 miles) Trail Run/Hike at 10 AM Sunday, January 15, in scenic Lancaster County Central Park. Participants also may bring their dogs on a leash to run or walk with them.

This annual fund raiser for environmental conservation projects will be the first in two years as in-person event due to the pandemic.

This 5K fun run will award numerous unique prizes and colorful ribbons. Recipients will include the overall top three male and female finishers, the first, second and third place winners in various age and gender categories, and the first three finishers (any age group) who race with their dogs. There also will be super door and dog prizes!

Race day registration and check-in will begin at 8:30 AM, at the park's Pavilion 22 (Kiwanis Lodge).

Registration fee is \$30 from now through January 5, 2023; and \$35 from January 6 through race day. Pre-registration closes January 13. Winter hats are guaranteed for all those who pre-register by January 13. Information and registration:

<https://ancastersierraclub.org/home/polar-bear-5k-run-hike-or-walk-your-dog/>