

# THE HIGH ROAD

## Alpine Club of Canada



### Meetings,

### Okanagan ACC

First Tuesday of the month 7:30 p.m.

Bunkhouse Restaurant

2777 KLO rd Kelowna BC

Call Dave Rothwell 250-768-0002



### Section Executive

Chair Dave Rothwell  
 Treasurer Sid Scull  
 Trip Coordinator David Urness  
 Secretary Neil Fried  
 Memberships  
 Janice Letkeman-McQuilkan  
 National Andy McQuilkan  
 Newsletter Patrick Reiter  
 Web Site Jim Tanner  
 List Server Mark Force

### Contacts

#### Memberships

Janice Letkeman-McQuilkan

250-764-5087

[ajmmcq@shaw.ca](mailto:ajmmcq@shaw.ca)

#### Environment & Access

Brenda Bouchette

250-317-3058

[brendajb@gmail.com](mailto:brendajb@gmail.com)

#### Newsletter Submissions

Patrick Reiter 250-549-4789

[pr549@telus.net](mailto:pr549@telus.net)

#### Special Projects

Neil Fried 250-860-0435

[neil@fptek.com](mailto:neil@fptek.com)

#### Gear Rentals

Antoine Bertrand 250-317-6730

[abertrand7@shaw.ca](mailto:abertrand7@shaw.ca)

#### Website

<http://members.shaw.ca/accokanagan/ACCOK.html>

---

## MESSAGE FROM THE CHAIRPERSON

This past summer provided many great opportunities for experienced mountaineers as well as newcomers to get out and see what we are all about. The annual Mt. English pilgrimage saw 18 folks out for the weekend. The Bugaboos summer camp was a great trip (see story inside) with fabulous weather as well as a few club climbing trips to Skaha and Cougar Canyon. Yes it is time to wind down from another great season in the hills and gear up for the winter months ahead. Three Asulkan weekends are planned along with some ice climbing and of course the sold out trip into Valkyrs Lodge. Check the web for more trips and courses.

As most of you noticed, we are planning our summer and winter camps earlier this year. This is to ensure we can get adequate helicopter and hut times as we are finding it difficult if we wait too long, and thus limits are options in the end. The executive realizes it is tough for members to sign up for some of these trips months in advance but as more groups are heading into the back-country, we want to ensure we have our camps planned well in advance. In fact have already made our booking for the 2007 winter camp to be held at the Campbell Icefields Chalet.

This years AGM was held at the ECCO Center on Springfield and was a great time. Our attendance was down slightly and we will be asking the members for feedback on the AGM. Thanks to those who contributed and helped out. I would also like to thank this past year's executive committee for their efforts and to welcome the members of the new executive. We have many interesting plans and items on the agenda for our first meeting as the new exec. As always, volunteers are always welcome, especially with the Centennial Celebrations fast approaching, and our clubs own ten year milestone in 2006 as well. I look forward to upcoming year with its many great events and hope you will come out and take part in this great group we call the Alpine Club of Canada.

Dave Rothwell  
Chair  
Okanagan Section



### Editor's Notes,

Well here it is, the latest installment of the ACC Okanagan newsletter 'The High Road'. In this issue we share some experiences ranging from skiing twelve months of the year to being a climbing model for a photography shoot!

I would like to acknowledge Dave Rothwell for his creative Centennial Logo he created for the Alpine Club of Canada. He put in a lot of hard work and it shows! Our section will be involved in a Centennial celebration at Rogers Pass in the summer of 2006. Stay tuned for details as they become finalized.

Hello to all our new members. We look forward to skiing, climbing and hiking with you. Don't be shy, get involved and do some trips with us!

Do you want your club adventure or pictures published in 'The High Road'? Please contact Pat anytime via email at [pr549@telus.net](mailto:pr549@telus.net) for details.

## Club News

### 2006 Centennial Celebration, September 8-10 2006

Location will be at the Wheeler Hut in Rogers Pass. There will be a catered dinner, slide show, some mountaineering and a whole lot of fun as our section celebrates Alpine Club of Canada's 100 year anniversary! Stay tuned for details as they become available.

### Executive Position Open-

The Executive are looking for a Social Coordinator. If you are interested please contact anyone on the Executive Committee for more details.

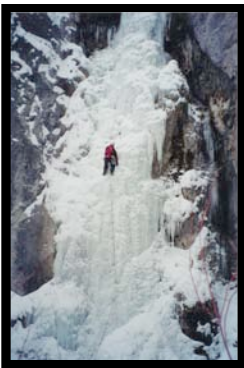
### Trip Waivers-

Just a reminder that when the club has an organized outing that the trip leader will need to have a waiver signed from all the participants. Once the trip is finished the Trip leader would give the completed waiver to Dave Urness our Trip Coordinator.

## Section Trip Reports

### 'Oregon Jack'

by Janice Letkeman-McQuilkan



On January 28, 2005 Jacques, Andy and myself headed out towards Ashcroft to climb a multiple pitch waterfall called Oregon Jack. The day dawned a crisp -25 degrees Celsius under the big blue. The ice was solid and dense with a platy appearance on the surface making screw placement exhausting work.

Just below the top of the last pitch, Jacques placed his second tool causing

a large plate to fracture around both tools. He fell onto his last firm placement striking his lower right leg on a ledge. Fortunately, Andy did a good job of controlling the rope and as good fortune was ours, could lower Jacques directly to the belay station, secure him, fashion a chest harness for comfort and stability and then lower him to the ground.

By 1630 the light was fading and the temperature dropping. We assisted Jacques as he hobbled, crawled and hopped his way back "singing" with each effort. Around 1900, we spotted our truck, a very welcome sight indeed.

The friendly team at the Ashcroft Hospital confirmed and stabilized Jacques' leg. Navigating through a snowstorm, I felt a weight drop pulling into the Kelowna General Hospital around 0230. Two days later, after being X-rayed, examined, stitched, glued, and operated on, Jacques was released. So lessons? Well, I have only read about leader falls on ice before this trip but I believe we took the right action given the situation.

Interestingly enough, a similar accident took place on almost the exact same spot on Oregon Jack. The waterfall becomes quite narrow near the top of the last pitch and so it is natural to place ice tools shoulder width apart but dangerous when the ice is brittle. It is better to think of placing ice tools in an "X" formation rather than an "H". Lesson 2: Suffering produces endurance, and endurance produces character, and character produces hope (St. Paul). We all pulled together and helped each other out in whatever way we could. Communication was constant and calm with no time wasted over split decisions. We knew what had to be done. A little mountain rescue experience

goes a long way. Jacques' positive attitude and humour prevented the long arduous trip from turning into an epic. Later, a closed comminuted fracture to both his tibia and fibula was confirmed requiring surgery, pins and plates. In keeping with Jacques' enthusiasm for adventure, he has since cast away his crutches and is anxious for another adventure.

### The Big Twelve

Skiing 12 months of the Year  
by Fred Waldron and TJ Tessel



Skiing "The Big Twelve"

It's now official. TJ has joined the club. A club that has select few members, a club that has no meetings, no membership fees, and no secret handshake. From one's first expression of the intention to join it takes a minimum of a year to be accepted. TJ has now skied in twelve consecutive months.

We are very fortunate to live in a part of the world where this is even possible. Still it takes a big commitment to make it happen. That commitment includes: transportation, time off work, a good level of fitness, the right gear for hiking, camping and skiing, and good luck.

Of course the true challenge is not so much to ski in the months of November to May but to ski in the months of June to October. Although I missed June, I was fortunate to be able to join TJ for some skiing in July, August, September and October.

The first trip to the Blanket Glacier was on the August long weekend. Friday July 30th was very hot and sunny. The first notable part of the journey was going up an old logging road near Greenbush lake. I was quite amazed at just where TJ's 4 X 4 can go. I would see the same amazement in the expression of others on future trips. When we got to the trailhead the swarms of mosquitoes were some of the worst I've ever seen. We hiked for 3 hours to a beautiful camping spot by a waterfall at the



outlet of a small lake. The lake was crystal clear, the meadow full of wildflowers and the view spectacular. Here the breeze helped to keep the insects down. We relaxed by a campfire and watched the sunset in anticipation of skiing. Morning came early and we put in a good long day, skiing lots of vertical including a fantastic 1500 foot descent from the summit of 9300 foot Mount Armstrong. Skiing the following day, August 1st, was much shorter due to a mysterious lack of energy that we both felt. Still TJ was able to check July and August off his list.

The second trip, again to the Blanket Glacier, began on Friday September 30th. This time Cat came along. We hiked in, set up camp, and then went skiing. Just as we were about ready to return to camp we had a mishap that meant that we would have to return to civilization. That meant Vernon which by our calculations was at least 5 hours away. At that point we only had an hour of daylight left so we stayed the night at camp. At first light we awoke in a snow storm with a few cm's already on the ground. With visibility poor and a need to carry 3 packs among just 2 members of our party, we set out with a plan to shuttle packs down the trail by moving one at a time and then returning for the remaining one. This proved to be very time consuming. By the time we got back to Vernon it was 5:00 p.m.. So although TJ could check September off the list, that elusive October would have to wait.

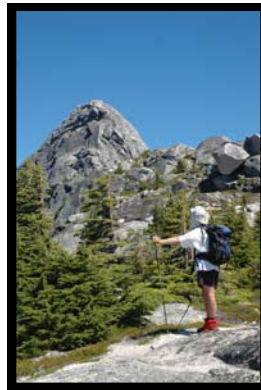
The third trip to the Blanket was on the weekend of October 22-23. This time we were joined by Andrew and Brenda. We camped at the trailhead and travelled light to the skiing. Up high there had been a massive amount of new snow so after hiking for an hour we put on our boots, skis and skins, and climbed for another hour on our skis. Then the moment we had all been waiting for, TJ went skiing. That's Twelve! We had some good skiing that day, and apart from some ski equipment problems and makeshift repairs and a drive shaft falling out of TJ's truck everything went smoothly, especially the celebratory Strong Bow back at Alexander's in Vernon.



Access to  
Skiing every month of the year 2004-2005

### Needle Peak, July 27, 2005

by Mark Force



trail on a beautiful, sunny day. It was warm at first as we made quick time up the trail. We broke out out of the trees and into the sun, but we had just the right amount of wind to cool us off. We made the summit an hour or so later. After lolligoging on the summit for an hour or so on the summit, we strolled down the ridge to where the trail forks. The north path would take us back to the car, but the thought of fresh water was enough to take a welcome detour. A nice ridge walk over to the pond on the side of Repeater Ridge, or whatever it's called. I've only seen this area in the winter. A very pretty place. We refilled our water bottles from the snow bank above the pond. There was some talk of swimming, but that didn't amount to anything, but the fresh water was great. About an hour later, we arrived back at the cars all recharged from the quick jaunt into the hills.

Ah, nothing like a walk in the mountains to blow out the mental cobwebs. Put the problems and other petty issues into perspective. We started up the Needle Peak

Participants: Pat Reiter, Ken Little, Kathy Wallraven and Mark Force, note taker.

### O.P.A.W. Photography Workshop Ellison Provincial Park Climbing Shoot, August 5-6 2005

by Petra Heppner

(Okanagan Photographic Art Workshops)

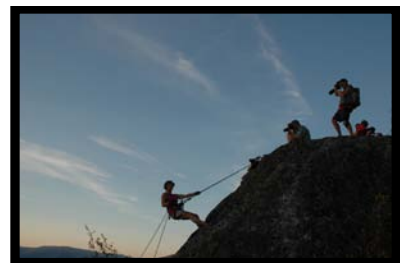
So **YOU** want to be a climbing model?

Pat an ACC member was approached by a photography club for action photo shoot. The request went to all Okanagan ACC members asking for volunteer models. The few model wannabes came to Ellison climbing area the first weekend of August to show their stuff. Here is how it all went.

Firstly, how shocking it was – all of the models showed up in old raggedy clothes. And the hair! I think the make up artist was sick that day.

Our catwalk was a 4.8 climb, 10 meters long. I think it was the hardest climb we ever did; 40 eyes watching our every move. There were some long tense moments where our fingers had to pose for the photographers as we laid our hands on a rock (on top of the rock, beside the photographer shoes). At one point I thought, someone needs to take the plunge to give these city slickers something to talk about.

We had men and women. We all tried to smile and be all cool but it was disconcerting when the cameras were zooming onto all sorts parts of our bodies and we didn't know which one. Is it my nostril or the hole in my pants?



We did learn something:

### “Signs You’re A Bad Climbing Model”

You went nuts on the trail mix and ballooned to a size 15 before the photo shoot  
You are wearing sandy grey clothes so one can see you

You’re still working on memorizing the word “cheese”

Whenever you make a move on the catwalk, you get a rip in your pants

While you’re modeling, you notice photographers taking pictures of each other  
Instead of dating a rock climber, you’re dating lawn bowler

Your preferred method up the catwalk is: getting pulled up

Your butt and a Ford Taurus are roughly the same size

Models, TJ, Petra, Fred, Kathy, Ken and Maya.

### Summer Camp 2006

Story and photos by Dave Rothwell

Battle Abbey...no go.

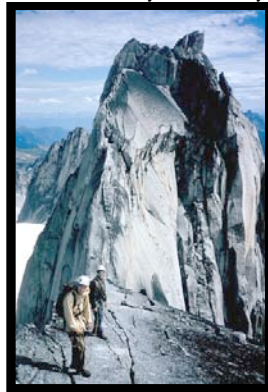
Starbird Range...negative.

The Bugaboos... Houston, we have lift off.

After many attempts at other locations, this years summer mountaineering camp was a much welcomed “go” for the Bugaboos. A few discussions later with Doug Brown of the Kootenay Mountaineering Club, it was decided that a joint camp would not be feasible this year, (still a possibility in future) and we would be dovetailing with their group.

Base camp was located at approximately 8600 feet on a small outcrop, known as Bills Pass. From this location many of the peaks in the Vowells and the Bugaboos would be accessible. Our base camp consisted of six sleeping tents, a wall tent, for cooking and storage, portable picnic tables, coolers, lawn chairs, and a shower. The week’s activities saw many in the group ascend Pigeon Spire, Wallace, Crescent, the Little Howsers, as well as the notable highlight of the week, Chris and Deb’s ascent of the classic Cain Route on Bugaboos Spire. Other than one very stormy night, the weather was absolutely

stellar for the entire week, which is somewhat of a rarity in the Bugaboos. The sunny weather and beautiful views attributed to many hours spent lounging about camp. In fact, I was informed by several participants that our base camp was “much to comfortable”, and this was the reasoning for several rest days. As I always try to accommodate everyone’s suggestions, next years summer camp will be “beans and bivy sacks only”. NOT!



Here’s an interesting little side story. Remember I mentioned Doug Brown from the KMC, well I was later informed that Doug and his partner Sandra also attempted the Cain Route, theirs was a different turn of events. As Doug was leading near the crux pitch on the Gendarme, his knee became lodged in a crack. The short version here involved about five hours, two CMH guides, a parks helicopter with two rangers, and a considerable amount of cooking oil from CMH Bugaboos. This rescue was henceforth to be known as “the great Mazola Rescue”.

Thanks again to all those who helped out and attended this fabulous week. Thank you to Leon for the use of the wall tent, to Lise for the great meals, and to Cat for orchestrating the “Yellow Marlin Fishing Expedition”. (the rescue of my Bibler tent)



Camp participants:  
Andrew Parker  
Brenda Bouchette  
Cat Mather

Brad Schmucker  
Chris Meyrick  
Deb Skelton (Montreal Section)  
Leon Blummer  
Lise Maggs  
Dave Rothwell

### TNF Summer Leadership ACC Course 2005

by Janice Letkeman-McQuilkan

“To travel, to experience and learn - that is to live.”

- Tenzing Norgay

The North Face Summer Leadership ACC Course is designed for ACC’rs who already have considerable climbing, mountaineering and/or ski mountaineering experience, have taken some related courses, and are active amateur leaders. The course is a great stepping stone for the transition from having some experience to being experienced because every second day, you exercise a leadership role in an alpine mountaineering environment leading the other nine participants under the watchful guise of professional guides.

Preparation for the NF Summer Leadership ACC Course begins far in advance with an extensive reading list including manuals, articles and reports from ACMG guide, Cyril’s well renowned Web site, [RescueDynamics.com](http://RescueDynamics.com). In fact, the reading list requires solid hours of reviewing rope systems, digesting ACMG manuals and many technical preparatory articles.

Like many of you, being whisked away via helicopter may not be new but IS always extremely exhilarating pasting the nose to the window so as to soak in every topographical feature of every peak anticipating new surroundings and ever so impatient to have the ability to recognize each peak. A week in the mountains is such an extreme luxury to be away from work stresses, available wireless connections and cell phones. Brad Harrison, consistent in reputation executes the finely tuned transition from ground to air to base camp with speed and efficiency. Don Tighe, the helicopter pilot never fails to make me smile when he describes how to enter the helicopter, these doors do not open like a ‘57 Chevy, they open and close with little effort...click click.

We landed gently awestruck at the plethora of brilliant alpine flowers waving their

spectacular colours upon the sparkling glacier lake as we carried our loads to our Mountain Hardwear tent row in the Battle Range, south of Roger's Pass. The majority of route planning could be carried out by simply looking up from the horseshoe formation of base camp: Houston Pass hiding Mount Escalade (9680'/2950 m) looking East, Moby Dick (10,460'/3170m) to the North, Proteus (10,660'/3220 m) to the West and Claggart/Billy Budd (9240' / 2790 m) in the South just to name a few.

The start of the week long camp in the role of a NF participant sets apart participant from paying clients. There is the mystery shrouding what the NF actually do...it's different from the participants...more like work. Well, certainly around mealtime when volunteered to do the dishes for the entire camp...several nights in a row. Except perhaps those experienced mountaineers like Ken Little, what a great surprise to see him there and to swap stories en Français.

Our course began with an evening meeting in the dining tent with a round table discussion of introductions, experience and course expectations. Folks originate from coast to coast. Part of the selection criterion includes a person's involvement in their local section and for good reason. It is a great opportunity to interact with others to discuss resounding issues concerning organizing trips and dealing with many of the same issues. Many issues, ideas and solutions spilled out while ascending and descending scree or snow slopes.



As Helen Sovdat, our professionally ACMG certified guide pointed out, being prepared requires research well before the trip date.

The week alternated between skills days' involved practice and demos followed by application days where practiced skills were put to the test.

This pattern formed our template for the week; skill days followed by an application

of the skills during the pursuit of an objective. Rock anchors, short-rope skills, piton craft, terrain assessment followed by an ascent of Claggart/Billy Budd, beginning with a 400 meter snow slope ascent followed by a solid lower class V rock ridge requiring a few rappels.

Ice climbing techniques, ice anchors, leading ice climbing, rope management skills were all practiced on an absolutely perfectly increasing angled ice slope up and over and North of Houston Pass. The next day, applying the ice skills we tackled Moby Dick, the highest and most challenging slippery jewel in the range. A classic climb including a moraine navigation, glacier approach, gaping bergschrund, exposed 45 degree snow slope ascent to the col, a perfect place to transition from crampons to short roping for the class V scramble to the summit. For almost half the group, glacier travel was a new experience. And then the ooo's and ahhh's of the well-deserved vistas with the Battle Range in the East and the Swiss Peaks to the North.

Rope rescue systems (3:1, 6:1), escaping a belay and guides knots versus prussic minding pulleys, exploding grenades filled our skill day. True to the ranges name our session sounded like a battlefield as we all practiced pulling the pin. Openly admitting his "geekzoid" tendencies, Cyril S. our passionate and outrageous ACMG guide, pulls out a DMM belay braking carabiner...with a built in pulley (very slick AND light) are just a few items to tease our mountaineering materialistic minds. Immediately upon spotting my MEC pulley with a plastic core proceeded to tell a very sad story of how the core tragically melted upon high friction. I stashed the thing in my tent for the rest of the week.

#### HIGHLIGHTS

The opportunity to be placed in a position with full access to professional and experienced mountaineers like GMC Leader, Masten Brotsma; and ACMG guides, Helen Sovdat and Cyril Shokoples allows one to ask as many questions as one desires.

Thursday evening, in our pre-arranged groups, we interrogated guides for beta route information as we planned our trip routes from scratch for the following day in preparation for our final evaluation. Our group of three plus guide received the great pleasure of climbing Escalade,

quartz 5.7 alpine route and to boot, time to add two more peaks to our day.

Then suddenly in a flash it's Saturday, our exit interviews and the scramble of packing and departure begins as we all prepare the heli arrival. There are rushed good-byes and in that unique back-country experience, long-time friendships take root. So what if you don't see folks in a year or maybe two, the mountain experience is an exhilarating high of shared summits, climbs and safe return to the luxury of base camp and the scintillating aroma of dinner.

To those of you out there who want to lead, get involved! ACC Okanagan needs more leaders, people who are willing to organize and lead trips. If you need a bit of confidence then consider applying for the ACC TNF Leadership Course. As an ACC Okanagan member, there are some great benefits to being a member with the Okanagan Section of the Alpine Club of Canada. I didn't even mention the wonderful gifts from the major sponsor North Face.

Finally, a grand round of applause to our own ACC Okanagan Executive for supporting my application and providing a great opportunity to gain some mountaineering experience, I am still beaming from the experience,  
THANKS!

## Winter and Spring Trips 2006

Trip date - Description - Rating - Contact  
Dec. 4 Zoa Peak - Coquihalla Hwy. Ski touring. 10 Participants. A2  
Contact: Force, Mark  
<[dirtbagpook@hotmail.com](mailto:dirtbagpook@hotmail.com)> (250) 767-6132

Dec. 17 Telemark Training Clinic - At Big White or another local ski resort. Day dedicated to improving your telemark skills. 8-10 Participants  
A2 Contact: Waldron, Fred  
<[frederickwaldron070@msn.com](mailto:frederickwaldron070@msn.com)>

Dec. 30 to Jan 1 Peyto Hut - Wapta Icefields Banff Nat. Park. Overnight stay at the hut. Prepare for very cold conditions. 6-7 participants. B3  
Contact: Mather, Catherine  
<[mtncat@rctvonline.net](mailto:mtncat@rctvonline.net)> Ph# 837-4434



Jan 14 Malakwa Gorge, Monashees. Day trip. We will ski from the drivable road end -- providing it isn't the highway. If that is the case, we will pick another objective in the area. A2  
 Contact: Mark Force, <[dirtbagpook@hotmail.com](mailto:dirtbagpook@hotmail.com)> (250) 767-6132

Jan. 27-29 Banff ice climbing weekend. Overnight in hostels or hotels. Arrangements to be made closer to the date of trip and pending location of climbs in the park. 6 Participants. B5; WI4-WI5  
 Contact: McQuilkin, Jan and Andy <[ajmcq@shaw.ca](mailto:ajmcq@shaw.ca)>

Feb. 10-12 Kootenays Back country skiing. Grassi Mountain. Overnight stay in hut. 10 participants. A2  
 Contact: McQuilkin, Jan and Andy <[ajmcq@shaw.ca](mailto:ajmcq@shaw.ca)>

Mar. 24-26 Spearhead Traverse-Fitzsimmons Range. Overnight ski traverse in the Whistler Blackcomb area. Tents. 6 participants. C3  
 Contact: Marshall, Trent <[trentmarshall@yahoo.com](mailto:trentmarshall@yahoo.com)> Urness, David <[artdoc@telus.net](mailto:artdoc@telus.net)>

May 5-7 Mount Baker - Coleman Denning route. Ski mountaineering. Overnight camping. 4-6 people. C4  
 Contact: Marshall, Trent <[trentmarshall@yahoo.com](mailto:trentmarshall@yahoo.com)>

### TRIP RATINGS

A letter rating from A to C indicates how strenuous the trip is and how long a day to expect.

- A--easy, moderate elevation gain, short days (less than 6 hours), blue runs in winter, trails and off-trail scrambling in summer
- B--moderately strenuous, substantial elevation gain, full days (6-10 hours), blue to black runs in winter, scrambling and moderate technical climbing in summer
- C--very strenuous, much elevation gain, technical terrain with route finding challenges, very long days or multi-day trips, black runs in winter,

glacier travel, technical climbing in summer.  
 A numerical rating from 1 to 5 may be given to indicate technical difficulty.

### GUIDELINES FOR TRIP PARTICIPANTS

- Be prepared to complete an insurance waiver form.
- Sign up for trips that will challenge you, but are not beyond your abilities. If unsure, ask the trip leader and tell them your experience and fitness level. People inexperienced in the mountains should start with easier trips.
- Learn about the trip before you go (which route, number of kilometres, amount of vertical gain / loss, type of terrain, length of day, ect.).
- Ensure that you have the correct equipment and that it is in good repair.
- Share expenses and be prepared to help carry a part of the "group gear" (ropes, etc.).

## Ski Touring Checklist

Add or subtract items to this ski touring checklist to match the weather, and your trip plans.

### Snow Gear

[Backcountry Skis](#) or Snowboard  
[Poles](#)  
[Boots](#)  
[Climbing Skins](#)  
[Avalanche Transceiver](#)  
[Avalanche Probe](#)  
[Snow Shovel](#)  
[Snow Thermometer](#)  
[Snow Crystal Card with Loupe](#)  
 Ski Repair Kit (with [spare binding parts](#) and [tools](#))  
[Knee Pads](#)  
[Daypack](#) (optional)

### The Essentials

Map  
[Compass](#)  
[Sunglasses](#) / [Sunscreen](#)  
[Food](#)  
[Headlamp](#) / [Flashlight](#)  
[First-Aid Kit](#)  
 Matches (in waterproof container)  
 Fire Starter

[Knife](#)  
 Water  
[General Repair Kit](#)  
[Trip Plan](#) (left with a friend)

### Clothing

Long Underwear Tops / Bottoms (synthetic)  
 Synthetic Outer Socks (with wicking liner)  
[Gaiters](#)  
[Insulated Overboots](#)  
 Fleece Pants  
 Insulating Top (synthetic or down)  
 Fleece Vest  
 Toque  
 Outer Shell Pants  
 Outer Shell Top  
 Gloves / Mitts  
[Goggles](#)

### Camping Gear

[Backpack](#)  
[Tent](#), or [Bivy sack](#)  
[Sleeping Bag](#)  
[Sleeping Pad](#)  
[Stove](#) and [Fuel](#)  
 Cooking and Eating [Utensils](#)  
[Water Treatment](#) or [Filter](#)  
[Toiletries](#) (including toilet paper)  
 Camping Permits (if required)

### Extra Items

[Altimeter](#)  
[Binoculars](#)  
[Rope](#)  
 Camera and extra media  
[Notebook](#) and Pencil  
 Deck of Cards  
 Book  
[Candle Lantern](#)  
[Biodegradable Soap](#)  
[GPS](#)  
[Watch or Alarm Clock](#)

Beer and Spirits....  
 Change of Clothes (waiting at trailhead)

(Thanks MEC for the List!)

***Photo Gallery '05***

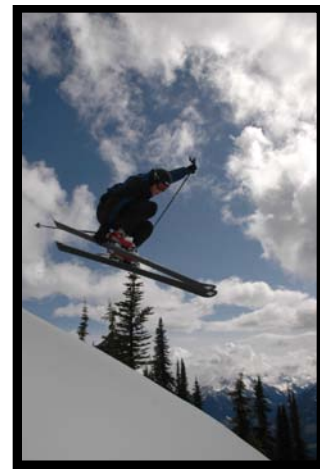


Photo Contributors  
Dave Rothwell  
Andrew Parker  
Janice Letkeman-  
McQuilkan  
TJ Tessel  
Pat Reiter