

# WESTERN MASS. OUTDOOR ADVENTURES HIKING CLUB MONTHLY NEWSLETTER

Volume 1, Issue 3

May 1st, 1992

## WELCOME NEW MEMBERS

Since our last meeting, we have had three new members join the Hiking Club. They are: Valerie Loiko of Westfield; Mary Goodreau of Ludlow; and Claire Dembek of West Springfield. We offer our sincere welcome to you our new members, and hope to see you on the hikes.

## STATE OF THE CLUB REPORT

With the addition of our three new members, the membership is now up to 20 active members, and still going.

Ray Tibbetts has received some feedback as Activity Director about the timing of the hikes, and the scheduling of the meetings. Enclosed is a survey that we hope you will fill out so that we can keep the club on track in its concept of meeting the needs and desires of the membership.

Some people have voiced concern that maybe if the hikes were not on Sunday, that there would be more participation. Also, some of the members have voiced concern that Monday is a bad night for the club meetings. So if you would complete the survey and mail it to Ray Tibbetts or drop it off at his store we can keep the club on track. Thank you.

## WHAT'S NEW?

The club is in the process of Adopting-A-Trail. The trail is in the Beartown State Forest. Ed Lizotte has been in contact with the State Forester of Beartown and will be going to meet him during the month of May.

The club has been given permission by a landowner to use 32 acres of land in Chester, near the Chesterfield gorge, 25 acres in Maine, and 15 acres in Easthampton.

## TRIP NEWS:

### ACTIVITIES FOR MAY:

May 3rd, 1992

#### ALANDAR MOUNTAIN HIKE

This hike is a moderate hike for all ability levels. It is 5 miles long. Alandar Mountain is in the Mount Washington State Forest, and it is a very beautiful area. We will meet at Backpacking Etc on Sunday May 3rd at 9:00 am. and caravan to the trail head. Standard day pack for the hike with a minimum of 2 quarts of water. Bring your camera, ITS SPRING the flowers are blooming. Call Ray Tibbetts at 781-0388 if you plan on going on the hike.

May 31st, 1992:

Monroe State Forest Hike. This is a moderate hike, about 4-6 miles long. We will meet at Backpacking ETC at 9:00 am and caravan to the trail head. Standard day pack, and 2 quarts of water. Again, bring your camera.

NEXT CLUB MEETING, MAY 26 7:00PM

## ACTIVITIES AT BACKPACKING ETC:

May 5th, 1992: Map and Compass Clinic  
Ray Tibbetts and Ed Lizotte cover all the basics to basic map and compass work.

May 19th, 1992: Minimum Impact  
Camping Clinic. Ray Tibbetts and Ed Lizotte go into detail on teaching the "right" way to go camping into the woods.

# SWAP SHOP

## INTERNAL V.S EXTERNAL FRAMES

When it is time to buy a pack for carrying your house in, you are faced with the question by the sales person, Do you want an Internal or External Frame?

What is the difference you ask? And if the sales person is worth their salt they can tell you in terms that you can understand. However, a lot of sales people can't do this. So to help you out here are some things to consider when thinking about Internal or External Frame.

Internal Frame packs are designed to carry the load close to your body to provide a better center of gravity while moving along the trail or up the mountain. They are also designed to distribute the weight better to your hips (in theory). Internal frame packs are usually designed without side pockets. The intent was to keep everything you carry inside the pack, again assisting in keeping a good center of gravity for climbing up a mountain or skiing. If you like side pockets for the storing of gear that you will need in a hurry, you purchase them and attach them separately to the pack.

External frame packs are also designed to carry the weight of your load on your hips, but usually not so close to the body. The frame allows for breathing space for your back as you sweat during your hike. The majority of external frame packs have external pockets so that you can organize those needed items. The frame of the external frame pack can be used as an emergency litter if the need arose. The suspension systems between the internal

and external frame packs are becoming closer. For some time, the internal frame pack had a much better suspension system than that of the external frame pack. But do to new technology, your better external frame packs now have suspension systems that give you all of the same features that the internal frame pack suspension system does; for example: Top load levelers to assist you in adjusting your load closer or farther away from your shoulders.

Adjustable shoulder straps so that you can move them up or down the long axis of your body to fit you better. Side load levelers so that you can adjust the load away or closer to your hips when walking either up or down hill. And a good waist belt to transfer the load to your hips in comfort.

When you pack an internal frame, it is usually done by stuffing your gear into the pack itself. Using stuff sacks does not allow for good packing and weight distribution in the internal frame pack. With the external frame pack you can use stuff sacks to further organize your gear.

With an internal frame pack your sleeping bag is carried inside of the pack, as on most external frame packs with a 3/4 pack bag, the sleeping bag is carried on the outside on the frame.

So what does all of this mean? With this information, it becomes a matter of personal taste as to what kind of pack you get. Both internal and external frame packs are good. With the internal frame pack, it takes more practice on learning how to pack the pack and keep the weight evenly distributed. There are many advocates of internal frame packs. There are many advocates of external frame packs. The National Outdoor Leadership School uses external frame packs in their courses, for some of the reasons mentioned. So it comes to taste and \$\$\$.  
TTFN!

# May 1992

## W.M.O.A HIKING CLUB ACTIVITIES CALENDAR

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

				1	2 Map and Compass Course	3 Hiking Club Hike (Alander Mountain)
4	5 Map and Compass Clinic	6	7	8	9	10  Mother's Day
11	12	13	14	15	16	17
18	19 Minimum Impact Camping Clinic	20	21	22	23 Intermediate Top Roping Intro to Minimum Impact Camping Trip	24
25  Memorial Day	26 Hiking Club Meeting	27	28	29	30 Basic Top Roping Course	31 8:00 Hiking Club Hike (Monroe St. Forest)

April

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

June

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					