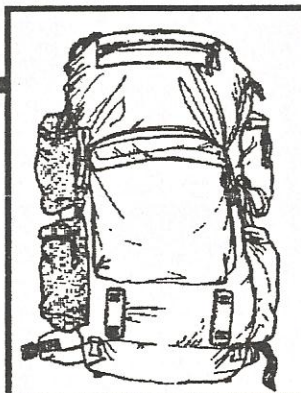


# PIONEER VALLEY HIKING CLUB QUARTERLY NEWSLETTER

## THE BACKPACKER NEWS

Volume 1, Issue 3

April 1st, 1993



### WHAT'S NEW!

Well, as you can see, the club has a new name. During the February club meeting, we all took a vote to change the name, and Pioneer Valley Hiking Club won!

We also elected the officers of the club during the March meeting. Ed Lizotte was re-elected as the President; Al Goodhind was elected as Vice President; Margaret Scott was elected as Treasurer; Ray Tibbetts was re-elected as Activity Director; and Joanne Scott was elected as Secretary.

**RENEWALS!** Is it time to renew your membership? If so never fear. We will be sending you a renewal form in the mail for you to fill out and return. You may even have received one already. If you have, please fill it out as soon as you can and return it, so that we can get your new membership card to you.

### CLUB MEETING CLINICS.

Our clinics during the meetings will begin to get you into the outdoors. During our April meeting we will start the clinic program with a Survival Tactics Clinic. This clinic will introduce you to the basics of outdoor survival and show you how to make your own "survival kit".

In May our clinic will be "What to Pack and How to Pack it". In this clinic we will show you how to pack an Internal and External Framed Pack, and what to pack it with.

Our June clinic will be "Map and Compass". In this clinic we will show you the basics of Map and Compass work.

So, if you want to be in the know, come to the meetings and learn the basics.

### POLICY CHANGE!!!

Beginning with the July Quarterly Newsletter, the policy for receiving the newsletter will be at the Club Meeting. After the meeting, those members who did not receive the newsletter at the meeting will receive it in the mail. This policy is to cut down on the cost of mailing out the newsletter.



TRAIL  
NEWS

### WHAT'S HAPPENING AT THE TRAILHEAD!?

#### TRAIL MAINTENANCE

If you are interested in Trail Maintenance, then the next three months are full of things for you to do. First of all, some of the membership will be representing the club at the Annual New England Trail Conference Meeting, Saturday April 3. This will be an opportunity for the club to tell everyone what we are doing in the form of trail maintenance, and get some good information on how to get Federal monies to help in the cause.

We have two major Trail Maintenance

projects in April and May. On April 3rd and 4th we will be at Beartown State Forest on a Scouting and Marking project on the trail that the club has adopted. This is an overnight trip, and everyone is welcome. If you want to just come up for the day, that's great. Anyone interested in going should let Ray Tibbetts know as soon as possible. There will be an information meeting on Tuesday March 30th at 7:00pm at Backpacking ETC to discuss the plan, meals, and group gear.

On May 1st and 2nd is another major weekend for club trail maintenance. During this weekend, we will be doing some work that we identified during the April weekend. We will discuss this weekend during the April Club meeting.

#### HIKE INFORMATION

**SAGES RAVINE HIKE:** On this hike we will explore an area along the Appalachian Trail called Sages Ravine. This hike is a moderate hike, and about 5-6 miles long. Standard Day Pack is required, and you may want to bring along a camera as well. We will meet at Backpacking ETC. at 8:00pm on Saturday the 17th, and should return at about 4:00pm. Contact Ray Tibbetts at the store if you plan on going.

### CALENDAR OF EVENTS APRIL - JUNE

#### APRIL 1993

April 3: Trail Maintenance Conference  
April 3-4: Trail Maintenance Hike  
April 5: Map/Compass II Clinic  
April 7: Club Meeting  
April 12: What to Pack Clinic  
April 17: Sages Ravine Hike  
April 24: M&M Trail Hike

#### MAY 1993

May 1-2: Trail Maintenance Hike  
May 3: Map/Compass I Clinic  
May 4: Club Meeting  
May 10: Minimum Impact Clinic  
May 15-16: Mt. Washington Overnight Hike

#### JUNE 1993

June 1: Club Meeting  
June 5: National Trail Maintenance Day Hike  
June 5: Mt. Greylock Hike  
June 7: Map/Compass II Clinic  
June 12: Mt. Grace Hike  
June 14: Camp Cooking Clinic  
June 26: Monroe St. Forest Hike

## HIKE INFORMATION (CONT)

**M&M TRAIL HIKE.** Join us as we travel along one of the nicest sections of the M&M Trail. This hike is a moderate 6-8 mile trek, with some nice peaceful areas. We will meet at Backpacking ETC. at 7:30 am on Saturday the 24th, and should return at about 4:00pm. Contact Ray Tibbetts if you plan on going. Standard day pack is required.

**MOUNT WASHINGTON STATE FOREST OVERNIGHT HIKE.** Backpacking at it's greatest. Come and stay overnight or just come for the day on this excursion into the wilderness of Mt. Washington State Forest. We will meet at the store at 7:30am on May 15th and return at about 3:00pm on the 16th. A packing list is available at the store, just ask Ray. If you plan on going let Ray know, and it would be a good idea to attend the meeting for the What to Pack Clinic.

**NATIONAL TRAIL MAINTENANCE DAY HIKE.** Come and support trail maintenance efforts. We will be working with the Appalachian Mt. Club on one of the area trails for the day. More information will be available at the store when we receive it.

**MOUNT GREYLOCK HIKE.** Hiking to the summit of Greylock along the AT is great during this time of the year. This is a moderate hike of about 5-6 miles. We will meet at the store on June 5th at 7:30 and return at about 4:00pm. Standard day pack and some spending money for Bascom Lodge is highly recommended. Let Ray know if you plan on going.

**RETURN TO MT. GRACE.** For those of you who remember the Mt Grace/Mt Everett hike last summer, well here we go again. This is a 6-7 mile moderate hike. We will meet at the store at about 7:00am on the 12th and return at about 4:00pm. Standard day pack, and at least 2 qts of water should be brought. Contact Ray if you plan on going.

**MONROE STATE FOREST HIKE.** This hike is more of scouting hike to see what the condition of the hiking trails are like in Monroe State Forest. If you plan on going, we will meet at the store at 7:30am on the 26th and should return at about 3:00pm. Standard day pack and 2 qts of water should be brought. Contact Ray if you plan on going.

---

Accept the challenges that life throws at you. You only go around once in this lifetime, so do not miss out on an opportunity to be more than you thought you could be!

---

## Western Mass. Outdoor Adventures

Ray Tibbetts has all the information concerning Trips, and courses that Western Mass. Outdoor Adventures is offering this Spring thru Fall. If you are interested in any of the trips or courses see Ray.

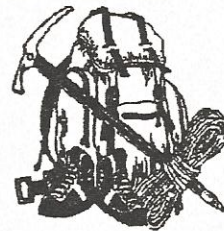
The Mount Katahdin Trip is all set for August. If you want the opportunity to climb to the top of one of the most majestic mountains on the east coast you should sign up early. You can make installments for the trip or any of the trips for that matter.

Other backpacking trips during the season are:  
**WHITE MOUNTAINS TRIP** May 28th - 31st  
**MAINE'S 100 MILES** September 16th - 20th

Also being offered this year is a Teen Adventure Week. This is a 7 day trip into the woods for teenagers 15-19. Backpacking, survival, group dynamics, and a whole lot more. So if you know of a teen who is board with the same ol' humdrum this is the summer camp experience of a lifetime.

Don't forget Rock Climbing. W.M.O.A has expanded their Rock Climbing Program. They now can take you from beginner through intermediate to advance programs. Also, for the shy, they now have private guided lessons. So if you want to get vertical, they got the program for you.

Again, see Ray for information. Also, it would be a good idea to register early. There was a lot of interest in the trips and courses during the Camping Show!



## SWAP SHOP TIDBITS OF BACKPACKING INFORMATION

There are certain items, things, stuff that you should always take with you even on short ventures from your camp, or just on a day hike. The items, things, or stuff mentioned are basic categories, trade models or names vary, but concepts remain the same.

1. **Map of the Area.** You never know when you will need it. A topographic map and a trail map of the area together will help to keep you along the right path.
2. **Compass.** Together with the map you will find your way home.
3. **Extra food.** Plan on bringing food enough for your excursion plus one to two emergency items. These items should be things that can be kept for a long time like power bars.
4. **Water.** You should always bring at least 2 qts of water with you. You need it.
5. **Extra Clothing.** A lightweight sweater, rain pants and a rain jacket will keep you warm and dry should you find yourself in a situation you didn't plan on being in.
6. **Sunglasses.** Bright sun can hurt your eyes, especially over snow or at high altitudes.
7. **Flashlight, with extra bulb and batteries.** You never know when your return trip from the summit will be a nocturnal one!
8. **Matches.** These are extra matches than your normal stash. Wooden matches in a sealed container like a film case work wonders.
9. **Fire Starter.** Stuff like Mautz Fire Ribbon. This stuff will help you start your emergency fire in the toughest conditions.
10. **Pocket Knife.** The ol' trusty Swiss Army Type knife fits this bill.
11. **First Aid Kit.**