



A Special April Supplement of Footprints

The Ten Essentials

by Erin Squires

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(April Fool's
Edition)

The ten essentials are the hiker's survival tools. I have been hiking since 2015 and considering I have not been seriously injured or died I would consider myself an expert. I will share with you my tips for the ten essentials.

Here are some disclaimers before I share with you my ten essentials:

1. My level of experience ranges from local hiking, Katahdin in Maine, and the White Mountains in New Hampshire. I have completed 43 of the 48-4000 footers in the White Mountains.
2. When I pack my backpack, I pack for survival first, my comfort second, and weight third.
3. All the advice that I am sharing with you came from members of PVHC.

My Ten Essentials

1. Extra food

- a. In the heat of the summer there is nothing like a tuna or egg salad sandwich to enjoy at the summit. I always pack 2 extra sandwiches if I must spend the night or to share with a fellow hiker.
- b. In the winter I find that a Hungry-Man frozen dinner or two hit the spot. I have a 15-inch micro microwave that packs up nicely with some bungee cords. For electricity I have a newly purchased gas-powered generator. I purchased this because the extension cord was tripping up hikers behind me.

"All the advice that I am sharing with you came from members of PVHC."

~ Erin Squires

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*“In the winter everyone knows that water freezes in your bladder, so I replace my water with gin.”
~ Erin Squires*

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2. Water

- a. In the heat of the summer there is nothing like milk. It packs all the vitamins and nutrients a hiker needs.
- b. In the winter everyone knows that water freezes in your bladder, so I replace my water with gin.

3. Map

- a. My trusty globe has not let me down so far.

4. Compass

- a. Now that I don’t have the extension cord anymore for my micro microwave, I had to go out and purchase a compass. I have to say it does handle those rough trail heads really well.



5. Rain gear and extra clothing

- a. Bear fur coat, repels the rain and keeps you warm.



See **Ten Essentials** continued on page 3

Ten Essentials continued from page 2

6. First Aid Kit

- a. This is where I save the weight and space in my backpack. One band aid.

7. Flashlight

- a. Simply strap this to the top of my head and I am good to go when the sun goes down.



8. Pocketknife

- a. Machete. I like to be prepared for bushwhacks.

9. Waterproof matches

- a. This is another one I like to save on weight and space. One match is all you need.
- b. I've also watched all the Survivor seasons so I should be all set if the match does not work.

10. Sun protection

- a. I wear a hat.



*"I've also watched all the Survivor seasons so I should be all set if the match does not work."
~ Erin Squires*

Just kidding, those who know me know I drink red wine, not gin!

--Erin Squires



PVHC Survey for New Meeting Location

by PaPa Smurf

"I am happy to report that the club has been offered a perfect new location for club meetings."

~ PaPa Smurf

At the club meeting in March, we discussed the possibility of changing the in-person meeting location. After an exhaustive in-depth survey of the membership-at-large we have concluded that the club should move forward with finding a new location that is more centrally located to encourage new members to join the club.

I am happy to report that the club has been offered a perfect new location for club meetings. The pastor of the Church of Smurf Monastery in Gogebic County, Michigan, has graciously offered the use of the Smurf Church for our meetings. Equally distant from both the Atlantic Ocean and Pacific Ocean the Upper Peninsula of Michigan is equally accessible to almost all residents of the United States of America. In addition, this new location's close proximity to Canada presents a great opportunity for the club's international expansion.

I am enthusiastic to report that in addition to providing a perfect environment for our club meetings the Church of Smurf has also offered to provide ceremonial church wine and monastery-brewed, fine ales for refreshments after all meetings. In addition, access to the kitchen facilities, located on the altar, are available for serving refreshments (all excess food becomes the property of and for exclusive use only of the Smurf after all meetings).

Please note that Smurf is providing the location and services at no charge to the club but that all donations and food contributions are wholeheartedly accepted. Note also that all food donations will be donated to the "Begging Spoon for Hungry Hikers Charity," a most worthy organization.

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New Meeting Location *continued from page 4*

Due to the UP location it is asked that club members arrive early during the fall, winter, and spring months to help out shoveling snow in the parking lot before all meetings. If we all chip in it's a simple task clearing the snow of only a few hours to a half a day so come early. While unlikely, it is possible we might also have to shovel snow in the summer months....

Thanks for moving the club meetings to such an ideal location!

Looking forward to see you all up in the North Woods.

--PaPa Smurf

Pastor of the Church of Smurf Monastery

Member of the Universal Life Church



PaPa Smurf

“Due to the UP location it is asked that club members arrive early during the fall, winter, and spring months to help out shoveling snow in the parking lot before all meetings.”

~ PaPa Smurf



"...PVHC's executive board has decided that if you want to become or to continue to be a member of PVHC you will have to get a colonoscopy."

~ Dick Lost & in the Forest

A New Requirement for PVHC Membership

by Dick Lost & in the Forest

Since our membership is getting older, and some of our members are getting long in the tooth, PVHC's executive board has decided that if you want to become or continue to be a member of PVHC you will have to get a colonoscopy. Beginning effective date: April 1, 2022. Members 45 years and over will need to get this accomplished by the last day of 2022, or a note from their doctor stating that they have undergone this procedure within the last 10 years. Or else, if this new mandate has not been accomplished by the end of 2022, then their membership for the new year will be denied. The executive board made this decision as a prophylactic measure to ensure the longevity of its members, and therefore, the club. If we, as a club, are not getting younger members to join our club, the executive board wants to ensure that our club members survive well into their later years.

Does that mean that club members need to live well into their 70's, 80's, and 90's? Yes, it does. Then, if that's the case, our club has to thrive as older folks. So why a colonoscopy? In this age of health consciousness (i.e., partly thanks to the Covid-19 pandemic), the executive board wants to eliminate the third leading cause of death by cancer. The executive board doesn't want its members dying off prematurely from colorectal cancer. So if you are 45 years or older, you will need a certificate from your doctor stating that you have had a colonoscopy within the span of at least the last 10 years.

The executive board will name a colon czar to administer this new membership requirement. He or she will make sure every club member adheres to this new club policy without exception, no ifs, ands, or butts.

The executive board is sincerely optimistic that everything will come out alright in the end, and that all's well that ends well.

--Dick Lost & in the Forest

Upgrade Your Fitness Tracker

by PaPa Smurf

I know many of my fellow hikers like to wear fitness trackers. It's a fun way to keep track of how much you exercise and hike. It's also a great way to socialize where you can compare how many steps you hike with others. I also know how it can sometimes feel pretty competitive out there. The stress of keeping up with some other hiker's daily step challenges can be quite draining. Not to fear I have found the perfect solution. Goozgle, a new spin off of Google, has just introduced their new premium fitness tracker.

In addition to all the standard fitness tracker features the Goozgle fitness tracker comes with the patented double steps option. For every step you take the Goozgle counts double. In no time you will be beating all your friends step counts. Don't have the time to get enough steps in yourself, with Goozgle you also have the option of buying addition steps, too. Monthly subscriptions are available to add 5000, 10,000, or even 20,000 steps to your daily average! Or opt for the deluxe package that includes unlimited steps.

Join Goozgle now and show all your hiking friends your new amazing step challenge progress you have made since your last hike together.

--PaPa Smurf

"The stress of keeping up with some other hiker's daily step challenges can be quite draining."

~ PaPa Smurf



Ultralight Hiking Ideas

by PaPa Smurf

“Try these ultra cheap ways to backpack and stay ultralight, too.”

~ PaPa Smurf

Ultralight doesn't have to mean expensive. Try these ultra cheap ways to backpack and stay ultralight, too.

- Combination raincoat, pack cover, and rain shelter. By combining all three functions into one item you simplify and lighten your hiking needs. I like a simple large trash bag or 3-mil plastic painters drop cloth. It can easily be fashioned into tunic/dress to keep you dry hiking in the rain. Drape it over your backpack as a pack cover. Or use as a tarp. Note of warning: if, like me, you choose to use a clear plastic drop cloth as your raincoat/tent be sure not to forget PJ's if you normally sleep in the buff. Apparently it's a bit see through and it sometimes upsets fellow campers...or so I hear.
- Cardboard box ultralight backpack. A perfect opportunity to recycle that Amazon Prime box you got in the mail. Just securely tie some shoulder straps made from string, rope, or even leftover Christmas wrapping ribbon. Fasten an old rope for a hip belt and load her up with your hiking gear. You're good to go. Note that in camp your cardboard box backpack doubles as a shelter. Just unfold and use the shoulder straps and hip belt as guide ropes. I recommend that you throw your raincoat over top as the box doesn't always hold up in wet weather.
- Men's super light hiking shorts. I found the perfect ultralight men's hiking shorts option at the dollar store. Ladies' thong underwear! They are much lighter than regular men's hiking shorts and bonus they are cooler and never cause chafing!
- Ultralight cook kit. I used to carry a full mess kit: pots, lids, fry pan, plates, mugs, knives, forks, spoons, stove, etc. Heavy, complex, messy and a chore to lug around and keep clean. Over time I learned to pare it down to just the essentials. First, I eliminated any extras I seldom used limiting myself to just one plate, bowl,
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Ultralight Hiking Ideas continued from page 8

cup, and pot. I stopped carrying a stove and either ate cold or built a campfire. Then, I even dumped the bowl and cup and ate out of my pot. I even dropped my knife and fork focusing on only eating with a spoon. Over the years it became obvious that without a stove or key essential kitchen supplies you could easily get people to feel sorry for you and they generously would share their food with me. I found I seldom needed even my pot, and as any good ultralight hiker will tell you, if you don't use it don't bring it. Voila! The one item kitchen kit was born - I call it my begging spoon!

Hopefully these helpful tricks will help lighten your next backpacking trip. Look for more useful tips in the next issue of PaPa Smurf's Advice Column.

--PaPa Smurf

"Voila! The one item kitchen kit was born - I call it my begging spoon!"
~ PaPa Smurf



New Hiking Hygiene Product

by PaPa Smurf

“Now offering a battery-assisted, automated toothpaste cap.”

~ PaPa Smurf

New easy to open battery-powered toothpaste lid. Too tired to brush your teeth after a long hike? Too hung over from too much jungle juice at the backcountry campfire and can't figure out how to open the toothpaste in the morning. Smurf has you covered. Now offering a battery-assisted, automated toothpaste cap. Just replace the cap on your normal toothpaste tube with our patented autocap and just use your bluetooth-enabled cellphone app to pop open your tooth paste. Easy as a Smurf kissing a Smurfette. Also available with the ultralight solar power backpacking charger. Don't let a low battery get in the way of good dental hygiene on the trail.

– PaPa Smurf

UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Monday Morning
Hikes w/ Chip
(MA) Monday Morning
Hikes w/ Various Leaders
- Every Tues. (MA) Tuesday Morning
Hikes w/ Various Leaders
(MA) Tuesday Evening
Hikes w/ Lori
- Every Wed. (MA) Wednesday Morning
Hikes w/ Deb & Cheryl
- Every Thurs. (MA) Thursday Morning
Hikes w/ Various Leaders
- Every Sat. (MA) Saturday Morning
Hikes w/ Various Leaders
- Every Sun. (MA) Sunday Morning Hikes
w/ Various Leaders
- April 5 Club Meeting
- May 3 Club Meeting

IMPORTANT NOTICES

Next Club Meetings:
 Apr. 5, 2022, 7 p.m. at **FBC**
 May 3, 2022, 7 p.m. at **FBC**

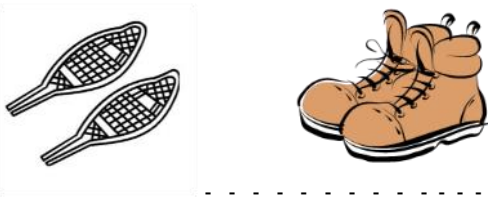
FBC - First Baptist Church, 337 Piper Road, West Springfield

This issue of *Footprints* is dedicated to my Mentor-in-Jest, John "PaPa Smurf" Klebes, former *Footprints* Editor ~ Dick Lost & In the Forest

Deadline for submissions to the next *Bootprints* is April 20, 2022

**** Check out our web page at:**
www.pioneervalleyhikingclub.org

Members may join the PVHC Email List by sending a message to:
pvhc.hikingclub@gmail.com



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