

Mountain Travel & Rescue ONE

Preparing for this course

Clothing

Course activities will be both inside and outside, **regardless** of the weather. Dress in layers so that you can easily adjust your wardrobe to stay comfortable. Even if there is no snow on the ground, it is a good idea to bring your ski clothing for warmth, particularly after the sun sets. Wind chill is always a factor at High Point.

Check the weather forecast. Plan for the worst and hope for the best.

Shelter

We will be sleeping outside on Saturday night. A few hardy students have slept out in improvised shelters, but a tent is strongly suggested. If you have a choice of different sized tents, it may be easier to find a spot for a smaller, backpacking type of tent as opposed to a larger, family-style tent.

We will be in northern NJ and there may be a rock, or two, on the ground. You may want to bring a heavy sheet of plastic or tarp as a ground cloth to put under your tent and a hammer to pound in your pegs.

In addition to pegs, be sure to check your tent **before** you leave home and make sure that it has all of the parts and pieces that it needs, e.g. pegs, poles, ropes, and fly.

Sleeping Gear

It can be cold at night, so prepare accordingly:

- Borrow and bring an extra sleeping bag, or two. Sleeping bags can be put inside of each other as well as used for padding.
- Bring at least one or two pads to insulate you from the cold ground. Closed cell foam and self-inflating pads are good if you have them, but air mattresses are not. Blankets or an extra sleeping bag can also serve as padding/insulation from the ground.
- It is recommended to wear a hat and/or hood at night to reduce the heat loss from your head.
- A pillow can also add to your comfort.

In the event of an emergency, there will be a designated shelter nearby.

Food

There are four meals during the course. You will need to bring food for dinner on Saturday and can optionally purchase lunch for a nominal fee. A light breakfast will be provided on Sunday.

Saturday

- Lunch
 - Food (most likely hotdogs) will be available for purchase.
- Dinner (Pot Luck)
 - Bring something to cook and share – be creative!
 - A camp fire, propane stove, and propane grill will most likely be available.
 - Please bring your own pots/pans.

Sunday

- Breakfast (Simple)
 - Coffee, hot water, hot chocolate, instant oatmeal, pastries will be provided.
 - Unless you get up early, there is no time allotted for cooking.
- Lunch
 - On your own.

We will be in northern NJ and may be a bear, or two, in the area. All food and garbage should be properly stored away before going to sleep on Saturday night.

Additional Equipment

In addition to your shelter and sleeping gear, if you own or can borrow any of the following equipment, please bring it with you:

- Camp chair
- Camp Stove with fuel
- Pots, pans, and utensils for cooking
- Compass
- Handheld GPS with fresh batteries

You should be able to borrow or improvise all equipment needed for this weekend. If in doubt, bring extra equipment and cache it in your car. It is better to have it nearby and not need it.

There is no requirement to backpack or otherwise transport your gear any significant distances.

Illumination

It will be dark at night. Sunset is at 4:29 PM and it will be a full moon on Saturday. Bring at least one flashlight with fresh batteries.

A headlamp is great if you own or can borrow one. If you want to buy one thing for this weekend, a headlamp is a good investment. You can pick up a decent “Energizer” headlamp for \$15-\$20 from Walmart or Lowes.

References For Good Measure

Here is some good reference material available on the Internet. At a minimum, read through the REI article and then the Princeton Outdoor Action Guide to Winter Camping—they are both short reads.

- REI Expert Advice:
 - How to Go Winter Camping and Backpacking
 - <http://www.rei.com/expertadvice/articles/winter+camping.html>
 - Princeton Outdoor Action Guides:
 - Winter Camping
 - <http://www.princeton.edu/~oa/winter/wintcamp.shtml>
 - Snow Shelters
 - <http://www.princeton.edu/~oa/winter/wintshel.shtml>
 - Hypothermia And Cold Weather Injuries
 - <http://www.princeton.edu/~oa/safety/hypocold.shtml>
 - com:
 - An introduction to Backcountry Winter Camping
 - <http://www.scoutscan.com/resources/snocamp.html>
 - The Lightweight Backpacker:
 - Winter Camping Tips
 - <http://www.backpacking.net/wintertips.html>
 - com:
 - 20 Tips on Sleeping Warm in the Outdoors
 - <http://www.chiff.com/a/camping-sleep-warm.htm>
 - Mountaineering: Freedom of the hills
 - The ultimate guide for mountaineering
 - [Mountaineering link on Amazon](#)

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