

# Mountain Hiking School Spring 2019

## General Outline

### Fundamentals

- Gear for all seasons (clothing, boots, packs, hiking poles, 10 essentials, etc.)
- Nutrition, hydration & developing fitness for hiking
- Weather & other hazards (tree fall, stream crossings, wildlife, floods, fires, rock-fall, etc.)
- Trip planning (maps, weather, distance, elevation gain, altitude, terrain, safety rules)
- Hiking styles (the importance of pace, the rest step, pressure breathing)
- Group dynamics (leading, following, sweeping, CMC rules, cohesion, efficiency, dealing with differences in fitness/goals, roster compatibility, etc.)
- Ethics (minimizing environmental impacts, leave no trace, human waste, trail courtesy, helping strangers, etc.)

### Navigation

- Maps (topographic, hybrid satellite, trails, internet resources, etc)
- Terrain & land cover interpretation from topographic maps & aerial images
- On-trail travel & route planning
- Off-trail travel & route finding using map & compass
- Cell phone apps for basic compass, elevation, slope angle, location estimation (use as a GPS should be a separate workshop)

### Emergencies

- Acute mountain sickness & other common health problems during mountain travel
- Emergency situation process & decision-making
- Initial first aid & comfort for the injured
- Getting help (low-tech methods, cell phone, PLBs)
- Overnight survival in all seasons

### Dates

Tuesday March 19 to Saturday April 20; April 27 is held as an alternate date in case of bad weather

**Lectures** (5) Tuesday Evenings: March 19, 26; April 2, 9, 16

**Field Trips** (5) Saturdays: March 23, 30; April 6, 13, 20 (or 27)

## Personnel, Lectures & Field Trips

Technical Director: Ward Whicker

Administrative Director: JoAnn Herkenhoff

Potential Instructors & Lecture Topics:

Ward Whicker: Gear, general hazards, hiking styles, group dynamics  
snow travel, AMS, getting help, overnight survival,

JoAnn Herkenhoff: Nutrition & hydration, fitness preparation, ethics

Joe Grim: Weather

Scott Farquhar: Maps, trip planning, on-line resources, route finding

David Wasson: Navigation by map & compass, emergency situation process

Field Trips- Interpretive with most topics discussed on hike ( $\geq$ 2-3 leaders on each trip):

- Hike in Lory State Park on fundamentals (A hike, on trail): 3/23/19
- Hike in Lory State Park on navigation (A hike, some off-trail): 3/30/19
- Hike in Lory State Park on emergency process & survival (A hike): 4/6/19
- Hike in Poudre Canyon or Lory Park on route finding (B hike, off-trail): 4/13/19
- Graduation hike to alpine summit near Cameron Pass using snowshoes, ice axe: (B hike, off-trail): 4/20/19

## Course Requirements

- CMC membership
- Age of 18 or older, unless we have parental permission & justification
- Good "A hike" fitness & motivation
- Students must have or purchase basic gear & clothing (we can provide ice axes)
- Course fee: \$125 (\$75 reimbursable to students who become FC-CMC leaders within 12 months). We might consider a reduced fee (say \$50) for existing active CMC leaders if space is available.

## Limitations & Course Rules

- Number of students 18
- Fees are for the purpose of space rental, audio-visual equipment, handouts, etc. Field trips are not fee-based, must be led by active CMC leaders, and must be posted on the CMC calendar as "trips".
- Ride shares for field days will be handled as they are on normal CMC trips

## Advertisement:

The 2019 Mountain Hiking School (MHS) will be offered this spring, **March 19** through **April 20**. The course will be patterned after previous offerings of the MHS, as well as the Denver Group's Wilderness Trekking Course. The planned MHS will consist of five 3-hour lectures (Tuesday evenings) and 5 all-day field trips (Saturdays). The primary subject areas include **Basic Fundamentals** such as: gear, nutrition & hydration, natural hazards, trip planning, hiking styles, group dynamics, and back-country ethics. **Navigation** and route-finding on- and off-trail will be heavily emphasized, using maps, compass and other readily-available tools and I-phone applications (other than GPS). Students will also learn how to deal with **Emergencies** such as illness, injury, getting help and overnight survival. Additional details are available (see **LINK a**)

This course will help prepare students for hiking safely and competently in all seasons in the Colorado Mountains, at varied elevations and under challenging weather conditions. It will also provide invaluable information & experience for those who might want to eventually become official CMC leaders. Completion of the course will also help prepare those who may be interested in enrolling in our springtime Alpine Scrambling Course, Basic Mountaineering Course, as well as other educational clinics & workshops. Four field trips will be conducted at lower elevations where snow may or may not be present, while the graduation hike will be at elevations from over 10,000' to about 11,500' and on snow. The B Level graduation hike will involve snowshoe travel, ice axe practice on moderate terrain, and a Class 2 ascent of an alpine ridge to a summit offering exceptional views.

Students are expected to attend all lectures and field trips in order to receive a certificate of completion. Enrollees are expected to be CMC-Fort Collins Group members, 18 years of age, to have good fitness & motivation, and to provide or purchase all necessary clothing & basic recommended gear. We can provide ice axes for the graduation climb. Necessary purchases can be made after the first classroom where gear will be discussed in detail. The course fee will be \$125 for those registering by February 15, and \$150 for those registering after that date. Course fees are used to rent space & equipment, prepare written materials, and meet other costs of classroom or internet instruction. Field trips are free, except for customary ride shares. Students who become CMC leaders within 12 months of completing the course can receive a rebate of \$75. **Applications** for the spring 2019 course (see **LINK b**) must be received by the Administrative Director, JoAnn Herkenhoff at (email: [JoAnnHerkenhoff@msn.com](mailto:JoAnnHerkenhoff@msn.com)) no later than March 15, 2019. The class will be limited to 18 students. Questions about the course may be directed by email to JoAnn or to Ward Whicker, Course Director ([ward.whicker@colostate.edu](mailto:ward.whicker@colostate.edu)).

## Application for the Mountain Hiking School (Spring 2019)

Full Name\_\_\_\_\_

CMC Membership Number\_\_\_\_\_ Expiration Date\_\_\_\_\_

Briefly describe your hiking experience:

Briefly describe your general fitness level:

What are your motivations for taking this course;

Do you have any known medical conditions that might impair completion of a hike?

Do you have any known limitations concerning strenuous hiking at higher altitudes?

Please provide full contact information (email, home phone, mobile phone):

Please provide full contact information for an emergency contact:

Do you expect to be available for all the dates planned for lectures and field trips?

List any questions or concerns you may have:

Please return completed questionnaire to JoAnn Herkenhoff ([JoAnnHerkenhoff@msn.com](mailto:JoAnnHerkenhoff@msn.com)).

The course fee of \$125 (\$150 if received after March 15) will be collected at the first classroom session. Please make payment in the form of check or money order, payable to "Fort Collins Group, Colorado Mountain Club".