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What's in a Leader's Pack?

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Factors to Consider Before the Trip

- Trip Planning
 - Where, When, How, and “What If”
 - Light and Fast vs. Heavy and Slow
- Participant Screening
 - Who, Clothing, Gear, Equipment, and Experience
- Your Own Personal Experience(s)
 - Know what you know, know what you don’t
- The “Space Between Your Ears” – Use it!



What Do You Need to Prepared For?



What Do You Need to Prepared For?

- Minor Medical Issues
 - Bumps, Scrapes, Blisters, and/or Muscle Cramps
- Intermediate Medical Issues
 - Sprains, Strains, Hyperthermia, and/or Hypothermia
- Advanced Medical Issues
 - Dislocations, Broken Bones, and/or Head/Spinal Injuries
- Other Stuff
 - Forgotten Clothing, Gear, and/or Equipment
 - Personal Medical Conditions
 - Group gets Separated or Participants get Lost



The Ten Essentials (1974 vs. 2017)

TEN ESSENTIALS: THE CLASSIC LIST

1. Map
2. Compass
3. Sunglasses and sunscreen
4. Extra clothing
5. Headlamp or flashlight
6. First-aid supplies
7. Firestarter
8. Matches
9. Knife
10. Extra food

TEN ESSENTIALS: FREEDOM 9 SYSTEMS

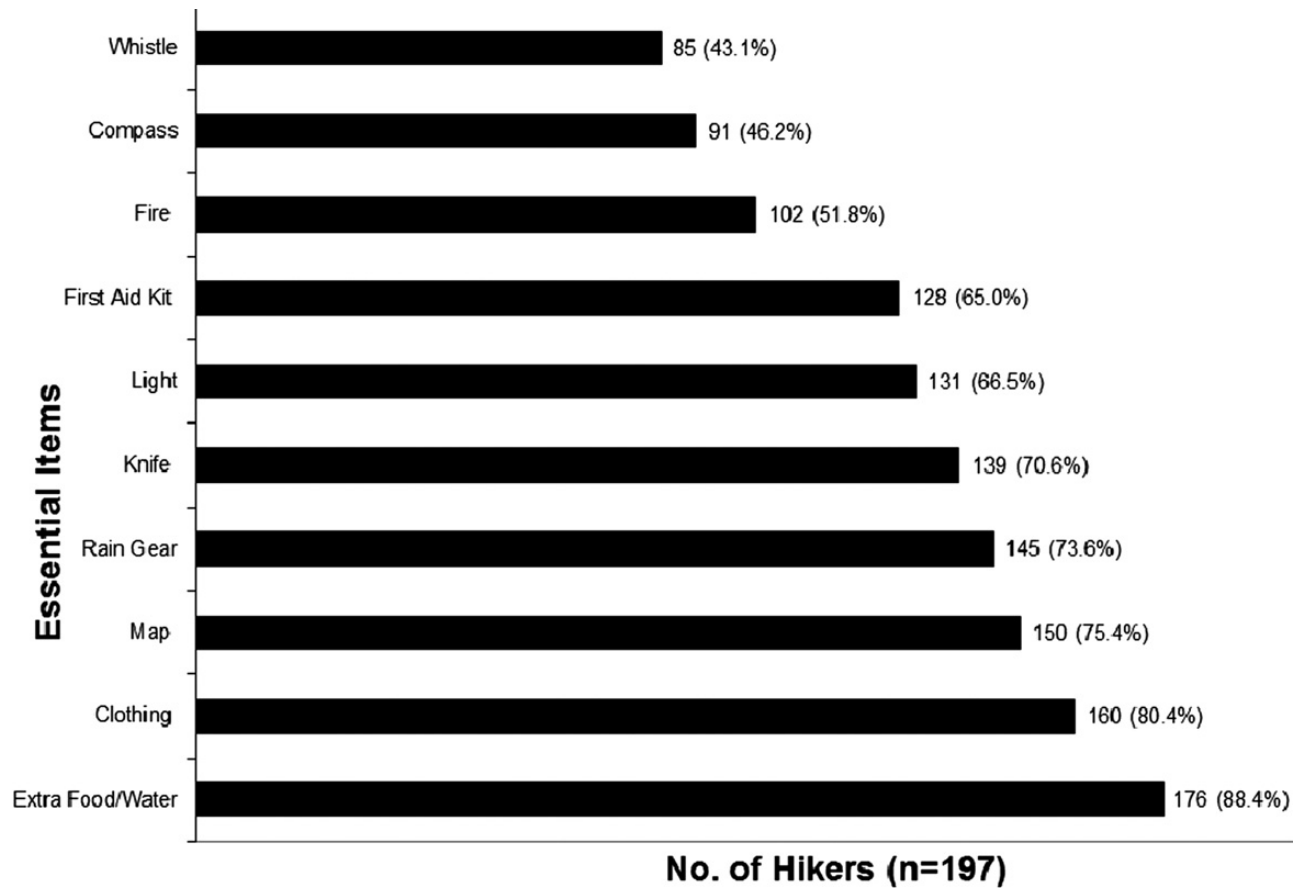
1. **Navigation:** Map, altimeter, compass, [GPS device], [PLB or satellite communicators], [extra batteries or battery pack]
2. **Headlamp:** Plus extra batteries
3. **Sun protection:** Sunglasses, sun-protective clothes, and sunscreen
4. **First aid:** Including foot care and insect repellent (if required)
5. **Knife:** Plus repair kit
6. **Fire:** Matches, lighter and tinder, or stove as appropriate
7. **Shelter:** Carried at all times (can be light emergency bivy)
8. **Extra food:** Beyond minimum expectation
9. **Extra water:** Beyond minimum expectation, or the means to purify
10. **Extra clothes:** Beyond minimum expectation



Who Carries What?



Who Carries What?



Why do we bring a pack?

- For ourselves: Anything to be comfortable in all conditions that could present on trips/FOR OTHERS
- WHAT DO MOST FATAL MOUNTAINEERING ACCIDENTS HAD IN COMMON?
 - Unprepared, inexperience/hubris, lack of skills/tools, IGNORED SMALL, CUMULATIVE SIGNS!
- MUST HAVE:
 - Right Tools/Hard Skills/ Experiential Knowledge/ Preparation-execution: Know The Area!



First Aid Considerations

- What are situations that could be present in the backcountry: all seasons
- Basic resolutions to issues: Shelter (hypo/hyperthermia), Stop Bleeding, Immobilize, Brace, Make Comfortable: Prevent Shock By Treating The Issue Quickly (the broken ankle won't kill you, shock will!)
- What will you need to handle each situation to get people out safely or stable until help arrives?
- Medical Supplies – check expiration dates



What's in the pack?

- Reading Glasses
- Quick clot
- Bandages
- Gauze
- Feminine pads/tampons
- Steri strips
- Tincture of Benzoine
- Duct tape
- Kineisiology Tape
- Ibuprofen Excedrin
- Baby Aspirin
- Benadryl
- Antacid
- Eye drops
- Emergen-C
- Sugar
- Salt
- Cravats
- Sam splint
- Chemical Heaters (electronics, boots, gloves, mitts later. Under arms/groin to help hypothermia in bag. Start early)
- Two large garbage bags
- Tweezers
- Emory board
- Moleskin
- NOTE PAD
- Pencil
- CPR mask
- Inhaler if needed
- EPI Pen if needed
- Chlorine dioxide tablets, Aquapure, OR Water Filter
- Ziplocs- flush wounds, ice pack, vapor barrier, wind barrier...
- Glide (Tyvek floss) w/ needle
- BIVY Bag
- Head light
- Extra light
- Batteries
- PACK LINER BAG



What's in the pack?

- **Fire Start:** Drier Lint, Fine Steel Wool, Fatwood, Magnesium Shavings, Flint & Steel, Matches w Striker, Birch Bark, Wax, insta fire
- **Stove, Fuel/ Cup or small pot (aluminum)**
- **Climbing Carabiner**
- **Para/Dyneema Cord (Know Knots)**
- **Insulated Pants (winter)**
- **Map/Compass (Know How To Use)**
- **Trip Description**
- **Baby Pliers (X 2 Winter)**
- **Steel Key Rings x 2**
- **Heavy gauge wire**
- **Dentafix**
- **Parka, Down Sweater, Fleece Vest, Primaloft Sweater, Rain Coat/Pants**
- **Traction**
- **Thin Gloves, Wool Gloves, Ascent Gloves, Mitts, Waterproof Thin Gloves If Conditions Warrant**
- **High Caloric Dense Food/Protein**
- **Toilet paper**
- **Hydration/ Little Extra**
- **Goggles Or Glasses Depending on Conditions**
- **Hat For Conditions/Hood**
- **Tarp**
- **Vapor Barrier Bags**
- **Trowel For Cat Holes (3 season)**
- **Pack Cover if wet conditions Poles**
- **Chapstick, use for face and lips**
- **Emergency Bivy bag (waterproof, breathable insulated)**
- **Sleeping Pad**



Not in the pack, but game changers!

- Ability to start fire in poorest conditions
- Ability to create quick shelter from trees/snow
- Know How to move someone, it's not easy!
- The Will To Survive/ Proactive/ Stay Positive & Cohesive.
- KNOW WHEN TO SAY NO!
- DO NOT PANIC!
- Practice how to set tarp/tent in cold/wind/dark



Key for any Leader

- **KNOW YOUR GROUP:** What skills and needs to do they have.
- Identify before you set off on the hike:
 - Always do last minute essential check before hitting trail, people often forget something in car or at home, as leader I often bring extra stuff in car in case.
- **MAKE A LIST & CHECK BEFORE LEAVING HOME.** Don't check off till in pack or in car.
- Plan For The Best, Prepare For The Worst.
- Lighten packs: Ounces add to pounds, get a ounce/gram scale and weigh gear choices, take the lightest of the appropriate gear. Pick up participants packs to see if too heavy, or too light...
- If you need to ask yourself more than twice to do something, **DON'T PROCEED, TURN AROUND!!!**
- **TRUST YOUR GUT INSTINCT!**





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