

Trails Club of Oregon

Name of trip

Dates of your trip

This is a sample of some of the detailed information that could be included as an additional document for participants on a backpack. The specific information will depend on the type of trip, familiarity with the participants, etc. Make it work for you and your trip by removing sections that don't pertain and adding sections that you feel are needed..

If you are leading for a group other than the Trails Club of Oregon, check the leader manual for that group.

-Brief description of the trip

This is typically the trip write-up used to publicize the trip.

Example: This will be a 6 day (5 night) backpack in the Goat Rock Wilderness area of Washington with a total of 40 miles and 6500 feet of elevation gain. There will be little if any off trail hiking but the trip is rated as a "C" due to poor condition of some of the trail and the possibility of snow on the Packwood glacier. We will have one lay over day near Snow Grass Flats.

-Leaders

Leader and any assistant leaders.

Name	Phone number	Email	Address

-Participants

Name	Phone number	Email	Address

-Forms to be completed

Different clubs have different forms. Examples of Trails Club forms include:

-**Release Form**: Complete this form, sign it, and return it to leader

-**Emergency Contact Form**: Complete this form and carry it in your 1st aid kit throughout the outing.

-Schedule of events

-Fri, Aug 13:

-travel to Mammoth Lakes (fly to Reno; pick up rental vehicle)

-check in at Sierra Nevada Roadway Inn

-restaurant for dinner

-Sat, Aug 14:

-restaurant for breakfast

-ranger station? / check out Mammoth Lakes? / last minute items?

-drive to trailhead for dayhike / lunch on hike

-clean up at Sierra Nevada Roadway Inn

-restaurant for dinner

-Sun, Aug 15:

-restaurant for breakfast

-check out from motel

-shuttle bus to Agnew Meadows TH

-begin BP

-Mon, Aug 16 - Fri, Aug 20:

-BP

-Sat, Aug 21:

-complete BP

- shuttle bus to vehicles
- check in and clean up at Sierra Nevada Roadway Inn
- restaurant for dinner
- Sun, Aug 22:
 - check out of motel
 - early departure at least for fliers
 - eat along drive
 - return rental vehicle at Reno airport
 - flight / drive to PDX

-Air travel

- bus & MAX to get to airport
- Rich, Anne, Ken, and Judith will fly from PDX to Reno & rent a vehicle
- Southwest Airlines (SWA) / only carrier with non-stop flights / flight info available for 6 months out
- (800) 435-9792 / www.IFlySWA.Com
- fares to check out: Advanced Purchase Fare (round trips), Fun Fare (1-way); Promotional Anytime (1-way)
 - Sat, 8/13 / Flight 1357 / be at PDX airport 60 minutes in advance
 - Lv PDX Ar Reno
 - 9:45 11:05
 - Sun, 8/22 / Flight 1043 / be at Reno airport 90 minutes in advance
 - Lv Reno Ar PDX
 - 10:50 12:10

-Land travel

- Doug will leave early Thursday for drive to Mammoth Lakes / fliers get packs to him before then
- Bob drive from Salt Lake City to Mammoth Lakes
- 164 miles from Reno to Mammoth Lakes, roughly 3 hours driving time
- four fliers rent vehicle at airport in Reno
- booked vehicle rental via SWA website / cancel via website / questions or changes, Budget at (877) 468-7835
- Budget / Confirmation 45404209US4 / \$460.37 / SUV (Ford Explorer or comparable)
 - pick up Reno airport 11:30 AM Friday, Aug 13
 - return Reno airport 10:30 AM Sunday, Aug 22

-Meals while traveling

- | | |
|------------|-------------------|
| Fri Apr 10 | lunch, dinner |
| Sat Apr 11 | breakfast, lunch |
| Sat Apr 18 | breakfast, dinner |
| Sun Apr 19 | breakfast |
- options: bring food along, buy grocery store, eat at airport or restaurant

-Meals when on South Rim at Grand Canyon

- | | |
|------------|-------------------|
| Sat Apr 11 | dinner |
| Sun Apr 12 | breakfast, dinner |
| Mon Apr 13 | breakfast |
| Fri Apr 17 | dinner |
| Sat Apr | breakfast |
- options: eat at restaurant, buy at store and prepare in camp

-Meals when on hike and backpack

- | | |
|---------------------|------------------------------------|
| Sun Apr 12 | lunch |
| Mon Apr 13 | lunch, dinner |
| Tue – Thu Apr 14-16 | 3 breakfasts, 3 lunches, 3 dinners |
| Fri Apr 17 | breakfast, lunch |
- total of 4 breakfast, 6 lunches, 4 dinners

-Lodging / trailhead accommodation

This is only needed for trips in which the participants will spend a night before or after the trip away from home. If you plan to stay in a motel, you can let the others know how to contact the motel in case they want to make reservations. For those who plan to camp at the trailhead, let the participants know about water supply, costs, et

-arranged through Sherry, AAA, (503) 243-6434

-Rich has a AAA membership / if anyone else is a member, bring your AAA card / the card may be needed for these rates

-Fri, Aug 13 / Sat, Aug 14 / Sat, Aug 21

-three rooms, all: 1st floor / non-smoking / 2 Qs / \$98.10 per night per room, taxes + fees additional / \$10 / per night additional for room w/three people

-room pairings: Bob & Doug (Benton reservation); Anne & Ken (Pekie reservation); Rich & Judith (Fuhs reservation)

-Sierra Nevada Rodeway Inn

164 Old Mammoth Rd / POB 918

Mammoth Lakes, CA 93546

(760) 934-2515

pool, so bring suit!, spa, continental breakfast

-Where & When to Meet:

If relevant. May apply to meeting in Portland, at PDX airport, at destination airport, at destination lodging, at trailhead – whatever is relevant for your trip.

-Information about area where staying

In this example, Mammoth Lakes, CA

-ranger station / Hwy 203:

-get permit; need to have reservation form

-check trail & backcountry conditions

-check bear situation

-check shuttle bus schedule, stops, & vehicle parking; for BP, single fare covers shuttle on both ends of trip

-Whiskey Creek Mountain Bistro / 24 Lake Mary Rd (good!)

-Vons Supermarket / 481 Old Mammoth Rd

-Mogul restaurant / just N of motel

-check AAA book & Chamber of Commerce magazine for things to do & see in area

-Schat's Bakery / 3305 Main St (there was also one in Bishop)

-<http://mammothweb.com/recreation/hiking.html/siteseeing/sites.html>

-Panorama Gondola / goes to 11,053' summit of Mammoth Mtn / great views

-Minaret Vista Point: best civilized spot to see Ritter, Banner, Minarets, & San Joaquin River drainage; also TH for trail to San Joaquin Ridge

-Weather on the area where staying and backpacking

In this example, the South Rim and in the Canyon in April

Average April temperatures, South Rim High 60, Low 32

Average April temperatures, within Grand Canyon High 82, Low 56

-here is the URL of the [Grand Canyon web site](#); note that the weather forecast on the South Rim includes rain, snow, and freezing temperatures; note that the forecast for Phantom Ranch (located near the bottom of the Canyon) includes rain and high winds

Bring clothing & sleeping gear to handle both climates; you likely won't need your warm clothing below the rim, and won't need summery clothing on the rim

-Trail and backcountry guides

Roper, Steve. Sierra High Route, Second Edition. The Mountaineers. 1997

Secor, R. J. The High Sierra: Peaks, Passes, and Trails, Second Edition. The Mountaineers. 1999

Winnett, Winnett, Morey, and Haber. Sierra North: 100 Backcountry Trips in California's Sierra, 8th Edition. Wilderness Press. 2002

-Maps

Here you list the necessary maps of the area and where to purchase them.

- recommended map: Devils Postpile / Tom Harrison Maps / scale 1:39,600 / 80' contours / plastic - weatherproof / updated 2003 / \$8.95 + \$2 shipping
- other good maps:
 - Ansel Adams Wilderness** / Forest Service / scale 1:63,360 / 80' contours / paper / \$10.95
 - Devils Postpile** / Wilderness Press / scale 1:62,500 / 80' contours / plastic / \$4.95 + \$3.75 shipping
 - Mammoth High Country** / Tom Harrison Maps / scale 1:63,360 / 80' contours / plastic - weatherproof / updated 2004 / \$8.95 + \$2 shipping
 - Mammoth Mtn** / USGS topo / scale 1:24,000 / paper / \$6 / this covers the area close to the trailheads
 - Mt. Ritter** / USGS topo / scale 1:24,000 / paper / \$6 / this covers the backcountry portion
 - custom map from Topo software / National Geographic based on USGS maps / available from kiosk in some REI stores or from the Topo software package for home use / scale 1:24,000 or 1:30,750 or a compressed USGS quad / contours vary / plastic / \$7.95 / elevations in metric
- sources for some or all of these maps:
 - Tom Harrison Maps / www.TomHarrisonMaps.Com / (800) 265-9090
 - Wilderness Press / www.WildernessPress.Com / (800) 443-7227
 - Inyo National Forest Ranger Stations / www.fs.fed.us/r5/inyo/maps/index.html

-Gear

You may want to include a gear list, but it is not required, especially for experienced people or those you have backpacked with previously. However, you should list anything that is somewhat unusual or particular to this trip. Examples would be a bear container, ice ax, footwear for wading streams, sleeping bag to handle the coldest anticipated night temperatures., etc.

This would also be a good place to let the participants know about anticipated night time temperatures and to remind them to have gear for hot, cold, wet, windy weather.

- the gear to be divvied up among the group consists of the water filters, the water buckets, and the group 1st aid gear
- whistle**: EVERYONE carry one in an easily accessible place
- bear canister** / food storage: **BEAR CANISTERS ARE REQUIRED**
- GO LIGHT!!!: your feet & body will thank you, and you'll likely enjoy the trip more
- aside from shared gear, each of us should be completely self-sufficient in the backcountry
- tents**: all solo except Anne & Ken
- food**: how many meals they need to bring and also any meals at the trailhead
 - all managing their own food except Anne & Ken
 - 1 lunch for dayhike
 - 6 breakfasts for BP
 - 7 lunches for BP
 - 6 suppers for BP
 - 1 lunch as emergency food; avoids the need for additional fuel
- Overall:
 - 9 lunches
 - 6 breakfasts
 - 6 suppers
- stoves / cookware / fuel: each cooking pair will handle their own needs; cooking pairs are: Anne & Ken / Doug / Bob & Rob / Judith & Rich; each pair brings stove(s), cookware, & fuel for their pair; only guideline is that for consistency and interchangeable parts, use canister stoves which use MSR-type (screw-in) canisters
 - I plan to bring enough fuel for the 12 breakfasts and suppers; from my last three 12 oz canisters of fuel, I have gotten 14, 15, & 17 meals; thus I figure one 12 oz canister should accommodate me, based on the following:
 - I heat one pot of water per meal. Most of you heat multiple pots of water per meal, so you should adjust your fuel needs appropriately. I would suggest at least one 12 oz canister and one 6 oz canister (I think that is the smaller size), more likely two 12 oz canisters PER PERSON. Use your judgment.
- water filter: Rich, Anne, Bob, Ron at least a minimum
- water bucket: Doug and Rich at a minimum

- hammer: Rich, Ken
- backup water purification: everyone should have some backup water treatment beyond filter and boiling
- 1st aid: bring your personal needs / Rich will bring 1st aid booklet, fresh anti-histimine & immodium, & other group items / Rich has current 1st aid & CPR certification
- hiking pole(s): helpful along trail for steep ups & downs, stream crossings, and lengthy downhills / may get in way for bouldering and off-trail scrambling
- consider: alternate footwear for stream crossings / day pack or equivalent for dayhikes / short gaiters to keep debris out of boots

-Miscellaneous items

- purpose: have an enjoyable time wandering amid spectacular scenery; physical challenge; pictures; camaraderie
- goals: keep distances traveled under pack to single digits per day
- altitude will be a factor: our travels will take us between 8,000' and 11,000+' / altitude sickness will be a possibility / Diamox, Ginkgo, plenty of water, & recent acclimatization at altitude may help to minimize effects
- physical conditioning important: altitude / heavy packs / eight successive days on trail
- sun protection important: consider sunscreen / hat / long sleeves / long pants
- range of temperatures: 32°F to 80+°F
- late afternoon rain showers are not uncommon
- we may encounter snow & ice on dayhikes to south and north sides of Banner & Ritter

-Dayhike information

- we'll use the shuttle bus to get to various trailheads to visit Rainbow Falls, Minaret Falls, and Devils Postpile, but I sure would like to sometime complete that South Lake-Bishop Pass dayhike from two years ago!
- numerous other hikes are available nearby

-Backcountry information

- there will be camping restrictions near several of the lakes; we will learn the current specifics when we pick up our permit
- there will be fire restrictions, but I don't expect or want any open fires, so this is a non-issue
- no personal vehicles are allowed to the trailheads; we will take a shuttle bus (fee) to and from the trailheads

-Permit

- Any special permits or Trailhead parking pass required.
- phone reservations for Inyo National Forest: (760) 873-2483
- reservation #41012
- permit is for 10 people (\$5 per head) starting at Agnew Meadows TH toward Shadow Lake
- pick up permit at any ranger station within 2 days of start of trip
- alternate leaders are Bob & Doug, meaning they can pick up permit if Rich can't

-Backpack or back country route

Here you can describe in greater detail what you anticipate. Here is an example of where the specific camps and route would be determined as the trip progressed.

- the trip will likely be a combination of days of moving camp under full pack and days with hikes and return to same camp
- the specific route and camps will be determined as we go
- there will be segments of off-trail or cross-country travel; these segments will likely be considerably more rugged than trail travel and may involve travel over boulders and/or talus
- we will probably get up close and personal with or at least appreciate the view of the following features in roughly the following sequence:
 - Shadow Lake
 - Ediza, Iceberg, Cecile, and Minaret Lakes
 - Minaret Range
 - Mt. Ritter

- Banner Peak
- Garnet Lake
- Thousand Island Lake
- Lake Catherine

- a camp in the Ediza / Iceberg / Cecile area would allow a dayhike to the SE, possible loop / there could also be a dayhike SW toward Banner & Ritter
- a camp near either Garnet or Thousand Island could allow us to explore around and between either or both of those large lakes
- a camp near Lake Catherine would be a high-elevation camp and allow more exploration S & W of the Ritter Range

Here is an example of a more structured trip where the itinerary for each day was planned in advance, which is more typical.

- Day 1: we will carpool to Mountain Village and then leave a car at Godforsaken trailhead. We will then travel to Out of the Way trailhead in the other two cars and begin our hike about 1:00 pm. Hike 6.5 miles with 1300 feet elevation gain. Some water along way. We camp at Beauty Lake (5650 feet elevation). Bears are common at this lake.
- Day 2: 10.2 miles and 2500 feet elevation gain. We will take the Beauty trail to Crimson Lake and then take Robinwood trail to our camp at Deep Lake. There are water sources along the trail. The camp is at 6700 feet. We will camp here for two nights
- Day 3: Those who want can make the trip to Easy Basin (6 miles and 600 feet of gain). Swimming is said to be wonderful at Deep Lake but we will not be alone so swim gear is suggested.
- Day 4: Hike on the Jackass trail for 8 miles (1250 elevation gain) to our camp at Brown Rock Butte. We will be crossing the Tiny Glacier which is mostly melted out and we will also be on a section of trail that is eroded and narrow in places.
- Day 5: We begin this day with a 1500 ft. climb to Woozy Pass. From this 7400 foot pass we will see most of the Special Range. We travel on good trail and descend to 5000 feet where we camp at Wild Harry Creek. Total mileage for day is 9. No water for most of the day.
- Day 6: Descend 1000 feet in 7 miles to trailhead. Drivers will pick up the car left at the Godforsaken trailhead. Drive home.

-Map of trip from internet

Very similar to what I expect we will cover: <http://doors.stanford.edu/~sr/ansel-adams-2003/map.jpg>;

-Trees we are likely to see

For those with a botanical nature

aspen	fir, red, others?	hemlock, mountain, others?
pine, lodgepole	pine, western white	pine, whitebark

-Flowers / plants we are likely to see

For those with a botanical nature

bitter brush	columbine	corn lily	delphinium	heather, red
heather, white	larkspur	lupine	monkey flower	mountain alder
paintbrush	penstemon	rock fringe	sagebrush	scarlet gilia
shooting star	tiger lily	willow	Tolmie's saxifrage	stickleaf
lovage				

-Details of specific places / features lifted from guidebooks

Presented in roughly the sequence we are likely to encounter them; the features highlighted in yellow are ones we can expect to see up close (this is much more detail than you are likely to even need to provide)