

CDMC

Event Report

[Home](#)
[Future trips](#)
[Past trips](#)
[Trip guidelines](#)
[Conditions](#)
[Routes >](#)
[Forum](#)
[Membership](#)
[Reference >](#)
[FAQ](#)
[Photo contest](#)
[What's new](#)
[Member](#)
[Login](#)
[Changes](#)
 today

 yesterday

 < 7 days

 < 30 days

Getting Ready For The Season - Summer 2013 (event)

[return to Reports list](#)

Thu May 09, 2013

Leader: **Carol Hunter**

Co-Leader:

With beautiful weather filling our minds with thoughts of summer hikes, club members prepared for the 2013 hiking season.

A review of the ten essentials brought forth many stories and suggestions from members who shared their experience, experiences and expertise on everything from whistles to PLBs. Special navigation presentations by William and Tim introduced us to the importance and usefulness of map and compass and GPS. Amber, Tim and Bob gave presentations on different personal locator beacons, giving members an insight into what products are available and the pros and cons of each.

Dave from Ridge Wilderness Adventures gave us a short course on shelter building. He demonstrated the basic diamond design of putting up a tarp, which can be easily modified to work in a wide range of situations and for a multitude of purposes. He also taught us a few basic knots that would keep our tarps up and make them easy to take down.

A highlight of the evening was sampling the various hiking snacks and sharing meal ideas and dehydrating tips for those multiday backpacking trips. The evening ended with an opportunity to replenish first aid kits. All in all, a very busy evening.

Below is an outline of things covered in the evening, as well as a copy of Williams presentation and a link to a video by Dave on basic tarp skills. Links to knot tying videos as well as our first backpacking recipe collection will be added in the near future.

The Ten Essentials - Basic Survival Items you should have in any situation (this list is the recommendations of NSR (National Search and Rescue)

1. flashlight or headlamp
2. whistle (SAR recommend the Fox 40)
3. firestarter - lighter or waterproof matches - cotton ball or dryer lint covered with vaseline
4. Extra clothes rain/wind protection, hat, gloves, socks....
-dress in layers
-merino wool recommended base layer Kutemai Clothing (online)
Canadian company, cheaper alternative to Icebreaker
5. knife
6. Large orange plastic bag (ones that can work as a bivy can be found at ONO)

7. Water (electrolytes) and extra food (high energy)

8. First-aid kit

9. Navigation

Map and Compass essential items

GPS secondary source of navigation can show your position on a map, can create a track of a route, can be used to follow a track made by someone else, can be used for point to point navigation, can keep a record of distance and elevations gained.

10. Communication members shared the benefits of 4 types of devices

Cell Phone

SPOT

Res-Q-Link

DeLorme inReach

11. Sun Protection sunscreen, hat, glasses

[Basic tarp skills video](#)

Attachments

- [CDMC_Primary_Navigation](#) (pdf, 29 Kb)

Report contributors: Carol H,

Participant list (23 of 24): Denise A, Geoff B, Leonard D, Amber G, Sharon H, Linda H, Rod H, Susan H, Carol H, Bev K, Don K, Pam M, Brenda O, Garry O, Louise O, Harold O, Tim P, Bob S, Arlene T, Roger V, David W, Glenny W, William W,

[return to Reports](#)