The Rambler

TOP CEMPES Frome

Official Publication of
THE WASATCH MOUNTAIN CLUB
Salt Lake Cav. Unit



Winter in the Wasatch

The foremost contribution of the Wasatch Mountains and the Wasatch National Forest to skiing is the Alta Avalanche Study Center. Two things are needed for avalanche occurrence: snow and a mountain upon which can slide. The same two things are needed for good skiing; and since Alta has both in good quantity, it was a logical place for the U. S. Forest Service to locate an avalanche study center.

The program at Alta centers around hazard recognition and control in contrast to other countries where emphasis is placed upon protective devices and protection of transportation and industry.

The American society is becoming more affluent, and participation in winter sports is growing every day. This means that more people are in the mountains exposed to avalanche danger each winter. The product of the Alta Avalanche Study Center—knowledge—is therefore becoming more important to the skiing public each year.

This knowledge of avalanche hazard recognition and control is put to use by cooperation in National Ski Patrol training, the Alta Avalanche Training School, day-by-day control activities on National Forest ski areas, and by the publication of study results.

Two publications from which every ski mountaineer will benefit are the Forest Service Handbook, Snow Avalanches, which is available from the Superintendent of Documents, U.S. Government Printing Office, Washington, D. C. 20225, at a cost of 60 cents, and The ABC of Avalanche Danger, by E. R. LaChapelle, which is available from Gerry, Inc., Boulder, Colorado, or any of their outlets. These two publications cover the fields of hazard recognition, route selection, and actions to take if caught in an avalanche. The latter is a pocket-size edition and can easily be carried in the field.

For those planning ski tours, the Julian Thomas morning ski report on local radio stations will advise if dangerous conditions prevail in the general area, and if so, will advise against touring. However, even though a general hazard is not present, serious conditions may present in certain areas, and extreme caution should always be used.

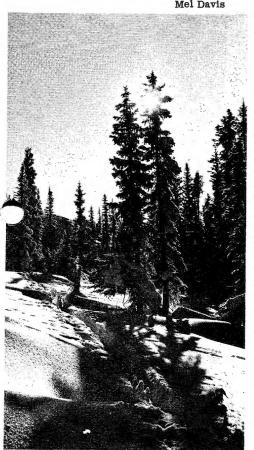
If your tour is leaving from Alta or Brighton, you can always ask the Forest Snow Ranger or the Ski Patrol Leader for advice on touring conditions. Let him know where you are going and when you expect to be back. You don't expect anything to happen, and it probably won't; but, if it should, it will be a big help if someone knows where to start looking.

G. F. Horton

Wasatch National Forest



Mel Davis



The Rambler

Official Publication of

THE WASATCH MOUNTAIN CLUB Club Headquarters: 425 South 8th West, Salt Lake City, Utah

Lodge: Brighton, Utah Telephone EM 3-7150

Special Edition Editors

Alex	is Kelner	 Design
Jack	McLellan	 Сору

Board of Directors

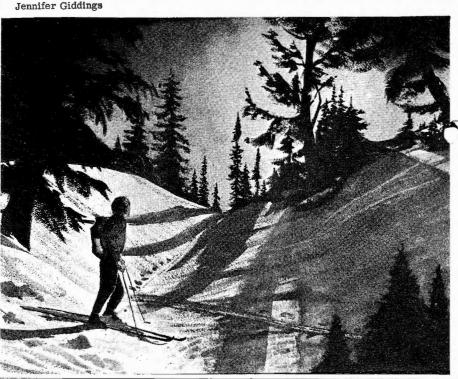
Dod'd of Directors				
Dale Green Pre	sident			
Tom Stevenson Vice Pre	sident			
Betty Bottcher Sec	retary			
Dennis Caldwell Tre	asurer			
Dave Cook B	oating			
Gale Dick Conser	vation			
Ann McDonald Recr	eation			
Bob Demint Hiking &	Trails			
Roger Jackson	Lodge			
Sarah Weller Memb	ership			
Tom Stevenson Mountain	eering			
Jack McLellan Public	ations			
Edward Schneider Pu	blicity			
Alexis Kelner Ski Mountaine	eering			
George Smith Transpor	tation			

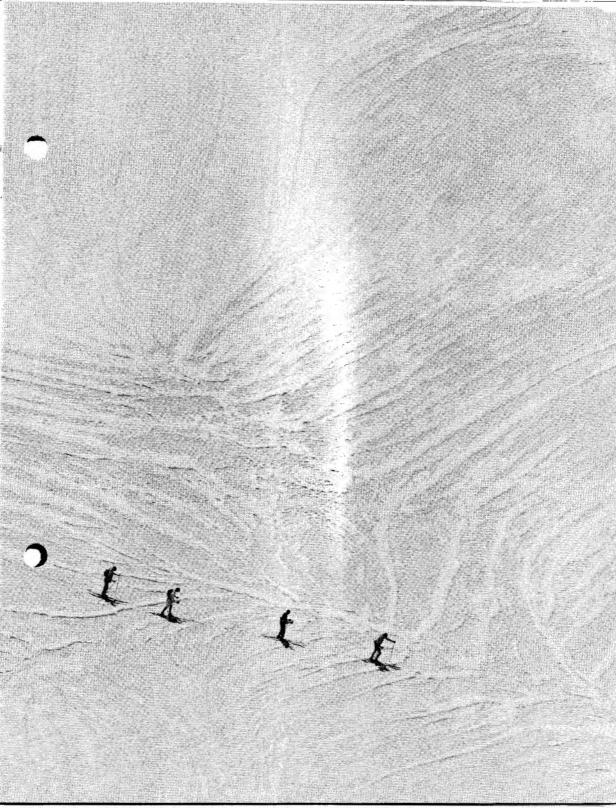


Powder **Touring**

That famed ski resort and once opulent mining town, Alta, has still another treasure hidden in the nearby hills; miles of deep, untracked powder on sweeping slopes amidst high Ware atch peaks. The casual visitor to rarely sees the vast slopes which dwarf those beneath his feet. For a brief moment, as he rides the Wildcat chairlift near the top, a panorama of this still wild country appears to the west.

For the most part, it remains hidden summer and winter, for no roads have yet penetrated its most scenic parts. Lying as it does a mere twenty miles from Salt Lake City, only a combination of circumstances has prevented its loss to the machine age. Surrounded by farm and ranchland to the southwest and rich ore-bearing rocks to the northeast, this mountain world has so far protected itself by its own economic sterility and its rugged ramparts.







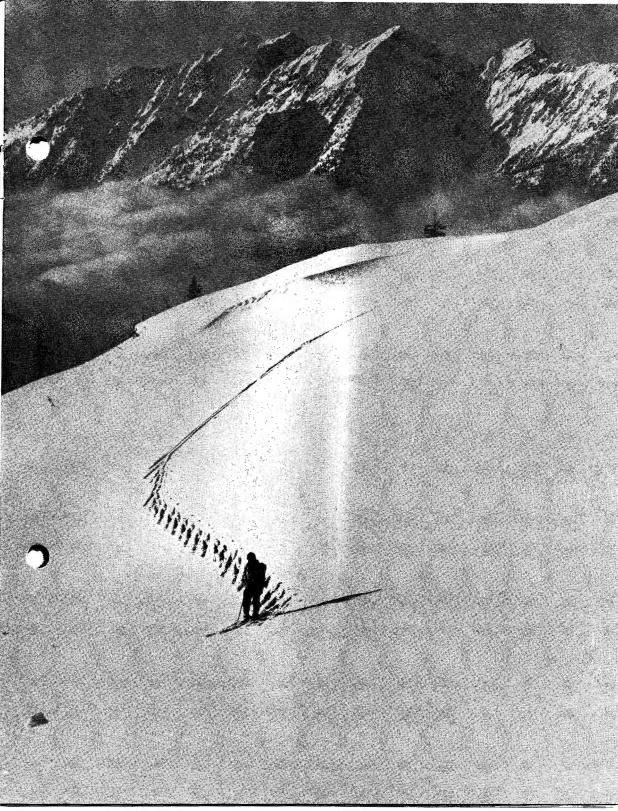
To those who regularly tour the Wasatch, any mention of ski touring brings up a mental image of long mornings spent huffing and puffing up cirque bowls, along ridges, and over alpine passes. The image brightens as the afternoon descent is started. Fields of unbroken powder snow yield to the cut the ski. Each turn, each knoll, each folglen is a new adventure. It is the best of two worlds—those known individually to the summiteer and the powder skier.

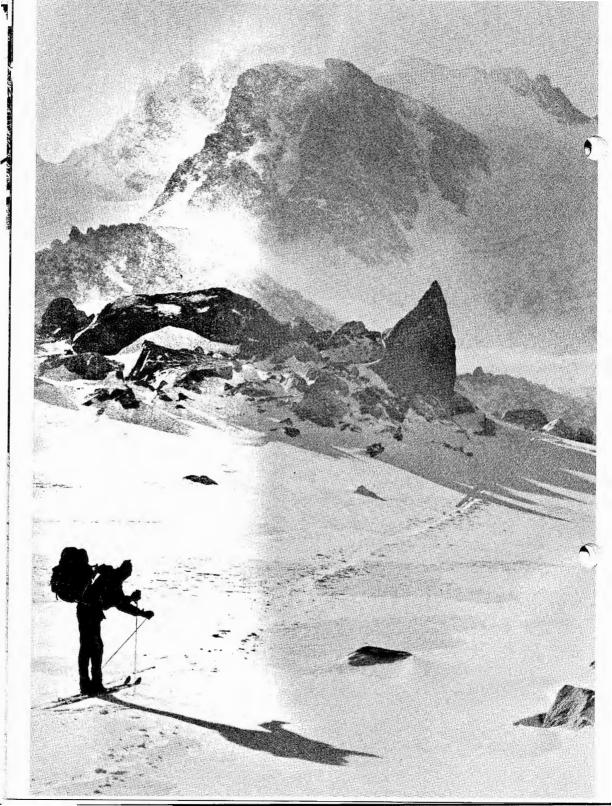
Images are usually optimistic, and it would be unfair to exclude from mention the stormy days, the occasional crusty snow, and bitter winds. After all, if there is to be snow on the ground, it must come down sometime.

Alta-centered ski touring has enormous variety—all except flatness. For those who enjoy most going from up to down, there is a great diversity of powder filled cirques, side canyons, and open forests. There are short runs as well as those which drop through 6,000 feet of vertical space. You can get to them by ridge running, side-hill gouging or canyon-bottom marching. The only common denominator is work, and even this can vary from moderate to exhausting. The fact that it exists assures each hardy adventurer a bountiful supply of untracked powder snow.

For the summit minded, all kinds of winter mountaineering abound. You can climb some of the peaks on skis—if you up the easy way. The steep granite rios and faces of the Thunder Mountain Lone Peak massive constitute a more profound challenge. Some of this is heavy going even under a bright summer sun and on dry rock.

As you get further away from Alta—toward Nebo, Timpanogas, and other such giants—you find remote valleys which have been reached by only a few adventurers. This is true solitude in all its splendor. In these parts huge snow fields gather layer upon layer of powder snow, and spend the whole winter without knowing a human voice or the track of a ski.







Winter Mountaineering



by Tom Stevenson

As fall ends and the snow blanket deepens, many a mountaineer begins to prepare for exciting winter outings. The wonder of towering summits and tranquil valleys is magnified in the crisp whiteness of the cold season. A few years ago, winter camping and winter mountaineering were practically unheard of. Now many outing clubs are making these activities regular features. This year the Wasatch Mountain Club is planning at least three campouts and two extended winter climbing trips, plus many easy and difficult ski tours.

How do you do these things? First, talk to someone who has experience. If they have any fingers or toes missing because of frostbite, heed what they say. The second step is to insure that your clothing is adequate. Ventilation, adjustable clothing thicknesses, and keeping dry: these are the criteria upon which your winter wardrobe must be built. Net underwear is best for promoting ventilation, since it enables circulating air to carry away moisture beneath conventional wool shirts and pants. The adjustable thickness layer (sweaters, down parkas, etc.) is next, and should be chosen after determining expected weather conditions, how hard a person will be exercising, and how much a person perspires. The best insulating material is down. Half as effective is dacron, and below that is wool.

The outer layer, a hooded parka, must be windproof and water repellant. Wind penetration decreases the effective thickness of clothing. Sunglasses, or preferably goggles, are essential. Two pair should be carried. Three pair of waterproof gloves or mittens with liners are recommended. Two or three pair of wool socks should be worn with boots large enough to prevent cramping the feet. If circulation is restricted, frostbite occurs more rapidly. Gaiters prevent snow from entering the boots. Overboots must be worn in very cold weather, to prevent frostbite.

A person must have the proper equipment, in good repair, as well as proper clothing for winter camping. Improper equipment not only may cause discomfort, completely ruining an otherwise enjoyable trip, but it can also cause frostbite and bring on fatigue and exhaustion more quickly. The primary concern is, of course, warmth. A tent is a basic necessity. A tent liner greatly increases comfort. Zippers often freeze, and these should be replaced, as much as possible, by velcro tape or draw string closures. A base plate may be needed to keep a tent pole from disappearing into the white fluffy stuff a person has tried for an hour to compact. A whisk broom is useful to sweep out the snow that invariably comes in. A

lantern of some sort is also required. Sleeping gear is comprised of at least a two-and-a-half pound down sleeping bag and a sleeping pad. An air mattress may be used, but a synthetic foam pad provides much more warmth.

Cooking can be tedious when snow must be melted for water over mountain stoves. The stoves should be as simple to operate as possible. Remember that cooking in the cold requires more fuel. Meals must be adequate, containing at least 4,000 calories per day for strenuous trips.

Winter mountaineering enthusiasts who live in or near Salt Lake City are fortunate. Salt Lake Valley, with its backdrop of the Wasatch Range, is one of the best situated areas for winter mountaineering in the United States. Within minutes the outdoorsman can plunge into the alpine wilds of rugged mountains. Trips range in variety from easy half-day tours in Alta's Albion Basin and basic and advanced ice and snow practice climbing in the canyons, to challenging two or three day local technical mountain climbing ascents, some of which have not as yet been accomplished in winter.

More extensive trips to such places as the Dinwoody Glacier area in the Wind Rivers offer the winter mountaineer much variety. Skiing is great in the solitude and vastness of this glacier-filled bowl. Technical climbs, requiring the special skills and techniques peculiar to winter climbing, seemingly endless in number. The Tetons also offer rewarding ski touring and wint climbing. Many winter ascents remain to Bedone, including the imposing Mt. Moran. Though this mountain has so far repulsed all winter attempts, including last year's party from Salt Lake City composed mainly of WMC members, sometime soon the summit of Mt. Moran will be attained in winter.

Winter magnifies mountaineering problems; it also increases the pleasure of overcoming these problems many-fold. Try winter mountaineering! The satisfaction of entering and learning to live in the world of ice and snow is without parallel.



CLUB ACTIVITIES FOR DECEMBER 1965

FOR ALL SKI TOURS: Call Alexis Kelner (359-5387) or Club Headquarters (363-7150) at least a day before a trip to register, and to obtain information on meeting place, leader, and transportation.

FOLK DANCE PARTY --- First of many. 8:00 pm. 25¢. Instruction Dec 4 Sat. will be provided. Bring your own refreshments. Call Ron Perla (466-6578).

Dec 11 CHRISTMAS PARTY --- Traditional get-together at the lodge. Bring a Sat. 50¢ gift to exchange under the tree. Mel Davis will lead the carol singing. Time: 8:00 pm. Price: \$2.25. Double fee for non-registrants. Register by 6:00 pm Dec 9. (Chefs Ed and Sharron Schneider say they may surprise you with menu; however, Ed forgot to burn his draft card, and if Uncle Sam gets him, the Board will provide the dinner). BYOL.

Dec 12 ALBION BASIN INTRODUCTORY SKI TOUR --- Meet at Sun. base of Germania lift at 1:00 pm, and take a leisurely trip past Devil's Castle into Albion Basin. Skins not required. Register as indicated above.

SPECIAL AVALANCHE FILM --- Presented by a representative of Dec 20 the Wasatch National Forest. The film is in color, narrated by Lowell Thomas, Mon. and shows excellent sequences by Disney, LaChapelle, and others. A brief demonstration and discussion concerning avalanches will follow the film. Come to the Utah Power and Light Auditorium, 6th S. & 7th E., at 7:30 pm.

<u>ERIGHTON - ALTA - BRIGHTON ---</u> Beginner and intermediate ski tour from Alta to Brighton and back. Skins helpful, but not required. Register Dec 26 Sun. as indicated above.

MIGHTY NEW YEARS PARTY --- Members of the annual Teton flasco Dec 31 - Jan 1 with their tales of woe, or perhaps this year of success, will host this "affair Fri. & Sat. nova" at the WMC lodge. Assorted forms of spontaneous entertainment will be provided. The folk dancers have promised to reserve some time for regular dancing. too! Everybody welcome.

Come about 8:30 pm. (BYOF & L) (Food & _____).

ALTA-OARDIFF PASS-MILL "D" ---Jan 2 Sun. Another beginner-intermediate

tour to shape up those muscles for greater trips in January. Register as indicated above.

WANT A KELTY PACK? Here's your chance to get one at a special price. A group purchase order for five or more complete packs (frame & bag) qualifies for a 10 per cent discount. This offer is subject to cancellation at any time, so if you are interested, contact Sarah Weller (355-4269) soon to place your order. Shipment is to one address only. Sarah has a Kelty catalog from which to pick the outfit you want.

FOR SALE --- German girl returning home wants to sell SPECIAL HANDMADE ROGG SKI BOOTS. Size 7. \$35. Call 359-5764, ask for Katrin.

MORE ON JUNIOR MEMBERSHIP NEXT ISSUE --- Pro and con views from members, and a few more comments from your Editor to further endear himself to those dead set against junior membership! Just what The Rambler needs for interest -- some good old-fashioned controversy!

KEY TO SKI TOUR MAP

TOUR DESCRIPTION OF ROUTE American Fork Canyon 1 American Fork Canyon via Mary Ellen Gulch 2 3 American Fork Canyon via Major Evans Gulch Am. Fk. Canyon via Major Evans Gulch and American Fork Twin Peaks summit American Fork Canvon via Silver Lake Flat Alta to Peruvian Gulch Alta to Gad Valley 7 8 Alta to White Pine Canyon 9 Alta to Red Pine Canyon Alta (or White Pine) to Maybird Gulch Alta (or White Pine) to Hogum Gulch 1.0 11 12 Alta to Brighton via Catherine Pass Alta to Brighton Via Catherine Pass from 13 Albion Ski Lift 74 Brighton to Alta via Twin Lakes Pass

(Return from tour 12 or 13) Alta to Honeycomb Fork via Catherine Pass 15

Alta to Day's Fork 16

17 Alta to Cardiff Fork

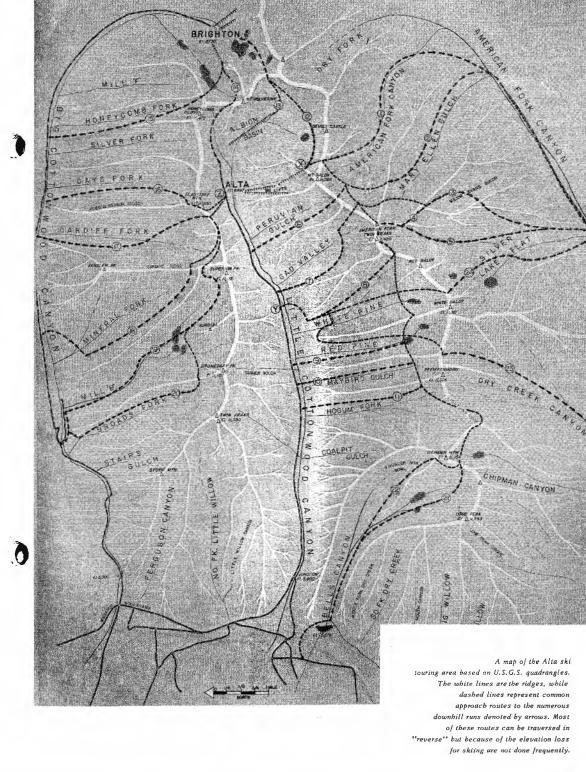
18 Alta to Mineral Fork Alta to Mill "B" (Lake Blanche) 19

Alta to Broads Fork 20 21

White Pine to Upper Bells Canyon White Pine to Thunder Mountain (Return via Thunder Mountain Bowl)

Red Pine to Alpine City 23

White Pine to Silver Lake Flat



ESCAPE

by Dennis Caldwell

A pleasant, sunny day it was, and by eleven o'clock those who had been lured to the vast ski complex paid a heavy price as impatient links in the long chain slowly shuffling toward the loading ramp. Steven J., having spent some half-dozen hours in this fashion, had earned but a single hour on the slopes. Add to this that the snow presented a spectacle reminiscent of the Chicago freight yards, and we have an all-to-typical picture of lift-area skiing.

Although Steven J. had long been disenchanted with these weekly routines, he silently reproved himself for his inability to devise new ones. Shortly after a depressing lunch, Steven J. glanced toward the hill on the opposite side of the valley where three twisting tracks were slowly being traced in the snow. A tiny figure was poised at the end of each track. These three had spent the better part of a day tediously climbing the mountain, and in a few short minutes they would be back down again. To most of the crowd this must have seemed even more insane than their own day's activities; not so to Steven J.

Waiting in line for the day's last run, Steven J. was on the verge of making a rash decision; however, there was first the question of procedure. It was almost amusing to contemplate which would be more exhausting and unpleasant: side-stepping on skis for several thousand feet up the mountain, or floundering in the snow on foot, carrying his skis. He then remembered how his childhood heroes of the Yukon traveled over the snow in rough terrain. Though snowshoes may provide an efficient means of getting up a hill, what a dreary prospect they present for the mode of descent. So, he decided, it must be snowshoes up and skis down.

The ascent, carrying skis in one hand

and poles in the other, was in itself a revelation. He spent at least an hour surveying this new world from the ridge crest fore starting down. Fortunately no one such that the only track, which at that distance did not openly reveal the mark of ineptitude, was in fact being made by a man with a snowshoe and ski pole in each hand. The results of this initial attempt were clearly reflected in Steven J.'s bewildered, pained expression.

The next week was occupied with evaluation and planning. The snowshoe situation was hopeless, but prospects unexpectedly took a turn for the better when he learned from a friend of the sacrifices skiers had been exacting from the world seal community to expedite their cross-country travels. With new enthusiasm, Steven J. acquired a pair of climbing skins by the weekend.

There remained the task of selecting a suitable location for the next attempt. It became apparent to Steven J. that the merit of this new pastime lay not in providing more skiing in a day than the crowded lifts, but rather in supplying an exquisite means of escape from a multitude of things, of which the ski resorts were only a part. The area was replete with forested sections traversed by numerous trails. Here would the ultimate in solitude, trampling through untracked snow past trees sparkling in the sun and then emerging from the forest into great basins and cirques surrounded by alpine summits.

There was nothing particularly note-worthy about the trail he chose, a well-trodden path in summer. But winter is a season of deception. At first everything looked like a trail until finally nothing resembled one; Steven J. began to have misgivings about his wilderness activities. His anguish when fighting brush, which seeks

at every step to deny one's very existence, is impossible to describe. Considering Steven J.'s unguided perseverance, it is not surprising that he spent over half-an-hour in the underbrush before accepting defeat. And using climbing skins on the descent, he found, was an altogether ineffectual means to avoid paying for his folly.

A third plan evolved. He reasoned that he must not be the only one engaged in this same frustrating activity. He would drive up and down the canyons looking for parked cars near which ski tracks headed off into the woods, and simply follow them.

Though he had no need to remain in familiar surroundings, and indeed he had spent most of the morning covering unfamiliar territory, it so happened that his first success came not on a strange road, but right at the very spot he had parked the previous day. There were two possibilities; first, that a group of skiers had struck off into the woods, followed every turn, and reached their objective. The second possibility had not occurred to Steven J. until he found himself in unpleasantly familiar surroundings. He was about to retrace his steps when two figures came hurtling

through the brush, completely out of control. The pair finally had the presence of mind to collapse in the snow, and introductions and lamentations were exchanged; Steven J. now had associates in his escapades. He cleverly refrained from volunteering the identity of the "idiot who came up here in the first place."

A master plan developed. With the aid of highway and topographic maps, they concluded that it was possible to climb the familiar hillside opposite the ski resort and descend into the next canyon. A topographic map, to the uninitiated, will often conceal as much as it reveals. Imagine their anguish when after several hours of bushwhacking descent they found themselves on top of a sheer cliff, their mode of entry as the only exit. Need we dwell on their untold suffering as they retraced their steps, aided in the last hours only by a rather dim moon?

Just which one was first to purchase a season pass at the ski resort is a matter of purely academic interest, but one thing is certain: Whenever Steven J. observed curling tracks on the opposite mountain slope, he clutched his own pass to his bosom like a life preserver.

While at Brighton visit the Village Store for all types of skiing, touring and mountaineering equipment.

Skis - Boots - Snowshoes - Ropes - Hardware

Enjoy also the delightful food and atmosphere at the adjoining Restaurant.

Ray Watrous'

THE BRIGHTON

VILLAGE STORE

&

RESTAURANT

Avalanche Advice

by Alexis Kelner

Not too long ago the Wasatch Mountain Club was initiated in the hazards of highcountry avalanches. For the handful of ski tourers who were descending a steep cirque as it disintegrated two winters ago, the avalanche was a frightening experience; for Mel Davis and June Wickham, who were swept down and entrapped, it was terrifying. This isolated example points out that no matter how often the phrase "ski touring is open" is repeated on local radio, avalanche hazards still exist in the mountain areas visited by the club. Usually these hazards are more severe than those encountered in the regularly patrolled areas of Brighton and Alta.

For the benefit of members who plan to participate in this season's touring activi-

ties, a brief discussion of rules for conduct in avalanche terrain follows. These rushould be strictly observed on all excursio.

Before crossing a potentially hazardous slope, designate a member of the party as an "avalanche guard." He must remain in a safe position and be on the lookout for signs of a starting slide. All members of the party must prepare to cross the slope by removing safety straps from skis and poles, and by donning mittens, hoods, and goggles to provide additional warmth in case of entrapment. Wear an avalanche cord, a brightly-colored cord 3/16-inch by 30 yards, on extremely dangerous crossings.

Cross the slope as quickly and quietly as possible. A distance of at least 100 feet must be maintained between each skier.



BOOKS Children's Literature Lepidoptera

Foreign LANGUAGE

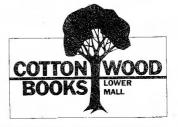
TRAVEL POSTERS

Wilderness PHOTOGRAPHS

Sierra Club Exhibit Format Series

Westerns Classics

Cook Books



HUMOR



Follow only in the leader's tracks, since a number of parallel tracks create an additional strain on the slope.

Unless endowed with immortality, do not try to out-ski a slide that is rapidly bearing down on you—this can seldom be done. Instead, remove your skis and do your to keep from being buried by "swimbig." If you find yourself being enveloped by the snow, use your arms to form a pocket of air around your face.

When an avalanche occurs, those in a safe position must do their best to keep sight of a slide victim, or of the probable position where he is buried. Place markers and conduct a "hasty" search in these probable areas. Initiate a superficial "scuff" search to look for and mark gloves, skis, and poles buried just beneath the surface of the snow. If the "scuff" and "hasty" searches fail to recover the victim, send the most experienced skier in the party for additional aid. The remainder of the group must start orderly probing using skis, poles, and portable avalanche probes, in a pattern that will penetrate every square foot of snow.

All WMC ski tourers must keep well-informed of Forest Service information on avalanche conditions, and they must keep abreast of new rescue techniques. These techniques are explained in detail in Manual of Ski Mountaineering and Mountaineering—Freedom of the Hills.

Finally every club member should own carry on every trip a collapsible avalanche probe, such as the one available from Gerry, Incorporated. The club owns a number of these probes for rescue work; however, each member should obtain a probe as part of his basic touring equipment. In fact, as suggested by one of our most devoted skitouring enthusiasts, Cal Giddings, "Give one to your friends for Christmas—it may save your life."

UTAH'S MOUNTAINEERING SPECIALISTS



COME AND SEE US FOR YOUR SKI TOURING AND WINTER MOUNTAINEERING NEEDS

Quality Climbing Skins Lowa Double Eiger Boots Down Vests and Jackets Roffe Ski Pants

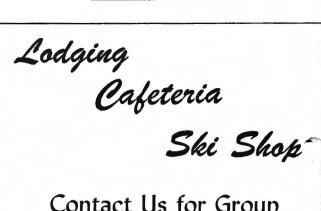
> Call **363-6559**



STEVE ELLSWORTH - Mgr. 207 S. 13th East



The Gold Miner's Daughter and Mt. Superior



Contact Us for Group Rates for Club Members' Overnight Outings at Alta

> Telephone Alta 649-9903, or Salt Lake City. 277-3085 Area Code 801 for reservations



AV

Alta Utak

Distinctive Gifts for the Dedicated Outdoorsman SIERRA CLUB EXHIBIT FORMAT BOOKS

IN WILDNESS IS THE PRESERVATION OF THE WORLD

Selections From Henry David Thoreau and photographs by Eliot Porter

THE PLACE NO ONE KNEW

Glen Canvon on the Colorado By Eliot Porter

THIS IS THE AMERICAN EARTH

By Ansel Adams and Nancy Newhall

Sam Weller's

ZION BOOK STORE

> 254 South Main St. Telephone 328-1628

THESE WE INHERIT

The Parklands of America By Ansel Adams

Editoramblerizing

We hope this special issue of The Rambler will justify the immense job of planning and producing it. "We" being Alexis Kelner, for the most part. Without his trendous enthusiasm in designing layout, hoosing pictures, and contacting advertisers, this special issue would still be a "nextyear" project.

Thanks also to Ray Bradley for his help in editing manuscripts. A great deal more editing than usual was necessary for this issue, not because of poor quality of the articles, indeed most of them were well written, but because the manuscripts had to be cut to fit available space between advertisements and photographs. Such are the consequences of publishing a more "finished" magazine.

Gale Dick recently accepted the position of Conservation Director with the club, replacing Paul Schettler, who left the area to accept a new job. Gale is one of the most active conservationists and outdoorsmen in the country. We can be assured that he will advise us on the latest conservation problems, and direct our efforts toward more effective means of arousing public interest.

I wonder how many members realize

that the Wasatch Mountain Club is one of the most active groups engaged in ski touring in the United States. The number and quality of tours we take for a club our size is really quite an accomplishment. Most of the reason is, of course, because of our nearness to superb touring areas; however, an active ski touring program needs excellent leadership and continued enthusiasm and energy of club members for development of the sport. Go on all the tours you can this winter! Our tours range from easy short ones to difficult long trips. For those interested in extended trips, either locally or to such places as the Wind River Range or the the Tetons in Wyoming, contact Alexis Kelner or Dennis Caldwell. These guys are ready to organize a tour at the drop of a new or moldy snowflake, the harder the trip the better!

Alexis, by the way, is now regional editor for Summit magazine. Cal Giddings and he have co-authored an article, "Alta: A Hub of Deep Powder Touring," which appears in the October issue of Summit. The same issue has a brief article about Alexis, and a bewhiskered picture of him.

THE INCOMPARABLE

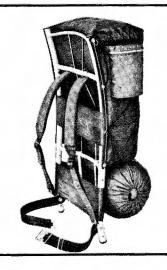
KELTY Pack.

for illustrated brochure, please write:

A. I. KELTY MFG. CO.

1807 VICTORY BOULEVARD

P.O. BOX 3453 GLENDALE 1, CALIFORNIA



Cold Injuries

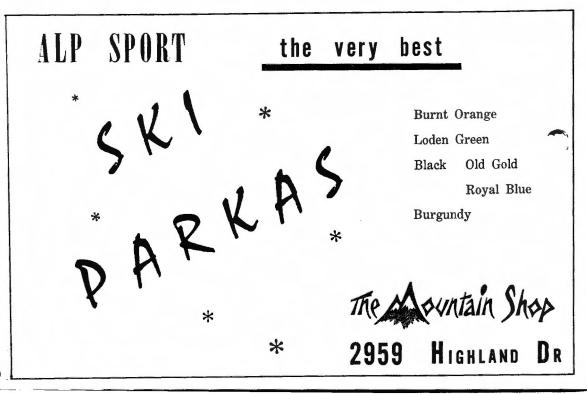
by Dr. Edward Schneider

Winter brings new adventures to the mountaineer. However, the cold that enhances the beauty of the mountains also brings special problems to consider in planning a trip, especially in planning first aid for cold injury. The signs of impending frost-bite should be well knownall who venture out in winter. They incommumbness and tingling, and a pale appearance of the affected area. All sensation is lost when the tissue becomes frozen. Members of a climbing or skiing party should periodically observe each other's faces for white frostbite spots.

As the temperature lowers, the metabolism of the tissue slows down and the need for oxygen carried by the blood is decreased. All blood flow ceases when freezing temperatures are reached. Freezing damages blood vessel walls and causes changes in the cells of other tissues. The extent of damage is determined by the degree and duration of freezing.

When thawing takes place, circulation to restored, providing more oxygen to the tissues as they become warmer. It is not all so simple, however, because of the damage to the blood vessels which tend to go into spasm and may actually clot. This decreases the amount of oxygen available to the tissues and causes further injury.

The best treatment for frostbite is prevention. An extra sweater, properly fitting boots, and adequate gloves and hats are of utmost importance. Prevention of excess sweating and fatigue also help protect against frostbite. Alcohol must be avoided since it causes dilatation of blood vessels in the skin which hastens heat loss.



When preventative measures fail and frostbite does occur, salvaging the portion affected depends to a great extent on how is treated by the first aider. Thawing ould be done rapidly at warm temperatures. The ideal method is to immerse the foot or hand in water not over 104° F. Of course, this can rarely be done on an expedition. When warm water immersion is not possible, the affected portion should be placed against the warm body of another person, or against a warm portion of the victim's own body. If warming by a fire, exercise great caution to avoid burning sensitive tissues. Rubbing with snow is mentioned only to be condemned. Warming must be gradual because the metabolic rate and need for oxygen must not increase more rapidly than oxygen can be supplied.

A thawing foot should never be walked on. If a frostbite victim must proceed under his own power, it is better if the foot remains frozen for the period of time he must walk on it. The frost-bitten portion will be quite painful as it thaws, and aspirin or stronger drugs may be needed. All thawed areas must be well protected from re-freezing. Medical help must be obtained as quickly as possible. Lengthy treatment is often necessary to save as much of the tissues as possible. Severly frostbitten areas may never return to normal. They may remain cold sensitive, sweat abnormally, and be periodically or continually painful.

Taking a few simple precautions may prevent many long months of the pain and extensive medical care necessary for treating frostbite.

DO YOU WANT TO Sell or Save?

V S & D S K I E Q U I P M E N T

bring it in price it we'll sell it



2959 HIGHLAND DR



Our Special Responsibility

No group in Utah is more aware of the superb mountain and

desert country this state has than the Wasatch Mountain Club. Much of this back country, relatively near the Salt Lake City dweller for enjoyment and exploration, has been preserved by the circumstance of a small population density and lack of easy access. So much of this Utah wild country exists that it is often difficult to imagine any threat to it. Yet anyone can see the month-to-month changes and realize the destructive trends.

The threats of population explosion, bulldozers, commercialism, and indifference can be seen everywhere: The gradual destruction of Albion Basin; the National Guard using our forests as arenas for excavation and demolition practice; and the ugly possibility of strip mining in White Pine and Red Pine canyons. Slightly further away are more awesome cases: The tragedy of Glen Canyon; the astonishing proposal of Bridge Canyon Dam, which would back a reservoir into Grand Canyon National Park; and continued agitation for an Echo Park Dam. As a persistent background for these notable cases, we can see everywhere over-grazed range lands and polluted lakes and streams in areas desperately in need of conservation control.

As the population of Utah grows, the rate of destruction will accelerate. Some sacrifices will be unavoidable and even acceptable in exchange for a progressing state economy. But progress need not be uncontrolled and heedless of the beauty that makes life here desirable. Why can't the ability to control our environment, on which we are always congratulating ourselves, be used to shape a future Utah with a place for wilder-

ness, solitude, and natural beauty?

Only groups like the Wasatch Mountain Club can form the nucleus of a citizen igalous of its rightful inheritance of public land for public good. Public officials repeately tell us that what they need is public pressure to help them act. Against commercial interests are only the individual citizen and conservation clubs. It is heartening to note that clubs such as ours have proved to be increasingly effective in winning conservation battles. We have sent representatives to public hearings, organized letter writing campaigns, and met with officials of state and federal agencies. We must do much more if we want to continue to enjoy the rivers, deserts and mountains of our state and have them here for our grandchildren, too.

A number of concrete steps can be taken by YOU, individually or as a group: Write to senators, representatives, the governor, the Wasatch National Forest Supervisor, the Utah State Parks Commissioner, and to any other public official sharing the responsibility of public land administration. Appear and testify at public hearings. Inform yourself of the issues, by reading periodicals published by conservation organizations and by joining other conservation groups. Contribute to the Wasatch Mountain Club Conservation Fu This new fund, built from voluntary contributions, will help support the conservation activities of the club. Above all, take an active interest.

Utah conservation is a special responsibility of the Wasatch Mountain Club and all its members. The fate of Utah's wild lands rests, perhaps more than we realize, in our extensive knowledge of and concern for these scenic areas. The stakes are high. Your personal contribution is important.



that's REEVAIR

The Weatherproof Material that's Completely comfortable. Allows for "breathing" and eliminates the perspiration problem. Virtually snagproof, withstands boiling as well as temperatures to 70° below.

Fashioned by the Alpine Hut into revolutionary clothing that answers the needs of true outdoorsmen.

THE ALPINE HUT MOUNTAIN PARKA

Exclusive Alpine Hut design for climbers and hikers. Extra length, drawstring waist, elastic cuffs, attached hood... with its own stuff sack. In midnight, red, orange, forest green, tan. Sml, med, Ige, xl. 15 oz. \$24.95

THE ALPINE HUT BACKPACKER

The basic parka for every outdoorsman. Hidden drawstring waist. Elastic cuffs, attached hood, Velcro self-sealing pocket and 30" double zipper. Sealed seams. In midnight, red, forest green, orange or tan. Sml, med ige, xl. 13 oz. \$18.95

THE ALPINE HUT CAGOULE

Overparka for use as a shell over the most bulky climbing gear or regular sportswear. Reaches just above the knee, 36" double zipper, attached hood, zip pockets. In midnight, forest green, red, orange. Sml, med, Ige, xl. 1 lb. \$25.95

SEND FOR MIGHTY UNUSUAL CATALOG-FREE



UTAH'S BEST CLIMBING & SKI VALUES THE FINEST IMPORTED & DOMESTIC EQUIPMENT

LARGEST SKI STOCK IN THE INTERMOUNTAIN WEST

Mohair Climbers — Attenhoffer Metal Skis — New & Surplus Snowshoes





SPECIAL OFFER

Metal Frame

RUCKSACK

Top Imported Quality

Reg. 24.95

\$15.95

New & U.S. Issue

DOWN BAGS



Issue

\$12.95



CLIMBING GEAR

PITONS — CARABINERS
ICE HAMMERS — AXES
CRAMPONS — NYLON CORD
GOLDLINE NYLON ROPE
CLIMBING ROPE

Cook Sets — Mess Sets Alcohol Stoves — Tents — Tarps

Special 10% Discount

TO MEMBERS

Present this coupon when making your purchase and receive a 10% discount.

western trading

140 South State, Salt Lake City, Utah