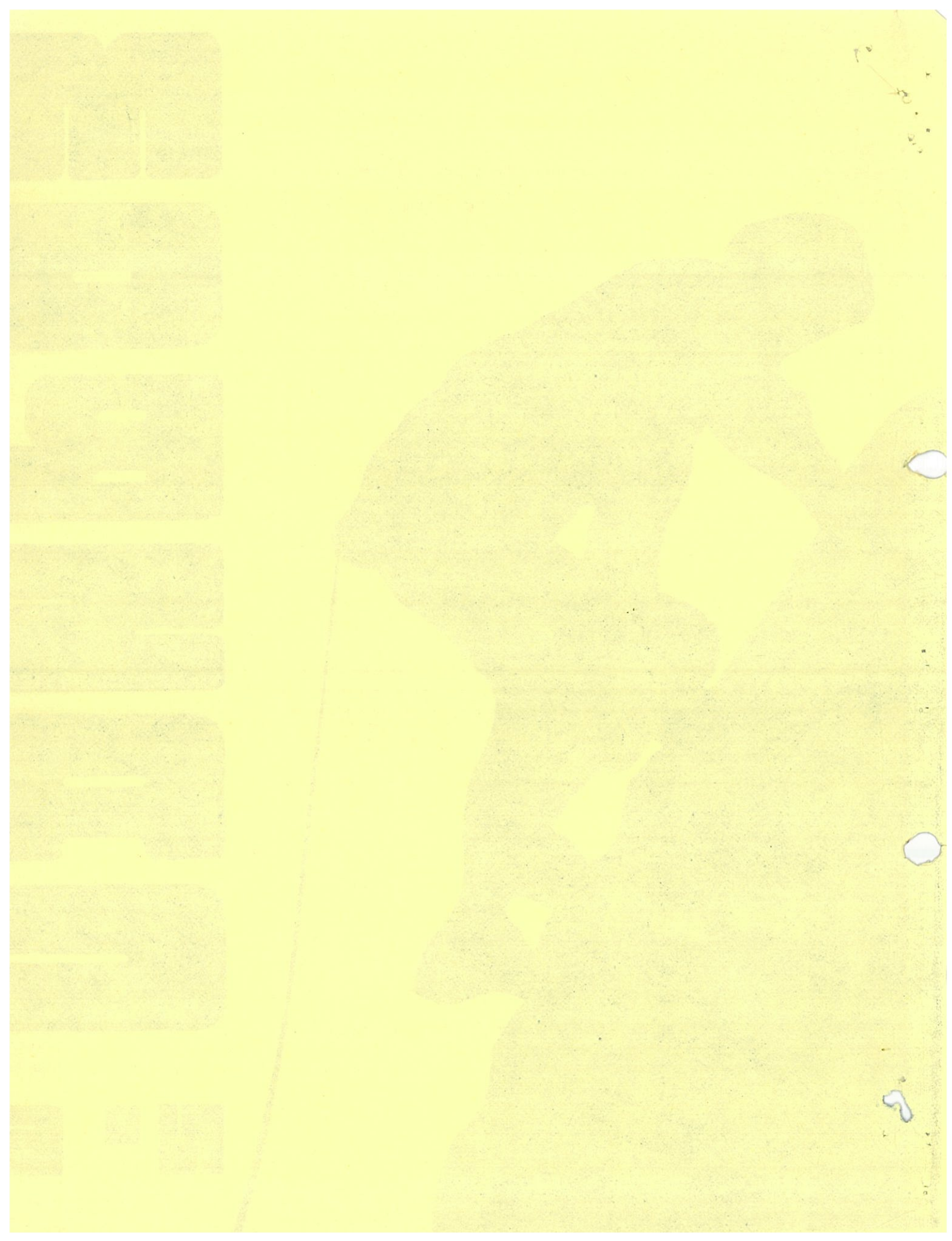


RECORDS
OF THE
NATIONAL
ARCHIVES
SERIES

NO. 6





MOBSAC

JOURNAL OF THE
MOUNTAINEERING & BUSHWALKING CLUBS
UNIVERSITY OF NEW SOUTH WALES

july

1973

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All letters & enquiries to:

MOBSAC	or	MOBSAC
BOX 12, THE UNION		C/- SPORTS ASSOCIATION
UNIVERSITY OF N.S.W.		UNIVERSITY OF N.S.W.
KENSINGTON 2033		KENSINGTON 2033

EDITORS: Ross Vining & Bill Blunt
produced with the help of lots of good people

EDITORIAL

Since you have bothered to read this journal I can assume that you are a walker or a climber or in some way interested in mountaineering. Probably a large number of you will spend many of your leisure hours in the mountains, relaxing and enjoying the peacefulness and tranquility which can least be found in our wilderness areas. Unfortunately, our wilderness areas are being steadily withheld away by people who want to "develop" them, people whose only interest is short term profit and the money going into their pockets. But the wilderness cannot fight back; so we must fight for it and oppose people who wish to destroy it.

The latest area to be threatened is Precisitous Blieff in South West Tasmania. This is probably the only area left in Australia which is large enough and contain enough rugged to make a really good wilderness area - and now it is to be mined. Mr. Temple Smith, the Mining Warden for Tasmania ruled that,
quote

"that the evidence was quite overwhelming that any mining activity would have a harmful effect on the environment out of proportion to any advantage resulting from sampling of limestone deposits. In the circumstances, I find that mining activity is not compatible with the recreational and aesthetic sense of this area. And, on balance on the evidence before me, the advantage of retaining the area in its present primeral and pristine condition for outweighs the rebulous benefits to be derived from the mining proposal."

The mining company concerned, Mineral Holdings, then appealed to the supreme court (May 16-17) and supreme court judge Nettlefold ruled that the mining warden had acted outside his jurisdiction and in lieu of Temple Smith's decision, that the objections which were raised by the conservationists be struck out as incompetent.

So it would appear that Mineral Holdings will be allowed to chop up Precipitous Bluff.

If you want to use these areas then YOU must save them.

YOU should get informed on what is happening, tell your friends, write to your local member, write to the Lake Pedolar action committee voicing your support. But then it is so much easier to sit back and let someone else do it, isn't it.

ROSS VINING.

"A few hours of mountain climbing turn a rascal and a saint into two pretty similar creatures. Fatigue is the shortest way to Equality and Fraternity - and, in the end, Liberty will surrender to sleep."

Friedrich Nietzsche

The outdoor diet

OR FOOD FOOD GLORIOUS FOOD.....

Food is a four-lettered word that implies various connotations to different people. Whatever it implies to YOU, as a Bushwalker, you must still consider the fact that you have to live in order to walk, and a prime essential of living is food. So in order to healthfully pursue those outdoor activities, you must consider your diet while OUT THERE. "We might say that what you eat determines what you are and what you will be in the future." ("The new Diet does it", Gayelord Hauser)

How can one then obtain a properly balanced diet such that it will satisfy the hungriest appetite, be light, easily transportable and nutritious? This may be done by considering the various food groups and wisely choosing the products that you like. In the forthcoming issues of Mobsac, the groups will be described on an individual basis thus greater detail may be included. The five main groups are:

PROTEINS: Building blocks of the body. They help to build, repair, fight disease and provide energy (although inefficiently).

FATS: Required for temperature regulation, internal cleansing and energy production. Also some vitamins (especially B,D,F) are fat soluble and require fats in order to function.

CARBOHYDRATES: Chief source of energy.

VITAMINS, MINERALS: Both are required for the body to function efficiently. In some cases only traces are required, and lack of may cause dramatic results.

What are some of the foods carried on walking trips? Some of these include:

Oats	Cereals	Muesli
Eggs	Bacon	Sausages
Bread	Butter	Jam
Honey	Spreads	Rice
Barley	Wheat	Soya Beans
Chick Peas	Dried Fruits	Jellies
Instant Desserts	Muesli Biscuits	Other Biscuits
Taranua biscuits	Nuts	Tea
Coffee	Your preferred	Sugar
Milk powder/tube/ can	beverage	Chocolate
Steak	Salt, pepper	Sweets/lollies
Salamis	Chicken	Sausages
Dehydrated dinners	Soya chunks	Sardines/tuna
Fruit saline	Hamburger patties	Soups
Tomatoes	Start orange	Ovaltine tablets
Capicums	Onions	Cucumbers
Squash	Garlic	Carrots
Oranges	Peas	Beans
Prunes	Apples	Pears

In the next issue, PROTEINS: types of, sources of, uses of and daily requirements will be discussed. Similarly, recipes, hints and ideas will be printed. So girls and any other gourmet, contribute an idea that may make outdoor cuisine easier, more enjoyable and more nourishing. Do not expect to selfishly obtain from the Club what you need and fail to put something back in. The Club can only exist if its members are enthusiastic and prepared to do their share of the work to keep it going. This magazine is your magazine. This section on food is for you. If you just obtain the information and fail to contribute any worthwhile ideas, then it will fail to fulfil its purpose. Send your contributions to Nick Bendall, C/- Bushwalking Club, Union Mailbox No.12. Queries and statements will be answered.

This month's recipe is muesli. A delicious, highly concentrated and nutritious food, that provides necessary vitamins, minerals, carbohydrates, first-class proteins polyunsaturated fats in an easily assimilated form. It may be had with milk, water, on top of soups, stews, yoghurt or any way that you may desire. The price per pound varies according to the relative combinations of the ingredients used. It ranges from 20c to 35c per pound.

Base - Rolled oats, Wholemeal porridge, Wheatgerm, Bran, Millet meal, Soya flour, Rye meal, Skim milk.

Filling: Raw sugar, Dessicated coconut, Raisins, Dates, Apricots, Peaches, Apples, Almonds, Peanuts, Hazelnuts, Walnuts, Brazil nuts, Cashews, Chocolate, Glucose powder.

Method: Basically a base is formed from items in the above list in the amounts that you require. Experiment will reveal which ingredients satisfy your palate. Similarly for the filling. Choose whatever is available, suits the purse and include it with the base. A good idea is to mix it for the need envisaged. For example if you are a very active person then include milk powder, chocolate, raw sugar and other high energy foods. While if you are mildly active, and the muesli is intended for home usage, then eliminate those high-energy items. The variations and possibilities are quite fascinating. Happy experimentation.

HOT PIES
Nick Bendeli



THERE GOES HIS
DUKE OF EDINBURGH
AWARD.

"Early and provident fear is the mother of Safety."
Edmund Burke

Pulpit

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

This Pulpit Rock is in the Grose Valley and is not to be confused with the Pulpit Hill above the Megalong Valley near Katoomba. When the first ascent of the Rock itself was made is uncertain though it is probable that the route marked "Soap Box" was the original line as it is by far the easiest way up. The rock in the area is not the soundest available sandstone - as is the case with most easterly facing rock - but it is tolerable. Climbs on the main cliff seem to be readily available and range in height from 60 to 160 metres. Pulpit Rock itself is easily climbed. The view is a most agreeable change from the usual Megalong and Kanimbla Valleys.

Access is from Blackheath, by following the Perry's Lookdown road until the right turn to Pulpit Rock is reached. From the picnic shelter the track is followed towards the final lookout until the second last landing is reached - from here the Rock can just be seen.

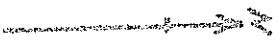
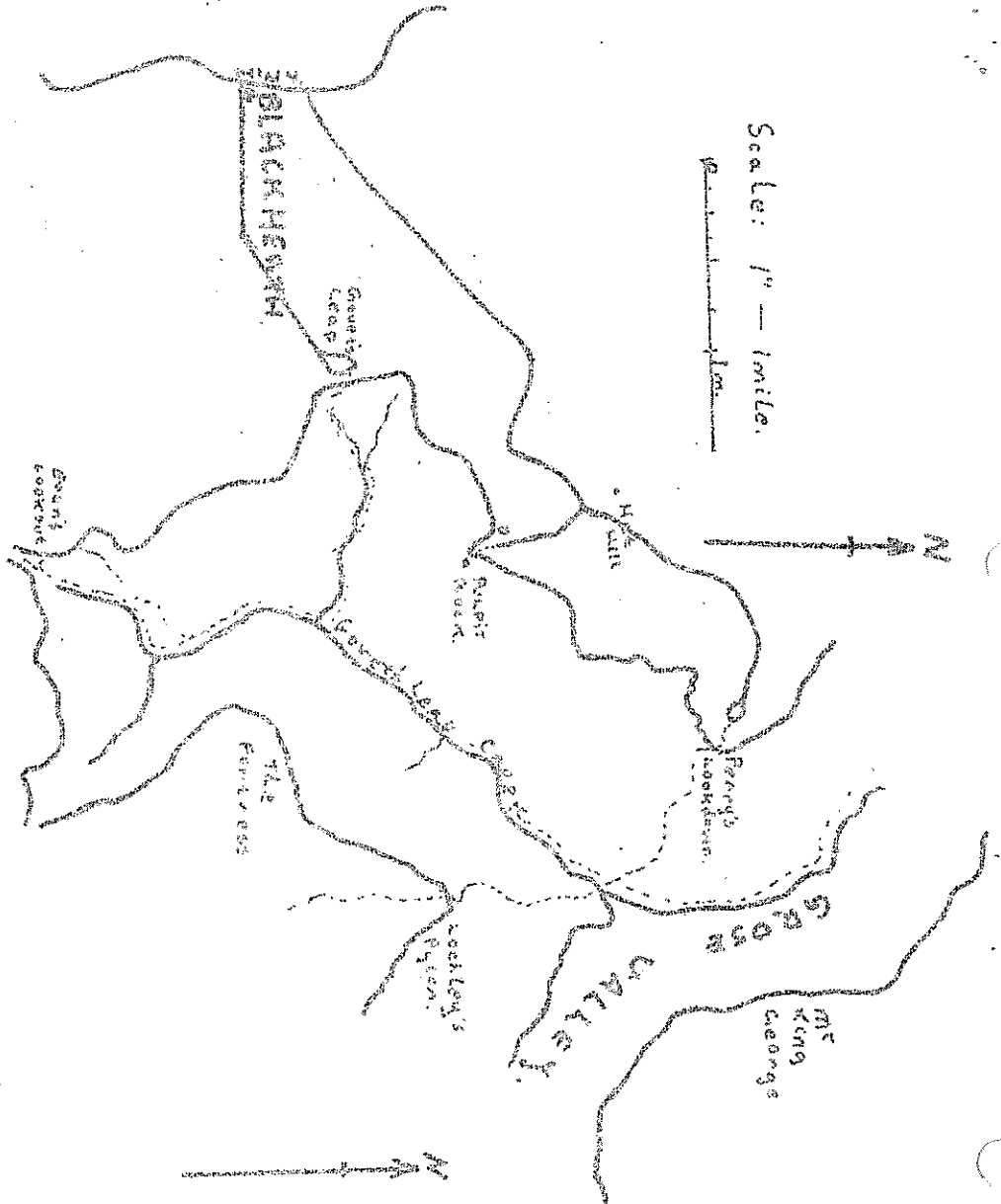
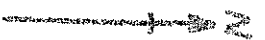
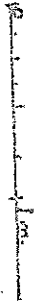
On the left of the track is the opening which marks the top of "Cleft Palate". Abseils can be made after down climbing the chimney to a tree belay. A 60 ft. abseil follows to a cave and second tree belay. From here a 100 ft. abseil and 100 ft. scramble leads to the saddle between the rock and the cliff. Fixed ropes could be left but the climb out is only an 11.

PTO



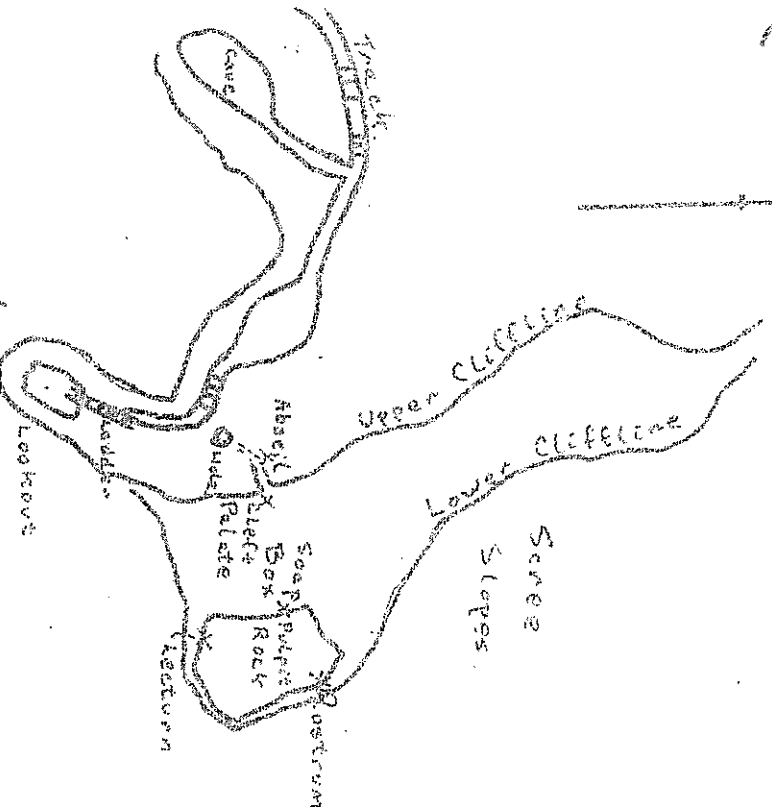
"MY GOD, ITS BAD -
HE'S BROKEN A
BOOTLACE!"

Scale: 1" = 1 mile.



Map to the Pulpit Rock Area.

— W. Williams
Survey 1973



Gouge's

CLIMBS:

PULPIT ROCK

SOAP BOX 22m 8

Start: Inner side of rock.

- (1) Traverse left to nose. Then up nose to top. Few (if any) runners. Belay in bushes.

Warwick Williams
Paul Mara
Virginia Wrice
Ross Vining

LECTERN 15m 13

Start: Small ramp on south side.

- (1) Up ramp to top of pillar. Jamb runners. Carefully trend left to top tree belay.

Ross Vining
Warwick Williams
Paul Mara

ROSTRUM 40m 9

Start: Cave on N.E. side of rock below saddle level.

- (1) Traverse across centre of face to the arete. Up arete to top. Belay on blocks a few natural runners.

Warwick Williams
Paul Mara
Ross Vining

MAIN CLIFF

CLEFT PALATE 100m 11

Start: Opposite rock on main wall the line goes up the obvious crack-chimney.

- (1) 100 ft. up broken wall as you will. Belay on top of blocks at base of main wall.
(2) 80 ft. chimney to next belay in cave - tree anchor.
(3) 60 ft (crux) you are forced out of chimney for a time then back into crack (tight fit). Belay on chock stones from tree.
(4) 60 ft. easily up chimney to top belay (?) on railing.

Warwick Williams*
Ross Vining*
Virginia Wrice
Paul Mara

* Alt. leads

obstinately

OR BLINDLY OR

wrong

A well known and influential University publication recently printed a full text of Murphy's Law. The existence of these laws has been well known, but their actual content less so. The present author noticed a similarity between the applications of the laws to general engineering, and to general MOBSACing. This inspired further detailed research, and the results of this considerable labour are published in this article. The Law is entirely experimental - it has been proved that it cannot be proved.

The most common statement of Murphy's Law is, "If anything can go wrong, it will." A more subtle, scientific, obscure and generally superior statement is simply, "perversity." Another more colloquial version is also acceptable: "You can't win!" Such forms of the Law, however, are not directly useful, so a list of applications to common situations has been made. Of course no such list could ever be complete, being limited by the author's own experience - this list perforce completely ignores some very broad fields such as canoeing, and touches on only the very basics of others such as skiing. Nevertheless, in those areas in which it is more complete, this list should enable many otherwise unforeseeable events to be predicted in advance.

Walking:

- (1) The more innocuous a change of route appears, the further its influence will extend.
- (2) Directions from locals will be expressed so as to cause maximum confusion, e.g., a landmark will be described as, "the big green tree".
- (3) The party's only map will be dropped over the first cliff to be reached.
- (4) Any navigational error that can creep in will. It will be in the direction that will cause most confusion.

- (5) On any given map, all marked huts will be in ruins, and all existing huts will be unmarked.
- (6) Contrary to statistical predictions, errors in a compass walk will accumulate unidirectionally towards the direction of maximum confusion. In the case of orienteering they will accumulate towards the direction involving maximum time loss.

Climbing:

- (1) Only 120 ft. ropes will be available whenever a 150 ft. drop is approached.
- (2) Canyon bags will leak

Skiing:

- (1) No runaway ski will slide for less than one mile, or 3000 ft. of elevation.
- (2) The first wax applied will always be too soft for the conditions.

Tasmania:

- (1) The weather will deteriorate. (Warning - this law is dangerous in its apparent simplicity)
- (2) If four people have crossed a mud patch without mishap, the fifth will sink to his or her waist.
- (3) Each person will accumulate a minimum of 12 leaches a day. Only 10 of these will be removed before getting into bed.
- (4) Hydro Electric Commission vehicles will not pick up hitchhikers. (This is also an H.E.C. law.)

General:

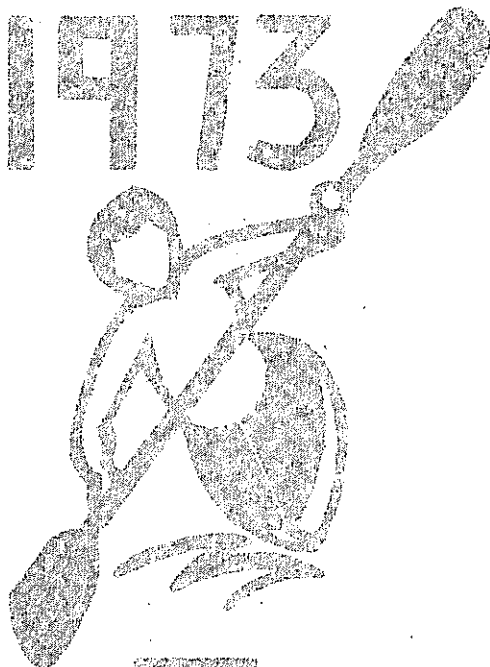
- (1) Any overdue party will reappear 1 hour after Search and Rescue has been mobilised.
- (2) Whenever rarely used items of club equipment are required, they will be needed by three different groups at the same time.
- (3) If there are n cars, tents, huts, etc., of absolute maximum capacity a_n each, there will be $(\sum_{i=1}^n a_i) + 1$ people, and it will be raining hard.
- (4) Any predictions made on the basis of these laws will be incorrect.

Peter Tuft

"Mountaineering may come to mean something more than a sport, you may find it a philosophy of living."
Sir John Hunt

IV SLALOM

1973



UNITED STATES

I U Canoeing

Intervarsity Canoeing held at Childowla (N.S.W.) on Saturday, Sunday,
19, 20 May, 1973.

Host - University of New South Wales

Competing Universities:

Macquarie	Melbourne
A.N.U.	Monash
La Trobe	U.N.E.
Newcastle	Sydney
Western Australia	New South Wales

Winning Universities:

Women:	-	Macquarie
Men:	-	A.N.U.

Aggregate Trophies:

N.S.W. Canoe Association	-	Slalom Aggregate	-	A.N.U.
Aust. Canoe Federation	-	Down-River Aggregate	-	A.N.U.

RESULTS

Women

A. Down River - K1

J. Lottkowitz	(Monash)	1st	43.11
J. Vanry	(Macquarie)	2nd	44.10
S. Rotheram	(La Trobe)	3rd	45.10

B. Slalom - K1

L. Brown	(N.S.W.)	1st	400
J. Lottkowitz	(Monash)	2nd	438
J. Vanry	(Macquarie)	3rd	444

Overall Point Score - Women

Macquarie	132	1st
N.S.W.	64	5th
Melbourne	91	3rd
A.N.U.	116	2nd
Monash	83	4th
La Trobe	51	8th
U.N.E.	54	7th
Newcastle	62	6th
Sydney	46 $\frac{1}{2}$	9th
W.A.	30 $\frac{1}{2}$	10th

MenA. Down River - K1

M. Stomp (A.N.U.)	1st	35.49
P. Seager (Melbourne)	2nd	35.50
R. Simpson (A.N.U.)	3rd	36.18

B. Slalom - K1

R. Simpson (A.N.U.)	1st	292
P. Fogarty (Macquarie)	2nd	301
A. Wells (Monash)	3rd	310

Overall Point Score - Men

Macquarie	109	4th
N.S.W.	117	3rd
Melbourne	95	5th
A.N.U.	135	1st
Monash	71	6th
La Trobe	133	2nd
U.N.E.	67	7th
Newcastle	38 $\frac{1}{2}$	9th
Sydney	54	8th
W.A.	12	10th

TEAMS K1

	<u>Score</u>	<u>Points</u>	<u>Place</u>
A.N.U.	523	10	1st
N.S.W.	650	9	2nd
Monash	684	8	3rd

OPEN CANADIAN 2

	<u>Score</u>	<u>Place</u>
Macquarie	477	1st
A.N.U.	514	2nd
A.N.U.	526	3rd

<u>MIXED CANADIAN 2</u>	<u>Score</u>	<u>Place</u>
Monash	527	1st
A.N.U.	546	2nd
Macquarie	547	3rd

Aggregate Slalom Placings:

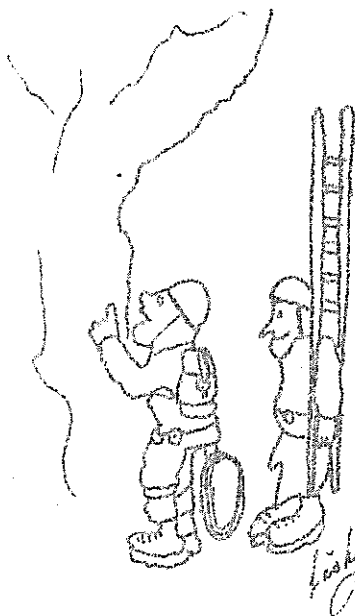
1. A.N.U.
2. Macquarie
3. N.S.W.

Aggregate Down-River Placings:

1. A.N.U.
2. Melbourne
3. Macquarie

For a more comprehensive report, please contact the Club Secretary or Vice-President.

Next years I.V. is to be hosted by the University of New England somewhere on the Nimboida River near Grafton. Look forward to seeing you there.



LAYBACK FOR THE FIRST TEN FEET,
 HANDJAM UP THE LITTLE CRACK IN THE
 OVERHANG, THEN A REG BELAY —
 IS THAT HOW YOU SEE THE FIRST
 PITCH?

THE KILLER WITH ICY FINGERS

This article is very long but we hope you will read it all. (ed)

Hypothermia. It's a long, rather clinical-sounding word. Do you know what it means? You should - it's something every skier should know about, because none of us know when we might have to face it, and unless we know exactly how to combat it, hypothermia is a swift, deadly killer. It strikes most frequently, and most effectively above the snow-line.

Hypothermia is a word which you probably won't find in most dictionaries, but it has a common synonym - exposure. It is the word which medical men use to describe the condition in which the body temperature drops below normal. It is an insidious condition which often passes unnoticed by victim or observer until it is too late. In extreme conditions it can kill in little more than an hour.

How many times have you read the words, "he died from exposure?" All too often the Australian Alps with their open plateaux, swept by icy winds, claim victims of hypothermia. Some of the deaths have been terrifyingly sudden. All of them could probably have been avoided if the victims had been aware of their danger, and known what life-saving measures to take.

Victorian skiers remember September 4, 1965, as the day on which the state's langlauf champion, Charles Derrick, died only one mile from the end of a 50-mile cross-country trek. Charles, who was a fit 27, was attempting to break his own record for the trip from Mountain Creek near Mt. Bogong, to Hotham Heights. The weather turned bad soon after he began his trek, but Weather Bureau reports said it was not extremely cold in the area at that time. Yet searchers found Charles Derrick lying exhausted and unconscious on the windswept top of Mt. Loch hours after he should have reached the nearby Hotham Heights Hotel. He died - from hypothermia - soon afterward.

Charles Derrick was a very experienced cross-country skier. He knew that fatigue and hunger (he took no emergency rations with him) were contributing factors to hypothermia and he knew that death was in the icy fingers of the wind which howled across the open ridges, yet like most exposure victims he was unable to recognise the symptoms in himself. And he died.

Three years later, in August 1968, skiers throughout Australia were appalled by the death at Thredbo of a 14-year-old boy and his 12-year-old sister. The youngsters, Kathy and Ian Baker, went out skiing in a near-blizzard with temperatures barely above freezing point. They lost their way near the top of Merritt's Spur, about a mile from Thredbo Village and took off their skis to struggle through deep snow drifts before Ian collapsed in a frozen creek bed. Kathy struggled on alone for another forty feet before she, too, succumbed to hypothermia. Death for both children came swiftly and there was no hope of reviving them by the time searchers found the bodies about seven hours later. A doctor said they died from "extreme exposure".

At Mt. Buller during 1970, there were three full-scale searches for missing skiers, all within the space of a few weeks. All three survived. Two of them knew what they were doing. The third was just lucky ... very lucky.

Honeymooner Thomas Wisinger, 25, lost his way in heavy fog near Mt. Buller's Summit. Rather than risk exhaustion, he dug a hole in the snow and slept for a few hours before making his way downhill in the direction of the Mt. Buller Road, where he was picked up by searchers. Thomas Wisinger had spent 18 hours in temperatures as low as 34 degrees, but he used his common sense - and survived.

A few weeks earlier, a doctor with many years of skiing experience to stand him in good stead, had lost his way below Shaky Knees run - again in heavy fog. He was considerably closer to the Mt. Buller Road than Wisinger had been, and he knew he was lost, so he applied the same principal as Wisinger, and instead of wasting his strength in a vain attempt to find his way back to the village, he headed straight downhill, and a few hours later, walked out on to the road unhurt.

Kerry Outerbridge, whose disappearance on July 25 sparked off a massive ground and air search, is extremely lucky to have survived his ordeal. Indeed, when a rescue party reached him two days later, the young medical student was dangerously close to death. Kerry was skiing alone (always a risky undertaking) when he crashed on one of the icy trails which plunge off Buller's Summit. Unnoticed by anyone, he tumbled about half a mile down the mountain, suffering head, leg, chest and shoulder injuries. It was hours later that Kerry regained consciousness in the darkness and bitter cold. He was in pain and dazed from his head injury, but more by instinct than conscious thought, he knew it was important to keep warm. He struggled to his feet and began moving downhill, away from the snow. Eventually, he took shelter beneath a log - just as Mick Hull and Cleve Cole had done in 1936 following their disastrous climb up Bogong and subsequent descent 180 degrees off-course. Cleve Cole was in fact beyond saving, delirious with pain, hunger and exhaustion, and he died soon after being rescued by a search party. Mick Hull though, did survive, albeit minus a few of his toes thorough frostbite.

But to return to Kerry Outerbridge. After his night under the log, he got on the move again, and though in pain, and still half-delirious, he managed to get below the snow-line and down into the gullies away from the killer wind. He probably owes his survival more to this manoeuvre than any other factor although he was certainly lucky to be found when he was, because in his delirium he later scaled a 300 ft. ridge in an effort to attract the attention of one of the search planes, and when rescuers arrived, they found him lying on top of a ledge only inches from a 50 foot drop on to jagged rocks. Had Kerry fallen asleep or lapsed once more into unconsciousness, he would almost certainly have fallen to his death.

Kerry Outerbridge survived, but he came perilously close to a lonely and painful death. Wandering about above

the snow-line, he would almost certainly have been claimed by the wind, and so it was for the best in the long run, that his stupified wanderings carried him down-hill. But had Kerry not suffered a head injury, and dug himself in on the spot where he crashed, he would have been located by the initial search party which swept the area at first light on the morning after his disappearance.

Yes, Kerry Outerbridge was lucky. He was fit and healthy to begin with, and no doubt that helped him through his ordeal. But even if you are fit and healthy too, don't be fooled into thinking that hypothermia cannot claim you. You are just as susceptible as anyone else, under certain conditions. The frightening thing about hypothermia is that the victim is unable to recognise his own plight. The signs and symptoms are sometimes - tragically - mistaken for simple fatigue and people have been known to die of exposure without once complaining of the cold.

The National Parks and Wildlife Service of New South Wales is deeply concerned for the safety of skiers and others who venture out on to the Main Range and other isolated parts of the Australian Alps, and last year it published a pamphlet explaining the danger of hypothermia and steps which can be taken to save its victims. Any experienced skier will tell you that it's the wind, more than anything else, that's the killer in Australian snow country and probably anywhere else for that matter. The National Parks pamphlet goes further and says that at a temperature of 50 degrees F., a wind of 30 m.p.h. produces the same heat loss from unprotected skin as would occur in windless conditions at 28 degrees F. Wet skin loses heat 20 times faster than dry skin. Thus damp, windy conditions with the temperature at about 40 degrees are probably the most dangerous of all. A temperature of forty degrees doesn't sound all that cold, but it was in just such conditions in September, 1965, that Charles Derrick died.

The National Parks pamphlet makes the point that hypothermia is NOT easy to recognise. The victim is exhausted, lags behind his companions, stumbles, is reluctant to carry on, and "not with it" mentally. He may be difficult to reason with. He simply has no idea that he may be close to death. It is vital that his companions recognise what is wrong with him (bearing in mind that they, too, may be suffering to a greater or lesser, degree from the same complaint) and



ITS A WAY OF LIFE

give him immediate treatment, even if he objects. If he collapses, it's all too probably that he'll never recover.

The National Parks and Wildlife Service suggests the following treatment:

Shelter from the wind immediately. Drop off a ridge to the lee side and look for shelter in tussock, scrub, bush or behind rocks. Put on extra clothing, have something to eat and drink and assess the situation carefully. Recovery from mild hypothermia can be swift, but if it has not occurred within 15 minutes, or if the victim has collapsed, he will be past warming himself - you will have to do it for him. You must treat him on the spot - he may die if you attempt to assist him to shelter in a hut. If practicable, change him into dry clothing. Put him in a sleeping bag and have a strong member of the party get in with him, or else have two fit people, both in their sleeping bags, lie close alongside him. This is the only safe method. Excessive external heat such as a fire, can kill him. **ALCOHOL MUST NOT BE GIVEN.** In any case, your patient should not be moved (especially by his own efforts) until fully recovered or until you get medical advice. Meanwhile, watch the rest of the party. Make camp immediately where you can get the most shelter.

The pamphlet then lists these simple rules which could save your life if you are going touring:

- (1) Whatever the length of the trip, prepare for it carefully. Do listen to, and take heed of the weather forecasts. Take a parka on every trip into the hills - **EVEN FOR A DAY OR HALF DAY WALK.**
- (2) For excursions on the open tops, add long trousers, gloves and a balaclava to your **MUST PACK** list.
- (3) Have a good meal before setting out, and frequent snacks during the day.
- (4) Plan your day to as to reach your destination with time to spare before nightfall. If the weather deteriorates, turn back, or take a safe alternate route which will provide all-important shelter.
- (5) Remember there is always a chance of having to spend the night in the open and then a sleeping bag cover, a survival sheet or plastic tube can save your life. (Victoria's Ski Rescue Service, by the way, recommends the "Space" Rescue Blankets, which it used in its Akja

sledges. The blankets, manufactured by Norton Australia Ltd., retail for only a few dollars. They are made of an insulating material developed for use in America's space-craft, and reflect more than 90 per cent of body heat, while keeping out external cold. The blankets measure 56 in. by 84 in. yet fold into a plastic pack no bigger than a cigarette packet and weighing less than two ounces).

6. For safety, four is the minimum number for a party. Remember, one man cannot recognise hypothermia in himself. A two-man party is too weak to help itself in a dangerous situation. If four are in the party, one can stay with a sick man while two go for help. NEVER TRAVEL ALONE.

The Victorian Ski Rescue Service has further advice for intending tourers. S.R.S. veterans say it is important to have someone in your party who knows the area thoroughly, and even more vital is the need to inform some reliable person such as the Area Manager, Lodge Captain or S.R.S. Patrol Leader, of your intended route, and probably time of arrival. And for heaven's sake, do inform this person when you reach your destination, otherwise you'll be guilty of instigating a pointless search. The same rule applies if you DO get lost, but find your own way back. Tell someone in authority that you're O.K.

So much for touring parties which run into trouble, but what of the lone skier who, like Kerry Outerbridge falls and hurts himself unnoticed by other skiers, or who misses the trail home in fog, darkness or blizzard? Bearing in mind that the victim of hypothermia cannot recognise his own symptoms, do YOU know how to save your own life?

Obviously the sensible attitude is to assume that you are likely to suffer from this swift and deadly killer, and take steps to prevent its onset long before it happens.

The Victorian Ski Association's Vice-President, Doctor Rodney Moss, has some good advice to offer lost skiers. He says it's mainly a matter of common sense, and your chief objective is to minimise the loss of body heat. Seal yourself off from the outside air as much as possible, by putting on and tightly securing every available item of clothing.

Remember that it's vital to get out of the wind. If you are able to drop down into a sheltered gully, do so, or if you are close to some natural windbreak such as a

rocky outcrop or a thick clump of snow-gums, make use of it. Don't, however, do what 24-year-old Peter Turton did at Falls Creek in 1963, when he lost his way in a blizzard above the village T-bar. Peter, a relative newcomer to skiing, crawled into the sketchy shelter of some snow-gums, but took all his equipment with him. His skis or stocks left standing upright outside the trees might have saved his life, because when the weather cleared the following morning, and searchers spotted his frozen body, tracks in the snow showed that during the night, a search party had passed within forty feet of where he lay. Peter Turton might still have been alive at the time, but with visibility near to zero, the searchers had no hope of seeing the exhausted and doubtless unconscious figure huddled in the deep shadow of the snow-gums. If only Peter Turton had marked the spot!

Failing the availability of a natural or man-made shelter, Dr. Moss advocates digging a hole in the snow. Anyone new to the sport, who doubts the value of this advice, should remember that the Eskimos live snugly in igloos made entirely of huge blocks of frozen snow.

"Dig a good deep hole", says Dr. Moss. "The exercise won't hurt you - in fact it will help to keep you warm - but don't drive yourself on to the point of exhaustion. It's better to dig systematically, with intermittent rest periods. Dig the hole deep, with straight sides. A curved ditch creates its own wind tunnel effect and will kill you very quickly. The hole should be deep enough for you to sit comfortably in it, and be able to hear the wind whistling over the top.

"If you have any tree branches or similar material, lay them on the bottom of the hole so you can sit on them. Leave your skis upright in the snow alongside the hole - preferably crossed as this makes them more obvious - to act as a signpost to search parties, and then get down in the hole. This way, I'd say you would have a good chance of surviving for quite a long period."

Dr. Moss says that if you have any food with you, you should eat it, because the energy produced by the food within your body will help to keep you warm. But don't eat everything you have all at once. Take a little at a time.

Says Dr. Moss: "Human digestive processes slow down under stress or shock, so your body is better able to metabolise small amounts of food at a time.

"The old warning about alcohol being dangerous for people exposed to cold is quite true. Alcohol is a vaso-dilator, and helps to speed up loss of body heat when you most need it."

Alcohol almost certainly played a major and sinister role in the second tragedy on Mt. Gogong, in which three people lost their lives, all of them experienced skiers. It happened in 1943, John Macrae, Edward Welch and Georgina Gadsden were climbing Bogong with five other, less experienced skiers. A large enough party to ward off disaster, you might think, but when the weather closed in soon after the ascent began, the three experienced skiers made their first mistake in deciding to push on ahead of the main party. Bogong was wreathed in its usual mist and a blizzard raged. It was three days later that the second party resumed their climb and came upon the huddled, frozen bodies of Macrae, Welch and Miss Gadsden. Nearby were two half-empty bottles of rum and brandy.

The three skiers obviously died suddenly, and they did so within easy reach of the Bogong Summit Hut. Later investigation showed that this hut was completely snowed under at the time, and it would have been impossible to get inside. It was clear that no attempt had been made to construct any kind of shelter. Macrae and Welch, in fact, were still wearing their rucksacks when they died. One can only theorise on events on that tragic August day in 1943, but it seems that Macrae, Welch and Miss Gadsden, faced with the prospect of a night in the open, paused to take stock of their situation and decided to have a nip of rum or brandy to keep their spirits up, or possibly in the horribly mistaken belief that it would help to warm them. In the almost Polar conditions in which they consumed the alcohol, death - from hypothermia hastened by the vaso-dilating effect of the rum and brandy - struck them down almost immediately.

Rodney Moss suggests that while he's inside his hole in the snow, the lost skier should undertake some mild form of exercise, as this would help to keep him warm. If he's able to make a small fire, so much the better. It's true that the heat of a fire can kill someone suffering from hypothermia to a severe degree, but if you've been clear-headed enough to dig yourself a good hole, it's unlikely you have hypothermia. The victim of hypothermia is far more likely to wander about in circles until he collapses, or else sit down to rest in the open - where the wind can get at him. He is incapable of organised thought.

Veteran skiers have varying opinions on whether a skier who is lost should allow himself to fall asleep. Some say it's more important to keep moving. Dr. Moss says that provided the skier is down in his hole out of the wind, it doesn't really make much difference whether he goes to sleep or not.

"The reason people die when they go to sleep in the snow is because they do it in an exposed area," says Dr. Moss.

A young American named Laurie Seaman lost his life in just this way in August, 1928, a short distance from the Summit of Kosciusko. Seaman had been touring with another man called Evan Hayes. A storm blew up suddenly, the way it all too often does in the Australian Alps, and the going was heavy. Seaman took off his skis and placed them neatly with his stocks beside the pole-line in Rawson Pass. Hayes kept his skis on, and together, the two men succeeded in reaching the Summit of Kosciusko. What happened after that is a matter of conjecture, but it appears that on the return journey, Hayes moving faster on his skis, overshot the Pass and met a lonely death somewhere on the south side of Kosciusko, where his remains were discovered two years later. Seaman, meanwhile, followed the snow-poles on foot, to the point where he'd left his skis. He sat down to wait for his friend and worn out, no doubt, by the exhausting climb up Australia's highest mountain, he apparently nodded off to sleep and subsequently froze to death. His body was found a few months later, still sitting upright alongside a neatly-placed pair of skis. Assuming that Seaman was reasonably fit, he could have quite feasibly put on his skis and followed the snow-pole line to safety, but by sitting down in an exposed area to wait for his friend he met his death.

So, get out of the open. Do everything possible to keep yourself warm. DON'T, under any circumstances, take even the smallest drink of alcohol. Mark your shelter in some way so that searchers can locate it. Make up your own mind about whether or not you should risk sleeping, but bear in mind that it might be worthwhile staying awake as long as possible so that you can listen for searchers. And if you do decide to make any sorties away from your shelter - by daylight only, please! - always mark your trail, so you can find your way back to the shelter again.

There's one other factor which people lost in the snow must bear in mind - the danger of frost-bite. Again, it is the wind which plays a major part in establishing

In such cases, the tissues are frozen deep below the skin surface and the area involved is white, cold to touch, completely without feeling, and feels to the first-aiders, as solid as wood. No attempt should be made by first-aiders to thaw severe frost-bite. The victim must be hurried to medical care without further ado. When possible, he should be transported by stretcher and protected from cold, by adequate clothing, food and hot drinks. Alcohol and cigarettes also are taboo.

If transport cannot be arranged immediately, the frost-bite victim should be made to walk - yes, even if his feet are frozen. Getting him to medical care quickly, and avoiding thawing the frozen part before admission to hospital must over-ride all other considerations.

Obviously, the best advice to give someone lost in the snow regarding frost-bite is much the same as the advice regarding hypothermia. Try to take preventive action before it occurs. Watch for the tell-tale signs of minor frost-bite and treat it at once. If you've taken all the life-saving measures to prevent hypothermia, then you should be able to avoid severe frost-bite.

Possibly for many people, this article makes gruesome reading. But death, the kind of death which waits for the novice or the foolhardy on the Australian snowfields IS gruesome. So many lives have been lost and so needlessly.

The rules for survival are simple enough. Please, for your own sake, take the trouble to learn them, and if you find yourself in trouble, put them into effect quickly and thoroughly.

from

Australian Ski Year Book 1971

QUESTION: IF A U-SECTION CHROMOLLY ANGLE IS THE BEST PITON IN 3/4 AND 1 INCH SIZES, WHY BOTHER TO SWITCH TO A Z-SECTION FOR THE 3/4 TO 5/8 RANGE?

ANSWER NO. 1: Beef. A 3/4 inch U-section angle has an ample amount of metal, well speaced out and distributed to shrug off the loads of driving, cleaning, and falls. As far as I know, nobody has ever cleaned the head off a 3/4 or 1 inch Chouinard angle, in spite of the fact that crosswise or diagonal grain direction is used (to reduce lengthwise cracking). However, in scaling down a good cross section by half, the strengh modulus is cut one quarter, and the rigidity modulus to one eighth. The width of a Z-section restores strength and rigidity, especially in the lateral direction. Nobody has ever cleaned the head off a Leeper angle.

ANSWER NO.2: Ductility. A 3/4 or 1 inch U-section angle functions as a rigid piton in virtually all situations. A half-inch angle (whether U or Z) cannot count on doing so. It must be ductile. Leeper pitons have an inherent ductility arising out of their lengthwise grain direction. In addition, the Z-section can have only one edge under tension regardless of the direction of pull. (At a hardness of Rockwell 40, an edge is the only place a crack will start.) and, again, the extra metal in the Z-section means you can get both ductility and strength

ANSWER NO.3: Length and holding power. Because of the lower strength modulus and the ductility problems inherent in a small U-section, responsible designers have kept to a stubby length with a fast taper (thus avoiding a "long lever arm" situation in falls or cleaning). But a short, heavily tapered piton simply does not give the best holding power in most cases.

When I developed my Z-section design for the range between 1/4 and 3/4, I was at liberty to choose any cross section with no question of my imitating anybody (there were then no chromolly pitons made in that size range). And I examined the U-section closely. I chose the best possible cross section, because I cannot be satisfied with making less than the best piton I know how to make.

Ed Leeper, Wallstreet, Colorado
80302

Etha - Egth

What we gunna do over Easter?
How 'bout we go canoeing somewhere
Yeah, neat - where we go?
I dunno - how 'bout the Macquarie?
(At this stage, roars and cheers from the crowd as this
was a Good Idea)

And so it came to pass that at a very early hour of the morning some of the tribesmen (and women) of the tribe known as the University of N.S.W. Mountaineering and Climbing Club, whose home lies in an area known as Adinikosnek (tribal name for 'place of High Winds and Ugly Buildings') loaded their camel and taking their chattels, and canoes, set forth into the night.

They journeyed for many hours, guided only by a light on the front of the camel by night- and a cloud of dust from the feet of the camel in front by day. For, yea, it was indeed day by the time they reached their goal, far from the ugly buildings. And at one spot by that river, which was known as the Macquarie, they discovered some grass, and said, "Here let us set down our chattels and canoes and remain."

And they did.

And after taking from their camels their chattels and their canoes and a great many etha-egth (tribal name for special type of food eaten at that time of year), they set up their tents. And having done this, they dug a large hole and surrounded it with canvas as a place to make offerings to the gods for a flood.

And by and by, more tribesmen (and women) joined them by the river with more camels and canoes and etha-egth. And they dug more holes to appease the gods. But the gods were not impressed and did not send a flood.

So there were many rocks in the river and they were sharp. And those tribesmen whose canoes were not built with strength, got holes in them, while some of those tribesmen (and women) whose boats were built with strength, fell out of them.

And on the second day, to abuse themselves in the celebrations, ropes were stretched across the waters and poles were hung from them for the tribesmen to paddle between. For there was a contest between them to see which one could paddle through the poles fastest.

And it came to pass that this coming together of so many tribesmen (and women) from so many places was a cause of great celebration and merriment in the evenings also. So the tribesmen (and women) would sit around their fires eating etha-egth and singing.

But on the third day, the gods grew displeased with the games because not enough offerings had been made to them in the canvas-surrounded offering places. And to punish the tribes, they poured foulness into the drinking water of the tribes and caused many of the tribesmen (AND WOMEN) to feel unwell.

And although most of the tribesmen, realising their sin, tried to appease the gods by making many offerings, the gods were not amused and the games were cancelled for fear of the wrath of the gods. And the tribesmen tied their canoes and chattels back on their camels and ate the last etha-egg, and set out on the long journey back to the Place of High Winds and Ugly Buildings.

But it was agreed amongst all the tribesmen (and women) that the celebrations had been good despite the displeasure they had incited in the gods. And it was decided that when, after sufficient sacrifice, the gods showed their approval by granting them a flood, they would journey again to that place and paddle their canoes down the river for many days.

Wow'
Gee Wizz'

K. Nuing

"I live not in myself, but I become Portion of that
around me; and to me high mountains are a feeling, but
the hum of human cities torture"

Lord Byron

One Sunday

Being completely psyched out one Sunday, John G. and I had just backed off Unnamed Climb (9) at Narrowneck the day before, I decided to have a slack day with Warwick and Virginia. So having collected his bracket from 'Unnamed' (the object of our abortive attempt the day before) we set off down golden stairs for a peaceful stroll to "Ruined Castle" munching quite happily on cheese and feeling the cool of the forest.

Arriving at Ruined Castle Warwick and I looked at a small pinnacle while Virginia admired a young girl's engagement ring and wished she'd brought her knitting, which suited us all, being easy, fine and lazy.

Keeping to the right hand side of small cliffs, gendarmes and pinnacles and climbing these at will we proceeded up the ridge to the bluff. It is quite incredible to do a chimney and suddenly launch into daylight with a glorious valley surrounding you, Lake Burragorang and Mount Solitary to the south and a fantastic profile of Dogface to the north. This looks serious from straight on but when one sees the angle it overhands (100° - 110°)!

Another item of interest to recommend the trip are the number of 40-50ft. cracks on fair-good rock which would make excellent practice climbs.

Warwick led up a chimney, one side of which was a 2 to 3 ft. flake and laughed himself silly when he saw a bolt placed in a crack. On emerging from this delightful chimney we were confronted with an old decaying manilla rope twisted around the rotten chase that was to be our last pitch. Even though more serious because of the exposure (wow!), sleep face and rotten rock this is really funny. Warwick lead a line 10 ft. up followed

by a 30 ft. traverse through a cave back out onto the wall and up to a ledge. Above this easy scrambling remains to the trig station and from here back to the fire trail.

SUMMARY:

Narrowneck Bluff, some great Sunday in May, Warwick, Virginia and Paul. Great if you feel like climbing consistently the same climb for a day.

Route: Narrowneck Cave, Golden Stairs, Ruined Castle, Narrowneck Bluff, Fire Trail, Narrowneck Cave.

Time: 5-6 hours (easy)

Grade: No higher than 10 (unless practise climbs are done) on fair-poor rock.

Paul Mara



THAT'S IT SIR -
WE'VE EATEN
THE LAST OF THE
GEOLOGISTS.

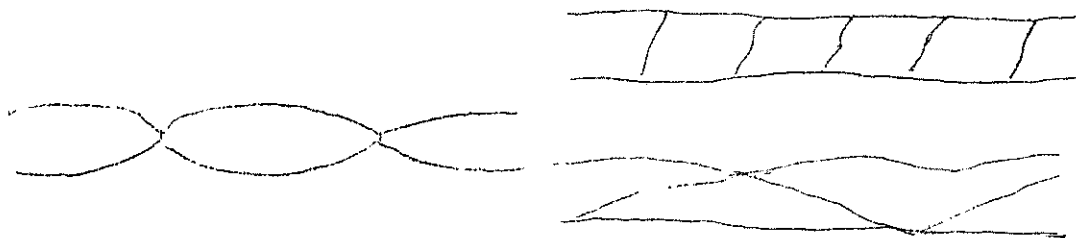
COMPASS - An ingenious device for telling walk's leaders the direction they should have gone.

"I went to the woods because I wished to live deliberately to front only the essential facts of life and see if I could not learn what it had to teach and not, when I came to die discover that I had not lived."
Thoreau

Selecting equipment

SLEEPING BAGS. The criteria for a good sleeping bag are warmth, versatility, and weight. Almost anything not filled with down fails badly on all three, so we are restricted to down bags.

There are two basic ways of making a down sleeping bag: through stitching or box quilting (two variations).



In a through-stitched bag, much warmth escapes through the seams (marked by arrows), where there is no down for insulation. Box quilted bags have a continuous layer of down, and are very much warmer - also much more expensive.

The more down a bag contains, the warmer it will be - 2-1/2 lb. of down makes a very warm bag indeed. Some bags have nylon coverings instead of cotton - the only advantages of this is a saving in weight, and perhaps slightly more water resistance. A zip is very convenient in a bag, but can be draughty and cause a lot of heat loss even if well covered by a down filled flap.

The best all round type of bag would probably be a box quilted one with a full length zip. Such a bag can be used all year round, without the owner feeling excessively hot or cold, although they would well feel quite cool or warm. For complete comfort it is probably necessary to have two bags - a cheaper through

stitched model with a full length zip for summer and coastal winters and a boxquilted one with no zip for winter - this is going to be rather expensive lengths though. If you buy a through-stitched bag, be prepared to be cold in winter in the mountains, although some people find them adequate. All bags should have a hood.

The most common brands of sleeping bag are Paddymade, Fairydown and Kimptons. All produce a wide range of satisfactory bags, although Paddy's zips have rather ineffective flaps, and tend to be draughty. Rather than buy a commercial bag, it is also possible to talk nicely to Phil Jones of the Bushwalking Club, and get him to make you a lovely, box-quilted Phil Jones Special, which compares favourably with other more expensive bags.

An almost essential accessory for a sleeping bag is an inner sheet. This serves the multiple purposes of keeping the bag clean; as protection from draughts through the zip (if you have one); providing a little extra warmth; and for very mild nights when you don't really need a proper sleeping bag at all. To conclude, mention of keeping the sleeping bag clean brings us to:

Groundsheets. The primary purpose of a groundsheet is to keep moisture down in the ground where it belongs. It also keeps dirt away from your sleeping bag, and can be wrapped around you as a cape in wet weather.

I have yet to come across a commercial manufactured groundsheet that isn't a useless waste of money. Rubber or plastic proofed fabrics are too heavy, plastic rips and punctures, nylon is too expensive and almost all of them are too damn small! What use is a 6'x3' groundsheet to someone with a 7' sleeping bag?

Most people seem to tolerate commercial sheets. Others buy a couple of yards of heavy duty plastic, and still others use "Space Blankets". These latter are nice and big, and also insulate a little, but cost \$10 and tend to get holes eventually. My ideal solution is 8' of 54" proofed nylon from Mountain Equipment, who sell it by the foot. Having fitted some press studs, I now have a cape/groundsheet that is large, light (9 oz. - less than half the weight of many 6'x3' sheets), cheap (\$5 - about half the cost of a 6'x3' commercial nylon one) and also warm, as the proofing is silvered.

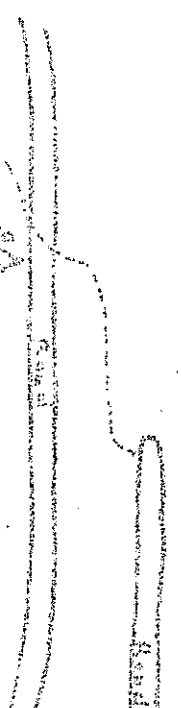
So much for the very basics. Next issue, if I find the time, I might write about clothing, food, cooking gear, tents etc.

Peter Tuft

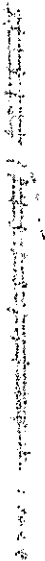
MOUNT BOYCE

NOT TO SCALE

DRAWN: B.P., W.W.S.



Scale of 1 inch = 1 mile
Scale of 1 inch = 1000 feet



Great Maffera Hills
1000 feet



KAMIMBLA 1, 1A 1 1 TV

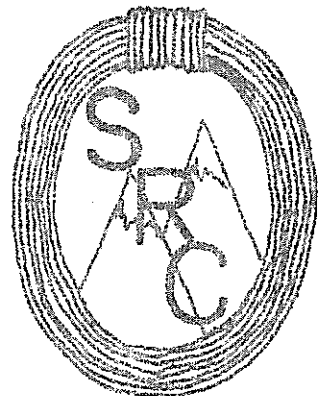
THE
SYDNEY ROCKCLIMBING CLUB

CLIMBERS' GUIDE
to
MOUNT BOYCE

(Second Edition : June 1973)

Edited and Published by members of
the Sydney Rockclimbing Club.

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Climbing news

Have you been climbing lately? No! Then chances are that you either don't know Ross, your wise or perhaps you've had exams.

Probably while I write this I'll miss out your expedition, but I hope you'll forgive me as I've been one of those lucky ones not fortunate enough to have had one or two spare weekends lately and so I'm a bit out of touch with everything.

Early after Easter several people went climbing, either exploratory or to the old areas, making ascents of climbs like Toll (16) by Ross and Warwick, Paradox (8 & M2) by Bill and Ross or the West Wall or perhaps Narrow Neck Bluff. Of course not all of us returned to our warm beds on Sunday, 2nd June. Ross and the Chemistry School spent the night in Murdering Gully.

The May holidays saw a trip by a group of climbers to Victoria. The Myers Music Board (Melbourne) was conquered as well as several climbs at Mt. Aropalios: The best being by Bryder Allan and Ross Vining. They climbed the Rack (19), Kingdom Come (18), Watchtower Crack (16) and Oedipous Rex (17). Many easier climbs satisfied the appetites of the others. Several of the members called into Bcoroomba on the return trip where Counterbalance (13) and a few other lines were ascended.

Bob and Nina spent the weekend in the Bungle's reporting that during one of their rest breaks they were passed by no fewer than 500 people, at times 3 abreast. Together and with some friends they reached the top of Belugeries spire by the traditional routes.

Before Easter Ross, Mike Swain and Dick Feachan established a new route at Perpendicular Rock. The route takes one of the largest lines up the central buttress and it is believed to be of a high standard.

There was a little bit of activity at Wirindi. The next weekend with Ross leading, Joe Lorrrenz up Psychopath (19) and Curtain Call (17) and leading Paul Mono up Flack Crack (17). He also made an ascent of Avago (14), Tombstone Wall (15) and Amen Corner (18).

An exploratory trip was made to Pulpit Rock. Several new routes were established.

The long weekend saw some interesting exploits, Ross summing up a general feeling by:

"bearing in mind what happened last year, I think that next year I will go to bed early on Friday night and set the alarm for 8.00 a.m. on Tuesday morning".

Surely your weekend wasn't that bad. Warwick's was, he sprained his ankle at Narrow Neck Bluff and developed an eye infection early on Monday, Nick Bendelli broke a ski trip, people had automobile breakdowns and Ross, not being satisfied with running his car into a tree on Friday night, also took a 30' plummet from the crux of Fiasco (18) at Booroomba. Besides his mishaps Ross and Andrew Lishmund make ascents of Counterisalance, part of Fiasco and Drunken Delight.

Then the exams arrived along with the holidays and snow and skiing so it seems that not much climbing will be going on within the next few weeks. Rossie planning his record attempt at "Gone with the Wind" and "Echo crash" this coming weekend before he goes to the Bungles the following week.

Besides the people mentioned above, a large number of others have been doing things:- look at Al Nutley, he's been trying (so it seems) to reach an acceleration of 9.8m/sec on developing a new way of climbing/descending.

The TV Armchair Guide to Mountaineering-

Climbing Rope-fulfils many functions, e.g. it may be used for lassoing projecting spikes, crossing impassable gorges or for pulling climbers who have lost their nerve.

A solo climber-One man falling alone.

A roped party-Several men falling simultaneously.

Hemp(rope)-A rope that breaks.

Nylon(rope)-A rope that melts.

Leepers-Small jumping insects encountered on Welsh sea cliffs.

Krabs-Another unusual hazard encountered on Welsh sea cliffs.

(If this last hazard is a considerable one, Lobster Claw Crampons are worn.)

A Cow's Tail-The frayed end of an old climbing-rope.

A Lay-back-An unusually comfortable bivouac.

Cross Country Ski Boots

Following is a list of the various boots available from Paddy's and Mountain Equipment. Paddy hires out the Alfa boots so you may hire before buying. Alfa boots may be bought from either Paddy's or Mountain Equipment.

A word of warning - don't let Phil at Paddy's talk you in to anything you don't want.

Alfa boots - At \$22 a good buy, light and comfortable and waterproof. Two styles designed for Rottefella and cable bindings. These boots do not require animal waxes for waterproofing but rather a spray-on substance. This may make maintenance slightly more expensive. See Peter Tuft with any specific queries.

Other boots available from Paddy's are:

Lake Placid - Elite 13 (\$15) - Stocks left over from last year. I think the tops are too sloppy and the tongue is of poor design. A poor sole. The leather sole is better than the plastic. Mark Dubbs has a pair with leather soles so see what he thinks. Don't go near the plastic sole style.

Jette (\$25-26) - Similar to Lake Placid in design but a better and much stronger boot.

Lake Placid heavy duty touring boot (\$20) - Very good for cable bindings. Good sole for walking but unless you intend skiing before the June long weekend each year you won't need it. See Nick for details re blisters etc.

Eic/Aarflot model - Designed for ski-tourers who want greater downhill control. The price (\$29) includes the binding. Likely to release only after breaking your leg so not recommended. Peter Pavlov knows someone who has used them and thinks they're good - so see Peter for a contrary opinion.

Mountain Equipment

Viking (Stovier) heavy touring boot for cable bindings. At \$18 slightly cheaper than the comparable Lake Placid.

Also available are limited stocks of Riebers. The low touring boot is cheap at \$13 but sizes are limited - mostly 42's (about size 8). Also available is a high boot for cable bindings priced at \$18. They both have leather soles.

Also available from Paddy's is a limited range of racing boots but if you are thinking of getting these then you probably won't be reading this article.

CONCLUSION:

Always try the boots on with the socks you intend wearing. To be able to wriggle the toes in the boots is a definite advantage - it helps prevent frostbite. Don't go to the extreme and buy too large a boot as you will tend to roll out of them. If your boots pinch then prevent frostbite by having them stretched at Paddy's.

- Greg Cave

A SHORT WALK WITH WHILLIANS

First impressions of the Elgerwand belied its evil reputation. This was good climbing rock with excellent friction and lots of small incuts. We climbed unroped, making height rapidly. In fact I was just starting to enjoy myself, when I found the boot...

"Somebody's left a boot here," I shouted to Don.

He pricked up his ears. "Look and see if there's a foot in it," he said.

I had picked it up: I put it down again hurriedly.

"Ha! Here's something else-a torn rucksack," he hissed. "And here's his waterbottle-squashed flat."

I had lost my new-found enthusiasm and decided to ignore future foreign bodies. (I even ignored the pun.)

"You might as well start getting used to them now," advised Whillians. "This is where they usually glance off, before they hit the bottom."

He's a cheery character I thought to myself. To Don, a spade is just a spade-a simple trenching tool used by gravediggers.

At the top of the Pillar we donned our safety helmets. "One thing to remember on the Eiger," said Don, "never look up, or you may need a plastic surgeon."

An extract from

"The Mountain" by Tom Patey

U.N.S.W. BUSHWALKERS' CLUB

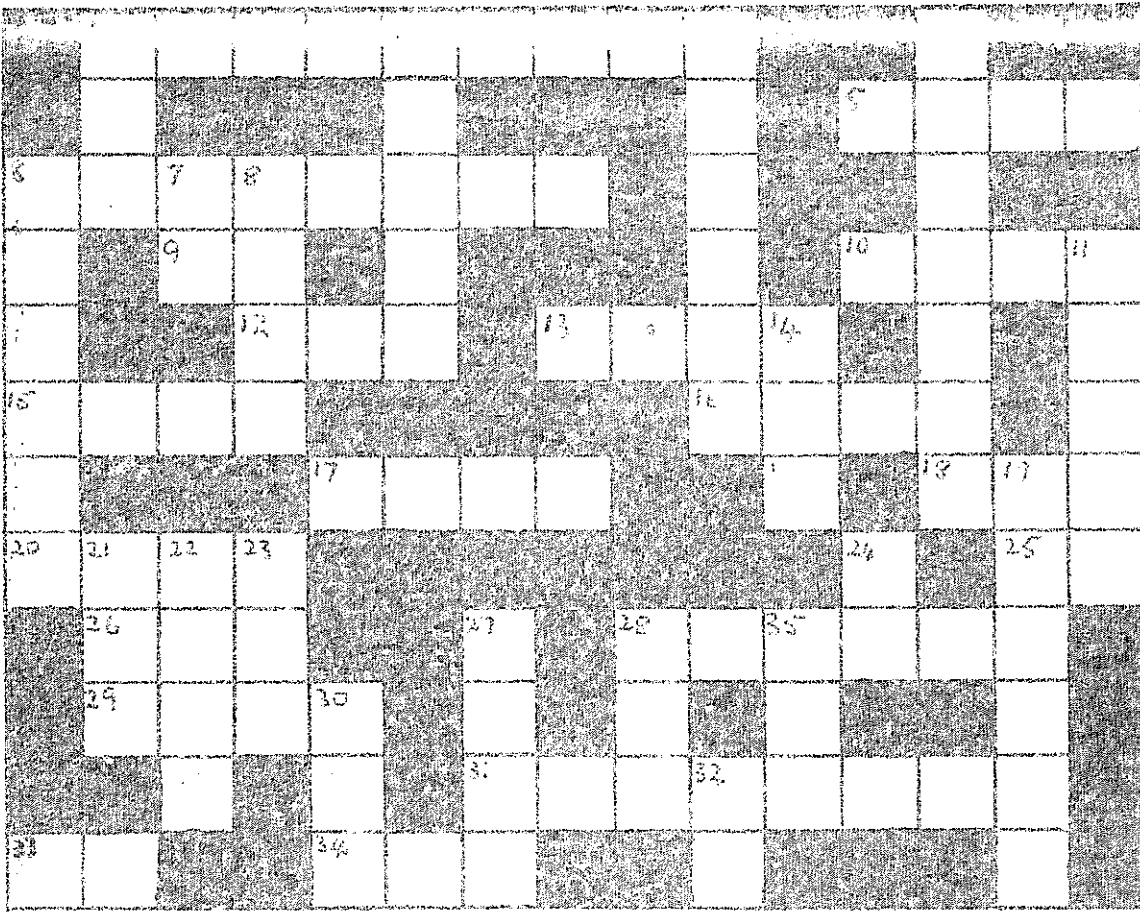
PHOTOGRAPHIC COMPETITION

1. The competition is open to all members of the Bushwalkers' and Mountaineering Clubs.
2. Entries will close on Thursday, 26th July.
3. Entries, accompanied by your name (but preferably not on the photos themselves) should be placed in the box in the Students' Union office, 2nd floor, Stage III, the Union.
4. There will be separate divisions for colour slides and black and white prints.
5. There will be at most six sections: Walking, Canyoning, Skiing, Climbing, Canoeing and Personality. Some of these may have to be combined if insufficient entries are received.
6. As it is not yet known exactly how many sections there will be, it is not necessary to state in which sections photos are to be entered.
7. Black and white prints should be at least 6 1/2" x 8 1/2", preferably 8" x 10".
8. Results will be announced, and winning entries displayed and briefly discussed by the judges, at the Bushwalkers' Club Annual General Meeting on Thursday, August 2nd.
9. Judges will be Neville Crombie, of Opunka and the Photographic Society, and Joe Goozeff, of the Bushwalkers' Club.
10. Although entrants are free to claim their entries after the competition, the club would like to retain winning prints for Orientation Week displays, covers for Mobsac, etc.

This is your competition. To be a success there must be a large number of entries. Don't let your fellow mobsacphotographers down!

Peter Tuft

"Don't say any thing that will not improve on silence."



RESULTS WILL APPEAR IN NEXT MONTH'S ISSUE

ACROSS

1. Range of mountains 50 miles east of Canberra
5. Exposure can
6. A climber's delight
9. Pie, without the e
10. Associated with high altitude and low temperatures
12. Coming in at the right time
13. Often pitched in the dark
15. Another term for pack
16. Equipment
17. A journey
18. Opposite to subtract
20. Landform found underground
25. You and me but not we
26. C. I. A.
28. Controversial feature in Tasmania
29. Favoured by moist soil
31. Walls
33. Opposite to you
34. Despair

DOWN

1. An orienteering club
2. Method whereby thread is brought together in making rope
3. Winter sport
4. Town in the Snowy where gold was discovered in 1859
6. The best Uni. journal published
7. The direction preferred by all climbers
8. A club member's name
11. Ck. site of annual E.B.C.
14. Warming beverage
19. Bludge spot on the south coast
21. A body concerned with conservation
22. One of the delights of climbing a mountain
23. You've got one attached to either side of your face
24. Term used in Freudian psychology
27. Tourist term for bushwalk
28. Used in cooking
30. The time to join the bushwalking club
32. Opposite to P.M.
35. ... Juan

ADVERTISEMENT

N.Z. SKIING - AUGUST HOLIDAYS.

Allan Ross has organised a trip to New Zealand's mighty Southern alps for downhill ski heavies (or learners). Goes Sunday August 12 and returns Friday August 24, and as a result of some good dealing will cost only around \$265. The price is being finalised at the time of writing and could be less. This gets you: return flights Sydney-Christchurch, an internal flight Invercargill-Christchurch, use of a rental car with 600 free miles (you only need 490), accommodation at Lake Ohau (3 days), Queenstown (7 days) and Invercargill (1 day), meals at Ohau, ski racks and chains for the car, comprehensive car insurance and international route charge.

So you only have to pay extra for skis, boots, poles (\$3/day) tows (\$2.50/day), grog (46c a jug), petrol and oil, miles after 600, plane trip to the top of the Tasman Glacier for the 8 mile downhill run if you want it, and anything else you can think of.

To book, be in quick as there is a limit, or if you want to find out more, see Al Ross (preferably) at 9 Bruce Street, Kingsford, evenings, Chancellors Court Thursdays and Fridays, or AUS Travel Office in the Blockhouse (they'll charge a booking fee).

THE NUTCRACKER SHOP (set up by Ian Paterson)

Dear Climber/Tramper,

We are now offering to you an alternative source of high quality mountain equipment AT REALISTIC PRICES.

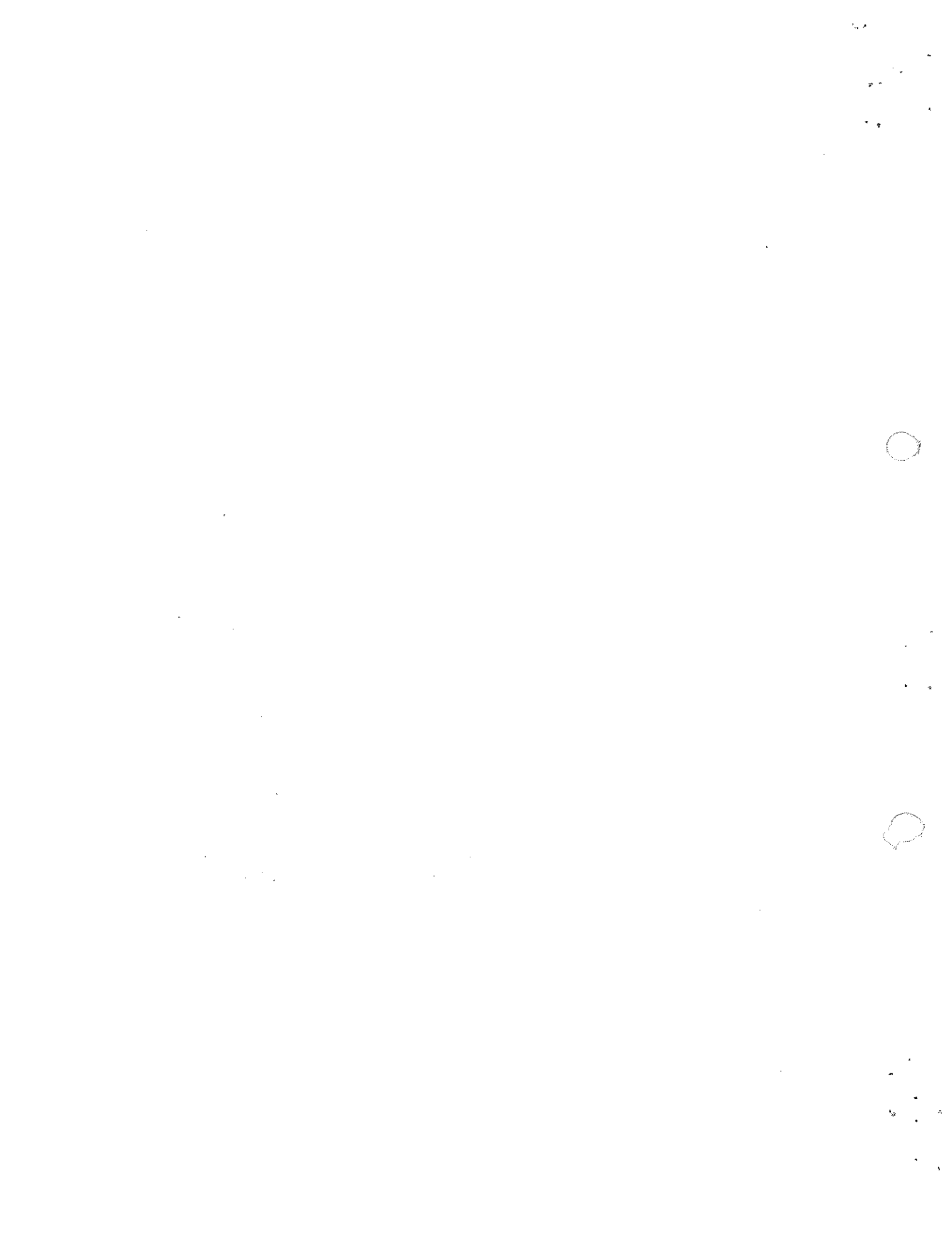
We concentrate mainly on the down, waterproof and climbing equipment we make ourselves but also have a small selection of climbing hardware in extremely limited quantities. Mail order address:

P.O. Box 553,
Christchurch 1,
New Zealand

FREE POSTAGE on orders over \$25.

Here's some of the gear:

Sleeping bag from \$45.50, Pied d'elephant \$27.50, Duvet jacket \$57.50, Duvet Vest \$18.25, Duvet boots \$10.75, Down blankets from \$34.75, Stuff sacks, Bivy Sack \$12.70, Norsewear socks mittens balaclavas, Shirts trousers breeches, Cagoule's gaiters overboots. Also climbing literature and ice and rock gear.



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**BUT EVERYONE
CLIMBS**