

GENERAL INFORMATION

Why go bushwalking? For adventure, relaxation, sport etc. with an underlying theme of conservation, the appreciation of natural scenery and beauty, and the satisfaction of using your own two feet to see it.

What are the activities of the club?

1. Bushwalking: - Weekend and long-weekend trips in such areas as:

Greater Blue Mountains which includes Kanangra, Kartal, Newman, Cox River and Kowmung River areas. Budawang Range, Barrington Tops and Bungonia and Shoalhaven.

Easter Trips - e.g. Snowy Mountains, Cotter River, Warrumbungles, New England Range.

Extended Trips (more than ten days) - e.g. Mt. Cradle, National Park, South West Tasmania.

Such trips may even require air-drops of supplies.

2. Canyon-ing: - A canyon is a narrow vertical-sided gorge. Canyoning is a summer activity and consists of roping or abseiling down waterfalls and swimming pools with plastic lined packs. Popular trips are Thunder Canyon, Dance Brook, and Kanangra Gorge.
3. Saving: - Adventure underground - roping down holes, crawling through squeezes or even swimming. It takes place at Tuglow, Colong, and Bongonia, for example and is sometimes combined with walking.
4. Rockclimbing: - In recent years there has been a drift away from walking clubs. We would like to encourage it to return as this club has some notable achievements in this field.
5. Alpine climbing; and mountaineering: - For several years this club has had at least one member at the Alpine School in New Zealand.
6. Canoeing: - White-water trips down the Shoalhaven, Snowy River.
7. Marathon or "Tiger Walking": - Here the aim is to cover the greatest distance in the shortest possible time using light packs. Such trips are not frequent and only the especially athletic minority take part.
8. Ski-touring: - Trips are in the Snowy Mountains and consist of skiing with packs. A reasonable ability of skiing is required.
9. Baselining: - This is swimming, or being swept down a suitable river such as the Kowmung, using plastic-lined packs.
10. Miscellaneous: - Daring Foundation Day Stunts; Orientation Week abseil; Campfire reunions - the club holds its annual reunion at Wood's Creek each year after the exams; Photography - trophy competition; Geology, wild life, folk-singing etc. Meetings are held every month including vacations. Slide showings and talks are given.
11. Conservation: - The constitution states that one of the objects is - "To foster in its members a regard for, and educate them in the preservation of the wild life and natural scenery of this country". Members automatically become corporate members of the National Parks Association.

GENERAL INFORMATION CONTINUED.

The club is some 29 years old and has received publicity in "Fix", "S.M.H." and "Walkabout". It belongs to the "N.S.W. Federation of Bushwalking Clubs", and is affiliated with the Students' Union.

The "N.S.W. Federation of Bushwalking Clubs" consists about 25 clubs comprising 2,000 members. It runs a Search & Rescue Organisation and promotes conservation.

What is The Walks Programme? - It is prepared by the Walks Secretary and is an approximate guide to the current activities of the club. Additions and other changes are often made, in which case the Walks Secretary is consulted.

What is the standard of activities in the club? - The emphasis in a university club is often on high standard but all tastes are most certainly catered for. Standards ranged from "very easy", to "near impossible" and one-day trips to one month trips. As the club is a walking club it does not generally cater for pure campers.

When do we go away? - Any time of the year, but activities decline to a minimum near exam time and rise to a maximum in vacations. During vacations at least one trip, if not more than one, goes on every weekend as well as at least two extended trips per year. The nature of the activity depends upon the season, for example, canyoning during the long vacation, skiing in the winter.

Club Gear: A limited quantity of equipment is available to members for use on Club trips. Packs, sleeping bags and tents are available, to help you get started.

Memberships

Prospective membership is open to all, but full membership is gained by attending at least two trips necessitating camping within three months of joining. This is the annual practice with all walking clubs, its purpose being to maintain a reasonable standard. Members are obliged to pay (\$1.50) p.a. and are invited to buy a club badge. As there is much inter-club mixing, students who are members of walking clubs outside the University are more than welcome to include the University Club in their fraternizing. Scouts and ex-Scouts are also particularly welcome.

Are there any advantages in joining the University Club? - Trips are programmed to suit exams and vacations, part-timers and full-timers. We feel that potentially a university club provides the best opportunity to participate in activities of a high standard, this being evidenced by the fact that students have been responsible for many of the spectacular achievements in the past. The advantage of mixing with people of different Faculties are obvious. Most University Clubs have instantaneous world-wide recognition. Maintain interstate connections.

Will bushwalking, etc. interfere with my studies? - No one studies during the long vacations (except for deferred exams so no matter how much you study you can at least come away then. As well as creating an atmosphere conducive to study, extra-curricular activity within the University is an essential part of education.

For advice regarding personal gear consult the sheet "advice to new members".

For further information consult one of the office-bearers - better still -

COME AWAY ON A TRIP !

"Our competition with the mountains injures no other human competitor by our success. Our conquest of them ends only in the conquest of ourselves".

.....G.W.F.

ADVICE to NEW MEMBERS.

Bushwalking, as practised by this club, is both demanding and rewarding. It can be made less demanding physically by use of the correct gear, careful planning and packing, and by good technique. All equipment has to be as light as possible (commensurate with adequate strength.) The weight of your pack should not be such as to cause discomfort or rapid tiring. Thirty pounds for Weekend Trips be regarded as maximum. In addition, the pack should not be bulky. Don't hang equipment on the outside of the pack as "Christmas tree walkers" do. Pad the back of the pack, and then keep heavy items as low in the pack and as close to your back as possible. In fact the whole pack should be as "thin" from front to back as possible. The following is a basic list of gear required-

Rucksack- don't get a monster for your first pack, a medium size is best. Later, a large frame pack will be an asset but these can be hired or borrowed for the present.

Sleeping Bag- get the best you can afford. A really good "fleabag" is a friend for life- have a silk sheet to be used with it.

Discuss the choice of rucksack and sleeping bag with some of the more experienced members. The only satisfactory local supplies are Paddy Pallin Pty. Ltd. and Mountain Equipment Pty. Ltd.

Food Containers- use calico bags and M&B cans (scrounged from the Chemists).

Cooking Utensils- One decent-sized billy, a round flat cake cooking dish, a small frying pan or second cake dish, a pair of "pot lifters" (camp tongs), a knife fork and spoon set (with your name on them), and a large mug. Keep the frying pan and billy in plastic or calico bags.

Groundsheet - some form of ground sheet is essential. Thick plastic will do for a start, but a nylon or proofed japara groundsheet cape with hood is desirable. Also bring a small towel, soap, comb, toothbrush and paste, toilet paper, a torch, matches (in proofed container) and an elementary first aid kit. (Don't get carried away here). A small canvas water bucket is useful. If you want to take a camera, be careful in packing it.

Clothing- Take a warm shirt, a light shirt (or T-shirt), shorts, a swimming costume, and a jacket. If the jacket is thin, some leather or canvas sewed on, to cover the left shoulder and immediately behind it, is an advantage if a trip involves abseiling. Don't take anything "respectable" because it may never be the same again. In cool weather, one or more pullovers and a pair of long pyjama pants go well. A hat may be of use. Unless your ankles are very weak, "Volley DC" or 'Special-D' sandals and nylon socks are ideal footwear. The sandals can be obtained as seconds from disposals stores (reduced in price).

Food- the food required depends on the length of the trip, the conditions, and on personal preferences. The menu should be planned in advance on a meal by meal basis. (i.e. for 2 day weekend - 2 breakfasts, 2 lunches and 1 main meal). Bring enough cash to cover your train or car fare plus Sunday night's dinner. The following is a guide only to meals for a 2 day trip.

Breakfast- cereal or porridge, fruit (tinned), chop or toast and tomato or spaghetti, bacon & eggs etc.

Lunch- bread (presliced, only the number of slices you will require) and biscuits, jam, honey, meat paste or camp pie, hard boiled egg, salad, cheese & salad.

Main Meal- packet soup, instant potato, vegetable, fruit (dried) and custard. Don't forget adequate tea or coffee, milk powder or crystals, butter, salt and more sugar than you think you will need. Fresh fruit, concentrated fruit juice, nuts, chocolate, sweets are all good. If you take tins, take an opener to go with them.

On canyon trips most of the gear must be waterproofed. Line the inside of the pack with a plastic bag of some description, having a long neck. Paddy Pallin sells an ideal bag but it is rather dear. Safeguard clothing, camera etc with smaller plastic bags. A plastic flask of O.P. rum is an asset on these trips (seriously) and a pair of gardening gloves useful wherever rope work is involved. (For trips involving something other than walking (e.g. canyoning, skiing ask the leader and other members for advice). Unless your sure you'll need it leave it at home.

THE CODE OF ETHICS OF BUSHWALKING

The following is adapted from a publication by the N.S.W. Federation of Bush Walking Clubs, and National Parks Association N.S.W., to whom acknowledgement and thanks are given.

If you are a beginner - just "learning the game" of bushwalking - please study this carefully and endeavour to pattern your behaviour on it.

If you are an experienced walker - it is assumed you have learned these points over the years but - just in case - please re-read it before you pass it on to a friend or acquaintance who needs it.

Individual "Campercraft"

* Always carry a first-aid kit and be able to use it.

* Always carry a torch and matches.

* Always carry a map and compass.

* Leave with your people written details of your intended walk route.

* Regard streams on farms as being polluted, and beware of the pollution of certain rivers and creeks from town sewerage.

* A high standard of camp hygiene should be maintained. All rubbish and human waste should be buried at a reasonable distance from the camp and away from tracks.

* Food scraps should not be left on a dying fire, nor thrown into a creek or pool. They should be buried.

* Tins now provide a litter problem in many areas. Burn, Bury and Bury is no longer good enough, so when you break camp take tins with you.

A few "don'ts"

* Don't camp alongside another party unless invited.

* Don't light your fire too close to any tent.

* Don't use other's fires, wood or water unless invited; when you do use them, do your share of replacing.

* On the track, don't break out of line to push to the front.

Points for leaders (and their party)

* A walking party should have a leader and should at all times abide by the leaders' decisions.

* The leader should count the party from time to time and not allow it to separate.

* The leader should arrange for a reliable person to remain at the rear to watch any stragglers.

Be a good conservationist

* Never cut down trees or pick wildflowers.

* Never kill birds or animals or allow others to do so.

* Use only dead branches for tent poles, and dead wood for your fire.

* While camping do the least possible damage to shrubs and plants. Always leave a campsite so it would be difficult to tell it had been camped on recently.

* Before lighting your fire, clear away all dead leaves, bracken and litter. Don't light a fire against a tree trunk or stump.

* Make sure fires are completely out before leaving by putting them out with water.

THE UNIVERSITY OF NEW SOUTH WALES MOUNTAINEERING CLUB

The Honourable Mountaineering Club Newsletter

Notification of Next Meeting

Next meeting will be held on the 9th November, 7.30 p.m. at Meeting Rooms I & II, Stage III - see the Union News Sheet for that week.

General Business

The Club has decided to bring in an "Instructor" qualifying scheme, so that a high standard in climbing and safety, may be maintained.

(Sometimes I wonder, like when Ross took a header, whether we should have brought this in earlier, or perhaps we are beyond safety techniques already).

The policy and standards for an instructor from Sydney Rockies were adopted as the standards we will use.

See Warwick for the full list of prerequisites - a full copy of these will be printed in the NEXT issue of the MOBSACC.

Business brought up in the October Meeting was that the NAME of the Club be changed, from the MOBSACC Club, to the MOUNTAINEERING CLUB (no 'climbing'). Unanimously accepted.

Trips - Past

I.V. Orienteering - Nick - "great fun"
Laurie - "... " (sick)
John - "AUGGH" (twisted ankle)
Girle - "zzzz" (sleep!! 10 hrs)

Surf trip to Coogee - (didn't know Coogee had any!)
Fran - bruise, bruise ("lovely")
- also Peter, Lyn (Forest), Andrew (Climie) - all thought it was pretty good.

Macquarie Uni Climbing Wall - weren't allowed to use the wall - a new?? railing - hadn't been passed by the Uni administration. However, the climbing without a rope wasn't too bad.

Skiing (4 days) - Nick, Rade (Leslie), Andrew (Stewart) - bad ice and melting snow, coupled with 30,000 acouts all in one hut and what do you have - a move to another hut!

Records recorded were:-
1 uncompleted somersault
3 split heads
8 bruised backsides

- try to beat that in 4 days.

A move to Mawsons on the 3rd day, followed by Tin Hut, then Alpine Hut, and Jugungal for a day trip was only spoilt by the hot weather.

Mt. Boyce - Ross and Bill - "gently mine" (how sweet!)
Mike and Helen - "snoopy" - should be 'sneaky', - 'Schroeder' - didn't find out what he climbed.

Fire Tower - Warwick - from F.T., down walls pass Ruined Castle, and Cedar Creek, and back up to Narrooneck.

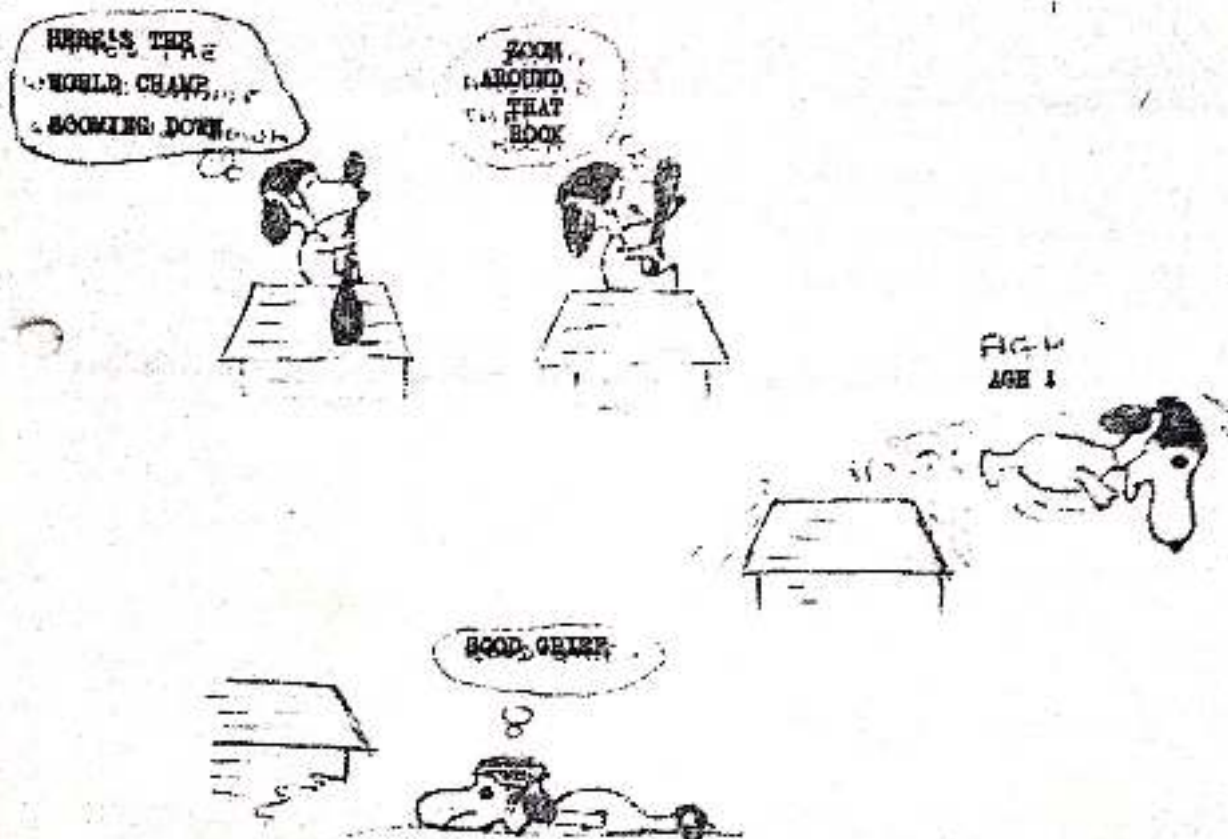
Kippax Crack - with Andrew P. - climbed the first pitch free - goal they charged us 50 cents last week.

The Harbour - a quick sprint paddle around it, with Liz, Pete, Warwick, Fran and Julie - Rub a dub club they found three men in a tub - out in the middle, at 3 in the morning, listening to 2CH, "good music" - 2CH for "City on the Harbour". Their main feat, however, was being slightly tipsy, to change dances halfway around - AMAZING - I've never managed to find any spare dances to change into!

"Home Unit" - a first for Andrew F. - up the 10ft., grade 9 into his unit
- SOMEBODY lock you out Andrew?

Mt. Vic - To Tombstone Wall and Joset, with Warwick, Fran, Peter Giles and Paul
- I always thought they were a bit of a "dead pan" group! Hal Hal

Mt. Boyce - Long weekend - 3 days of rain, with Warwick and Fran. On the third day, this funny white bearded guy, with a lot of animals, went past in an 18 cubit canoe - wow! some rapid he had to look forward to!



Blue Lake - Bill, Bob and Mike
- walked and skied on Saturday morning
- camped beside the lake with three people from A.N.U.
- good frost on Sunday and Monday nights
- climbed the Gully to the left of Elephant Butress and the steep face to the right

Mt. Vic - Ross - ".....(rumble, rumble, rumble....."
- later received \$2.60 from Injury Assistance - guess what for?

Wyangala - long weekend - John E. - 1st. in men's K1 and C1 in N.S.W. State Championship - the rest of us suddenly developed the dreaded "yellow stripe" disease.

N.B. for those interested, we all discovered that river gravel doesn't look too bad at close range. Some of us, however, took a bit too close-a-look.

Shoal Bay - Mike, Ross, Bill, Bob, Nina, Helen and Andrew L., decided they wanted an "out of the way" beach to swim on - so they found one, and it took them 6 hours to climb back out - up 4 different new climbs.

Cotter Dam - Mike - and the Murrumbidgee River - good weekend, but the water was low - too many of you climbers trying to preserve the snow.

TRIPS - PICTURES

Colo River - Andrew P. on the 21st-22nd October. Plans to canoe Saturday and end at Fraser Park on Sunday.

Waikanae - Federation reunion on 4th-5th November - 2 sheep being roasted, prog supplied.

Christmas Party - 24th November at 3 Park Street, Waitara - a couple of sheep being roasted again.

Canoeing - Red Sox to Uriara Crossing (on the Murrumbidgee) - 29th Jan to 2nd Feb - Matthew Ford - Chancellors Court, lunch times Thursday - may be later, depending on the water.

Blue Mountains - 1st and 2nd weeks of December - Bill Flunt
 - also to Snowy and at Boorabbin - some people to unusual climbs
 - W.A. in mid December to the end of January and Tasmania in February.

N.B. - Warwick suggested seeing the Water Board about using Lake Eckenalay for canoeing practice.

NOTE TO YOU CHERRY MEMBERS - Oh sadness, the amalgamation of the Mountaineering and Bushwalking Clubs fell through, 29 to 12 by Bushies.

STU MLC.

Mountaineering and Trekking in Parque Nacional Huascarán

Parque Nacional Huascarán, situated in the Peruvian Andean sierra approximately 240 miles W of Lima, comprises the entire Cordillera Blanca, the highest tropical-mountain range in the world. Of the nineteen mountain ranges in Perú, the Cordillera Blanca is the most frequented by mountaineers and trekkers. The range includes 27 nevados 5,000 meters above sea level and higher (19,680'). The highest of these is Nevado Huascarán, 6,768 meters (22,205'). The remotest nevados are only a day and a half from the central highway which services the Callejones (Valleys) of Huaylas and Panchacco. Eighteen major trails cross the Park from altitudes of 2,500 to 4,500 meters (8,200 to 14,764'). Each is distinct for its mountain views, lakes, flora, fauna, and archaeological ruins.

PERMITS

Mountaineering, trekking, and scientific expeditions as well as tourists in general are most welcome to Perú. Tourist permits valid for 90 days for visitors entering by air are issued upon arrival at Jorge Chavez International Airport provided the following documents are in order: 1) Passport, 2) Embarkation/Disembarkation Card, Form Nº 067-000001, issued by the airline transporting passenger to Perú, 3) Small-pox certificate, 4) Ticket to leave Perú. Visitors entering by land may have to obtain a visa and/or may be issued shorter term permits. A ticket to leave Perú is usually required.

Special permission is requested annually by the Ministry of Education freeing most expeditionary equipment from duty. To avoid unnecessary customs' delays after leaving days or even weeks, it is advisable to ship all equipment by air as accompanied baggage. An "Immigration Guide" is usually published every few months by major airlines. It is best to consult with a tourist agency concerning latest customs allowances and restrictions prior to travelling.

U.S. currency or American Express Travelers' Checks are the most easily negotiable.

WEATHER

The climate of the Cordillera Blanca is typical of the Peruvian sierra. The weather is generally stable, dry, and clear in June, July, and August. The months of January, February, and March are rainy and unsuitable for climbing. At other times of the year stretches of fine weather come unexpectedly up to a week in duration permitting climbing on lower peaks. Late season winds can be of gale proportions.

SNOW AND ICE CONDITIONS

North-facing slopes can have excellent frozen granular snow in the early morning, melting rapidly as the day progresses. On a hot day, by noon these same slopes are melting, causing crumpling to "ball up." North-facing ice slopes and ice cliffs can be coated with icicles and honey-combed ice structures.

South-facing slopes and faces at high altitudes with settled weather retain deep, powdery snow beneath a thin surface crust. This makes for extremely slow progress and snowfall is often necessary for the first party.

On east and west slopes, a mixture of both conditions prevail. On ridges the dividing line is usually precise. The north side of a ridge for example has the icicle formations, honey-combed snow and ice and hard early morning snow. A foot away the south side is in deep, cottony, powdery snow.

Ridges can have fantastic cornices. Faces commonly display flutings. The gulleys between flutings are usually icy, and the flutings themselves may protrude. Especially on north ridges or faces the snow can become extremely slushy and difficult to traverse. Ice can be found.

On west and east faces, the north side of a fluting and its adjacent gully may be of honey-combed ice and icicle formations and the south side deep powder snow, the two sides changing within inches in the center of the gully.

Weathering is a persistent danger.

REGISTRATION

The Central Park Office, located in Huancá or Arequipa Centralia, No. 012, in the Dirección Regional del Ministerio de Agricultura, is the center for all climbing and trekking information and registration in the Park. Registration is required

for all backpacking and climbing activity. Park leaders are advised to inform their visitors before each outing and complete a visit summary form immediately upon returning. We also recommend that all foreign visitors register with their respective consulates on entering the country. This identifies hikers in the case of a lost passport or accidents. Each climbing expedition should have no fewer than four members. All should have experience on ice, snow, and rock. ALL VISITORS TO THE PARK ARE RESPONSIBLE FOR STRICT COMPLIANCE WITH ALL PARK REGULATIONS.

HEALTH

Three medical problems are prevalent: pulmonary edema, frostbite, and dysentery. Easy access to the Cordillera Blanca presents the special danger of pulmonary edema during or after a rapid ascent into the mountains without proper acclimatization. Read "Acute Mountain Sickness of High Altitude" by Charles S. Houston, A.A.S., 1957.

The danger of frostbite can be great at high altitudes. Above 6,000 meters temperatures are often below 0° F. and freezing temperatures can occur at 4,000 meters. The snow fields on difficult routes often include several bivouacs. Frostbite is a continuing source of a hazard as a result. Read "Frostbite" by Bradford Washburn, A.A.S., 1957.

To avoid dysentery, all doubtful water should be boiled or chlorinated. Cattle often can be found grazing at 15,000'. Be selective in choosing locally prepared foods. Beefsteak is an effective remedy for most people.

EQUIPMENT

Conventional mountaineering equipment is satisfactory for climbing in the Cordillera Blanca. It should be of first quality and in good condition. Ice axes, crampons, and ropes are essential. Climbing helmets are strongly recommended. Double climbing boots may save your feet from frostbite, especially on long routes with many bivouacs. Ten-meter foot aluminum "pickets" are extremely useful. Hollow-tube ice screws are also of good value.

SUPPLIES

We recommend that all expeditions buy as much of their food and secondary equipment (cooking utensils, fuel, etc.) in the local area. While few freeze-dried items are available, the local selection of other foods is quite adequate. This saves transport expenses and benefits local business. Karamazol fishing nylon for fixed rope is available in Lima at Rotonda and Compania, Hanga Capac, No. 116, and aluminum I-cross sections for "pickets" can be purchased at Trielastic, Prolongación Avenida Arica, No. 2127, Chacra Rica, Lima.

NAMING PEAKS

While the names of many peaks in the Cordillera Blanca are not commonly known, mountaineers should not take it upon themselves to name them. There are conventions for naming towers and features. Considerable confusion and some disgust is generated when a group is named without respecting the customs of the host country or other members of other expeditions. We encourage visitors to investigate local names of peaks but not to christen them.

SERVICES AND LITERATURE

Porters, guides, camp guards, cooks, muleteers, burros, and transport can be arranged through the Park's Central Office. Advance communication from the expedition leader is essential. Hotels in Huaraz are not luxurious but entirely adequate. The Hotel "El Condor" 1/2 Km. N of Huaraz is very popular but often crowded throughout June, July, and August. The South American Handbook is the best reference for tourist and travel information in the country.

Reservations for transport from Lima to Huaraz:

AIR: Aerolineas Peruanas	CAR: Comitas 14, 11, 20	BUS: "El Freno"	TRUCK: Rodriguez
	670 Avenida Leticia	1069 Nantevidos	Roosevelt
	Lima	Lima	No. 554
			Lima

A recent guide to the Peruvian Andes by John Huxer is nearing completion and will be published by the Canadian Alpine Club. E. Kohvarric's climbing summaries in the 1963, 1964, 1965, and 1973 editions of the A.A.S. are the most complete references presently available. Other detailed articles frequently appear in most of the major climbing publications of the U.S.A., Japan, New Zealand, Great Britain, Germany, Austria, Switzerland, Italy, France, and Spain.

Topographic maps with scales of 1/100,000 and 1/25,000 drafted by the Peruvian Geographical Institute and aerial photographs of the Cordillera Blanca are available for consultation at the Park's Central Office. Various topographic maps of Peru can be obtained from the Instituto Geografico Militar, Avenida Andrés Barrantes No. 1198, Lima.

All maps and communications should include the entire Park address as it appears at the end of this bulletin, c/o Adelante Tercero on Turismo.

QUESTIONNAIRE RESULTS

For various reasons (mainly irregularities in the way in which the questionnaire was answered) the figures quoted below are only comparative, and do not represent the actual number of people holding a certain view. Nevertheless, the questionnaire reveals a number of interesting facts, and certainly achieved its purpose.

Those who responded fell into three groups: established members, experienced new or prospective members and inexperienced new or prospective members. It was a pity that more established members were not present and able to complete a questionnaire. As a result, figures are probably biased in favour of new members (which may not be a bad thing). The three groups all contained about 12 people.

Question 2. Everyone joined the club to meet other people interested in walking. This was the only response which was quite unanimous. Also, particularly among both groups of new members, the need to learn about areas (20 responses) and techniques (16) was very important. The need to learn about equipment (7) was not so important.

Question 3. Most people joined this club because it is based on campus (32). 10 also noted that it was student-oriented, but other responses were insignificant.

Question 4. The principle objects of the club were seen as the production of a program (32), providing a pool of walkers (26) and education of new members (26). Secondary but still important were the protection of walkers interests (20) and general conservation issues (18). Providing equipment for loan (8) was not regarded as particularly important. Understandably, the inexperienced group emphasized the education function. One person suggested that an object of the club should be to encourage new walkers, which is worth thinking about.

Question 5. The vast majority of walkers preferred a combination of day, weekend and longer trips. In general, established members preferred longer trips while inexperienced people showed a preference for day trips.

Question 6. Again, most people preferred a combination of easy, medium and hard trips. Interestingly, though, members preferred medium trips while experienced prospectives preferred hard trips. Not surprisingly, inexperienced people wanted easy trips.

Question 7. This question was scored by giving 4 points for a first preference, 3 for a second preference, 2 for a third and so on. The pattern of results was almost identical for all three groups: bushwalking (shorter trips) (120), extended walking trips (96), ski-touring (89), canyoning (72), hiking (67), then a sudden drop to barbecues (41), social events (35) and meetings (30). Older members preferred meetings, then barbecues and social events; new and prospective members put barbecues before social events, and meetings last. This difference in preferences for meetings perhaps reflects a deterioration in the entertainment value of meetings. It is most interesting to note the very strong interest in both extended trips and ski-touring.

Question 8. Almost everyone was happy with the types of trips which appear on the program (17 out of 20). One or two wanted more day trips, especially on Saturdays, and one or two wanted more long walks.

Question 9. Established members and inexperienced new members were quite happy with the areas visited (15 out of 20). However experienced new members were not at all happy (only 2 out of 8). Many wanted trips to the Kananis area, one wanted trips to the far South Coast, another wanted more trips to the Snowy Mountains.

Question 10. As would be expected almost no new members lead trips. A little over half of the established members claimed to lead or have led trips (8 out of 13).

Of those who lead trips, the main reason was to go on a trip which may not otherwise be programmed (8). Quite a few also felt that it was duty of a club member. Other reasons attracted only a few responses.

Among members, the main reason for not leading trips was the desire not to be committed to a particular trip on a particular weekend (4 out of 8). Both groups of non-members were strongly hampered by lack of knowledge and confidence.

Question 11. Most people of all descriptions appeared willing to lead trips given adequate knowledge of routes and navigation. However the committee cannot help feeling a little skeptical. Quite a number of well established members (who admittedly were not represented among respondents to the questionnaire) were shown no inclination to acquire the level of competence or enthusiasm necessary to lead a trip. Nevertheless we remain hopeful - after all, a large number of people did claim to be potential leaders, and at least a few can be expected to fulfil that potential.

Question 12. The response was almost unanimous in favour of leaders being committed (within reason) to taking the trip they put their name to. Only one person disagreed.

Question 13. The principle reason for trips failing to eventuate was lack of interest (16). Lack of transport was second (9) followed by leader's change of mind and weather (both 5). The fact that anyone at all indicated "leader's change of mind" is rather shameful, especially in view of the response to Question 12 - if leaders believe that they are more or less committed to taking their trip, why did five people encounter leaders who had changed their minds?

Question 14. 19 people preferred a reliable monthly program, while there were 9 in favour of each of the present program and a long-term program. One person in favour of the present program suggested that a phone number for enquiries about additions and alterations be included. However, this is the function of the walks secretary, whose number is always included.

Question 15. Leading trips, educating inexperienced members and signing for the required level of competence all ranked equally (20) as duties of a club member. About 10 thought that members were obliged to patronise club functions, while only 4 (3 old members) thought that members had no obligation to the club at.

Question 16. Most functions of the W&W Federation of Bushwalking Clubs ranked fairly closely. Defending walkers' interests was a definite first (34), with search and rescue (26), information exchange (25) and general conservation issues (21) being about equal. Inter-club activities was seen as least important (17) but by no means insignificant.

Question 17. Federation was considered an effective organisation by a majority of 11 to 2. Many people did not know much about it, especially new members. This implies a need for Federation to engage in publicity among non-club walkers. It was suggested by one person that Federation should be more militant.

Question 18. Half of all respondents were willing to serve on a Federation committee, which is very encouraging. Even several inexperienced prospective members were willing.

Question 19. A small majority (17 to 14) thought that bushwalking should not be promoted among the general public. Comments were predictable. "No's" said that too many of the general public spoil the bush, while "yes's" held that more walkers will do much to aid the conservation movement. One person suggested promotion in schools.

Question 20. Almost no-one wanted a yearbook. 15 wanted a magazine, while 21 preferred a newsletter. Interestingly, current members showed a definite preference for a magazine, while new members would rather have a newsletter.

Question 21. 23 out of 28 res.idents were willing to work for a magazine or newsletter, at least to some extent. In theory, this indicates a bright future for any such publication.

Question 22. An instructional day or weekend was approved by a majority of 36 to 5. Not surprisingly, all inexperienced new members approved, and all wanted to take part as students. There were 10 potential instructors and 21 potential students (who included 2 established members). A couple of people expressed the opinion that the best school is an actual trip. This is true to a limited extent - proficiency will only come from practice in a real situation. However the basic principles are best taught at an instructional of some sort. This is especially true for stevedoring.

Question 23. A definite majority preferred the present meeting schedule (23), although 11 wanted business and social meetings to occur on alternate months. Only 4 (all new members) wanted the fortnightly meeting schedule. Most people ignored the second part of the question - those who did answer were quite prepared to give the committee more authority. An interesting suggestion was that business could be kept to a minimum by including much of it in a newsletter.

Question 24. Most people (13) want the reunion to continue, 7 want it altered in some way, and only 3 thought it was worthless. Everyone who answered this question was willing to help with and patronise an annual reunion. It is a pity that actual reunions do not draw such support. There were several suggestions: that the reunion be held at a different site each year, that it be held later in the year than March, that it be replaced by, say, a wine and cheese night.

Question 25. 19 people preferred the existing membership requirements, while 11 preferred the stiffer ones (including leading a trip). Only 2 thought no requirements, and 5 preferred the modified requirements (3 or 4 day trips as an alternative to 2 overnight trips). These results were strongly affected by the responses of inexperienced prospectives, who were almost unanimous in their support of existing requirements. If their responses are disregarded, then there is equal support (10) for the existing and stiffer requirements. This is worth thinking about, as inexperienced prospectives are likely to be biased in favour of easy requirements.

Question 26. Very few people were interested in a 25 subscription. 16 wanted a 32 subscription and 13 wanted funds to be boosted by fundraising. It was suggested that a small fee be charged for trips or use of equipment.

These results should provide the club with plenty of food for thought. Before proceeding to some general comments, a distasteful observation should be made: One of the weaknesses of a questionnaire such as this lies in the discrepancy between what people will say, and what they actually do. See, for instance, the comments to Questions 11, 13 and 24. It is possible that this discrepancy may not actually exist, if the people whose actions are at variance with the opinions expressed were not among those who answered the questionnaire.

Perhaps the strongest message that has emerged is the importance of the club's education function. This has probably not been fully appreciated before. The implication is that the club will have to organise instructionals in navigation, stevedoring and ski-touring if

it wishes to retain its new members. Information on equipment is best disseminated through personal discussion, rather than through semi-formal instruction.

A rather surprising revelation was the lack of importance attached to club equipment. This calls for a rethink of the so-far unquestioned assumption that the club should spend the greater part of its income on equipment, and struggle for CASOC grants for more. Probably few people would question the club's ownership of ropes, which are too expensive and short-lived for individuals to buy. We should also keep for loan tents (both ordinary and alpine) because they are common equipment which is well used. But do we really need to buy expensive packs and sleeping bags which are used only a few times a year, especially when they can be easily hired?

To the people who were not happy with the range of walks programmed, a suggestion can be made: the best way to go to a particular area, or a particular type of trip, is to lead your own walk. For this reason, established members have no justification for complaining about the program; actually very few did. If you lack the experience to lead trips you know what to do - go on club trips until you do have the experience.

The fact that almost everyone believed that the leader of a programmed trip should make every reasonable effort to ensure that his trip goes well was encouraging. It only remains to be seen how well this attitude will be reflected in future programs. Naturally the club has no way to compel people to do what they say they will do.

The attitude to club publications was very interesting. Serious thought will have to be given to the possibility of a club newsletter. Cost would be a major obstacle - perhaps a newsletter could be posted to those who pay a subscription, and distributed to the remainder of members at meetings. As one person suggested, a newsletter containing routine business could do much to improve the efficiency of meetings.

As was expected, a majority, sometimes large, sometimes small, preferred the status quo in the last four questions, i.e. meeting format, the reunion, membership requirements and subscriptions. There is a difficulty in that the responses indicated dissatisfaction that was widespread, yet insufficient to justify any radical change. Attempts will have to be made to reach compromises which will reduce the dissatisfaction without alienating those who like the present arrangements.

Specifically, business at meetings could be streamlined further, and the remainder of the evening could be organized, subtly or otherwise, to provide greater interest. The reunion could possibly be revitalized by holding it at a different site or time of year. One suggestion has been a weekend "ski party" in a location such that even totally inexperienced skiers could reach it with relative ease. Membership requirements are almost certainly going to be a matter for some debate. Subscriptions will probably remain at about \$2, but additional fundraising will be justified only if the club needs the funds - if purchase of equipment is not considered particularly important, extra money is possibly unnecessary.

In general, the results of the questionnaire can give rise to cautious optimism. While the completed forms were not exactly bubbling with enthusiasm, neither were they dead with apathy. Some of the comments in the last couple of pages have been cynical and skeptical. Let's hope that such skepticism is unjustified.

UNSW BUSHWALKING & MOUNTAINEERING CLUB.

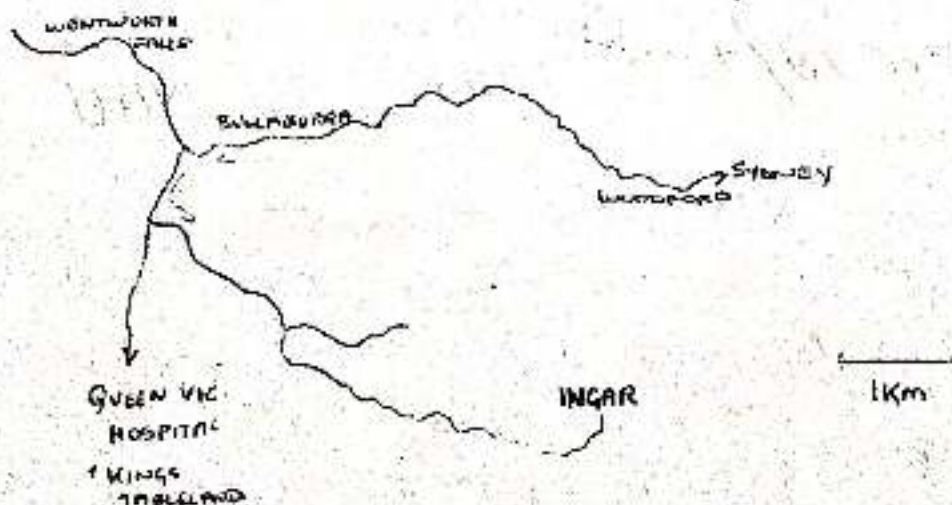
ANNUAL BOREE LOG/REUNION.

VENUE : INGAR PICNIC GROUND
WOODFORD

DATE : 2ND & 3RD MAY

ACTIVITIES : CAMPFIRE - SONGS, JOKES ETC.
BUSHDANCE

SUNDAY : BUSHWALKS, ROCKCLIMBING
ABSEILING ETC. (OR SLEEPING)



TICKETS \$2.00
PAY TO EITHER OR SPORTS ASSOCIATION (HUT
DAVE WAGLAND (462541) OR PETER RIGG (663 4488)

THE UNIVERSITY OF NEW SOUTH WALES BUSHWALKING & MOUNTAINEERING CLUB

TRIP LIST NOVEMBER/DECEMBER

NOVEMBER

- 22nd Bushdance at Kanangra, featuring club bush band. NICK BENDELI
PH: 649 2178
- 22-23 Thuret Riff, Wallara Falls on Sat.
Easy trip down Kalang on Sun. ANDY BLAKERS
PH: 399 5610
- 22 Easy Canyon Walks ANDY BLAKERS
PH: 399 5610
- 29-30 Etrema, Medium walk with some voluntary swims
easy canyons - Megs ANDY BLAKERS
PH: 399 5610

DECEMBER

- 6-7th *SLR practice at Erskine Cr.*
13 Rockclimbing instructional at Mt. Victoria DAVE WAGLAND
PH: 46 2541

KEN WILSON (30 7352) will be going to Tasmania in February, rafting down the Franklin and Bushwalking. Any takers? Contact soon.

NICK BENDELI (649 2178) wishes either to go to Tasmania or New Zealand during the vacation break. Anyone wishing to accompany him should contact him on the above number.

IAN DONOVAN (638 6806) is also after company for a trip to Tasmania in either January or February.

UNIVERSITY OF N.S.W. BUSHWALKERS.

PROGRAMME - DECEMBER - JANUARY.

<u>DATE:</u>	<u>WALK:</u>	<u>CONTACT:</u>
December 9th-10th	Our BARBECUE is at Wood's Creek - date changed for those who haven't heard.	Ross Vining Ph: 579-3406
16th-17th	Chaustral Canyon. Ropework Essential. Difficult.	John Meadows Ph: 969-9961 T.R.
16th-17th	Thunder Canyon - Ropework essential. Difficult.	Ross Vining T.R.
Sunday 17th	Bogey Hole Creek in the Mt. Wilson area. 1 day canyon - no ropes, lilos required. Easy.	Stan Rees Ph: 349-1716 T.R.
16th-17th	Cabbage Spires - Kowmung River - Gingra Creek lilos essential. Medium.	Phil Jones Ph: Contact 349-1716. T.R.
23rd-24th	Liloing the Shoalhaven River. Medium.	Greg Cave Ph: 41-7556. T.R.
23rd-24th	Katoomba to Yerranderie - 4day trip, including liloing. Medium.	John Meadows Ph: 969-9961.
Extended Trip 23rd- Dec.-1st Jan.	trip for 10 -ays in the SNOWY HIGH COUNTRY. Medium.	Peter Tuft Ph: 46-3843.
30th Dec. - 1st Jan.	3 day walk in the SNOWY MOUNTAINS - MAIN RANGE - Advisable to take fly repellent (aerogard) and/or long trousers. Medium.	Stan Rees Ph: 349-1716 T.R.
January 6-7th	Middle Christy's - Kanangra Area. Ropework? Difficult.	Reddal Leslie Ph: 99-3533. T.R.
13 or 14th	DANAE Brook - Kanangra Area. Ropework essential. Day Walk.	Gerald Roach Ph: 665-1147 T.R.
13-14	Hay Creek Canyon.	Ross Vining

DATE:	WALK:	CONTACT:
13 - ?	Extended trip - probably 4 days or more- Going YERRANDERIE - CHINAMAN'S BLUFFS - LACEY'S TABLE LAND - BIN LOW CK. Medium.	Peter Tuft T.R.
20-21st	WEST Christy's in Kanangra Area. Reddall continues his assault on this complex creek. Ropework.	Reddall Leslie T.R.
20-21st	WOLLONGAMBE CK. Lilos Necessary. Medium.	Ross Vining
27-28-29- Weekend	Any Suggestions - if so tell the Anniversary general meeting on 4th January.	

NOTICE.

All those People wanting to go to TASSIE should start making arrangements now.

Greg Cave wants to do New Zealand/Tasmania in January/
February.

Contact: Greg Ph: 41-7556.

Meetings are held on First Thursday in each month in the
Sam Cracknell Pavilion at 7.30 p.m.
Coffee and biscuits are served.
If you have any interesting slides we would like to see
them.
Visitors are always welcome.

I'm back on the market for bright (but not improper)
suggestions for February-March. If you want extended
trips the ones in this programme will really blow your
mind.

FORT STREET BOYS' HIGH SCHOOL
BUSWALKING CLUB

WALKS PROGRAMME - TERM III

<u>September</u>	24	: Blackheath - Grose - Blackheath; Swim Bludge : P. Lamb	: Easy
"	30-2Oct	: Etruma Gorge; A. Berriman	: Med-Hard
<u>October</u>	7-8	: Newnes - Glen Davis & Return; A. Berriman & Assistants	: Medium
"	14-15	: Kanangra - Cloudmaker - Mardaring Gully; A. Berriman	: Medium
"	21-22	: Davies Canyon; A. Berriman	: V. Hard
"	28-29	: Colo River-Angerowa; A Berriman	: Medium
<u>November</u>	4-5	: <u>Walk 1</u> : Arethusa Canyon; A. Haesler	: Medium
		<u>Walk 2</u> : Grose; A. Berriman	: Easy
"	11-12	: Wollongambe Canyon; P. Lamb	Medium
"	18-19	: <u>Walk 1</u> : Claustrol Canyon; A. Berriman	: V. Hard
		<u>Walk 2</u> : Falconbridge - Richmond; A. Tucker	: Medium
"	25-26	: Newnes : Bludge	:N.R.
<u>December</u>	2-3	: Walls Pass; C. McFadden	: Med-Hard
"	9-10	: Bungonia Gorge; A. Haesler	: Easy

Extended Holiday Trips:

- 1 : Snowy Mountains : 6 day trip (Before Christmas)
- 2 : Tasmania : Western Arthurs, Precipitous Bluff, Cradle Mountain Reserve.

Additional Day Walks : Arranged as enthusiasm demands; see Mr Berriman should you wish to organize a club walk yourself.

Cost of Car Transport : To be determined by the driver according to location, distance, number going on trip.

UNIVERSITY OF N.S.W. BUSHWALKERS

WALKS PROGRAMME

<u>August</u>		
Sunday 5th	Medium Walk in the Appin Area. EASY	P. Meier Ph. 665 2514
11 - 12th	Kanangra Walls - Cloudmaker - Ginera. Kanangra. MEDIUM	Stan Rees Ph. 349 1716
12th to 25th	Extended bludge trip to Victoria/Snowy and/or other assorted places. EASY - H.	Nich Bendell Ph. 649 2178
12 - 25th	Grey Cave will be skiing in the Tin Hut Area for a week during the vacation. MEDIUM	G. Cave 927380 Ph. 41 7556
12 - 25th 12-13	Climbing and skiing around Watsons Crags 2 nd with Yerrambone	Ross Vining Ph. 579 3406 B. Ruff 463843
Saturday 18th	Glenbrook George EASY	Stan Rees
25 - 26th	Budawang: Vadboro - Castle. Angel Falls return. MEDIUM	G. Road Ph. 665 1147
<u>September</u>		
1 - 2nd	Bither: North of Kunyang if snow permits or Walking in the Budawangs EASY-MEDIUM	Dave Sanders Ph. 929 4502
1- 2nd	Mt. Solitary Walk EASY-MEDIUM	Peter Meier
1 - 2nd	Widden Brook or Coricoudey areas.	Reddall Leslie Ph. 349 1716
9th	Sloth Walk in National Park from Bundeena to Wattamolla. EASY	Linda Pearson 349 4425
8 - 9th	Duncheon Canyon; descent in Ettrera Area. Fit people only. HARD	Gerald Roach
15 - 16th	Barrington Tops Area.	Peter Pavlov
21st	Bushwalkers Ball	See Linda Pearson.
22 - 23rd	Medlow Gap - Splendour Rock. Medlow Gap - EASY.	Dave Sanders
29 - 30th	North Budawang: Corang Trig.	Reddall L. 3491716

The Club meets 1st Thursday of every month in the Sam Cracknell Pavilion
from 7.30 p.m. onwards.

FOR S. & R. contact the "Flat"
at 101 Bunnerong rd. Daceyville

3491716

Nick is reluctant to put anything on the programme for a specific date. However he wants to do the following canyons, so give him a ring if you are interested in any or all of them (649 2178):

Danae Brook	Hard physically and technically	1 Day
Kanangra Creek	" " "	1 "
Arctimusa Canyon	Medium	1 "
Mount Hay Canyon	"	1 "
King George Brook	"	2 "
Bowens Creek	"	2 "

CLAIRIE 20961 x 25471

Two things to remember: 1) The photographic Competition -should be lots of opportunities to earn yourself up to \$ 20 prizemoney from next years competition this summer.

ii) Mobsac - support the club magazine by writing - anything at all related to mobsacing will be welcomed. There will be an Orientation Week issue, of general interest to current and prospective members, and a more specialist issue the following month. Send material to Peter Tuft, 14 Karoo Ave, Lindfield, 2070.

The club meets on the first Tuesday of each month in the Sen Cracknell Pavilion at 7.30 pm. For information phone David Sanders (Pres), 929 4500, Linda Pearson (Sec) 349 4425, or Peter Tuft (Walks Sec) 46 3843.

77 TORRINGTON RD
ANNAMBERT.

Runs from A. Lima

From the top of Townsend, course (1) generally goes further down the timber, but requires a swerve around the shoulder at the back of Townsend. (2) Calls for less well-power, as it goes straight down, down and down until stopped by scrub about 3200' below. The obvious run from Townsend's summit is (3) which starts around the south side of the knoll at the back of Townsend and finishes in the creek bed just north of Hazel's Spur. (4) runs off Abbott's north-west face. This can be a bit rocky in a lean season but is very steep. (5) the southern variation of the run off Abbott's, gives delightful scenery and wonderful running. The run from Townsend West Spur, shown as (6), probably is one of the most satisfying, finishing with a run down a seldom gully, between trees, more than 2500' below and making a two-mile course of continuous running. The average slope of the running is in the order of 20° - 25° . The other long run off Townsend is known as the Race Course. This is marked as (7). There is a delightful run, two mile long if continued down the floor of the Northcote Canyon to the foot of Little Austria. The first section averages 15° , with blind bumps to make the run satisfying. (8) is similar starting from Mt. Alice Rawson, it is steeper at the top but has no bumps. In Spring snow, the main Alice Rawson run, course (9), could be one of the best runs into the Northcote Canyon in which it finishes. This course drops 2200' with an average gradient of 32° , ending just below Little Austria, with an easy climb out of the canyon. Course (10) from Townsend West Spur into Northcote Canyon via Avalanche Alley, is one of the steepest to be found in Australia, averaging 36° for its 1200' vertical descent. Course (11) from Caruther's Peak down the north wall of Club Lake, is just about as steep. Again from Caruther's Peak, perhaps the best known run is Little Austria,

shown as (12). This glorious descent finishes 2000'
below in the floor of Northcote Canyon. Banked
turns down the funnel are most exhilarating.
Courses (13) and (14) in the steep valleys between
Sentinel Peak and Carruthers West Spur
also deserve attention, but may require a
climb out. Course (15) and (16) provide a real
challenge for the intrepid skier.

It will be up to you, whether you are going to the
eye to organizational problems party size will be limited,
first come, first served.

You'll need 4-country shoes, at least and boots. These can
be hired from

Norski - 153 Avenue St
297792

Paddy Palkin - 69 Liverpool St.
262686

Both charge \$7 for the weekend, plus \$20 refundable deposit
When you pick up your gear, PLEASE CHECK that the boots fit your
feet, the bindings and that laces are provided and re-lace wires
are in the bindings.

res

CLOTHES:

warm sleeping bag
skiwear, spray jacket
overpants
warm jumper (2)
short or warm shorts
beakelwa, beanie
woollen sock (several pairs)
mittens or gloves
warm pants

EQUIPMENT

groundsheet
insulate pad
goggles/sun glasses
sunburn cream
food, cooking utensils
one big pack
one innermost pack
complete set of spare skis
waxes or 50?

Ar

NOTE:

- 1) It will be held in the region of - - - - -
- 2) Let us know ASAP if you are definitely coming
- 3) Let us know if you have a car (or some means of getting
down there)
- 4) Be prepared for no more or BAD blizzards
- 5) Get FIT. Skiing is very strenuous.
- 6) Any Questions? Please see Ernie or Mark.

Mark Dullin 44 5371

Ernie Spinks 392050

HYPOTHERMIA = EXPOSURE.....

There have been five deaths from Hypothermia in Kosciusko National Park in the last ten years.

What is Hypothermia? Hypothermia (from two Greek words meaning 'lower' and 'heat') is the medical term for a lowering of the inner body, or core, temperatures, so that the body loses heat faster than it creates it. The process leads to death and can occur within 2 hours.

How does the lowering of the body temperature occur? Where large surface areas of one's body are exposed to a source of cold, (wind, rain, sleet, snow or cold water, or a combination of these) the body surface tissues become chilled. The body core temperature then also drops because heat from the core is lost to the outer tissue. If core heat loss is not interrupted, by protecting the surface tissues from further heat loss, the body core temperature rapidly declines. Unconsciousness occurs when it reaches approximately 32 degrees C but the rate of deterioration varies according to the physical make up and mental attitude of the victim. Recovery from this stage requires urgent treatment. Further reduction of the temperature, to 30 degrees C results in death.

Exposure of large surface areas of the body, does not necessarily mean that bare skin is physically exposed to the air. The body may be clothed, but if the heat insulation and windproofing quality of clothing is inadequate then the person wearing that clothing can suffer the effects of hypothermia.

What regions of the body are most subject to heat loss? The head is the greatest area of heat loss and up to 40% of body heat can be dispatched by an unprotected head.

Other areas in the trunk of the body that lose heat rapidly are the chest and groin. Both these areas have little muscle or fat cover and require protection, particularly in cases of immersion.

Legs tucked up to the chest and arms wrapped around legs (the foetal position) will help to insulate these areas.

Another area often neglected by skiers, ski tourers and walkers are the legs. Think about the number of people you have seen with the upper body and head protected by with the legs exposed giving a large surface area for heat loss.

Because of their small body size children are particularly vulnerable. Parents visiting the snowfields should assure that their children, especially little ones, are protected by warm, windproof, and waterproof clothing and that they are constantly supervised.

Hypothermia can be prevented if you:-

- * Have a good meal before starting the days activities;
- * Take extra nourishment with you according to your trip plans, (quantity and quality are important); ensure that you have something which may be eaten cold.
- * Carry protective clothing which can be used if the weather turns colder or a blizzard closes in - such clothing should consist of woollen jumpers, woollen gloves or mitts, windproof-waterproof jacket and overpants, and spare dry woollen socks. Clothing should be loose fitting. Tight cloths restrict circulation and do not allow a large enough insulating layer of warm air.

- * Learn how to use natural shelter, e.g. the lee side of a large rock or snow drift to give protection from the wind.
- * Learn how to dig a snow cave and how to use a bivvy bag (plastic survival tube).
- * Do not rely on huts for accommodation when walking, touring or climbing, but carry a snow tent and insulated sleeping mat.
- * Remember, prevention is better than cure.

The symptoms of hypothermia are:-

- * Reluctance to move associated with complaints of tiredness and perhaps slurred speech;
- * The victim may not be aware of his condition but his behaviour pattern will not be normal.
- * Noticeable signs of clumsiness and simple tasks will be difficult to manage.
- * The victim may become unusually quiet, or irritable and aggressive.

If you notice any of these symptoms in a member of your group, or you locate someone who shows signs of hypothermia you must:-

- * Stop and make shelter for the victim and others in the party. Remember, if one member of a party is suffering from hypothermia, then others may be on the verge of hypermia also.
- * If the victim is in a state of collapse, immediate shelter is required. If the victim has to be carried, the distance should be as short as possible, (not more than 100m) and he should be carried so that the feet are elevated above the head.
- * As soon as sheltered from the wind and wet, remove clothing and dress the patient in dry clothing and place in a dry sleeping bag.
- * Slow gradual rewarming of the patient is required. If necessary have another fit person get into the sleeping bag with the patient. This allows body heat from the fit person to be transferred to the unfit person.
- * Warm beverages should be given, but NO alcohol or cigarettes. It has been shown that consumption of alcohol can increase the cooling rate of the body by as much as 20%.
- * Do not attempt to give liquids to an unconscious patient, or patient in a state of collapse.
- * Do not warm by direct heat, i.e. at a large fire.
- * Keep a close watch on the patient's breathing. If it stops start mouth to mouth resuscitation immediately.
- * The pulse of a hypothermia victim is lowered by the chilling of the body and should be checked at the carotid artery (the large artery in the neck).
- * If the patient has been in a collapse state, or unconscious, do not move him for at least eight hours.

3/...

- * PATIENTS MUST NOT BE TRANSPORTED UNLESS BODY TEMPERATURE CAN BE MAINTAINED AT A SAFE LEVEL THROUGHOUT THE ENTIRE TRANSPORT OPERATION.
- * Remember the psychological problems faced by people in this type of situation. Try to maintain calm and to reassure the patient and other members of the party.
- * Wait for weather conditions to improve before risking the lives of others in an attempt to get assistance.

References:

'Cold Water Safety Research', by Dr. J. Hayward, University of Victoria, British Columbia.

N.P. & W.S. leaflet - 'Survival'.

'Accidental Hypothermia in Walkers, Campers and Climbers' - Report to the Medical Commission on Accident Prevention - L.G.C.E. Pugh MA., BM., Dr. G. Cocker, L.M.R., CP-si, Jindabyne.

'Sleeping in the Snow - Snow Bivouac'. K.N.P. leaflet.