



Boree Log

Rachel Jutkowitz

Everyone seems to agree that the Boree Log camping trip was a huge success. At first, some were skeptical as people didn't know how they were going to get there, where they were going to sleep, or if they even had a place to sleep; but Ali and Jette pulled through, making sure everyone had the means to get there and a place to get some shut-eye (although several voluntarily chose to sleep out under the stars anyway).

Many people arrived at the Boree Log on Friday night – forced to set up the tents and get the fire going in the dark. People walked around and mingled, talking to people they couldn't see, had never met, and probably would not recognize in the morning. Exchange students waited patiently for their "orgy tent" to get set up. Once all the tents were set up, people gathered around the fire drinking beer and goon, talking, laughing, catching up with old friends, and making new friends. Some headed to bed early, while others stayed up until the wee hours. Just when I thought I'd be going to bed, my tent broke out in



song singing "Total Eclipse of the Heart." To the dismay to other tents nearby, we continued singing for an hour or so.

The next morning people had the option of beginner, intermediate, or advanced bushwalking, canoeing, rock climbing, or canyoning. Feeling ambitious, I decided to go on the advanced bushwalk. Some of these trips ended up being quite an adventure. The beginners bushwalk, for example turned into an advanced bushwalk, with hours of bushbashing. The advanced bushwalk was also more challenging than expected, as we were short on water, sweating profusely, covered in cuts, scratches, and ant bites, and unsure of whether we were ever going to find the alleged

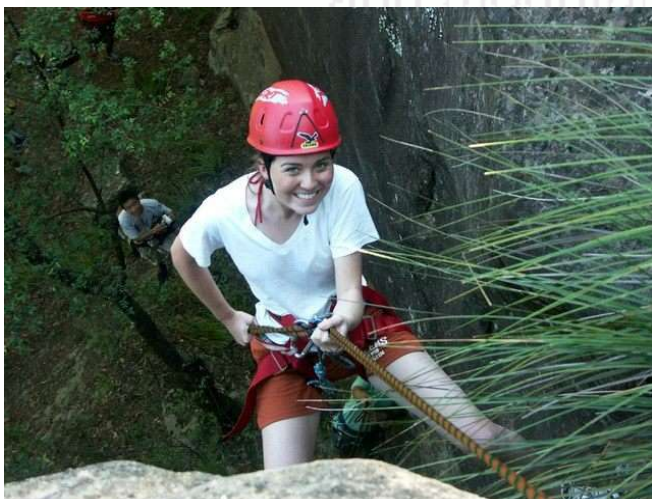


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river. Eventually, we did find the knee-deep river and it rejuvenated everyone's spirit. The canyoning trip also got more than they bargained for, as they didn't get back to camp until around 11:00 pm. It was freezing and challenging, people said, but well worth it.

After returning from the day's activities, people put on their nicest clothes, and gathered around the fire for the sheep roast dinner. Although vegetarians cringed at the site of the giant dead lamb roasting over the fire, everyone else devoured it. Again, people ate, drank, and were merry. Those that stayed up late enough got to witness some naked fire jumping performed by 4 anonymous male club members! A couple pubes were severed, but nothing serious.

The next morning was more relaxed. Many were ready to head home, but others stayed and enjoyed a swim or a canoe. I went out with the canoers,

and was very glad I did. The highlight of this excursion was the rope swing over the river and the giant lizard, which joined us for lunch.

The Boree Log was a great opportunity for new club members to get to know each other, to have fun, and to challenge themselves. Good times had by all! *RJ*

Quick News

- **Workshops**

We'll be running a series of workshops in the week beginning 18th April, there will be two evening sessions on the 18th & 19th, followed by a few practical sessions on the weekend. Its an ideal opportunity to learn skills for navigating, rock climbing, bushwalking, canyoning etc as well as general trip leading skills. More info on the website:





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http://www.unswoc.org/trips/viewTrip.htm?trip_id=880

- **Upcoming trips:** (see the website for more details, and to post any new trips).

09/Apr	NSW Bouldering series
10/04/05	Hard Daywalk – <i>Stewart Johnson</i>
10/Apr	Sport Climbing – <i>Anthony Knittel</i>
11/Apr	Club Meeting
11/Apr	Slacklining – <i>Duncan Macinnis</i>
15/Apr	Free Rock Climbing at the Ledge
16/Apr	Sydney 25-Hour Mountain Bike event – <i>Aaron Podmore</i>
17/Apr	BBQ at Coogee
18/Apr & 19/Apr	Workshop program – <i>Anthony Knittel</i>
22/Apr	Free Rock Climbing at the Ledge
22/Apr	Kayaking overnight camp – <i>Dave Lawson</i>
23/Apr	Anzac Rogaine – <i>Mark Smith</i>
23/Apr	Advanced Rope Skills Course
30/Apr	Remote Area First Aid Course
14/May	Beginners Weekend – <i>Ali Parsyar, Nik Zwaneveld</i>

Whats been happening..

Rock Climbing - Ali

The months of March and April have been a very busy time for the climbing section of the club. The numbers at the ledge have swelled to highs of 70 people, and Monday nights are still booming even if I have been a bit slack in advertising it.

There have been a number of outdoor trips that have ranged from beginner's days at mount Keira (which was a great success), to intermediate sports action in the Blue Mountains, to something a bit more adventurous with Duncan and Anthony at Mt Hay (150m, Grade 13). Bouldering seems to have set off with many Friday night regulars getting together at the Frontline to flex their muscles.

Finally I would like to mention a few of the upcoming events that you should look out for. The club will be supporting three courses run by the Australian School of Mountaineering (ASM). The 6 rounds of the NSW Bouldering Series are on their way already. And there will be a series of workshops organised by Anthony, which give new members a great opportunity to learn some skills and become safe independent trip leaders in the future.

So I just hope that you all get out and enjoy these trips as much as possible this year, as with the introduction of VSU this kind of stuff might not continue to be free for much longer.

Rogaining – Smithy

Rogaining lately has been a little quiet with few rogaines being held. We had several competitors in the 6 hour metrogain in the illawarra region (email tristan to find out how they went). The next rogain will be held on the anzac day weekend up near buladelah. There are proving to be many keen beans for this one as it is a 6, 15-in-24 and 24 hour event. Much fun should be had by all.

Canyoning – Nik

Ahh winter, the perfect time for canyoning...not. The thought of swimming through freezing pools of icy water with snow and rain falling about doesn't really appeal to a soft man like me. Id



prefer to be sitting at home in my ugh boots sipping hot cocoa through the colder months.

There are a small spattering of dry canyons in the Blue Mountains that can be attempted comfortably in winter, one of which is Juggler canyon in Katoomba which will be the site of our Beginners canyon trip this weekend (this will be completed by the time this goes to publication).

The most likely option for winter as our clubs canyoning officer is to disappear and do some more winter friendly trips like caving, multi pitch abseiling, climbing or heaven forbid, finish my university studies :-). However one thing I can do is sit here and reflect on the canyoning that we did do over the last summer period and what I do want to do in the future.

Recently we did a canyon I have wanted to do for ages which was Butterbox, with its impressive huge abseil with a rope changeover on a chock stone half way down. This canyon had been a bit of a nemesis for us, we had to cancel the canyon 3 times because of bad weather and it was definitely worth it once we did manage to get there.

On a sadder note something that was also quite significant was the death of a man in the Valley of The Waters canyon in Wentworth Falls. You can read about it here

http://www.accidentregister.org/canyon_accid00.htm. The scary thing about this is that I have done this canyon probably between 15 and 20 times. We used to go through it on a Friday afternoon after school. When someone dies in a canyon that you are so familiar with then it tends to hit you quite hard and remind you of the dangers of the sports we do.

Hopefully we can learn from this tragic incident and it brush away some of the cobwebs that cloud our vision when we become familiar enough to be complacent.

That aside, enjoy yourself out there and while your out hauling your ass up some scrably cliff in the rain remember me sitting at home sipping cocoa in my ugh boots.

The Butterbox / Margarine Ridge Linkup -or- Mt Hay Madness

Anthony Knittel

When you get two interesting activities that take place next to each other, its tempting to let the little cogs in your mind tick over and decide that it would be a good idea to do both of them at the same time. Of course you can work out how it **could** be done, use a bit of imagination and next thing you know you're bouncing along down the rough and weathered track to Mt Hay at 2am ready for a dawn start the next day.

The problem with combining a canyoning trip with a climbing trip, is that generally the access is from the top, so you end up doing the canyon first in the freezing dawn air, and the climb in the sweltering afternoon sun. But no matter.. a few compromises for each activity, like not taking wetsuits or jumpers in the canyon and hauling a pack full of wet stuff up the climb and its certainly doable.

The two trips we had lined up are Butterbox canyon and the 300m natural climb Margarine Ridge. They're both in the same area, you drop down from Mt Hay into the Butterbox canyon which opens up into the grose valley, traverse about a km or so and climb 10(?) pitches up Margarine Ridge back to the top. So off we went.. the pain of getting changed in the pre-dawn air should have been some indication of how cold it would be to swimming in the canyon at that time, but when you're that tired you have the benefit of not thinking of those things too much. So we



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bounced off down the track in a sleepy haze and were soon in the canyon.

Abseiling on dynamic ropes (another compromise because we needed them for the climb) can be tricky when you bounce a lot further than you expect, but didn't cause any major hassles. Soon after we arrived at one of the swims, which I thought would be good if Lou went first.. I got to stand by and watch the pained, voiceless expressions on her face when she got in the water, followed by short curses and the odd "what the hell am I doing??" I think its worse getting started when you already know what you're in for, kind of like waiting for a dentist to pull your teeth out slowly. Yeah it was cold, the water cuts straight into your skin when you're only wearing thermals. It helps a bit if you lie on your back with your arms up out of the water and kick with your legs, but its still freezing.

The long abseils through an immensely tall and narrow slot were really spectacular, and after a few more swims we were out in the warm air. Now for the climb.. I've always been amazed at how quickly you can go from wretchedly cold to hot and thirsty when you're walking out from a canyon. Hunting around for the start of the climb was a bit trickier, that was my fault, I'd lost the printouts but thought I had a good idea of where it was. Not so easy on a climb with no bolts or any indication that that bit of rock is any easier to climb than the face next to it.

To cut a long story short, we thought we had found the start of the climb, and after some difficulty getting started decided to pick a variant route and link up with the climb later. Interesting choice. It didn't look too bad from the ground but soon ended up wedged in a dirty chimney with every second hand and foot hold breaking off as you touch it, questionable protection, and a couple of

tricky moves before the relative safety of a small overgrown stance. Even seconding that pitch I don't think Lou was overly impressed.. a bit tricky in bits.

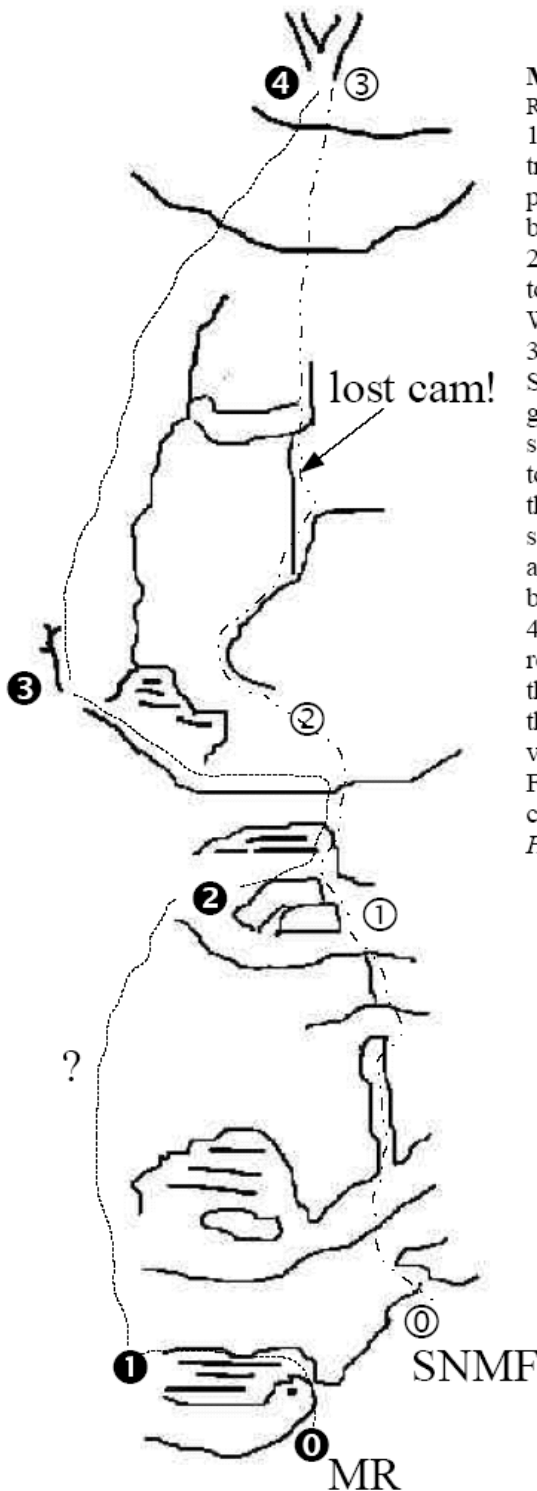
We ended up following the variant route for a while because it didn't seem that clear where the main route was, and besides you get tempted to finish off what you've started. The short second pitch was common with MR I think, but afterwards decided to head up the nice lay-back flake and finger crack instead, which turned out to be a real beauty of a pitch. Its even better when you don't know exactly what to expect ahead of you, you're just busy worrying about one move at a time and with a bit of luck it all worked out nicely. At the top we had reached a ledge and decided to take the bail-out route instead of pitching all the way up the next section because it was getting late. Limited lighting didn't help either but we were soon squirming our way through the low dusty cave on our bellies towards the short exit climb, then out to the cars. Back at 10pm, it was a long day indeed. We didn't tick off what we'd planned to do, but certainly got an adventurous day out of it. AK

Buying Climbing Shoes – A Beginner's Guide

Duncan Macinnis

So you've started climbing indoors with the club and want to get a little more serious? A pair of climbing shoes is the best thing to buy first. Every climber has their own opinion about buying climbing shoes, but here are a few tips on buying your *first* pair of shoes, taken mainly from my own experiences:

FIT: The conventional wisdom is that climbing shoes must be tight to the point of pain, an idea that need not hold true in your first pair of shoes.



Margarine Ridge (1st half, description from Sydney Rockclimbing Club web site)

1. (13m 13) A tricky and rather poorly protected traverse left leads to a large cave (good gear to protect second), walk left past a loose block to a belay out on the arete.
2. (35m 9) A long and pleasant pitch up the nice tortoise shell wall above, getting easier with height. Wire and cam belay.
3. (combined original 3rd and 4th pitches, 42m 11) Step up on top of the large flat block, place some gear at the back of the scoops, then step right to steep and juggy moves. These lead up for about 8m to a bushy ledge. Walk left along this (marvelling at the excellent looking faces and cracks above!), slightly down around the arete and left for approximately 30 metres across an easy wall to a tree below a crack through the bulge. Tree belay.
4. (combined original 5th and 6th pitches, 55m 9) A really enjoyable and surprisingly long pitch. Head up the crack for a couple of metres then step out onto the right face. A long and juggy wall awaits, with a variety of gear. Tree belay on the halfway ledge. Follow the track up or 40m to the start of the upper cliffline.

Hayden Brotchie, John Gray, Paul Davies '97

Spiders are not my friends.. ☠️🕸️

1. (30?m 17) achy breaky start. start up gully from MR under overhung corner. easy up to ledge then up dirty chimney crack till it closes. take a breath, find some gear then up right to a stance then easy but run out with some loose rock.
2. (20?m 8) some pro in cave then up to large ledge and belay under prominent curved flake in corner (or move belay there later)
3. (55m 15**) sweet laybacking and cruising up flake till it levels out, then up nice finger size crack with good holds to small ledge. easily to halfway ledge and tree

A. Knittel, L. Pastro Oct 04



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Generally your first pair of shoes will be used in the gym and on easy outdoor routes, where a painful fit is really not necessary. A tight fit will allow you to step on tiny edges – but generally you won't encounter these. The main thing to understand when fitting your first pair of shoes is whether they are lined or unlined. Lined shoes will not stretch, while unlined shoes will stretch noticeably with use. My suggestion for your first pair of shoes is to size lined shoes on the tight side of comfortable (they will most likely stretch a little), and unlined shoes reasonably tight, but not agonisingly so. The advantage of doing this is that you should end up with a pair of shoes that you can wear all day, in the event that multi-pitch trad epics take your fancy.

STYLE: My first pair of shoes were lace-ups, and I strongly recommend this style for your first pair of shoes. Slippers (shoes with no fastening, held on to your foot by elastic) are designed for strong feet. In your first year or so of climbing you won't have strong feet – this is something you will develop. Despite the fact that slippers can often be cheaper, you will progress faster in your climbing if you get a shoe better suited to your climbing ability. For a similar reason I suggest that you steer clear of velcro-fastened shoes. These shoes are often designed to be "aggressive" and are more suited to steep (overhanging) climbs that are generally short in length. Cheap, lace-up shoes are probably the best beginner's shoe. In your first few months of climbing you WILL drag your toes up the wall. I did it – and got a pair of good shoes too early. The result was that my hella-schmick pair of \$250 velcro Anasazi's had to be resoled three times in the first six months of my owning them. At 70 odd dollars a resole, this turned out to be an expensive mistake. The good news is that you can benefit from this: get yourself a pair of resilient shoes, and learn from my mistake!



BRANDS: The most important thing in a shoe is the fit. It doesn't matter how sticky the rubber is if your shoe doesn't fit your foot properly. That said, 5.10 and Mad Rock are generally accepted as stickier than other brands, while Boreal has a reputation for shitty rubber. The downside of sticky rubber is that it generally wears out faster – this is a bad thing in your first pair of shoes (see comment above about toe dragging). I can't stress enough how important fit is; don't buy your shoes based on colour, brand, or even what your friend says is a good shoe, get what fits your foot best.

THE BOTTOM LINE: Basically, the best shoe is the one that fits you the best. For your first shoe, I



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suggest something that is reasonably cheap, lace up and flat soled. Shop assistants should be able give you good advice, although I would be very wary of anyone trying to sell you shoes who doesn't climb themselves. From personal experience I would suggest that Mountain Designs, Mountain Equipment or your local climbing gym

might be the best place to buy your shoes. MD's and ME in particular have very knowledgeable staff in my experience. Buying shoes online can save you money, but can also see you getting an expensive shoe that doesn't fit. Good luck! *DM*

