



NOOTKA ISLAND TRIP – JULY 30– AUGUST 3



On **JULY 30TH**, 10 anxious COCers boarded a Beaver float plane to fly to the trailhead of the famous Nootka Trail. The so called “Nootka Trail” is really an obstacle course identified by narrow breaks in the salal. When not in the rain forest, we enjoyed walking on the sandy beaches, dancing across large boulders, and balancing along logs - all the while keeping our eyes open for whales, sea otters, bears, and sea wolves. The sea wolf tracks were unsettling. Were we following the wolves? Or were the wolves following us?



The **2ND DAY'S** hike finished at gorgeous Calvin Falls. Here Calvin Creek flows over a cliff directly onto the beach creating a deep emerald green pool – perfect for swimming.

DAY 3 we were scared awake to the sound of howling wolves outside our tents. A pack of what sounded like 6-8 wolves were claiming sovereignty over our camp site. We shivered inside of our flimsy tents - too afraid to breath or sleep. This was a day to walk the shoreline. While walking on the soft sand we would look for firmer footing on rocks or logs. While walking on slippery rocks or logs, we would then look for safer footings in the sand. The hardest (or softest) surface to walk on was gravel the size of peas – hence “pea gravel”. It would have been easier to walk in wet concrete.



By mid-afternoon, we crawled into another magnificent camp site. Just off the beach we erected 10 tents that surrounded several tables built using driftwood. This was once the site of a Mowachaht-Muchalaht village.



On **DAY 4** we awoke early to race the incoming tide - but no luck. Back into the rainforest to beat through the salal, to crawl up cliffs, to crawl under and over logs. The headlands



views were very dramatic where the trail skirted the cliffs far above the frothing waters below.

In the late afternoon after the hardest day, we arrived at camp. In the distance, we could see our destination of Friendly Cove. Near the shore sea otters were sleeping while holding the kelp. We all needed to do something similar.



On **DAY 5** we bounced out of bed early to beat the tides again. Little did we know that on this day, our adventure would become the most incredible west coast cultural experience.

To our amazement, our visit to Friendly Cove coincided with the annual Mowachaht-Muchalaht First Nation summer feast. We were invited. The feast hall was alive with the most magnificent carving depicting the history of the Mowachaht-Muchalaht peoples.

The feast of spring salmon, corn, salad, and bread was served. We ate like we had not eaten since leaving Gold River 5 days earlier. We all shamelessly asked for seconds.

In the late afternoon, as sea otters watched with curiosity, we boarded the MV Uchuck III with 100 members of the Mowachaht-Muchalaht First Nation. We then all enjoyed a slow cruise back to Gold River in the warm evening sunshine. And we were all very grateful for the privilege of experiencing Nootka Island and the hospitality of the people who have lived there for over 5000 years.



The team was Sheri K, Bridget G, Johnny G, Jim A, Redina B, Mary H-R, Danny G, Melanie L, Jamie F



By **Owen Williams**

MT. MACFARLANE – AUG. 1



Mount MacFarlane made for a great hiking day with Joan S and Jan S. It was a seemingly never-ending hike but was worth the view and cold plunge in the lake.

By **Iraj Filsoofi**

SNOW CAMP MT – AUG. 4



It was another EPIC ADVENTURE with the Chilliwack Outdoor Club.

Snow Camp Mountain is in Manning Park.

17.5 km out and back - 935 m gain - over 6 hours of moving time.



The views at 1980 meters were out of this world. Easy gradual hike until the very last leg, where it was quite steep. I was huffing and puffing. But we had time for a nice break and lunch with photos before the black flies annoyed us enough to pack up. Great company with David G & Patrick R. Another one off my bucket list.

By **Tracy Goodwin**

GOTCHA + DECKER MTNS – AUGUST 8-9

GOTCHA PEAK – AUG. 8 -- Stein Valley Nlaka'pamux Heritage Park

I was puzzled when I got home and downloaded this route into my Basecamp program. On the map it showed that I had not done Gotcha Peak. Reviews on my AllTrails app said that their route was incorrect. All 3 of our GPSs, did not show the route as leading to the Gotcha Peak on the map. My conclusion is that Gotcha Mountain has **two** peaks. The northeast peak is 102m lower than the true peak.

In my quest to complete all the hikes in the Destination Hikes book, we did these two hikes as an overnight trip. Hwy 99 from Pemberton to Lillooet was shut down due to a landslide. But the next day it opened. What to do? The forecast did not look very promising for the following week. So at the last minute I let the group know that we would leave the next day. Only Peter F was able to make it. Thanks to him and Case, I was able to knock two more hikes off in the book, leaving only three to go.

Both hikes were over 2400m high and involved boulder climbing, route-finding & some scrambling. This hike also involved some intense 4x4ing. Because Case was able to drive all the way to Blowdown Pass, it cut over 7 km of road walking off of the hike.

Just north of Duffey Lake Provincial Park, we turned onto the Blowdown FSR which was in fairly good condition, other than a few water bars. After 10 km we arrived at a parking area. That is where most 4x4s stop. But our FJ has a lift, a winch and plenty of battle scars, so on we went. About 600m beyond that, we then turned left onto a very overgrown bushy narrow gravel road. Case had to step hard on the gas pedal to get over some steep rough sections. Through the alders to our right, we could see that the slope dropped down very sharply. Case had to use utmost precision and stay totally focused. Getting deeper scratches was no issue for our FJ but we were surprised to see two other "pretty" 4x4s parked at the pass after driving 5 km on the rough FSR.





At the parking lot were three trails. North led to Gott Peak, east to Stein Valley and we headed south, passing the subpeak, and climbing up the northeast ridge. There were sufficient cairns to mark the way, except for the steep section to get onto the flatter part of the ridge. They were easier to spot on the way down. From the summit you could see the Coastal Mountains.



Back at 3:00pm, we decided not to camp at Blowdown Lake but to drive to Whistler and secure a campsite close to Decker Mt. We camped in the Riverside RV Resort in Whistler. The wheelbarrows helped transport our gear since we had to walk a bit to our campsite. Oh no! We forgot Case's overnight backpack! That meant no tent and no sleeping bag for Case. I did not want to sleep out in the open so as we were trying to figure out how to fit my air-mattress into the lumpy FJ, a woman in the parking lot asked if we needed a tent? I told her that was music to my ears. She loaned us her spare tent for the night, since her sister wasn't arriving till the next day. Needless to say, I was very grateful.

Stats: 2.9 km / 339m gain / 2450m high / 1:35 hours MT

DECKER SUMMIT – AUG. 9 -- Whistler

I'm not so sure this "hike" belongs in the Destination Hikes book. The route on Decker Mt. did not show up on any of our 3 GPSs. But the author of the Destination Hikes book,

Stephen Hui did state that it involved "off-trail route finding" + only for "experienced scramblers".

We did not linger in the morning, purchasing tickets at 9:00am and then getting the first 9:30am gondola for a 10:00am start. We had till 5:15pm to complete the hike. So Peter & I left Case at the start, and kept up a steady pace throughout the day, stopping only for photo ops and a half an hour lunch break on the summit.



After 4.3 km on the touristy Overlord trail, we turned left to climb 3 km of massive boulder fields to the summit. We found that the splashes of red paint and cairns were few and far between. So we ended up going too far to the left during the ascent. For the descent we aimed for the path of least resistance and ran into some occasional markers.

Whistler & Black Tusk Mtns + Overlord Mt. with its massive glacier & the Fitzsimmons Range remained in our vision throughout the day. Once cresting the ridge that led to the summit, a whole new view opened up which included Tremor, Pattison & Trorey Mountains with their glaciers.



While sitting on the summit, right across from Blackcomb Peak and the Spearhead Range, dark storm clouds approached. Signs back at the top of the gondola had warned of a thunderstorm. Sure enough, it hit just as we



began heading down. When the rain started, I worried that the rocks would become wet and therefore slippery. But it wasn't more than a brief shower.



We stayed more on the green ground while descending, angling to the right when coming to cliffs. Nearing the lodge, we couldn't believe how much uphill we still had to do. From the lodge to the Decker Mt turn off, its 261m accumulative gain and return is 222m gain.

As we approached the Rendezvous Lodge at the top of the gondola with half an hour to spare before it closed for the day, I thought, "What's going on? Did we miss the gondola and now have to hike an additional 1175m down the steep Blackcomb Burn?" Other than three people standing there talking, it was devoid of activity. The gondola and restaurant were closed. The man promptly reassured me that we would get a ride down in his truck. They had closed everything due to the thunderstorm. It was a treat getting that 30ish-minute ride down, seeing Whistler from different angles.

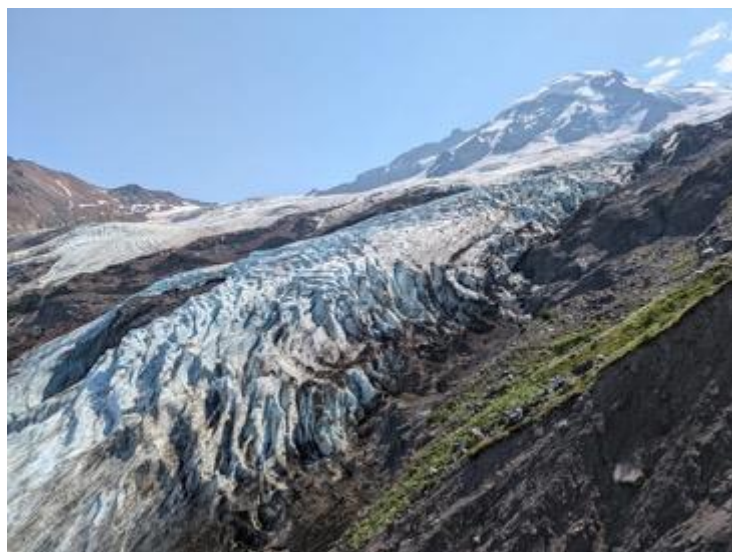
Stats: 15 km / 1050m gain / 2421m high / 2:50 hours to summit & 2:40 hours return = 5:30 hours MT

Peter F, Case & **Joce T**

HELIATROPE RIDGE – AUG. 8



Great hike up Heliotrope ridge lookout yesterday with a COC group organized by Jocelyn and led by Jaco N. I know there are more photos out there but these are the ones I can contribute. Nice easy shorter hike with great views.



Along for the day were: Jaco N, David G, Carmen P, Patty C, Lonja B By **Carmen P**

DOLOMITES ALTA VIA 1 – AUG. 10-17



Our 115 km hut to hut adventure in the Dolomite's began at lago de Braies. We hiked 14km, approximately 1000MG, in 6:12MT to Refugio Pederu. The weather was very hot and the views were stunning.



Day 2 We hiked 17.4km, 1540MG. It was very long, hot day as we climbed up the mountain passes today.



The views were stunning the entire day which motivated us to keep going.

Day 3 Refugio Lagazuoi to Refugio Averau. We hiked 11.7km, 440MG, 4:49MT. It was a shorter day so we slowed down the pace to smell the roses along the way. Incredible views the entire day, the weather wasn't quite



as hot as the days prior. We enjoyed the wildflowers along the forest portion of our climb to Cinque Torri gondola.



Day 4 We hiked 15.4km, 7hours, 430MG from Refugio Averau to Refugio Passo Staulanza. Other than the excessive heat I really enjoyed today's varied terrain, from rocky steep descent, boulder fields, grass green meadows, gravel road to forest roots and rocks. We saw beautiful mountain vistas, cow pastures, rock formations and many wildflowers.



Day 5 Big hike today which started at Refugio Passo Staulanza ascending 1000MG to Refugio Vazzoler, 18.7km became 22km for 5 members as the Refugio did not have enough beds to accommodate the entire group. Thankfully Refugio Capanna Trieste which was a 3 km hike further down an extremely steep goat trail could fit us in. Capanna Trieste was a family run Refugio for 60 years, we had a homemade meal and lovely hosts.



Day 6 Our group of 5 started today at Refugio Capanna Trieste trekking 9km, approximately 4 hrs MT, 610MG to Refugio Carestiatto. My group started our morning with a 3km steep climb on a rough goat trail with a few waterfalls. We met the rest of the group on the cross trail and then traversed along the Trieste Mountain range. The terrain was varied with forest paths, boulder fields, rocky washouts and beautiful mountain vistas. Ending with happy hour ... my favourite Radler.



Day 7 Today our hike took us from Refugio Carestiatto to Refugio Pramperet. The hike was 13km, 500MG, which took approximately 5hrs. The weather was overcast but was very warm and humid. The terrain varied from forest roots and rocks, steep climbs, boulder fields, washouts, and again amazing mountain views. We arrived at our Refugio quite early thus so was our happy hour. This is our last night on the trail ... it will be sad to say goodbye to the Dolomite group tomorrow. Ciao





Final day of our 8-day trek Italy. Today was a long 20km 840MG, 2110M descent (hard on the knees) which took 8:18hrs MT. The day started out cooler and was a comfortable 23 degrees in the sun, with some nice breezes now and then. We had some tough rocky climbs but always came with rewarding views. The descent was long and arduous, we were very happy with our accomplishment of completing this trek.



Report & photos by **Janice Hazel** and organized by **Irene Hoffler**

SLESSE MEMORIAL – AUG. 13



Tim and I would like to thank the 13 people who joined us on our leisurely hike to Slesse Memorial. Most people told us they came on the hike because it was going to be slower paced and no one would be left behind. That was exactly how it was, which left plenty of time to catch up with other club members to hear about their travel adventures or get to hear the stories of new members.



As we were having lunch at the memorial, several of us were reminiscing about the great hikes we used to do with the gentlemanly, David Ortis, one of Chilliwack Outdoor Club's honorary members. I hope you are reading this Dave and know that we still talk about and miss your hikes!
By **Tim & Bernadette Yochim**

CHAIN LAKES LOOP – AUG. 14

Linda, Ron, Cindy, Karl, Carolyn, Christine and Heather joined me for this hike which is quite popular at Mt. Baker. The day was overcast providing cooler temperatures as we hiked the trail in a clockwise direction, unfortunately we never saw Mt Baker, Mt Shuksan or any of the other peaks. We started the trail at Heather Meadows where you ascend quite quickly to Artist Point where you join onto the

MOUNT MACFARLANE HIKE – AUG 14

The COC does the trail maintenance of the Pierce Lake Trail and there were concerns raised about the lack of toilets at the lower and upper lakes at the overnight camping sites, so Patrick R and Jim A decided to visit each area to identify a suitable location for a wilderness style toilet – probably a garden throne. Carmen P agreed to go along as long as we summited MacFarlane peak. The day started out overcast but the forecast indicated clear skies in the afternoon.



Ptarmigan Ridge Trail before branching off to the right onto the Chain Lakes Loop trail. The trail descends a small ridge with loose rock, a stream, in and out of the forest before we did a gradual climb to Iceberg Lake. Karl showed us the perfect spot for lunch.



The lake was very still and calm affording us perfect reflections on the lake. We all found a rock to sit on, eating our lunches, taking all the beauty in as we enjoyed the break.

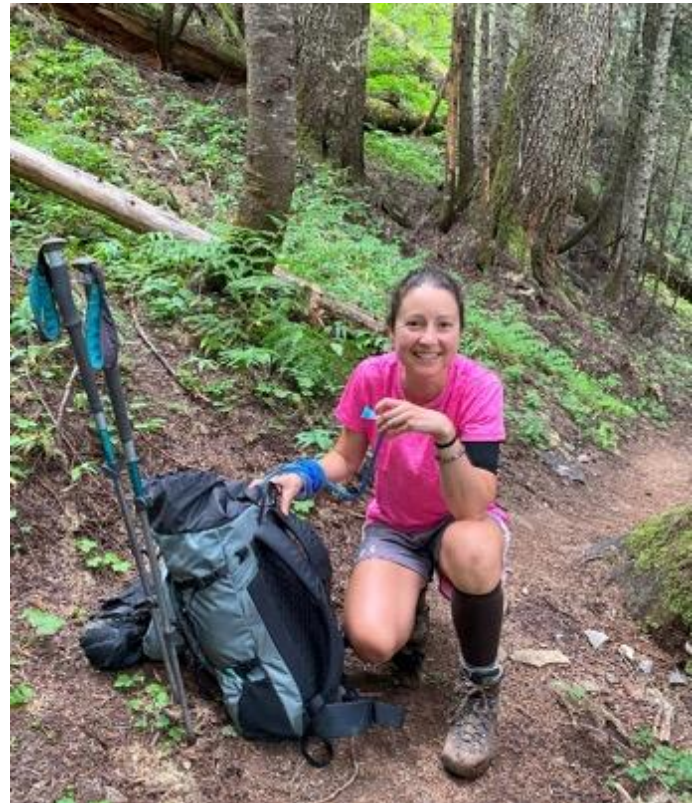


All too soon it was time to put our packs back on and head back onto the trail. The wildflowers were still out tho coming near the end. The trail climbs steadily with one steeper section that overlooks Heather Meadows visitor center (where we parked our cars). A stop at Edaleen Dairy for ice cream in Sumas was a great way to end the day. 11km, 589 m

By **Dorothy Franson**



A COC maintenance crew previously cleared the trail from the parking lot to about a km past the log bridge, so it was in good shape.



Beyond this point to the upper end of lower lake there were a number of large deadfalls which are passable, but they should be cleared on the next maintenance trip.

The alpine meadow above the lower lake was spectacular with colourful flowers. The pink in the picture is actually Carmen.



There was a layer of fog as we approached the upper lake. Red flagging helped us identify the route through the low shrubs.



We had lunch at the upper lake as the fog began to dissipate and the views became clear. The location for the future toilet was identified; now all we need is a grant to purchase the materials & helicopter lift.



While we were checking out the campsite area Carmen spotted a cinnamon bear running down the screed slope in the distance; it simply stopped and sat on a large rock in the sun. Following lunch, Carmen led the way to the summit of MacFarlane. There were several other groups hiking in the area too. It appears to be a popular hike.



Another group arrived shortly after we arrived and took our group photo which shows the various peaks projected above the clouds.



It was a perfect day weatherwise as it was cool while we were hiking up and down due to the cloud cover and clear and warm at the summit. It took a bit longer going down; the total hike was 12-hours but it was a great day with Carmen in the lead and Patrick the sweep.

By **Jim Alkins**

Mt. WITTENBERG – AUG. 15



7 of us hiked Mount Wittenberg yesterday. It was a great, long hike with great views and great company.

By **Denis Lalonde**

Mt. CHEAM – AUGUST 15



We spent almost just as much time driving as hiking this day. The rough Mt. Cheam FSR is full of water-bars. Thankfully Patrick R & KJ Vandenberg stepped up and offered to help drive twenty COCers to the trailhead. We ran into a few mishaps on the way up. First we got to a point where a large backhoe & dump-truck were blocking the road. What to do now? The friendly driver of the truck assured us that he be only about 5 minutes and if we could just turn around and park just a bit down the road where there's a big enough pull-out to let him pass. No problem. But we didn't get too much farther down the road when I had to make an abrupt stop. Steam was spewing out from under the hood of my FJ. So we left it parked there and jumped into the back of Case's pickup truck, which was now loaded with ten hikers. It proved to be a very uncomfortable jolting ride for those in the back

because the truck has a long wheelbase and often as Case gave it some gas to get out of the far side of the water-bar, the hitch would hit the opposite side of it. But it got us there.

As discussed beforehand, hikers had the option of doing either Lady Peak or Cheam. Lady is even steeper, more exposed and longer, involving scrambling and loose scree. Most opted for Mt. Cheam. Both start out on the same trail, splitting up at the gully between the two mountains. The first km was on the remainder of the FSR which is blocked off at the parking lot. A colorful array of flowers lined the way. At the end of the FSR we turned left onto the trail which soon led us to a foot-bridge over a clear creek in the alpine meadow, past Spoon Lake and then up, up, up.



We were forewarned about the hornets' nest 20m into the first bit of forest, at the corner. So we spaced ourselves and went faster. No one got stung. Zigzags got us up the steep green slopes that turned into gravel towards the ridge that led to the summit. A large group of people were sitting there and beside them was parked a wheelchair! Not a typical one, but triangular shaped with three wheels. Apparently 3 young men had helped get a 4th young man who's a paraplegic and wouldn't take no for an answer, get to the summit. How inspiring! Everyone in the group was somehow connected to him. His family, friends and even his former teacher were all there to enjoy the day with him. He said it was his second time on Mt. Cheam.



PALEFACE PASS CROSSOVER – AUG. 23



We ended up getting only a few partial glimpses of Sumas Prairie from the top, as did the Lady Peak group. But the temperature was ideal, and the open nearby scenery was beautiful.



Once back at the parking lot, two had hitched a ride to get back to the FJ & 1 more went in the back of Patrick's truck which is shorter and bound to be less bumpy and the 4th squeezed into KJ's 4x4. Once back at the FJ everyone checked their backpacks for water to put into the radiator. Including the two melted jugs of ice in our cooler, we had enough. And it worked!

Stats: 9.5 km / 730m gain / 2112m high Lady Peak: 76.9 km / 743m gain / 2130m high

Lady Peak group: Kim B, Sonia L, KJ VB + Cindy W

Mt. Cheam: Elizabeth B, Patty C, Ron D, Carolyn H, April Huml (new) Narasi M, Pat S, Joan S, Cathy U, Susan V, KJ Vandenberg & his friend Farhan Shufig, Anne White & her friend, Janine Thompson (both from Vernon) + Case & **Joce T**



The A's 🧑🏻🔪📦 went up, the B's 🧑🏻 went down, We met on the bridge and milled around. We saw some clouds ☁ & lightning ⚡ & mushrooms 🍄🌲 too, We even saw some old 🐻 bear poo! 💩 I'm sure Jim Alkins almost went into a faint, 🧑🏻 When he saw the alders did procreate! 🌲🌲🌲🌲🌲🌲 We'll come back to Paleface Pass, 🏔 With trimmers & saws 🪚 and chainsaw gas. 🛢 But for now I thank you very much, 🙏 For joining in a hike that ended in muck. 🧻



15 people attended this crossover hike with 8 people starting on the Silver Skagit side and 7 people starting from the Chilliwack Lake side. We met at the 7 km bridge and had our lunch and exchanged keys for the vehicles so we could drive back to our meeting spot. The weather cooperated until the



last 1.5 km in which both groups were treated to thunder, lightning and a very heavy premature post hike shower!

"A team"

Jim A., Christine C., Dorothy F., Brian H., Paul L., Karl V., Lucy S. & Pat S.

"B team"

Lori B., Cathy U., Annette L., Ed W., Judy P., Elizabeth W. & Patty

By **Lori Bodkins**

FLAT IRON – AUG 30



A beautiful sunny day with clear blue skies promised a great day to be out in the great outdoors. The trail starts out rocky/rooty and steep for about the first 45 minutes or so, coming out into open areas that has nice views of Zupzok, Ilama, Alpaca and numerous other peaks. The trail meanders thru the forest with a few short descents only to



have a few more steeper sections to negotiate before hiking along a granite ridge where 360 degree views can be had of the Needle, Markhor, Flatiron and so many others. Coming to a large rock cairn indicates it is now time to head to Flatiron (the other trail heading up to the Needle). The trail descends quickly thru more rocks/roots and trees, with open areas giving views of the Needle, Illall, Jim Kelly, Coquihalla and many more peaks. A short incline brought us Tasty Lake where we started another steep climb (not too long) along a goat trail. The trail ends at the summit which is a huge flat rock area where once again the views are astounding. We had lunch break here as we took in the views that encircled us, a slight breeze was refreshing, and it helped keep the bugs away. There is a large green bullet shaped tower that is used for communication. All too soon it was time to pack up and head back down taking the flat boulder face down to Tasty Lake. The climb back up to the cairn, as we all commented it seemed twice as long in distance and elevation.



We took a short break at the cairn before descending back, taking care over the steeper rocky/rooty sections. Another great day to be out was had by all.

12 km / 850 m

Along were: Karrie, Ingrid, Elizabeth, Linda, Lonja, Charlene, Danny

By **Dorothy F**

MASTHEAD BY JOCE T: DECKER MT IN WHISTLER

NEIL GRAINGER AND THE MOUNTAIN PROJECT

Although most in COC will not know Neil Grainger, his life lives on in the Club. I met Neil a couple of times and we talked much of the December 6 1956 Slesse tragedy, his role in starting an early version of Search and Rescue in the area, his early years with COC and, of course, his much heralded and respected THE MOUNTAIN PROJECT (1998) which I reviewed (published in various places). I remember, most fondly, a lingering meeting with Neil and Jack Bryceland (who did a variety of versions of 103 HIKES OF SOUTHWEST BRITISH COLUMBIA now replaced, in some ways, by Stephen Hui's 105 HIKES IN AND AROUND SOUTHWEST BRITISH COLUMBIA).

Neil and Jack talked much about their rich and varied mountaineering lives, Neil and he sharing and swapping many a tale, treks done and SAR work (both immersed in such a commitment). Even though Jack is not as well known as Neil in the COC, we should do something in THE TRIPPER for him, his mountaineering reach broad and full as he and Neill gave much to the mountaineering community of COC, Lower Mainland and BC, both now crossed the river and see the fullness of the white peaks.

montani semper liberi

Ron Dart

2024 MULTI-DAY TRIPS

TRIP: Camp Mowich in Manning Park – backpack

DATE: Sept. TBD **LIMIT:** 10

CONTACT: Terry Bergen: terrybergen@shaw.ca

TRIP: Mt. Frosty via PCT Trail – backpack

DATE: Sept. TBD **LIMIT:** 10

CONTACT: Terry Bergen: terrybergen@shaw.ca

TRIP: Peaks & Paleoliths – car camping / day hiking. Two days to drive to Tumbler Ridge. This is a UNESCO Global Geo Park. Return via Alberta & Mt. Robson.

DATE: Sept 6-20 **LIMIT:** 12

CONTACT: Ingrid Fischer: ingyfisc@gmail.com

TRIP: Dave Thompson Highway – car camping / day hiking

DATE: Sept. TBD **LIMIT:** 10

CONTACT: Mary Ann Dykshoorn: madykshoorn@gmail.com

TRIP: North Cascades – car camping / day hiking. Southeast of Mt. Baker. Sahale Pass, Blue Lake, Hidden Lake Lookout

DATE: end of Sept. for max 3 days TBD **LIMIT:** 12

CONTACT: Jocelyn Timmermans:

jocelyntimmermans@hotmail.com

TRIP: Illal Meadows – backpack

DATE: Sept. 27-29 **LIMIT:** 8

CONTACT: Allana Warkentine: allanalee@shaw.ca

TRIP: Gold Ridge Chilcotin – backpack

DATE: Early Oct. TBD **LIMIT:** 12

CONTACT: Jaco Noteboom: jaconoteboom@gmail.com

CLUB INFORMATION

Notice to Trip Participants

It is understood that risk is inherent to some degree in all outdoor activities. Please ensure that you understand the risks involved and are prepared to accept them. As a participant, you are responsible for your own safety and equipment at all times. Trip organizers are not professional guides—they are simply club members who have volunteered their time for your enjoyment.

Inform the trip organizer of any medical conditions that he or she should be aware of in an emergency, for example: diabetes, asthma, and bee sting reactions. Ensure that your previous experience, ability and fitness level are adequate for the trip. Be sure that your equipment and clothing are adequate for the trip. Stay with the group. Wait for other group members frequently and at all route junctions. Tell the trip organizer if you must turn back. **Be safe and enjoy!**

Required Equipment

Trip organizers will be pleased to answer any questions regarding the required equipment for any outing. For more information, it is recommended that you visit one of the many websites that provide such information. Some recommended sites are: www.valhallapure.com (club sponsor), www.backpacker.com and www.mec.ca.

Safety first, last, and always! It is the responsibility of trip participants to be equipped appropriately. Plan for the **worst!**

The Ten Essentials

Before you hit any trail, no matter how easy, no matter how short, no matter how close to home, make sure your backpack is loaded with the ten essentials. When in the backcountry you are responsible for your own safety, and any one of these ten items may help to save your life. Carry them all and know how to use them.

1. Map
2. Compass
3. Extra clothing
4. Sunglasses and sunscreen
5. Headlamp/flashlight
6. First-aid supplies
7. Fire starter
8. Matches
9. Knife
10. Extra food and water

Equipment for Club Members' Use

2	Shovels	2	ice axes
2	pairs of crampons	2	avalanche probes
2	avalanche transceivers		
2	pairs of snowshoes		
			contact Cal Francis to use: calfrancis@gmail.com

Note: All equipment must be returned in the same condition as borrowed or repaired appropriately. The equipment is being examined to determine its state of repair and will be reviewed by the Board of Directors as to what should be retained, scrapped or sold.

Hike Grading System

Duration (hrs.)		Elevation Gain (m)		Difficulty	
A	0-4	1	10-500	a	Easy
B	4-7	2	500-1000	b	Moderate
C	7-10	3	1000-1500	c	Difficult
D	10+	4	1500+	d	Advanced

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