What’s in a Leader’s Pack?

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Factors to Consider Before the Trip

• Trip Planning
  – Where, When, How, and “What If”
  – Light and Fast vs. Heavy and Slow

• Participant Screening
  – Who, Clothing, Gear, Equipment, and Experience

• Your Own Personal Experience(s)
  – Know what you know, know what you don’t

• The “Space Between Your Ears” – Use it!
What Do You Need to Prepared For?
What Do You Need to Prepared For?

- **Minor Medical Issues**
  - Bumps, Scrapes, Blisters, and/or Muscle Cramps
- **Intermediate Medical Issues**
  - Sprains, Strains, Hyperthermia, and/or Hypothermia
- **Advanced Medical Issues**
  - Dislocations, Broken Bones, and/or Head/Spinal Injuries
- **Other Stuff**
  - Forgotten Clothing, Gear, and/or Equipment
  - Personal Medical Conditions
  - Group gets Separated or Participants get Lost
The Ten Essentials (1974 vs. 2017)

**TEN ESSENTIALS: THE CLASSIC LIST**

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

**TEN ESSENTIALS: FREEDOM 9 SYSTEMS**

1. **Navigation**: Map, altimeter, compass, [GPS device], [PLB or satellite communicators], [extra batteries or battery pack]
2. **Headlamp**: Plus extra batteries
3. **Sun protection**: Sunglasses, sun-protective clothes, and sunscreen
4. **First aid**: Including foot care and insect repellent (if required)
5. **Knife**: Plus repair kit
6. **Fire**: Matches, lighter and tinder, or stove as appropriate
7. **Shelter**: Carried at all times (can be light emergency bivy)
8. **Extra food**: Beyond minimum expectation
9. **Extra water**: Beyond minimum expectation, or the means to purify
10. **Extra clothes**: Beyond minimum expectation

BE OUTDOORS
APPALACHIAN MTN CLUB
Who Carries What?
Who Carries What?

<table>
<thead>
<tr>
<th>Essential Items</th>
<th>No. of Hikers (n=197)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whistle</td>
<td>85 (43.1%)</td>
</tr>
<tr>
<td>Compass</td>
<td>91 (46.2%)</td>
</tr>
<tr>
<td>Fire</td>
<td>102 (51.8%)</td>
</tr>
<tr>
<td>First Aid Kit</td>
<td>128 (65.0%)</td>
</tr>
<tr>
<td>Light</td>
<td>131 (68.5%)</td>
</tr>
<tr>
<td>Knife</td>
<td>139 (70.6%)</td>
</tr>
<tr>
<td>Rain Gear</td>
<td>145 (73.6%)</td>
</tr>
<tr>
<td>Map</td>
<td>150 (75.4%)</td>
</tr>
<tr>
<td>Clothing</td>
<td>160 (80.4%)</td>
</tr>
<tr>
<td>Extra Food/Water</td>
<td>176 (88.4%)</td>
</tr>
</tbody>
</table>
Why do we bring a pack?

- For ourselves: Anything to be comfortable in all conditions that could present on trips/FOR OTHERS
- WHAT DO MOST FATAL MOUNTAINEERING ACCIDENTS HAD IN COMMON?
  - Unprepared, inexperience/hubris, lack of skills/tools, IGNORED SMALL, CUMULATIVE SIGNS!
- MUST HAVE:
  - Right Tools/Hard Skills/ Experiential Knowledge/ Preparation-execution: Know The Area!
First Aid Considerations

• What are situations that could be present in the backcountry: all seasons
• Basic resolutions to issues: Shelter (hypo/hyperthermia), Stop Bleeding, Immobilize, Brace, Make Comfortable: Prevent Shock By Treating The Issue Quickly (the broken ankle won’t kill you, shock will!)
• What will you need to handle each situation to get people out safely or stable until help arrives?
• Medical Supplies – check expiration dates
What’s in the pack?

- Reading Glasses
- Quick clot
- Bandages
- Gauze
- Feminine pads/tampons
- Steri strips
- Tincture of Benzoine
- Duct tape
- Kinesiology Tape
- Ibuprofen Excedrin
- Baby Aspirin
- Benadryl
- Antacid
- Eye drops
- Emergen-C
- Sugar
- Salt
- Cravats
- Sam splint
- Chemical Heaters (electronics, boots, gloves, mitts later. Under arms/groin to help hypothermia in bag. Start early)
- Two large garbage bags
- Tweezers
- Emory board
- Moleskin
- NOTE PAD
- Pencil
- CPR mask
- Inhaler if needed
- EPI Pen if needed
- Chlorine dioxide tablets, Aquapure, OR Water Filter
- Ziplocs- flush wounds, ice pack, vapor barrier, wind barrier…
- Glide (Tyvek floss) w/ needle
- BIVY Bag
- Head light
- Extra light
- Batteries
- PACK LINER BAG
What’s in the pack?

- **Fire Start**: Drier Lint, Fine Steel Wool, Fatwood, Magnesium Shavings, Flint & Steel, Matches w Striker, Birch Bark, Wax, insta fire
- **Stove, Fuel/ Cup or small pot (aluminum)**
- Climbing Carabiner
- **Para/Dyneema Cord (Know Knots)**
- Insulated Pants (winter)
- **Map/Compass (Know How To Use)**
- Trip Description
- Baby Pliers (X 2 Winter)
- Steel Key Rings x 2
- Heavy gauge wire
- Dentafix
- Parka, Down Sweater, Fleece Vest, Primaloft Sweater, Rain Coat/Pants
- Traction
- Thin Gloves, Wool Gloves, Ascent Gloves, Mitts, Waterproof Thin Gloves If Conditions Warrant
- High Caloric Dense Food/Protein
- Toilet paper
- Hydration/ Little Extra
- Goggles Or Glasses Depending on Conditions
- Hat For Conditions/Hood
- Tarp
- Vapor Barrier Bags
- Trowel For Cat Holes (3 season)
- Pack Cover if wet conditions Poles
- Chapstick, use for face and lips
- Emergency Bivy bag (waterproof, breathable insulated)
- Sleeping Pad
Not in the pack, but game changers!

- Ability to start fire in poorest conditions
- Ability to create quick shelter from trees/snow
- Know How to move someone, it’s not easy!
- The Will To Survive/ Proactive/ Stay Positive & Cohesive.
- KNOW WHEN TO SAY NO!
- DO NOT PANIC!
- Practice how to set tarp/tent in cold/wind/dark
Key for any Leader

• KNOW YOUR GROUP: What skills and needs to do they have.
• Identify before you set off on the hike:
  – Always do last minute essential check before hitting trail, people often forget something in car or at home, as leader I often bring extra stuff in car in case.
• MAKE A LIST & CHECK BEFORE LEAVING HOME. Don’t check off till in pack or in car.
• Plan For The Best, Prepare For The Worst.
• Lighten packs: Ounces add to pounds, get a ounce/gram scale and weigh gear choices, take the lightest of the appropriate gear. Pick up participants packs to see if too heavy, or too light…
• If you need to ask yourself more than twice to do something, DON’T PROCEED, TURN AROUND!!!
• TRUST YOUR GUT INSTINCT!