

From Freeze-Dried Food to Funky Feet

Trail Talk from an Old Dirt Kicker

By

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The Mountaineers Leadership Conference

December 2, 2017

10 Wilderness issues people are curious about:

1. **Why** : Ausangate, the Sacred Mountain – Peru 2012













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2. **Skills:** Gros Morne National Park – Newfoundland 2008

10 Basic Wilderness Travel Skills

1. Map and compass navigation
2. Fire starting
3. First aid
4. Crossing rivers and streams
5. Knife and axe safety
6. Finding and treating water
7. Weather prediction
8. Finding food
9. Equipment repair
10. Building an emergency shelter











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10. **Impact:** All Treks – 1966 to 2016

Yukon Territory - 1966



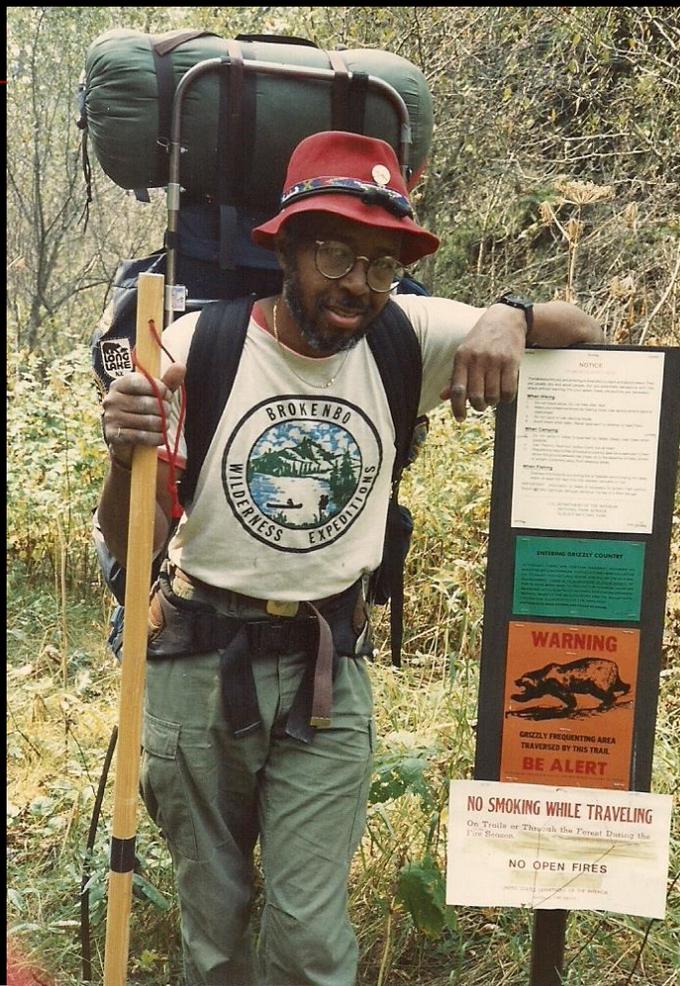
Racquette Lake - 1980



Appalachian Trail 1991



Glacier National Park - 1998



Finland - 2006



Mt. Rainier National Park - 2017



Life Lessons Learned

- Stay curious
 - Cultivate an inquisitive mind
 - Embrace the opportunity to learn
 - Opens the door to knowledge and experience

Life Lessons Learned

- Expand your comfort zone
 - Learn to tolerate uncertainty
 - Try new methods and techniques
 - Be prepared to adjust and improvise
 - Recognize and assert your creativity

Life Lessons Learned

- Believe in yourself
 - Trust your instincts
 - Be confident
 - Have the courage of your convictions
 - Self confidence can make you a better person

Life Lessons Learned

- Diversify
 - Broaden your scope / horizon
 - Do something besides outdoors
 - It may be counter-intuitive but it can make you better

Life Lessons Learned

- Keep your perspective
 - It's important, but it's not brain surgery or world peace
 - Keep this in its place
 - Remember your other priorities (friends/family)

Life Lessons Learned

- Help others
 - We've all learned from others so let's pay it forward
 - We have nothing to lose when we share what we know with others

...and keep on truckin'



Thank you!