



Tacoma Hiking & Backpacking Committee



Tacoma Hiking & Backpacking Committee

- Hiking
 - Backpacking
 - Baker Weekend
 - Trail Emergency Preparedness
 - Author Events
-
- Find us on Facebook
“Tacoma Mountaineers Hiking & Backpacking”



Introductions

Tacoma Hiking and Backpacking Committee:

- Megan Hartness: CHS Course Leader
- Lara Linde: Backpacking Co-Chair
- Marilyn Thompson: Hiking Co-Chair
- Diann Sheldon: Hiking Co-Chair

Instructors/Hike Leaders

- Amanda Slepски
- Andrea Welsh
- Becca Watson
- Brandon Swart
- Brigitte Brugger
- Carlanna Livingstone
- Danny Casady
- David Hyde
- David Judish
- Deanna Nuttbrock-Allen
- Diann Sheldon
- Don Thompson
- Ekaterina Nikolaeva
- Emily Smith
- Frank McCracken
- Lara Linde
- Lesa Chase
- Lisa Elliott
- Lisa McPeak
- Marilyn Thompson
- Rebecca Boeh
- Stacey Gillette
- Vanessa Phillips

Course Objectives

Moderate level hikes

- 10-12 miles / up to 2,500' elevation gain

Graduation Requirements

- 1 Online Classroom Session
- Earn Low Impact Recreation Badge
- 2 hikes per month April – August
 - 1 must be a CHS hike
- 1 Graduation hike in September
- Hold a current Stewardship Badge on Sept 30, 2023
- Requirements for graduation must be completed by September 30, 2023



Homework!

1. How many hikes per month are required to graduate?
2. How many hikes per month MUST be Tacoma CHS Hikes?
3. Name the Ten Essentials and indicate what you already have that you can use
4. According to the Leave No Trace principals outlined in the manual, how many feet from water must you be before depositing human waste?
5. When do hikes open to CHS participants each month for registration?
6. Name the Seven Principals of “Leave No Trace”
7. What conservation activity is required for graduation?
8. How do you log your hikes to receive credit?
9. Explain the layering approach to maintaining temperature control and the purpose of each type of layer:
10. What is the date of your Mountaineer Waiver Agreement on file? Hint: Log onto the Mountaineers.org website. On the left side of the screen, you will see a “My Waiver” button.
11. What are some exercises you can incorporate into your fitness routine to help you complete this course?
12. When calculating pace, are rest breaks included?
13. A hiker starts at the trailhead at 8am and arrives back at the trailhead at 2pm on a 12 miles hike with 1,300' of elevation gain. What is the hikers pace?

Pace

- General Rule is 1.5-2.5 mph
- Review Trip Information including Leader Notes
- Finding the right pace for you is based on your starting physical fitness and level of hiking experience
- Clark's Creek Pond is listed at 2mph vs Snoquera Fllas Loop at 1.5mph both on April 2nd. Which one is right for you?
- Total distance / Total Time (Less Lunch Break) = Pace
Example: 6 miles / (3.5 hrs – 30 min lunch) = 2 mph pace

Tracking Hikes and Stewardship

- Record hikes on a monthly basis by going to the Course Materials on the course page and entering your hikes on the 2023 CHS Student Monthly Hike Log form. Log both hikes each month on this form at the same time.
- Stewardship completed outside the Mountaineers can earn the Stewardship badge by forwarding the “Thank you” email after your Stewardship is completed to Members Services info@mountaineers.org with a cc to Megan Hartness meganchartness@gmail.com.
- Stewardship completed through the Mountaineers should automatically give you created. If you have not received your Stewardship Badge after completing Stewardship, please contact the Stewardship leader and cc to Megan Hartness meganchartness@gmail.com.

How it Works

Month	Distance	Elevation Gain	Skills Focus
April (2 hikes)	4-7 miles	500-1,000 feet	10 Essentials, Trekking Poles, Hiking Techniques, Footwear, Backpack and Clothing
May (2 hikes)	5-8 miles	800-1,300 feet	Hydration (Dehydration), Nutrition (food & extra food), & Sun protection
June (2 hikes)	6-9 miles	1,000-1,500 feet	First-Aid, Navigation ("Staying Found")
July (2 hikes)	7-10 miles	1,200-2,000 feet	Illumination, Insulation (Hypothermia), Fire, and Repair Kit & Tools
August (2 hikes)	8-11 miles	1,500-2,000 feet	Emergency shelter, Leave No Trace Practice
September (1 Grad. hike)	9-12 miles	2,000-2,500 feet	Next Steps...

Hike Schedule and Registration

- 15th of the month prior to the hike at 8am
- All CHS Tacoma Hikes will be moved to the main website for registration for any mountaineer 7-10 days prior to the hike.

Tacoma CHS Hike Registration Dates for 2023

Activity	Sign Up Opens	
April Hikes (select 2 only)	Wednesday, March 15, 2023	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Monday, March 20, 2023	@ 8:00am
May Hikes (select 2 only)	Saturday, April 15, 2023	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Thursday, April 20, 2023	@ 8:00am
June Hikes (select 2 only)	Monday, May 15, 2023	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Saturday, May 20, 2023	@ 8:00am
July Hikes (select 2 only)	Thursday, June 15, 2023	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Tuesday, June 20, 2023	@ 8:00am
August Hikes (select 2 only)	Saturday, July 15, 2023	@ 8:00am
- Sign Up Allowed for Extra Hikes (3 or more)	Thursday, July 20, 2023	@ 8:00am
September Graduation Hikes (select 1 only)	Tuesday, August 15, 2023	@ 8:00am
- Sign Up Allowed for Extra Hikes (2 or more)	Sunday, August 20, 2023	@ 8:00am

Cancellations

- ONLY sign up for Hikes YOU INTEND TO DO.
- If you're thinking about signing-up for a trip that you know might be a stretch - contact the trip leader before registering.
- Most Mountaineers' trips take place rain or shine, unless otherwise noted by the leader.
- Last minute cancellation affects both leaders and trip participants.
- Volunteer leaders have made a commitment to you, and to The Mountaineers' community by posting this trip - and they hope and expect that you will do the same!



Step 2: Navigate to the CHS Course Page

DAY HIKING COURSE

Conditioning Hiking Series

This course offers you the chance to develop your fitness capabilities while hiking with many of the same people throughout the duration of the course. You will reach new distance and elevation goals and visit some amazing places. Beginning in the spring, the course provides a structure of increasing challenging hikes that are scheduled to develop your abilities and skills.



Step 1: Log in

- ▶ Sat, Feb 1, 2020 - Sat, Oct 31, 2020
- ▶ **Committee:** [Tacoma Hiking & Backpacking Committee](#)
- ▶ **Members:** \$75.00
[Apply for a scholarship](#)
- ▶ **Availability:** 50 (50 capacity)
- ▶ [Cancellation & Refund Policy](#)

This course is designed for the new or experienced hiker who wants to increase their fitness level. It is also designed to provide a small-group trip environment in which hikers can build friendships by hiking with many of the same people on each trip. You will also benefit from getting out with a variety of experienced hike leaders who are focused on keeping you safe and helping you learn while you spend the day together in our beautiful mountains.

[MORE +](#)

Step 3: Click Manage registration

REGISTRATION STATUS

CARLANNA LIVINGSTONE
Role: Leader

Status: **Registered**

[Manage registration](#)

To register or cancel lectures and field trips, or to cancel entirely from the course, click the "Manage registration" button above.

The Mountaineers Mo

Carlanna DONATE

CHANGE OR CANCEL COURSE

CONDITIONING HIKING SERIES - TACOMA - 2020

SAVE CHANGES

Tacoma Branch
Member fee: \$75.00

i You are registering Carlanna Livingstone as a Leader.

CHS TACOMA CLASSROOM SESSION

You may optionally add any of the following activities:

- Mountaineers Tacoma Program Center - Mon, Apr 20, 2020 - 0 spots

CHS TACOMA MAY HIKES

You may optionally add any of the following activities:

- Snoquera Falls Loop - Sun, May 17, 2020 - 8 spots
- Greenwater Lakes - Sat, May 2, 2020 - 8 spots
- Wilderness Peak - Sat, May 2, 2020 - 8 spots
- Snoquera Falls Loop - Sun, May 3, 2020 - 8 spots
- Dirty Harry's Balcony - Wed, May 6, 2020 - 8 spots
- Little Mashel Falls - Fri, May 8, 2020 - 8 spots
- Point Defiance Park - Sat, May 9, 2020 - 8 spots
- Green Mountain: Gold Creek Trail - Sat, May 16, 2020 - 8 spots
- Heather Lake (Mountain Loop) - Wed, May 20, 2020 - 9 spots
- Poo Poo Point - Fri, May 22, 2020 - 8 spots
- Little Si - Sat, May 23, 2020 - 8 spots
- Coal Creek Trail - Sat, May 23, 2020 - 8 spots

SEARCH courses

DAY HIKING

Conditioning Hiking Series - Tacoma

This course is designed to increase fitness capabilities of people through hiking.

Sat, Feb 1, 2020
Committee: ...
Members: \$75.00
Apply for a spot
Availability: ...
Cancellation: ...

REGISTRATION STATUS

CARLANNA LIVINGSTONE
Role: Leader
Status: Registered
Manage registration

Step 4: Check the 2 hikes you'd like to sign up for

Step 5: Click "Save Changes"

CHS Student Responsibilities:

- Be on time
 - 10 minutes early to carpool location/trailhead to leave on time
- Be prepared
 - Ten Essentials, well fed, well hydrated
- Be Flexible
 - Don't schedule anything after a hike
- **Sign up for hikes you plan to do – Please limit Cancellations**

Expectations:

- The Mountaineers does not allow harassment of any kind by one member towards another including harassment based on gender, sexual orientation, race, color, national origin, religion, age, disability, marital or veteran status.
- The Mountaineers does not tolerate harassment by one member towards another whether the member is a leader, volunteer, trustee, or officer.

Trail Etiquette

- Be nice to others
- Yield to Uphill traffic
- Step to the uphill side of the trail and face the trail
- Stay to the right on wider paths
- Pass on the left
- Keep noise levels low
- Practice “Low Impact Recreation”
- Stay on the trail
- Walk through puddles, unless you can do so without going off trail

Carpooling

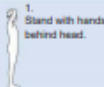

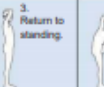
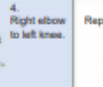




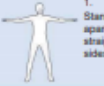

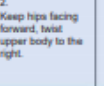


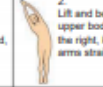


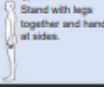
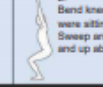



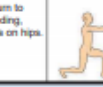

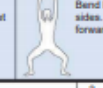
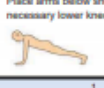
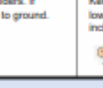

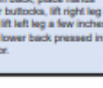
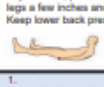
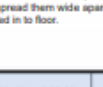

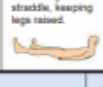
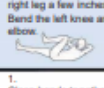
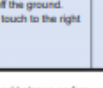

- Be prepared
 - Offer to pay driver!
 - Recommend \$0.12/mile 1-2 passengers
 - Recommend \$0.24/mile divided by 3+ passengers
- Ask before eating in vehicle
- Bring a plastic bag for wet/muddy items
- Everyone is expected to comply with local guidelines for face coverings and masks. Face masks are required for everyone in public indoor spaces or anytime indoors when the vaccination status of those around them is unknown, regardless of their own vaccination status; face masks are required indoors for those who are not fully vaccinated.


Fitness

- Increase strength
- Build endurance
- Improve your balance
- Don't forget your cardio
- Fitness for Hiking and Backpacking - A Zoom session to help you get in shape at home for Hiking & Backpacking on March 29, 2023 from 6:30pm via Zoom

adventX Daily Dozen

12 exercises in 12 minutes: Do each exercise for 45 seconds, then rest for 15 seconds.

1 STEAM ENGINE Active Stretch: Warms up front and side core muscles, upper back, and hip flexors.					Repeat.
2 TOE TOUCHER Active Stretch: Warms up the core and hamstrings.					Repeat.
3 TWISTER Works the oblique (side abdominal) muscles and the core.					Repeat to the left.
4 HALF MOON Works the abdominal and side muscle groups.					Repeat.
5 3/4 SQUAT Strengthens the quadriceps (front upper leg muscles).			Repeat.		
6 LUNGES Strengthens and increases flexibility in quadriceps and hamstrings.					Repeat.
7 PLIÉ Makes your butt tight.			Repeat.		
8 PUSH UPS Strengthens core, abs, pectorals (chest), shoulders, and arms.			Repeat.		
9 CROCODILES Strengthens and flattens lower abdominals, strengthens lower back.			Repeat.		
10 SCISSORS Strengthens abs, lower back, and thighs.					Repeat.
11 STEAM ENGINES ON BACK Strengthens full range of abdominals.			Repeat.		
12 PLANK The ultimate tummy flattener.					


www.adventx.com
 206.282.4208

Gear on a Budget:

- Things NOT to skimp on
 - Boots
 - Backpack
 - Safety gear (microspikes, raingear, etc.)
- Everything else:
 - Buy what you can afford and acquire over time. Used Gear Sales, Amazon, Thrift stores, Facebook sales groups, Ebay, REI Garage Sales



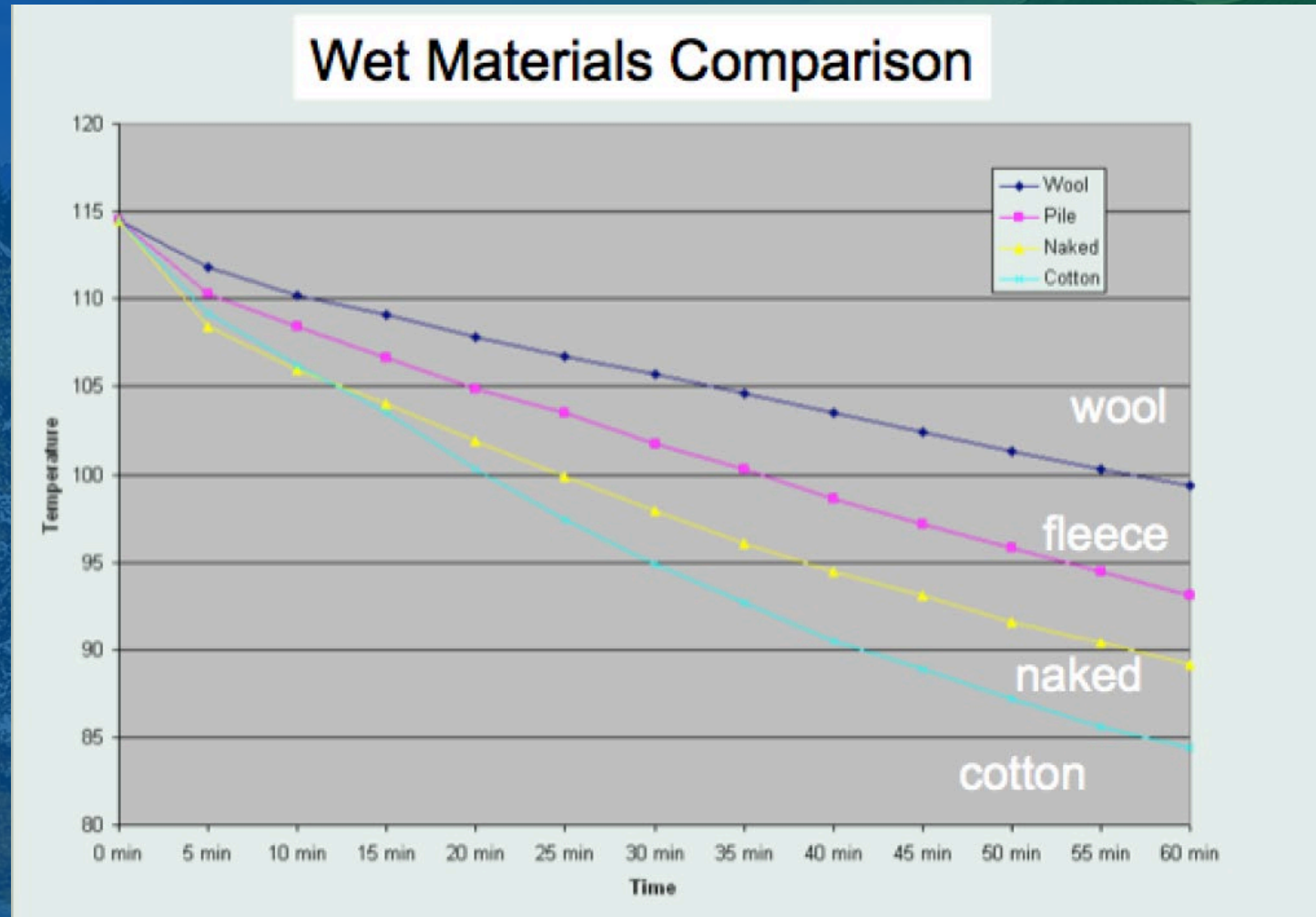
Ten Essentials

<https://www.mountaineers.org/blog/what-are-the-ten-essentials>

1. Navigation
2. Illumination
3. Sun Protection
4. First-aid Kit
5. Repair Kit and Tools
6. Fire
7. Shelter
8. Hydration
9. Nutrition
10. Extra clothes



Day Hike – Clothing – No Cotton!



Day Hike – Clothing – Layers!



Low Impact Recreation



<https://www.mountaineers.org/membership/badges/skill-badges/low-impact-recreation>

- Camping on durable surfaces
- Management of human waste in different outdoor environments
- On and off trail etiquette
- Food management including but not limited to food storage techniques, avoiding microtrash, and not feeding wildlife (intentionally and accidentally).



Leave No Trace

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

Conservation Requirement

- All participants are required to do one day of trail maintenance in order to graduate from the course.
 - During this Course
 - Let YOUR MENTOR know if you decide to join an organization other than Mountaineers and be prepared to provide proof of your participation.
- The Mountaineers – www.mountaineers.org
 - Pacific Crest Trail Association – www.pcta.org
 - Mountains to Sound Greenway – www.mtsgreenway.org
 - Volunteers for Outdoor Washington – www.trailvolunteers.org
 - Pacific Northwest Trail Association - www.pnt.org
 - Issaquah Alps Trails Club – www.issaquahalsp.org
 - Friends of the Trail - www.friendsofthetrail.org



What is the award?

Earn a badge for your profile and a challenge coin for hiking to the summits of all 15 peaks on the Seattle Branch 15 Hiking Peaks list. CHS is offering 4 of the 15 peaks this year!

- Crystal Peak – David Hyde
- Brown Peak – Emily Smith
- Gobbler’s Knob – Lisa Elliott
- Third Burroughs Mountain – Ekaterina Nikolarva
- Tatoosh Peak - Don Thompson

Other peaks: Shriners Peak, Skyscraper Mountain, Norse Peak, Bearhead Moungain, Tatoosh Peak, Mount Fremont (not the lookout), Antler Peak, Dege Peak, & Aurora Peak



New Tacoma Branch Hiking & Backpacking Awards



Earn a badge for your profile by hiking to lakes, waterfalls, lookouts, and patrol cabins in and around MRNP. CHS is offering a chance to complete 14 of these!

- Mildred Point (Kautz Creek Falls) – Megan Hartness
- Crystal lakes – Ekaterina Nikolaeva
- Sheep & Upper Crystal Lakes – Megan Hartness
- Palisades Lakes – Emily Smith
- Green Lake Carbon Entrance Mt. Rainier (Ranger Falls) - Lisa Elliott
- Noble Knob (George Lake, Lost Lake) - Megan Hartness
- Owyhigh Lakes - David Hyde
- Echo Lake - Rebecca ("Becky") Jacobsen
- Indian Bar (Wauhaukaupauken Falls) - Megan Hartness
- Greenwater & Echo Lakes – Ekaterina Nikolaeva
- Palisades Lakes - David Hyde
- Indian Henry's Hunting Ground (Indian Henry's Patrol Cabin) - Lisa Elliott
- Laughingwater Creek (Three Lakes) – Megan Hartness
- Indian Henry's Hunting Ground (Indian Henry's Patrol Cabin) - Lisa McPeak

Olympia Branch Awards



- Tiger Mountain Look Out – Megan Hartness
- Crystal Peak - David Hyde
- Buckhorn Lake - Don Thompson
- Noble Knob - Megan Hartness
- Sheep Lake - Marilyn Thompson
- Goat Lake - Don Thompson
- Mt. Townsend - Marilyn Thompson

Love hiking and backpacking like we do?
You can earn more awards too!

These awards and many more are available to Mountaineers members regardless of their branch affiliation. Many of our CHS leaders are working on one or in some cases multiple awards at the same time. Ask your CHS leaders which list they are working on to learn more about the areas they are interested in hiking and backpacking.



Car Camping Trips

Seal Rock Campground on Hood Canal, July 5 – 7 (Don and Marilyn Thompson)

- Tubal Cain Mine to Buckhorn Lake
- Mt. Townsend

Adams Fork Campground, near Goat Rocks, Aug. 10 – 13 (Don and Marilyn Thompson)

- Sheep Lake and Nannie Ridge
- Goat Lake

Communication and Questions

Ask Any questions!!

- Ask your trip leaders about gear, techniques to use with hiking poles, elevation gain, boots, etc. They love it!
- Ask your course leader questions!
- Ask your co-participants questions – we all love to talk gear and share what we have learned!

Course Feedback

- During the course, If you have a concern about an individual – speak to your trip leader or contact the course leaders.
- If you have suggestions for improvement, please share with your course leaders.
- If you have a wonderful experience, please share.
- If there is something that needs improvement, please share.
- After the course is completed, you will receive a request for your feedback. Please complete that. Your comments and suggestions are read and make a difference!

Questions?
