

# HardPoints 2018 #2



Welcome to issue 2 of the OSAT GCC newsletter!

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## What's Next?

### **Seminar 3: Ice Axe and Glacier Travel**

Monday, March 26 - 6:00-8:30pm

Highlands Community Center, Bellevue

An introduction to using your ice axe, and how to safely travel on glaciers. See page 34 of the GCC syllabus for the required reading and the equipment you must bring to the seminar. Also, please be sure not to park in the YMCA parking lot (on the other side of NE 20th Place from the Community Center).

### **Field Trip 3: Ice Axe and Z-Pulley Phase One**

Saturday, March 31 or Saturday, April 7 - 8am-4pm

Location: Summit East (or alternate)

The outdoor fun continues with the next field trip - on snow! You must sign up online for just one of these two field trips. See the details on page 35 of the syllabus.

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## Conditioners

March/April conditioners are open for registration and early Spring temperatures will be upon us shortly. By now you've had the chance to get up close and personal with some of the instructors, begun to identify comfort levels and experiment with clothing systems. Continue to gradually increase the weight in your pack and head out on more-challenging hikes with more elevation gain and/or length (Old Si, Mailbox, Tenerife). At this point it is highly recommended that you ascend the Mt Si Old Trail this month if you haven't done so already. Doing so will prime you for the time trial next month in which you will ascend the route with 30 lbs in 2½ hrs or less.

It is important to understand what your training goals are in order to maximize the effectiveness of your workouts. In addition to hiking, cross-training has its added benefits. In mountaineering the fitness requirements and training can be divided into three main categories: cardiovascular endurance; muscular strength; flexibility

training. Some excellent activities for cardiovascular conditioning include running, walking on an inclined treadmill, climbing stairs or using a stair machine or elliptical machine, walking up and down hills, or participating in an aerobics class. Training with free weights and doing push-ups, pull-ups, crunches, and dips will provide you with the functional, climbing-specific strength and balance needed most in the mountains. Stretching may help prevent or reduce muscle soreness of over the course of days of activity. Flexibility also increases the range of motion and reduces the strain of muscles when forced into certain positions.

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## Nutrition



If you are running a marathon, hoofing it up a mountain, or climbing a rock face, your body is primarily concerned with one thing: energy. Vitamins and minerals are all good and necessary, but your body doesn't need those vitamins now. Those are long-term considerations. Those healthy foods (and a healthy lifestyle in general)

are what you should have been eating for months in preparation for your hike. When climbing up that mountain, what your body needs now is pure, unadulterated energy.

The food we eat is literally the fuel source that makes our body function. Keeping your engine fueled up with tasty, nutritious snacks while out on the trail for the day makes it much more enjoyable and easy. The key thing to remember is to take something you like to eat. If it's chocolate, it might melt; if it's soft, it might squish - but it will still taste good!

Be sure to take enough hiking food with you on your outings - and try to keep it healthy. After all, you're out there to enjoy nature and do good things for your body, so you might as well give it good food for fuel. Treats like trail mix are fine in moderation and drink lots of water!

Here are a few choices for simple, convenient trail food:

**Trail Mix** - We have a large bag of Kirkland Trail Mix from Costco. One ounce (28g) contains 150 calories. Of those 150 calories, 84 (or 56%) are Fat. Ouch! So much for the healthy trail mix fairy tale. It sure tastes good though, and some of it is just fine, but not handful after handful. It's fine to consume more calories when you're in the outdoors burning off more calories than normal but you might as well make a bit of an effort to eat healthy food. One day of hiking and eating high-fat food probably won't hurt, but it also won't make the hike any more productive. Calories from simple sugars, complex carbohydrates, and fats are useful in different ways to your body. For ongoing energy boosts while hiking, the quickly-metabolized carbohydrates should be preferred.

**Dried Fruit** - On day hikes, carrying a couple apples or other fresh fruit probably won't tip the scale on your pack and they include important water that you'd need to carry anyway. On longer treks, drying your own fruit is a great way to reduce weight and still get healthy food. Dried fruits are a great choice as long as you drink plenty of water when you eat them. Water is needed to digest them - if you don't drink enough, you'll get dehydrated digesting the fruit. Fruit contains good vitamins and calories with very little fat.

**Tuna and Crackers** - Grain is also a good source of carbohydrates. Breads and crackers are a good choice for day hikes. Tuna fish is high in protein and is a good meal with cheese on crackers - if you like the taste of tuna. It comes in foil pouches

which means less weight and it's easy to pack. Don't forget a sturdy Ziploc bag for your trash, especially the smelly tuna pouch.

**Energy Bars, Blocks, and Gels** - You can find these treats in grocery stores or pay more for them at outdoors stores. They pack a lot of calories in a small package, but you may have to eat a few before finding the one that you enjoy. In the GCC we've gone through quite a few - people will have all different kinds on your conditioners so start sampling. ClifBars, ProBars, Stingers, Bonk Breakers, GoMarco, Shot Blocks, Honey Stingers, Scratch Labs, Gu, etc, etc, *ad nauseam*.

**Jerky** - Dried meat isn't a source of carbohydrates, but it's full of protein - a nice treat on the trail. You can make a bit of jerky last a long time and just like dried fruit, make sure you're taking in plenty of water to stay hydrated.

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### Monthly WFA Tip: Foot Care



Poor foot care on a climb can make a mountain out of a molehill and even the smallest blisters or foot pains can become a challenge over the course of a trip. Here are a few things to keep in mind about your feet as you head into the hills:

**Fit:** It's all about setting yourself up for success and that starts with choosing the right footwear. In addition to the technical specifications of a boot, make sure that the boot fits your foot well. Even the most carefully chosen boots often require a little adjustment. Take them out and walk around. Sometimes you'll need to adjust

the lacing tightness in certain spots or change the foot-bed to get the perfect fit for you. If you're renting a boot, take plenty of time to find the right fit. Bring the socks you plan on climbing in to try on with your boots and walk around a bit to make sure they feel comfortable.

**Foot Care & Prevention:** The easiest way to deal with blisters on a climb is to never get them in the first place. Use your training hikes to find the best lacing and tightness of your boot and the best sock combination for you. Remember not to lace your boots too tightly - blisters are created by friction and a very tightly laced boot, especially a rigid mountaineering boot, can create extra friction on your feet.

Keep an eye on your feet and treat hot spots immediately. It's easy to stop for a few minutes and make quick adjustments or fixes instead of letting them develop into blisters. Stick some moleskin or second skin over the affected area to reduce the friction. Duct tape works pretty well for almost anything too. If possible, try and identify the issue and fix it so it doesn't reoccur: is your boot laced too tightly? Did a fold develop on your sock?

When you reach your destination, give your feet a break. Change out of your socks and put on a fresh pair. If you have arrived at camp and have camp shoes, slip those on. Your feet will appreciate it.

**Treatment:** If you do develop blisters, treat them as soon as possible so that they do not become worse. This means draining the blister, applying some antibiotic ointment to prevent infection, then covering it with a sterile dressing. Depending on where the blister is on your foot and how big it is, you may need to add a foam "donut" to create some space above the blistered area and give it a better chance of recovering. If you are prone to foot problems, be proactive and use your training hikes to identify the best way to take care of your feet.

Foot care is a subtle art; it's certainly not the most exciting topic but if you've taken the time to address it, it can make a big difference on the climb.

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### **Interview: Rob B - The Ten Essentials**

*Certain equipment deserves space in every pack. A climber will not need every item on every trip, but essential equipment can be a lifesaver in an emergency. Exactly how much equipment "insurance" should be carried is a matter of healthy debate and will vary in each persons kit. Climbers take along carefully selected items to*

*survive the unexpected. They sacrifice some speed but argue that they will be around tomorrow to attempt again what they failed to climb today.*

*The point of the Ten Essentials list has always been to help answer two basic questions: First, can you respond positively to an accident or emergency? Second, can you safely spend a night—or more—out? The Ten Essentials has evolved from a list of individual items to a list of functional systems that satisfy certain needs.*

*We have asked one-half of the GCC Seminars team, Rob Bodkin, to share what he has on his person when he heads out on the trail.*



I use an REI Trail 40 day pack for hiking, not climbs, and this all fits with plenty of room for lunch and other non-essentials. This list and the photo are exactly what I take on a Si, Tiger, or Pilchuck conditioner. I use the same pack with a few more items for Muir.

First aid: Sudafed, Advil, Tylenol, Tums and a prescription anti-nausea drug, in a separate handy “dope bag”. Moleskin, alcohol pads, Band-Aids, wet wipes, non-latex gloves, an ace bandage and a bandana. Aloe and Neosporin. Toiletry bag, and hand sanitizer.

Illumination: Headlamp, with spare batteries.

Navigation: Suunto MC-2 compass, map of destination, and Gaia GPS app on my iPhone, a whistle.

Emergency shelter: A small emergency blanket and a small red tarp.

Repair kit: Zip ties, paracord, Tenacious Tape, duct tape, Leatherman 'Squirt' knife.

Fire: Bic lighter and waterproof matches.

Insulation: Z-Rest foam sit pad, shell and rain pants, puffy down jacket, shirt, socks, gloves, watch cap, Buff.

Sun protection: Jungle hat, sunscreen, lip balm and glacier glasses.

Hydration: Platypus/bladder with water, thermos with tea, cup.

Nutrition: Shot blocks, GU energy gel, Clif Bars.

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Photographs courtesy of Andy O., Dave T., and Clarence E.

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## **Keep Climbing Mountains... And Don't Slip!**

