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GOLDEN
TRIANGLE

JULY
76



REALLY

ACCIDENT WITH INJURIES: ACTION NOW

HEAT PROBLEMS

A hosteller occasionally faces problems which arise from unduly hot or cold environments. This article discusses conditions occurring from exposure to hot environments.

HEAT CRAMPS

Heat cramps usually develop in a physically fit individual who over-exerts during periods of high temperature and humidity or when over-protected by clothing. Cramps usually develop after profuse perspiring if the person has been drinking fluids without salt. The cramps usually develop suddenly. They may be relatively mild with stomach cramps and tingling in the extremities or they may be severe, involving the entire abdomen and extremities. The victim feels cool and moist and looks pale. The victim is usually not confused or unconscious.

TREATMENT FOR HEAT CRAMPS

Move the patient to a shady area. Have him lie flat. Give him salt solution to drink. Since he is probably nauseated, he may refuse to take salt tablets, so make a salt solution by adding ONE TEASPOON of salt to ONE Quart of water or lemonade or try one of the commercial salt solutions like GATORADE or TAKE FIVE.

The victim usually recovers fairly rapidly but should not engage in strenuous activity for at least 12 hours. Further exertion without adequate rest can lead to heat exhaustion or heat stroke (sunstroke).

HEAT EXHAUSTION

This condition occurs most commonly in individuals not accustomed to hot weather and in those people who perspire excessively. Heat exhaustion may or may not be accompanied by cramps. The victim is often confused mentally. He has pale, cool moist, skin. The patient feels faint and has a rapid pulse. Although collapse from heat exhaustion can be sudden, sometimes the victim has some warning signs such as fatigue, weakness, dizziness, headache, or nausea.

TREATMENT FOR HEAT EXHAUSTION

Get the victim to a shady area. Have him lie down with his legs slightly elevated. Bathe him with cold water and fan him. Replace the sweat loss with salt solution. Have the victim avoid strenuous activity after he recovers. Observe the victim closely since heat exhaustion can progress to heat stroke.

continued

ACTION NOW : HEAT PROBLEMS

HEAT STROKE

Although heat cramps and heat exhaustion require prompt treatment, these conditions are not life-threatening. On the other hand, heat stroke is life-threatening. Unlike the victim with heat cramps or heat exhaustion, the victim with heat stroke has hot, dry, flushed skin. His skin feels fiery hot to the touch. He is not sweating. In fact, his skin may be so dry that there is no moisture anywhere, not even in the armpits or groin area. The victim is usually quite confused mentally and delirious. He soon becomes unconscious. The pulse is rapid. Sometimes a victim has warning signs before the onset of the heat stroke: fatigue, weakness, dizziness, headache, decreased sweating, and occasionally cramps.

TREATMENT FOR HEAT STROKE

Treatment for heat stroke must begin immediately. Remove all outer clothing. Rub the victim's body and extremities vigorously with ice or ice packs or rub his extremities with water or alcohol. As the patient's temperature starts to come down, watch for shivering. If shivering occurs, stop messing with cold fluids and just keep the patient cool because shivering increases body temperature. This patient should be taken to a hospital as quickly as possible.

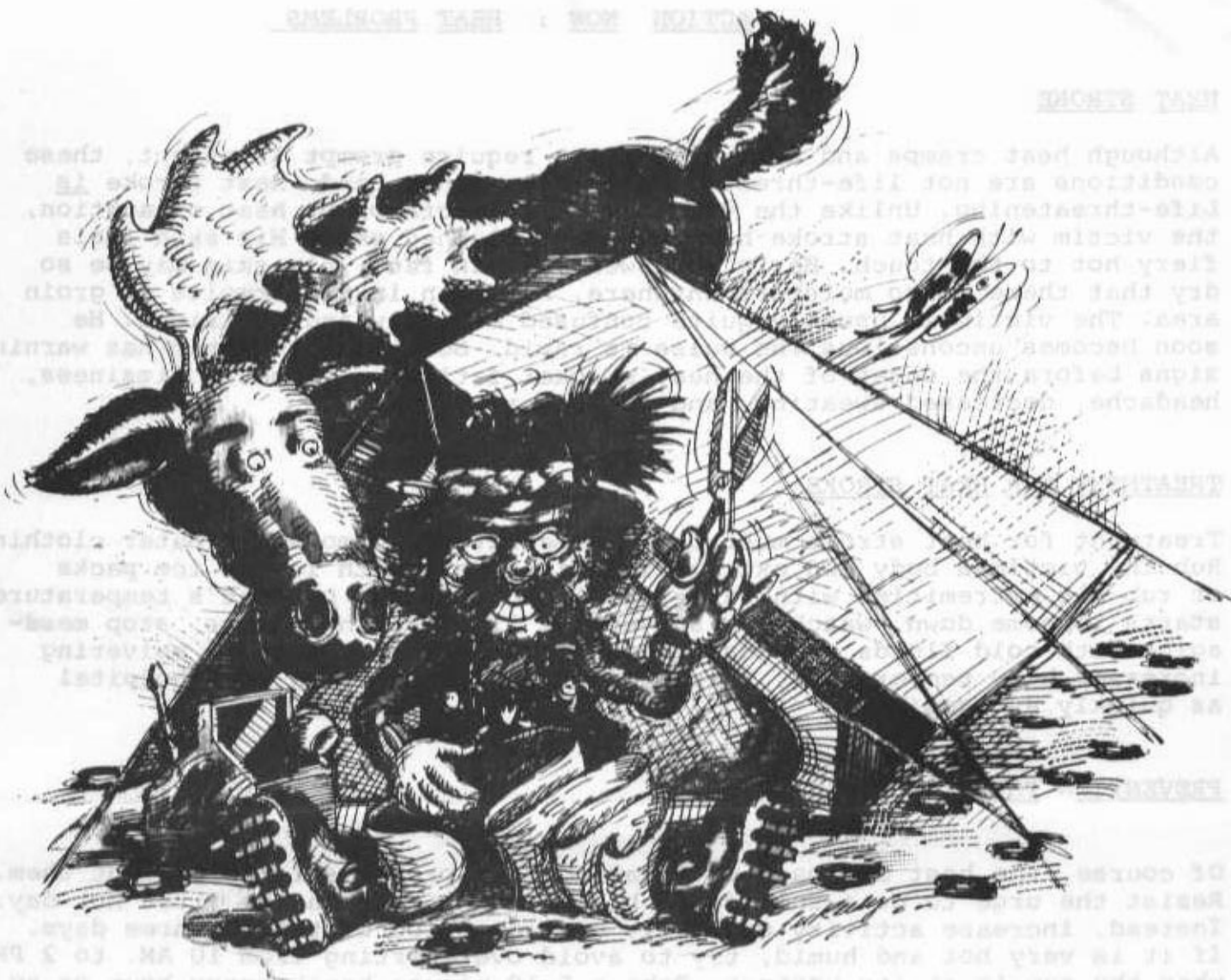
PREVENTION THE BEST TREATMENT

Of course, the best approach to treating heat problems is to prevent them. Resist the urge to do a full day's hike or whatever on the first hot day. Instead, increase activity gradually over a period of two or three days. If it is very hot and humid, try to avoid overexerting from 10 AM. to 2 PM. when the sun is at its hottest. Take a 5-10 minute break every hour or so. Wear loose fitting light colored clothing. A wide brimmed hat is also helpful. Drink plenty of water or salted lemonade. Remember that even if the weather is hot and dry like in Arizona, the body still perspires, but the perspiration evaporates so quickly that the person does not feel sweaty. Nonetheless, since there is still perspiration loss, the person should drink plenty of fluids. If cramps, nausea, dizziness, or headache develop, "cool it" before more trouble develops.

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The series of First-Aid articles, Action NOW, that has been appearing in the Golden Triangle, is solely the responsibility of the author, Lurana Patterson, RN, REMT of the Western Pennsylvania Regional Medical Program. The contents of the articles are in no way a reflection of the Western Pennsylvania Regional Medical Program, The Health Services, and Mental Health Administration, or the Dept. of Health, Education, & Welfare.

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Tents built like crazy.

Okay. So we've lost our marbles. We took the best selling tent in the world and completely redesigned it. Went the whole nine yards. Now it has everything. We're proud to say it's Gerry-built.

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THE OUTDOOR CHEF

by

Ben Brugmans

Rather than reconstruct a culinary delight from some nonpalatable looking powder, or give a recipe for a better way to make some tried and true dish on trail by substituting ingredients suitable for backpacking, I would like to touch on the subject of cooking under various adverse conditions, and my experiences with different types of equipment.

On the subject of pans, there are many fine nesting cook bits available. Aluminum is light weight, but can become porous, if heated without water, especially thin bottomed pans. As to stoves, cartridge propane is the easiest, but not as hot as a gas stove. A Svea gas stove without a pump is my favorite. However, it is limited to lower altitudes, it will not burn at 12000 feet or higher. There you need one of the Primus or other brand stoves with an external pump. I have seen these working at 14,500 ft.

In the rain, cooking in the tent will liberate large quantities of carbon monoxide gas. Raising the pan two inches above the normal cooking height, will cut back CO production substantially, unfortunately, it also increases your cooking time considerably. This is fairly safe with a propane cartridge. However, the stories I have heard of small gas stoves going up in a ball of fire would stretch the flame retardant capabilities of any rip stop nylon. Gas stoves can burn-up especially older ones which leak around their seals.

I would like to recommend a tarp to be shared for a small group, safe from the rain, vented on four sides, about three pounds for a 10 by 12 ft. rip-stop nylon. As to wind, there are windscreens built into some nesting cook kits. Other solutions I have seen vary from two backpacks serving as a windscreen, aluminum foil wrapped around the stove to ward off the drafts, or special aluminum, folding windscreens. WIND WILL ROB YOU OF A LARGE PART OF YOUR HEAT.

There is one last adversity I would consider in a category of its own. To foil critters, hoist your foods on a rope over a branch. Do not sleep with your favorite candy bar under your pillow, especially in bear country. Raccoons love garbage; porcupines will know away at your backpack or hiking boots where you have sweated salt, but of course the most destructive are the bears.

As to the bear, I can only say, if you run into one, saute with two large onions, and enough margarine to brown, broil at 375° till tender - the PAWS ARE THE BEST EATING - Hmm ! D'licious !

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LAUREL HIGHLANDS TRAIL GUIDE NOW AVAILABLE

Bruce Sunquist

An 80-page booklet "A Hiker's Guide to Laurel Highlands Trail " has been published recently as a joint effort of the Laurel Highlands Conservation and the Development Project and the Pa. Chapter of the Sierra Club. The first half of the guide covers such topics as :

- The geology and geologic history of the Laurel Hills
- The Climate of the Laurel Hill
- The vegetation and wildlife
- A flow sheet that makes tree identification easy
- Current land use

The second half of the guide covers such topics as :

- detailed description of trails for hikers and backpackers
- detailed topographic maps
- elevation profile of the area
- information on planning hikes and backpacks
- list of hiking organizations in the area

In all there are 16 maps and 5 photographs, The guide can be obtained by sending \$2.00 (plus sales tax where applicable) to Allegheny Group, Sierra Club, P.O. Box 7404, Pgh. Pa. 15213, or see Bruce Sunquist at an open house meeting.

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(WEST VIEW)

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CYCLE - EQUIPMENT

for
THE TOURIST

Joe Hoechner

One item that all Pittsburgh AYH'ers who qualified as Bikecentennial leaders received was a equipment list for cycle-touring. If you plan to do any touring this summer , you may find this list quite helpful.

A. MAJOR EQUIPMENT :

10 speed bike (with clincher tires)
Pump, rear carrier, panniers, water bottle (1 or 2)

B. TOOLS AND PARTS

small screwdrivers (flat & phillips heads)
adjustable wrench , 3 tire irons
tube repair kit plus a spare tube
6 extra spokes, special tools for your bike
Bungee cords (at least 4)

C. CAMPING EQUIPMENT

sleeping bag (rated to 30°)
ground cloth or tarp, sleep sack
lightweight tent & cook stove
Fork, spoon and knife
cup, bowl or plate

D. PERSONAL ITEMS

notions
cycling shorts, socks, and underwear
shoes (good for walking and cycling)
T-shirts (perferably Pgh. COUNCIL)
long sleeve wool shirt
long pants
windbreaker, raingear.

E. MISCELLANEOUS ITEMS

cycling gloves	first aid kit
hat & sun-tan lotion	leg light
sun glasses	50'nylon cord
insect repellent	camara and film
matches ,	sewing -kit
pocket knife,	
can opener,	

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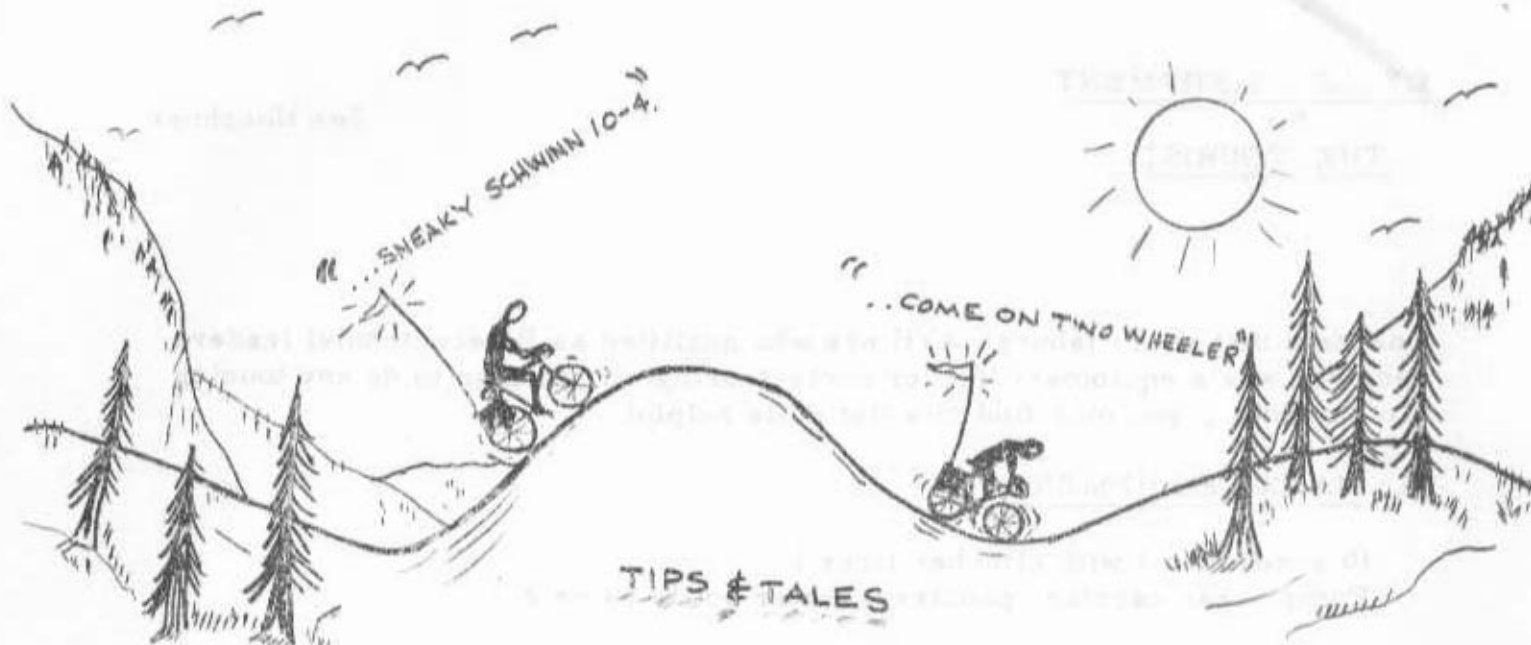
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by

Joe Hoechner

A slow-bicyclist can be described as the type that gets chased down-hill by a 12 year old Basset Hound - and GETS CAUGHT

Say, would you like to canoe in Kentucky ?? If you think you would you can send for a new booklet called, " Guide To Canoeing Streams In Kentucky "

Department of Public Info.
Capitol Annex
Frankfort, Ky. 40601

If you are interested in building your own canoe, you may want to write the United States Canoe Association.

The U.S.C.A. now is offering low-cost plans and a construction manual for building cedar strip-fiberglass canoes. For information write to :

Jim Mack, U.S.C.A.,
606 Ross Street
Middletown, Ohio, 45042

If you like to ride your bike in city traffic, one thing you have to watch out for is opening car doors or drivers getting out of their parked cars.

Be alert Watch for brake lights, front wheels turning in, windows rolling up, etc. With high, back bucket seats, the job, now is even tougher.

Are you a mature cycle-tourer ?? If you like to ride with middle-aged persons, the International Bicycle Touring Society is for you. You cannot join if you are under 21 For information write:
Dr. C. Graves IBTS
846 Prospect Street
LaJolla, Calif. 92037

A bicycle group in Montevallo recently petitioned the Canadian Television Commission to drop all auto advertising from TV and Radio?

Cars, like cigarettes are harmful to your health.

Open House

with Eunice Higgins & Joe Levine

Open house at the Hostel Headquarters is held every Thursday evening. Doors open at 7:45 with a program at 8:45. The programs are always of interest to old, new, and perspective AYH'ers.

Our open house is for all members as well as non-members. This is a great time to see friends, to reminisce about one's experiences at canoe school I, to make plans for extended summer trips. If you're a perspective member, this is an ideal time to meet AYH'ers, and discover the ART of having FUN.

- July 1 Join Dave Moerdyk as he relives his European Adventure, by train with backpack.
- July 8 "Way Down Upon a Suwannee River", Fred & Eileen Hull will show slides of Alligators, birds, & scenery from their canoeing trip in Florida.
- July 15 "The Barefoot Adventure/ what's a windjammer cruise really like?" Join Kathy Reilly and Dave Guthrie as they tour the inner banks of the Bahamas.
- July 22 "Surprise Program"
- July 29 Been looking for a far-out adventure? How about Ethiopia?? Join Liz Saffer on a trek to Ethiopia.

EVENING CYCLE RIDES

The rides are from 6:30-8:30, starting and leaving from the Hostel. Bicycles may be rented for 50¢. Reservations must be made before the ride. If you are renting a bike, you must be at the hostel no later than 6:15.

LEADERS : If you cannot make the ride, please get a replacement. Come on the trip before yours, to get the key and the trip after to pass it on. LEADERS, try to be at the HOSTEL at 6:00.

CYCLISTS : You will be riding at dusk, you NEED a LIGHT, wear bright clothing, and carry a spare to guard against a flat.

JULY

- 1.....Warren Kennedy 682-0255
- 6.....Gail Lichtenstein
521-5977 or 422-8417
- 8.....Ed Sieger 561-4790
- 13.....J.Orndorff 362-5401
- 15.....Mike & Marta 731-1083
- 20....Phyliss Blumberg 422-9383
- 22....Joe Hecchner 343-2465
- 26....Aylene Harper 462-9371
- 29....Sue Leathen 366-8996

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FOR SALE : One pair of ladies heavy Dunham hiking boots in excellent condition, SIZE 8. Must sell. For further information, call Laurie at 655-2378.

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Trips + Trails

AYH - members are given top priority on all AYH-TRIPS. If the trip listed has a limited capacity, or requires AYH owned equipment, then the trip will be open to members only, until the Thursday before the outing. Members must show their AYH pass on any AYH-TRIP in order to avoid the non-member fee.

The non-member fee is \$2.00 (50¢ registration plus a \$1.50). If the non-member purchases an AYH-Pass within 30 days of the trip, the \$1.50 will be credited to the pass. Only one credit may be used/pass.

Remember, make your reservations early, and if you cannot make a trip call the leader and cancel, so that the place may be made available to another anxious AYH'er.

SAT. JULY 3 thru JULY 5 Backpacking - Hammersley Fork canyon and surrounding ridges in Potter County. Experienced hikers only. The elevation changes over 1000 ft. and the chances of getting lost are promising. Bring own food and \$10.00 for travel. Call Don Levenson for more information. 421-0987.

SAT. JULY 3 thru JULY 5 Canoeing and Camping - Bill and Elaine Corwin will lead an advanced whitewater trip on the upper New River in West Virginia. Camping at Babcock State Park. Cost will be about \$15.00. Reserve at 687-2794.

SAT. JULY 3 Did you miss the WAG ride this year? Joe Curlee offers a second chance to cycle through the hills and beautiful country-side of Washington County. For more information call Joe at 422-9672.

SUN. JULY 4 No picnics planned for the 4th ?? Why not spend the day with Dave Gasvoda, and explore the Conemaugh Gorge Area. The trip will be about 6-8 miles, cost \$3.50. Bring water, lunch, & foul weather gear. Trip leaves at 8:30.

SAT. JULY 10 thru JULY 11 Join Warren Kennedy on a week-end cycle trip to Crawford. If you are interested in going, and would like to know the details call Warren at 682-0255.

SAT. JULY 10 Mike Deroy is leading a "surprise-cycle trip". Destination unknown, but promises fair-weather and pleasant riding. If interested in joining Mike call for the details at 371-6943.

FRI. JULY 9 Thru July 10 Beat the heat, join Norm Synder on a cave trip to West Virginia. For information, call Norm between 6&7 Sunday thru Thursday at 351-4068.

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MORE TRIPS AND TRAILS

- SAT. JULY 10 Canoe Sailing. Whitewater experience is NOT necessary. For information and details, call Joel Platt at 521-5244, the cost will be about \$6.00.
- Sat. JULY 10 Rafting on the Yough, with the one and only Joe Curlee. You'll need lunch, rafting clothes, & dry clothes. If interested call Joe at 422-9672.
- SUN. JULY 11 Laurel Ridge Trail intermediate hike. The trip will be on the North End, mostly Down-hill, Call Bill Bright for more information, at 823-0442.
- SUN. JULY 11 Marilyn Ham will lead an easy 30 mile trip in the lower Butler County area. Meet at the Hostel HQ at 9:00 AM or at North Park bikeway at 10:00 AM. Bring lunch and water bottles, but we will explore a famous fish-sandwich place. Good trip for those who have ridden 10-speeds but need to build confidence and endurance.
- SUN. JULY 11 If you're not in the mood for fish, and would like to face the challenges of a more rigorous bikeride, than join Ed Seiger for a round trip from HQ to North Park. For more details call Ed at 561-4790.
- SUN. JULY 11 Don't fret, the canoes will be on the water. The trip details will be announced at the open house meeting.
- FRI. JULY 16 Phyllis Blumberg will lead an in-city weekend through
thru sun. Philadelphia. This is your chance to cycle on Phila's
JULY 18 bikeway, see the historic sights, and stay at Phila's mansion hostel. The trip will leave the Hostel Friday at 6:00. Bring sleeping bag, mess kit, 2 lunches and HOSTEL PASS. The trip will be around \$30.00. Send a \$10.00 deposit to Phyllis Blumberg, 5851 Northumberland Street, Pittsburgh, Pa. 15217.
- SAT. JULY 17 Steve Tubbs will lead a cyce trip along the Yough. Meet at the hostel at 8:30 AM with a lunch and regular cycle gear. For more details call Steve at 751-3852.
- SAT. JULY 17 Easy Canoeing - Reserve with Bill and Sue Leathen at 366-8996. This is a Class I trip for those who have survived CS I. Cost will be about \$6.00.
- SAT. JULY 17 John Orndorff tackles the Yough. If you want to tackle with John call him at 362-5401.

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MORE TRIPS AND MORE TRAILS

- SAT. JULY 17 Intermediate Hike - on the upper Youghiogheny Trail. the area is very emote, rugged and beautiful. Bring your swim suit there are places to swim along the trail. For more information call Dick Nugent at 487-5549.
- SUN. JULY 18 Joe Curlee does it again Join Joe for another raft trip down the Yough. Bring gear, lunch, rafting shoes, dry clothes. For details call Joe at 422-9672.
- SUN. JULY 18 WHITEWATER CANOEING , Guy Estes will lead this Class II trip. The Cost will be about \$6.00. To reserve call Guy at 361-7663.
- FRI. JULY 23 EXPERIENCED BEGINNER'S BICYCLE TRIP - Join Mike & Marta
thru SUN. Hurwitz for their annual Gettysburg Cycle Trip. Reservations
JULY 25 needed. Cost about \$25.00, including food, lodging, & Transportation. Tour the BATTLEFIELD and ride the rolling farmlands. Bring swimsuit and tennis racket. For more information call Mike & Marta at 731-1083.
- SAT. JULY 24 Jack Batchelor gets off his bicycle and tries his luck on the Yough. To join Jack call him at 963-7868. The cost will be about \$7.00.
- SAT. JULY 24 Canoe School I - Learn basic moving water maneuvering on this full day school. Check with Gordon Bugby at 371-4233. Cost should run about \$7.00.
- SUN. JULY 25 Laurel Ridge Trail Hike with Jan & Karen Leyland. The hike will be 10 miles and quite pleasant. To reserve call either Jan at 687-1843 or Karen at 761-7330.
- SUN. JULY 25 Rafting on the Yough. Carol Davis and Lucy Tuttle lead. For reservations call Carol at 682-7612.
- SUN. JULY 25 BEGINNER'S ROCK CLIMBING - Jim "Wojie " will lead this trip to White Rocks which is designed for the weak at Heart. For details, call Jim at 322-2214 or Jim Gogots at 384-9149.
- SUN. JULY 25 SWIM /CYCLE - Joe Hoechner leads an easy 35 mile tour of the AMISH farmlands at New Wilmington, Pa. Cool off in the town pool after the ride. Bring lunch, spare tube, light clothes & swim suit. Cost about \$4.50 - \$5.00. Reservations needed. Call Joe at 343-2465.

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AND STILL MORE TRIPS

- SUN JULY 25 Canoe Poling School. If you can read the water and think that you can stand up in a canoe, talk to Roy and Mary at 681-5131. This goes at one person per boat so reserve seriously. The cost will be about \$7.00.
- FRI. JULY 30 Join Norm Synder on a cave trip to West Virginia. See some
& SAT 31 of the bigger caves in the area. If interested call Norm at 351-4068, between 6&7 Sun thru Thursday.
- FRI. JULY 30 State College Cycle - Join Larry Hull & Joe Hoechner for
thru July 31 a weekend of cycle/camping in the country. Two rides
& Aug. 1 each day for intermediate and advanced cyclist.
Camping in beautiful Bald Eagle State Park. SWIM TOO.
Must Reserve by 7/23. Call Joe at 343-2465.
- SAT. JULY 31 Well, he's still at it. Join Joe Curlee for another pleasant day rafting. To reserve call Joe at 422-9672.
- Sat. JULY 31 Hike and Swim with Joe Levine. He will be hiking on the Baker Trail at Crooked Creek State Park. Bring lunch and swim suit, cost about \$2,50. For details call joe at 422-8287.
- Sat. July 31 Canoe Camping - An easy flat water trip on the upper
thru Aug. 1 Cheat Lake, camp one night. Bruce Sanguist is leading.
For more details call him at 327-8737.

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GOLDEN TRIANGLE

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the few faithful AYH'ers who  
are always willing to give a hand.

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DEADLINE FOR AUGUST

JULY 15

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