

Mountain P A S S A G E S

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October 24, 2020



Notes from the Chair

BY RICK SILVERBERG
CHAIR AMC NH CHAPTER

As we all are aware, we have been living through unusual times. Many of the normal activities of the AMC and our Chapter have been postponed or even cancelled. Rather than exploring the White Mountains and other wilderness areas, we have been urged to stay close to home. AMC and the Randolph Mountain Club have decided to keep their high country huts closed during the 2020 hiking season. As you will read, for the first time in Chapter history we will be holding a virtual annual meeting in October.

But, it isn't all bad. As described in two articles in this issue of *Mountain Passages*,



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OUR MISSION

The Appalachian Mountain Club is the nation's oldest outdoor recreation and conservation organization, and promotes the protection, enjoyment, and understanding of the mountains, forests, waters and trails of the Appalachian region. AMC has more than 100,000 members, 16,000 volunteers, 450 full-time and seasonal staff. The New Hampshire Chapter is the second largest of the 12 Chapters within the Club.

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SUMMER 2020

A Look Back: The Rise of Hiking Clubs in the White Mountains

BY: BOB MCLAUGHLIN

Next year, 2021 marks the 100th anniversary of the creation of the New Hampshire Chapter of the Appalachian Mountain Club. At the time of the creation of our Chapter, the AMC was 45 years-old. This is the first in a series of articles to mark the centenary of our Chapter and traces the development of the first hiking clubs, including the AMC.

As was described in the November-December 2019 edition of *Mountain Passages*, logging

began in the White Mountains in the 1870s. By this time, artists had visited and painted the White Mountains. Most notably, starting in the 1820s, Thomas Cole, an established artist of the Hudson River School, repeatedly travelled to the White Mountains and returned to his studio in New York City to create paintings that featured sweeping romantic vistas of the Whites. Cole was followed by other artists and writers who continued to enhance the romantic cachet of the wilderness in the Whites. These paintings and literary works enticed some of the first tourists to visit the

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Hiking Close to Home in a Time of Social Distancing

BY RICK SILVERBERG
AMC NH CHAPTER CHAIR

What is an avid hiker to do when retirement and the onset of a pandemic with stay-at-home orders converge? The NH governor and AMC say stay at



While they are not The Flume, your local fast running streams are worth a stop. Photo by: Rick Silverberg.

home, but make an exception for outdoor exercise provided it is close to home and can be done with social distancing.

The answer is to find new places close to home to explore on foot.

Who would have ever thought so many fascinating places to hike would be so easy to find and so close to home! We live

near the state capital in Concord, and in the last two-and-half months, we've averaged 30 miles a week usually in chunks of seven or eight miles at a time on conservation lands, pieces of town forest, state forests and properties owned and managed by land trusts.

What you find has always been there but overlooked and bypassed in our daily drives when we never stopped to notice. Thousands and thousands of acres of old farmland – once pasture for cows and sheep, crisscrossed with stone walls and old woods roads, and dotted with cellar holes – have now grown up with dense woodland.

On close exploration we found streams running into ponds created by beaver. Beaver are nature's engineers and never



One of the Beaver Dams we discovered near Concord. Photo by: Rick Silverberg.

disappoint. In our travels this spring, we have seen no less than 12 different beaver dams all within 10 miles of home. Some of the dams were huge: One was 120-foot long, and another seven-feet tall. While most were smaller – about two-feet tall and 20-feet wide – they all created ponds which supported populations of fish, amphibians and reptiles. We also found three heron rookeries, all within 10 miles of the state capital. These beaver ponds were only little dots on the map or were not shown at all but were waiting to be discovered.

Some of our hikes were casual walks on old woods roads which allowed us to refocus on the little things underfoot and the remains of past inhabitants, such as cellar holes, old flower beds, stone walls and patches of open pasture in the dense woodlands. Others are moderate hikes with lots of ups and downs, little clefts and rocky trails, which in the course of a 7-mile hike, give you 1,700-feet

of elevation gain. Some lead to viewpoints, where on the many clear days of the shutdown, we had great views of the snow-covered Whites. We were able to identify Washington, Moosilauke and the Franconia Ridge: 80 miles or more to the north.

These woods are also the habitat for many local mammals. We have seen fox, coyote,



Signs of past occupation are widespread like this cellar hole.

Photo by: Rick Silverberg.

deer, beaver, weasel, bear and moose signs (mostly their scat) and of course many squirrels and chipmunks.

These close-to-home hikes were also interesting for what we did not see: people! On

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TO PAGE 5

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Spring	March 15	1/8 page	3.5" w x 2.5" h \$100
Summer	May 15	1/4 page	3.5" w x 5" h \$160
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MOUNTAIN PASSAGES

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Summer 2020

Mountain Passages is published four times a year by the New Hampshire Chapter of the Appalachian Mountain Club.

Submissions. Members may submit articles or photos (hi-res jpegs) to newsletter@amc-nh.org. Articles may be edited at the discretion of the editor to meet space and style requirements. Publication is on a space-available basis. While Mountain Passages does not pay for submissions; a byline or photo credit is given. Contact Mountain Passages for reprint permission.

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explorations close to home have revealed treasures that we had overlooked. Another article describes how one family used the time at home to teach their children basic outdoor skills and greater appreciation of the natural world.

When we again venture into the backcountry this season, it is particularly important to make sure we are properly equipped and prepared for the new conditions. In this connection, this issue of *Mountain Passages* contains an article on reviewing the contents of your pack and assuring that you have the ten essentials and that you know how to use them. A particular challenge this season will be the loss of the hut system as a source of water on the ridgelines. So, to try to address this new challenge, Christina Cozzens provides a list of locations where water can be found in the high country and discusses alternatives to treat the water so that it can be safely consumed.

Another article from AMC describes the current plans for reopening activities and precautions that will be required. While we are beginning to emerge, it is important to realize the threat of Covid-19 is not behind us. However, we are trying to learn to deal with the threat and still participate in the activities we all love. An article by Brett Billings in this issue dives into these issues and is worth a read.

Get Involved

One way you can participate in these times would be to become more involved in the Chapter activities. We need your help! We are just about to reach our 100th anniversary as a Chapter, and what could be better than continuing the work and fun of making the Chapter succeed?

We are looking for help in

the following areas:

- Chapter Treasurer;
- Chapter Webmaster;
- Cochair Online Presence;
- Cochair Programs; and
- Cochair Membership.

Programs

Debbie Marcus, who formerly chaired the Programs Committee, is now the Chapter's Secretary. Susan Zielinski recently agreed to cochair Programs, but we still need another cochair. The Programs Committee gets involved with all the other committees and supports their activities. Programs also schedules interesting speakers and programs at area libraries and handles the details and hospitality of our Chapter's Annual Meeting. The Programs Committee needs your help in executing the plans. Why not give it a try?

Membership

Membership is also a good way to get involved. If you want to meet new people and introduce them to the Chapter and the AMC, this might be a great slot for you. Jamie Gillon is the Membership Chair but is looking for a cochair.

Online Presence

If you are a whiz on Facebook, Instagram, or other social media platforms, we are looking for help in spreading the word about our Chapter. We need someone to keep the Chapter's feeds current and interesting. If this is your interest, Online Presence may be a perfect fit!

Webmaster

Our website is one of our best tools for reaching our membership and new people, but we need a volunteer to serve as webmaster. Our new website is up and running, but requires care and feeding. The various activity committees can provide some of the food, but we need a webmaster to make sure it all looks good. If you are familiar with WordPress, we need the help.

100th Anniversary Committee

Finally, while we have a few volunteers, we are still looking for individuals to join a planning committee that will organize activities to recognize the 100th anniversary of the Chapter. We want to make sure that this important milestone will be a year to remember.

If you are interested in any of these opportunities, please contact me at rsilverberg54@gmail.com.

Departures, and Our Thanks

I would also like to recognize and thank two great individuals who are stepping down from their roles supporting the Chapter.

First, Jim Kent has decided he can no longer continue to serve as Vice Chair and has stepped down. Valerio Viti has agreed to serve as interim Vice Chair. Thank you Jim and Valerio. Jim, you will be missed on the Executive Committee.

Second, Tom Fisher has decided to retire from his position at Cardigan Lodge. The AMC NH chapter considers Cardigan Lodge our second home. Each year we have over 10 major events at the lodge usually taking over the whole lodge.

Tom and his crew have been good hosts. They have recognized that we have been doing our thing at Cardigan

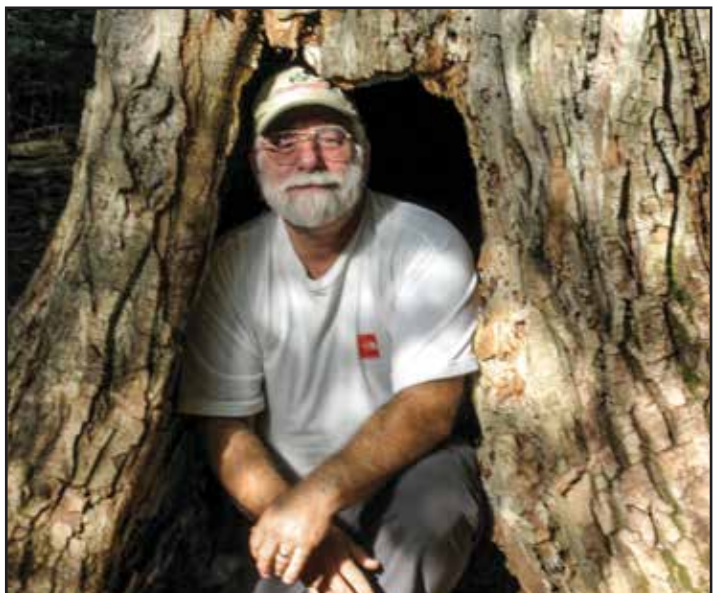
for over 40 years and made sure to give us the freedom to do what we do, to run large training sessions and to host family groups and trail-clearing events. Thanks to the efforts of Tom and his crew, these events have been huge successes year after year.

Tom always had a story to tell, and we would listen and discover the Cardigan history and hidden secrets in the stories. Tom took the lodge to a new level of diverse usage with major improvements, redecorating and renovating the high cabin. He was responsible for building new raised outhouses at the crew cabin and the family and group campsites. Tom also spearheaded the development of the Clark Brook campsites.

We will miss Tom! His big smile and his "can do" way of thinking about everything at the lodge. On behalf of NH Chapter, farewell Tom, and we wish you a very good retirement. We look forward to meeting you on the trails or anywhere else. All the best!

On a closing note, summer is here and the outdoors beckon, but don't let down your guard. Covid-19 can be a very serious disease, and it is up to all of us to protect each other.

Enjoy, but stay safe!



 A LOOK BACK,
FROM PAGE 1

White Mountains.

However, it was after the Civil War that the changes really began. Railroads had been laid along the edges and into the interior of the White Mountains, and the pressures of urban industrial life, and the heat, smells and other discomforts of summer in the city, created a new institution, the summer vacation.

At first the accommodations were rustic, but entrepreneurs in the White Mountains responded quickly and created the first luxury hotels. Tourists arrived in droves, and the fame of the White Mountains spread.

But, some visitors wanted more than the games, dances and other amusements that the resorts offered. They wanted to explore the wilderness. The guided walks through the woods to visit the famous sights such as the Old Man, Echo Lake and the Basin were not enough.

The idea of the first hiking clubs was born.

In April 1863, a group of outdoor enthusiasts met in Williamstown, MA, and created the first hiking club: The Alpine Club of Williamstown. Since the members of the Alpine Club lived in western Massachusetts, most of their outings were in the Berkshires. They made their first tramp on May 2, and by the time 1863 came to a close, they had made a total of 19 excursions. They did not refer to their outings as “hiking” – it was known as “tramping” instead.

The membership of the Alpine Club of Williamstown was notable as well. The membership of the club was drawn from the Williams College community and nine of the 12 original members were women. Perhaps reflecting the makeup of its membership, the Alpine Club’s “Chronicle,” Professor Albert Hopkins, meticulously recorded

the details of each of the Club’s tramps, providing a record of its activities and a reference for the future.

In 1864, the Alpine Club expanded its horizons and completed 19 excursions, and ventured deeper into the wilderness. However, 1865 marked the Club’s highpoint. In August of 1865 the Club undertook a 12-day trip to the White Mountains. While the beginning of the trip focused on visits to well-traveled sights, such as Franconia Notch, Silver Cascade, Glen Ellis Falls and Diana’s Bath, the end of the trip was the adventure. They started by summiting Mt. Washington via Tuckerman’s Ravine, and after spending a night on the summit, they headed north along the Presidentials climbing Clay, Jefferson, Adams and Madison. They then descended Osgood Ridge and with only their compasses to guide them, headed straight downhill through the woods. Needless to say, the going was rough.

We can only get a small taste of the experience when we bushwhack through untracked woodland. No matter how deep the woods, we have good maps, maybe a GPS and know there are blazed trails not that far away. But, we still can gain some appreciation of the difficulties of making a way through tangled underbrush, fallen trees and uneven treacherous leaf covered surfaces.

The Alpine Club group faced it all and eventually overcame. They left Madison at about 3:30 and were still descending at nightfall. Their only light source was matches, and they were limited. They continued downhill in the dark guided by their compass and the sound of Madison Brook. Eventually, they heard barking dogs, and blowing their bugle (yes, they carried a bugle!), they were further guided by the answering bugle call from the

Copp Farm which was their destination. While the Alpine Club group was not the first to hike the northern Presidentials, they were among the first and it was a truly magnificent adventure!

While the Alpine Club sponsored a few additional excursions in 1866, its membership was scattering. After 1866, no more tramps were scheduled, but the seeds of the hiking club had been planted.

In 1873, the second hiking club, the White Mountain



An early AMC “tramping” party in Crawford Notch in 1906.

Club of Portland, was founded by a group of six hikers from Portland, ME, reportedly while exploring the unmapped slopes of Mt. Carrigain. The six hikers included a biology professor from Bowdoin College, two artists, two industrialists and a museum trustee. Their focus was narrow but intense. The White Mountain Club focused on exploration and mapping of Mt. Carrigain and the Mahoosuc Range but carried barometers and recorded the height of summits and developed meticulous drawings of ridgelines, profiles of surrounding mountains and other features.

Although the White Mountain Club only lasted until 1884, its members gathered valuable scientific and topographical information about their corner of the White Mountains. They developed the concept that a hiking club could be dedicated to scientific investigation.

In 1876, the third hiking

club, our Appalachian Mountain Club, was founded in Boston. On January 1, 1876, Professor Edward C. Pickering of Harvard College sent written invitations to fifty outdoor enthusiasts inviting them to a meeting on January 8. Approximately 30 individuals attended the initial meeting, including a former member of the Alpine Club of Williamstown, and in a follow-up meeting, the first constitution of the AMC was adopted.

The organizing meeting of the AMC was held on February 9, 1876, and momentous decisions were adopted. Membership was open to both men and women and five departments of special interest were established:

- Natural History;
- Topography;
- Art;
- Exploration; and
- Improvements.

Each department had its own “Councilor,” and the departments reflected the various interests of the members of the new club from the scientific to the humanistic. In its first year,



By the 1910, the AMC Hut system had started. This is a photo of hikers in front of Carter Notch Hut.

the AMC also began publication of *Appalachia*, which continues to be published to this day.

Through *Appalachia*, the AMC established a regular communication and record of reports and articles which, among other things, focused on the White Mountains.

An extensive library of

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A LOOK BACK, FROM PAGE 4

maps, books, photographs, sketches and other records was established, which is the basis of the AMC Archive Department which still operates today.

While each of the original departments of the AMC had an important role to play, two in particular affected the White Mountains as we now know them:

- Improvements—addressed trail creation and ultimately the development of the hut system. As early as the 1880s, the original Councilor for Improvements, William G. Nowell, and J. Rayner Edmands began the long-term project of creating the trail system we enjoy today. Edmands in particular dedicated himself to a trail-

building initiative that lasted over 20 years and resulted in some of the most iconic trails in the Whites. He is commemorated by Edmands Col and Edmands Path. As the plaque in Edmands Col memorializes, Edmands was “the first to build continuous graded paths . . . always rising but never steeply.”

- Topography—created the first maps of the White Mountains and ultimately led to the publication of the first edition of the White Mountain Guide in 1907.

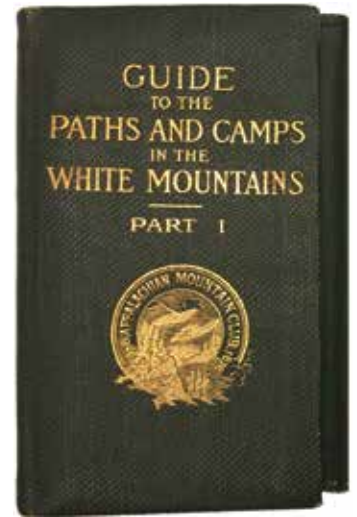
As history has shown, the AMC was the first hiking club to have the resources and interest to survive and prosper in the long term.

However, the AMC is not the last word. Other hiking clubs continued to be formed. In New Hampshire,

through the 1920s, numerous other clubs were formed that continue to this day, including the Randolph Mountain Club created in 1910, the Waterville Valley Athletic and Improvement Association in 1888, the Squam Lakes Association in 1904, the Dartmouth Outing Club in 1909 and the Chocorua Mountain Club in 1908. In California, the Sierra Club was founded in 1898, and in New York, the Adirondack Mountain Club (ADK) was formed in 1922. However, with the possible exception of the ADK and the Sierra Club, none of these other clubs have risen to the prominence of the AMC.

In future issues of Mountain Passages, we will continue exploring the history of the White Mountains including the development of our Chapter and the develop-

ment of the trail network in the White Mountains.



The front cover of the First AMC Guide to the White Mountains. We are now on the 30th Edition, but this was the first in 1907. AMC Archives



Local Hikes in the Seacoast Region

BY: BRIAN WAZLAW

Ski season ended, and the Whites were “kind of” closed. So, following the advice to stay close-to-home, I focused my hikes/walks in Portsmouth where I live. I discovered great walks/hikes that I did not know existed! Here are a few highlights.

Portsmouth – Sagamore

Headlands. The trail head is located at the end of Jones Avenue. Park at the gate and you will find the trail head about 50 yards beyond the gate. The area offers great paths with some ups and downs, great views of Sagamore Creek, huge stands of white pine and a few large vernal pools. Total walking distance is about 1.5 miles.

Dover – Bellamy Wildlife Management Area. Great hike through fields, wetland borders, forests and along Great Bay New England Cottontail Rabbit Restoration Area. The hike is about 2.8 miles. The trailhead is off Rabbit Lane, a turn off Backwater Rd.

Madbury – Powder Major’s Forest. A fabulous hike through stands of white pines and hemlocks. Great paths and many side paths. Distance 2.8 miles. You can find

the trailhead – Tibbetts Field, 25 Lee Rd., Madbury – on left side of parking lot.

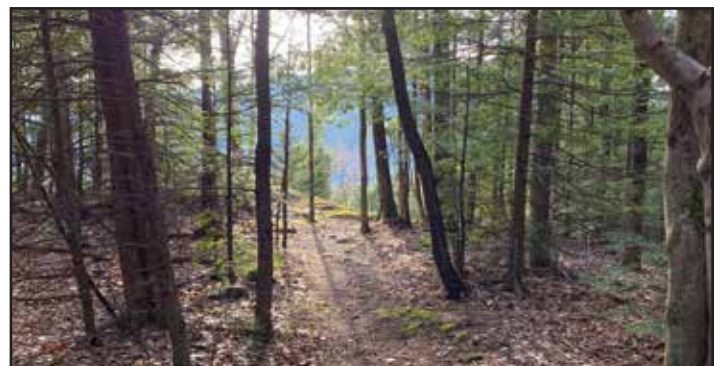
Newmarket / Durham – Great Bay National Estuarine Research Reserve. Great hike through the woods. Some ups and downs. Vernal pools, beaver dams and views of Great Bay. This portion of the Reserve is accessed off Dame Rd., Newmarket. Expect a round trip of about 5 miles.

It is interesting discovering the outdoors in your “backyard.”

HIKING CLOSE TO HOME, FROM PAGE 2

many of our weekday outings we saw no one. On others, we saw only a few folks, and we recognized the need for social distancing, so we gave each other an 8-foot buffer passing off the trail and into woods with a friendly, “Hello, great day for a hike.”

So get on the computer and look for those local gems, and get out there to explore. Enjoy what has always been there!



Cornish town forest. Photo by: Jessica Clifford.



"Keep them interested," they said

BY: VERONIQUE ROY

In February, with early signs of spring, I was planning trips to the White Mountains with excitement. Of course, we were hearing on the news about a virus spreading in China and other countries, but at the time, it seemed very far from us. March started, and before we knew it, schools and businesses started to shut down and we were told that our country would be on hold for a while.

the kids check for the right spot to plant a tent. While they started with a patch of swampy soil, they finally found a proper spot to set up camp. It took them close to an hour to set-up the tent and another hour to get ready for spending a night outside. Of course, the temperature wasn't too cold at the time, and since the house is right there, we told them to come back in if they were feeling cold or having trouble sleeping. Their father did a few checks during the evening

way, they learned principles like sedimentation, chemical reactions with water purification tabs, how to boil water in the woods and how to use a water filter. (I use a Katahdyn water filter during hikes.) What was interesting during this challenge was the selection of different water sources. I have a barrel in the backyard to collect rainwater, we have a small stream close by, there is a swimming pool and you can imagine the other spots where water is available close to home. Funny enough, the dirtiest looking water at first was not necessarily the toughest water to treat. In the end, we all drank water from our experiment.

let the children prepare a fire pit without much guidance. I was in charge of lighting matches once the set-up was appropriate, and it worked well. Once the fire was going, marshmallows were the *pièce de resistance*.

- *Reading maps and learning how to use a compass.*

This one is probably easier with older kids – our 7 year-old was not interested at all in the compass, but liked to study the maps to see which summits were higher than others and which trails were the steepest. Even if you don't own maps of the trails close to home, Google Map's satellite view on a computer will be good enough for that exercise.

Boardgames

When it rains and is cold, despite good intentions to stay active and play outside, we turned to board games to entertain. A few board games with outdoors themes are available on the market. All the ones below are recommended for ages 10+ but easy enough for our 7 year-old.

- *Wingspan* by Stonemaier involves collecting birds, eggs and food to get the highest score; along the way, the player learns about birds as well.

- *Parks* by Keymaster consists of collecting cards from the 49 National Parks following trails in the different seasons.

- *Trekking* by Underdog Games has a similar theme but provides a simpler way to collect points and "visit" parks.

It seems likely social distancing will remain for a while, and there may be limited possibilities for summer traveling or backpacking in 2020. So, we will have to be creative!

One thing for sure, once this is over, walks in the woods and teaching kids about their surroundings will remain part of our family routine.



There is so much to explore if only you know where to look. Photo by: Veronique Roy.

I'm the proud mom of an eight-month-old and stepmom of a 7 and 10 year-old, which were then full-time with us. Not only would we all have to stay home, but hiking trips and activities in the region were all stopped. No more soccer practices; no more sleepover at friends; no more grandparents coming from time to time. In addition to being parents, we became teachers, hairdressers, and full-time cooks. We had to find activities and ways to entertain the kids and ourselves, and TV was not going to be the answer!

Luckily, warm weather was coming our way, and we started a few activities in our backyard.

Camping

A tent, some sleeping bags or a whole lot of blankets are all you need to introduce children to the joys of camping. I let

(frankly, I thought it was more to scare them than to check on them), and the kids spent their first night outside of the season. The next day, they were glad to get warm pancakes inside the house and they spent the next morning sleeping in their own beds to recover from the night. Needless to say, the baby stayed indoors.

Challenges for kids

One of the things that really helped keeping them interested was a bit of competition between the two older siblings. We called it "instant challenge." The instant challenges ranged from "making your own face-mask" to "designing your own climbing wall" indoors, and we found a few challenges outside.

- *The art of treating water*

They had both to find a source of water and treat it so they could drink it. Along the

- *Cleaning up*

Each day, we took a 30-60 minute walk with the kids on trails close to home. We discovered not everyone is following the "leave no trace" principles on trails. Therefore, with gloves and garbage bags, we did a few clean-up days to get rid of dog poop, cans and garbage along the trails. Everyone felt good about what we accomplished, even if the results were definitely icky. The trails were much cleaner and more pleasant.



Learn by doing, that's the way! Photo by: Veronique Roy.

- *Setting up a fire*

A popular challenge was to set up a fire in our backyard. Of course, you need to be aware of laws and regulation in your own town and avoid risk of wildfires, but it can be fun to



Backcountry Alternate Water Sources

Finding Water Outside of the Hut System in the White Mountains

BY: CHRISTINA COZZENS

The AMC high mountain hut system in New Hampshire's White Mountains has been providing hikers cozy hospitality, fresh food, and clean water for years. For many people attempting longer hikes, such as a Presidential Traverse, the huts have been a staple in refilling water or enjoying a warm slice of banana bread to break up high-mile days. However, with the closing of the huts this year, many adventurers will have to find new sources of these luxuries. This may mean digging out the tent that has been collecting dust in your closet, taking a crack at some new backcountry recipes, or finding fresh sources to top off your water bottles.

Although we have not had to rely on them, there are many suitable sources of drinking water in the White Mountains. It is important to remember that no matter where you are refilling from, filtering or treating your water to prevent illness is essential. There are many good filters on the market, and water purification chemicals. If you are hiking in the backcountry you need to carry one or more water treatment alternatives. Drinking untreated water can lead to illness which can definitely ruin your hike or your next week or much longer! Be prepared and be careful!

We also suggest you carefully choose your water source. Generally, running water is safer than stagnant water, but don't assume you can drink water from any backcountry source if it is untreated. It is worth your time to evaluate the source of the water. For example, if you've found a mountain stream that is pre-filtered by soil and moss, it is more trustworthy once it is filtered. However, if you have found runoff that you

can trace back to a beaver pond, you may want to think about treating and/or filtering twice, boiling the water, or, better still, finding another source.

Taking the extra step in your planning process to map out a few water source options for your hike will go a long way and is definitely worth the few extra minutes. See some options below that we have discovered around the huts that could substitute as your water refill supply this summer.

Make sure to pack your water filter or treatment tablets!

Carter Notch Hut

Luckily, there is a small lake right next to Carter Notch hut where you can find inlets originating from the east off of Wildcat A mountain and the west off of Carter Dome. If you search for and are able to find a small, moss-filtered inlet into this lake, it could make for a great refill point.

There are also run-offs from this lake that could be ground filtered, including a significant stream to the north-northwest running parallel to the Nineteen Mile Brook Trail for nearly four miles, and another less than one mile south-southeast crossing the Wildcat River Trail.

Galehead Hut

There are several runoff points originating around Galehead mountain. However, it is important to remember that some of these sources could be dry in the summer months, especially with a lack of rain and in higher elevations. You can find the runoff trailing into the north branch of the Gale River just over half a mile west from the hut, running parallel to the Gale River Trail for over four miles. Another runoff into the Twin Brook can be found south of the hut, running parallel to the Twin Brook Trail.

Another option is to continue west on the Garfield

Ridge Trail to the Garfield Ridge Campsite 2.5 miles from the hut, where you can find a very reliable water source just off the main trail.

Greenleaf Hut

Eagle Lake sits adjacent to Greenleaf hut, and likely provides a viable drinking source. First, check for inlets and mountain streams feeding the lake from the east, running off of Lafayette. If they are dry, check for a decent, pre-filtered source to the northeast.

You can also find a runoff on the Greenleaf Trail about one mile down. Once turning north and traveling for about a quarter of a mile, the runoff should be just north of you. It runs parallel to the trail for another quarter of a mile before the river splits northwest and the trail splits southwest.

If you are planning to ascend Lafayette and continue along the ridge, you can find water in a trailside spring at Liberty Spring Tentsite about 3.5 miles south of the Lafayette summit following the Franconia Ridge Trail. You can also find water at the Garfield Ridge Campsite about 4 miles north-northeast of the Lafayette summit following the Garfield Ridge Trail.

Lakes of the Clouds Hut

The Lakes of the Clouds are mere steps from this hut, making finding water pretty easy. However, try to collect your water from an inlet into the lake, running off of the summit cone of Mount Washington, if possible.

Other options include multiple runoff areas heading north from the hut on the Ammonoosuc Ravine Trail, and a runoff shortly southeast of the hut on the Dry River Trail.

Lonesome Lake Hut

This hut also sits right next to a lake that you can refill from. Try to find an area

of the lake that is moving and has minimal algae growth from stagnancy. If you are uncomfortable pulling water from here, you can find a ground filtered outlet south-southwest of the lake, running parallel to the trail towards Cascade Brook.

Madison Spring Hut

Madison Spring Hut has a few water sources sprinkled around it, including Star Lake, just southwest of the hut, and a runoff found shortly down the Valley Way Trail that leads into Snyder Brook. You also have the option of following the Valley Way Trail down about 0.7 miles to the Valley Way Tentsite, which has a great water source.

Mizpah Spring Hut

From Mizpah Spring Hut, there is a plentiful water supply at Nauman Tentsite just southeast of the hut. There is also a runoff that leads into the Dry River about a half a mile southeast of the hut, towards the split of the Dry River Cutoff Trail and the Mount Clinton Trail.

Zealand Falls Hut

Zealand Falls Hut sits just west of several ponds. These ponds are fed by the falls west of the hut. The mountain brook fed falls are a great source to refill your water bottles. Be mindful where you choose to pull from; rushing water can not only be dangerous, but may also contribute a lot of extra sediment which can be straight-up annoying to drink and which can clog your filter.

Even though the huts are closed this season, it doesn't have to put a damper on your adventures! Make sure to bring enough food, and a way to filter/treat water, and you will be scaling summits and recording miles with nothing holding you back!

Happy trails!



Take the Time to Check What's In Your Pack

BY: BOB MCLAUGHLIN

The coming of summer for most of us means looking forward to days on the trails. This year is not different, but the circumstances are. The sources of help that were there last year may not be available in 2020. The High Country Huts are closed, and backcountry rescue may take longer than normal. Therefore, while it is always important to carry backcountry survival items in your pack, it is particularly important this year!

Whether you are hiking to a lake or along a brook, or summiting a 4,000-Footer, it is important to carry a pack and the 10 essentials that you may need on the trail. Before you set out, spread out what is in your pack, and take the time to make sure it is complete and in good condition. Also, make sure you know how to use everything you pack!

A good approach to reviewing your survival kit is to group the items using the 10 essentials list. While you want to limit the weight of what you carry, you need to be sure to have what you will need. Remember, you are responsible for having what you need to be able to complete your planned hike and to be able to manage if things go wrong. Don't cut corners!

The 10 Essentials that you should always have are:

1. **NAVIGATION** (Map and compass/GPS): In recent years, more and more hikers are relying on a dedicated GPS unit or the GPS functions in our cell phones. However, as powerful as they are, these units have limitations. A map and compass can help you identify not only where you are but will give you a wider field of view to determine how far you have to go and where you can find campsites, water and any

emergency exit routes in case of need.

2. **HYDRATION** (Water and a way to purify it): Insufficient water can lead to fatigue and muscle cramping or worse. The water requirements of individuals vary, but as a rule of thumb, plan on consuming at least a liter of water for every two hours on the trail. Carry at least two liters of water with you, and stop to drink often. Water, however, is heavy. Each liter of water weighs about 2.2 pounds, and the amount of water you would need for an eight hour hike would bring the total up to a whopping nine pounds if you drank only a half-liter an hour. One solution is to bring along a method for treating water in the backcountry, such as a purification filter or a chemical additive. If you use a chemical additive, remember that cold temperatures reduce the effectiveness of water treatment and that longer treatment times will be required. Filters do not have this limitation but can clog.

3. **NUTRITION** (Extra food): Hiking is not the time to try to reduce your caloric intake. Always pack sufficient food to fuel your body on the hike. At the same time, you should avoid eating too much at one time. When on a day-long hike, I usually plan on an early lunch and then a late lunch with snacks along the way. Fruit juices are a valuable and easily assimilated energy source that also aid in hydration. Finally, you should consider bringing extra food in case you get lost, suffer an injury or simply have a longer day than originally planned. Extra food will help keep up energy and improve your attitude.

4. **FIRE** (Lighter/matches fire starter): While you may never need them, the warmth of a fire and a hot drink can help

prevent hypothermia if you get cold on the trail, are injured or ever have to spend an unexpected night in the woods. You can also use fires to signal for help if you get lost or are injured. I always carry a butane lighter. It is light and works dry or wet.

5. **LIGHT** (Flashlight headlamp): Every hiker should have a flashlight or headlamp to use if they are delayed and have to hike out in the dark. Carry extra batteries too. Remember in colder temperatures batteries will die more quickly. Always carry at least two light sources. It is much easier to change batteries after dark if you are able to see what you are doing!

6. **PERSONAL CARE/FIRST AID** (Toilet Kit/First Aid Kit/Signaling): You should always carry at least a rudimentary first aid kit that includes bandages, tweezers, and a nail clipper. Don't forget medicines if you will need them. Prepackaged first-aid kits are available, but you should consider their size and weight when choosing one for a daypack. While not strictly part of a packing list, you should consider taking a first-aid class to learn how to respond to injuries on the trail.

In addition, your pack should always have a toilet kit consisting of a pocket pack of tissues, maybe toilet wipes, and one or more zip-lock bags to pack out used paper and packaging. It is also advisable to include a whistle and possibly a metal mirror for signaling and calling for help.

7. **REPAIR KIT**: You should always carry a simple repair kit to address malfunctioning gear. Duct tape and twist ties are essential, and a needle and dental floss can be invaluable in making repairs. In addition to rolls, duct tape is sold in a flat pack about the size of a playing card which is much easier to

pack. Also, a Swiss army knife or multi tool can be a life saver. Over the years, I have used duct tape to repair a hiking boot when the sole separated when I was on Franconia Ridge, and twist ties to repair a broken pack strap. In addition, a length of nylon cord can be a life saver. Also, do not forget an extra boot lace or two, and a patch kit for your water bladder if you carry one.

8. **INSULATION** (Water proof/wind gear and extra clothing): Dressing in layers allows you to adapt for changing weather and activity levels. Remember temperatures are usually much lower and winds stronger on mountain tops and ridgelines. As a general rule, in addition to your base layers, carry or wear at least a hat, a fleece layer and a wind proof/moisture resistant outer layer. Also, consider what you would need to stay warm if you ever have to spend an unplanned night in the woods. Avoid cotton, but be aware that synthetics, which have clearly superior insulating properties especially when wet, can present burn hazards if they ever catch on fire or get hot enough to melt.

9. **SUN & INSECT PROTECTION** (Sunscreen, sunglasses, lip balm, and bug repellent): A hat and sunscreen and lip balm can help to prevent sunburn. Sunglasses protect your eyes from glare and sun damage. Mosquito, black fly, and tick repellents can help control these nuisances. When the flies or mosquitos get really bad, head nets are the ultimate defense although they clearly have their disadvantages. Small pump spray bottles of insect repellent are available and sunscreen can be transferred to a

WHAT'S IN YOUR PACK,
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Where In the Whites?



Last issue's Where in the Whites? Photo was taken from Mt Hight in the Carter/Moriah Range and is of the northern Presidentials. Photo by: Bob McLaughin.

Range and includes the summits of the northern Presidentials from Washington to Madison. Last month's photo is reprinted here.

If anything, identifying the mountain in this month's photo should be easier. But, the challenge may be to determine where the photo was taken from. Take a guess and submit your answers to WitWamcnh@gmail.com.

We look forward to seeing your submissions.

In the Spring Edition of Mountain Passages we introduced a new photo identification contest, Where in the Whites?. We asked readers to guess where the photo was

taken and what mountains were in the photo. We promised to print the names of the first 10 respondents with the correct answer.

While we thought the

photo was too easy, we were surprised that we did not receive a single correct guess. For the record, the photo was taken from the summit of Mt. Hight in the Carter-Moriah



What is this Mountain and where was the photographer when it was taken? Photo by: Bob McLaughin.

WHAT'S IN YOUR PACK, FROM PAGE 8

smaller bottles to save room and weight in a pack.

10. EMERGENCY SHELTER (Tarp, bivy sack or emergency blanket): Small prepackaged Mylar emergency blankets and "sleeping bags" are available that can fit in any pack. In cooler weather, for longer hikes, it may make sense to carry a light weight sleeping bag. With rope, an emergency blanket can be rigged into a shelter.

Carrying the 10 Essentials will not guarantee that you will

always have everything you will need in the backcountry. However, carrying something from each category on the list will help prevent problems and allow you to help yourself or others in need.

Each hike and each group is different. You should check the trail conditions and the weather before you start out. Your plans should include contingencies for bad weather, injury or illness, or slower than anticipated travel time. Make sure someone knows exactly where you are going, and when you plan to return. Never hesitate to turn

10 Essentials

- | | |
|----------------------------|----------------------------|
| 1. Navigation | 7. Repair Kit |
| 2. Hydration | 8. Insulation |
| 3. Nutrition | 9. Sun & Insect Protection |
| 4. Fire | 10. Emergency Shelter |
| 5. Light | |
| 6. Personal Care/First Aid | |

back if conditions (or your condition) deteriorate, or if you are running out of time.

If you are prepared, you will enjoy your hike more fully and be better able to respond to any emergencies that may arise.

Happy and safe trails!





To Hike or Not to Hike?

BY: BRETT BILLINGS

Four friends from different households recently joined a video call to decide whether or not they should go out for their annual backpacking weekend in the White Mountains. While this scenario is entirely fiction, perhaps it resembles conversations you've had recently with your outdoor friends. What follows is a short excerpt from these fictitious hikers' call...

Cautious Optimist

I think we'll be okay. We can take precautions to make this weekend work.

Doubter

I guess we could hammock camp. We'd keep apart from each other, so it'll be fine.

Armchair Scientist

Yeah but I don't have a hammock, so I'll have to still be in a tent.

Doubter

That should be fine. I don't think it matters whether we're in a hammock or not, just as long as we all sleep in separate areas.

Cautious Optimist

We'll have to hike six feet apart from each other though. We can make that work.

Doubter

Is it really that big of a deal? I'm sure it'll be fine.

Armchair Scientist

If we don't keep space between us, we could also use a neck gaiter, like a Buff, or even just a handkerchief, as a face covering. We could hike closer that way.

Cautious Optimist

You're on to something there. That'll be important in the steeper sections of the hike, when we'll likely have to be closer together.

Doubter

This all seems like just a little too much precaution. We'll be outside after all.

Social Advocate

I have to say that I think we're moving in the right direction, but I'm still really concerned with our impact on others. Sure, we can take care to keep each other safe, but we also need to look out for the other people on the trail. I don't think it's too much... I think it's just what we need to do this year to keep track of anything that might or could go wrong.

Doubter

Most of those people, I'll bet, won't be following any guidelines that are in place.

Social Advocate

Well, I think there's a big perception that just because you're outdoors means you can't get as sick. We know that's not true.

Armchair Scientist

I'll just build on that, because there's still so much we don't know. Like, how much virus makes you sick? Or, how does immunity work with this virus? Can children spread it?

Cautious Optimist

I'm pretty sure children are safer from covid19.

Armchair Scientist

Not really. There are some complications with respiratory disease that can develop for some children. It's a small number, but it just goes to show how much we don't know about this thing.

Doubter

Maybe we're getting a little off track from planning this hike. I think we can get together and still do this.

Cautious Optimist

I think if we're going to do this two-night trip, we should

rely on backcountry. We can't rely on the High Mountain Huts, because they're closed through 2020. So yeah, it'll mean we'll have to stretch ourselves a little, but it'll be so good to get outside.

Armchair Scientist

I think there are some additional rules and whatnot, so we'll need to look those up to be sure we're all good.

Doubter

Not going to lie, I'd really prefer a night at a shelter. It'll be good to be outside, and I'd really prefer to use the outhouses they have.

Social Advocate

So I have to say – and I've been giving this a lot of thought... You know me... I don't think we should do this. Some of us will be traveling quite a ways to meet up at the trailhead. We'll have to stop along the way, and that'll increase our exposure. We're guaranteed to meet others along the trail, and we can't control their behavior. I'm just really unconvinced that we'll be protecting our own health and the health of the others we'll undoubtedly meet out there.

Doubter

But I think that if there's going to be people out there, we might as well be out there too?

Armchair Scientist

I think we might have a little bit of the Tragedy of the Commons conundrum here. The White Mountains are already loved to death without a pandemic... I don't know if we need to risk it because a backpacking weekend is what we've always done...

Social Advocate

I agree. I'll propose this... I think we each try to find a hike that's a short drive away from where we live. Sure,

that'll mean something different for each of us, but we'll be doing our part to actively make choices with the health of everyone – not just ourselves – in mind. What do you think?

Cautious Optimist

I think I'm agreeing here, and I like where it's going. We could agree on the day of the weekend to each go out, and we can check in at the end of the day to see what we did to get outdoors.

Doubter

I think I'm getting outvoted here, but I'm game.

Armchair Scientist

Maybe this will work out really well. It's worth a shot no matter what...



Have you and your outdoor friends had similar conversations? If you want to keep the conversation going, email the Mountain Passage editors and share your experiences navigating access to the outdoors during the covid19 pandemic: newsletter@acmnh.org.



AMC Reopening Preview

AMC volunteers, members, donors, and staff have responded to COVID 19 prioritizing health, safety, and our mission. We've made tough decisions about closing lodging, cancelling programs, and reducing staff. As we head into summer, we look forward to reopening the parts of AMC that can implement appropriate safety measures. This preview is based on what we know today. The information can change. Keep up with your AMC emails or visit the COVID 19 Update on AMC's website www.outdoors.org.

Volunteer Led Programs – Safety First

In order to relaunch volunteer led programs, participants and volunteers must commit to cancelling their participation if they are exposed to, test positive for, or experience the symptoms of COVID 19 within 14 days of their event. Anyone taking part in AMC activities will be

expected to wear face coverings, practice social distancing, and follow appropriate health and safety practices. Those who prefer not to follow these practices should not attend AMC events.

New requirements may mean that AMC cannot offer some activities this summer or even this year. It may mean that some volunteers sit the season out. While people make the decisions that work for them, we will look ahead to the day when we can expand our offerings again.

Continued Online Opportunities – By converting so many programs, trainings, and social events to online offerings, we learned that we can reach new people! This is particularly true for people who are safer at home. Throughout the summer and fall, we will continue to offer online programs. Follow the chapter Facebook page and AMC's Facebook Page and review the complete listing.

Relaunch In Person Opportunities

Volunteers and staff have defined how we will restart in person volunteer activities. Volunteers receive regular updates through the Volunteer Newsletter and/or from their staff liaisons. We will resume in person volunteer activities in two phases.

- Phase One – Trail work and other stewardship activities: Volunteers who adopt trails, maintain structures, etc. as individuals or in groups <4 must:
 - Complete required training; and
 - Adopt safety protocols.
- Phase Two – volunteer Leaders groups of <10, provided
 - Leaders have required training and safety practices; and
 - Participants must register for events and sign an electronic waiver

These new requirements mean that we may not be able to do all of the activities we normally do. Some activities simply cannot allow appropriate social distancing and are inappropriate for wearing face coverings. AMC is committed to upholding best practices for the safety of volunteers and participants and we look ahead to the day when these precautions will not be necessary.

Some of our long-standing traditions will not go ahead this summer and maybe even into the fall. Like the huts, many volunteer led camps and cabins will remain closed. Some Adventure Travel and other events may be cancelled. We hope that whatever changes in your AMC, that you will find your local AMC community through your chapter. Reach out! Offer to tell your stories about your favorite part of AMC. Be well.



The Sun Will Come Up

BY: KATHIE UPTON

On Memorial Meeting, Mountaineering held its first activity of the Covid-19 era. It was a low key event time working with new climbers on skills in Newbury Cut. As Kathie described it, "We didn't climb, we just practiced outdoor aware-

ness, communication skills, and preparedness for situations occurring around cliffs. Anchors, belay skills, and rope management were introduced." While we had to take additional precautions, we made it work and it was a fun day, and the view of the sunrise from Tenney Mountain was spectacular!



*The Sun Will Come Up! Mt Tenney Sunrise.
Photo by: Kathie Upton.*

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'Mountain Passages' is only the beginning...

From hiking to biking, AMC's New Hampshire chapter has it all. Visit our website at amc-nh.org and read more about us and our many year-round events.



New Hampshire Chapter Annual Meeting

October 24, 2020

MARK YOUR CALENDARS!

BY DEBBIE MARCUS

For the first time in 99 years the New Hampshire Chapter of AMC will hold its Annual Meeting as a large-scale "virtual event" via Zoom technology on October 24, 2020 at 7:00 pm. Yes, we would rather be at the Grappone Center in Concord enjoying a fine buffet dinner and the fellowship of our NH Chapter members and guests. However, this year our concern for the Covid-19 virus made holding a large indoor social event an undertaking with too high a risk for all. We hope we can gather together again in person to celebrate NH Chapter's 100th Anniversary on October 23, 2021.

From the comfort of your home, please plan to join us on October 24th. Zoom meeting details will be available in September. Here's a preview: Chapter Chair Rick Silverberg will review this challenging year and how AMC and the NH Chapter has acted to promote our enjoyment of

the outdoors and ensure our safety during the Coronavirus pandemic. The agenda will include a short business meeting to formally recognize and elect the Officers and Executive Committee members. Then we will recognize 25-year and 50-year Members in a unique and memorable way!

Our **Keynote Speaker, author Ty Gagne** is someone well acquainted with the challenges associated with managing uncertainty and unpredictability in the White Mountains. Ty is the Chief Executive Officer of the NH Public Risk Management Exchange, and the author of *Where You'll Find Me: Risk, Decisions, and the Last Climb of Kate Matrosova* and the widely read essay *Footprints in the Snow*. He will also discuss his forthcoming book, due out this Fall, which tells the story of another large scale search and rescue mission in our beloved White Mountains.

Expect a creative way for the Chapter to award "Door Prizes" to Zoom attendees!



Ty Gagne