

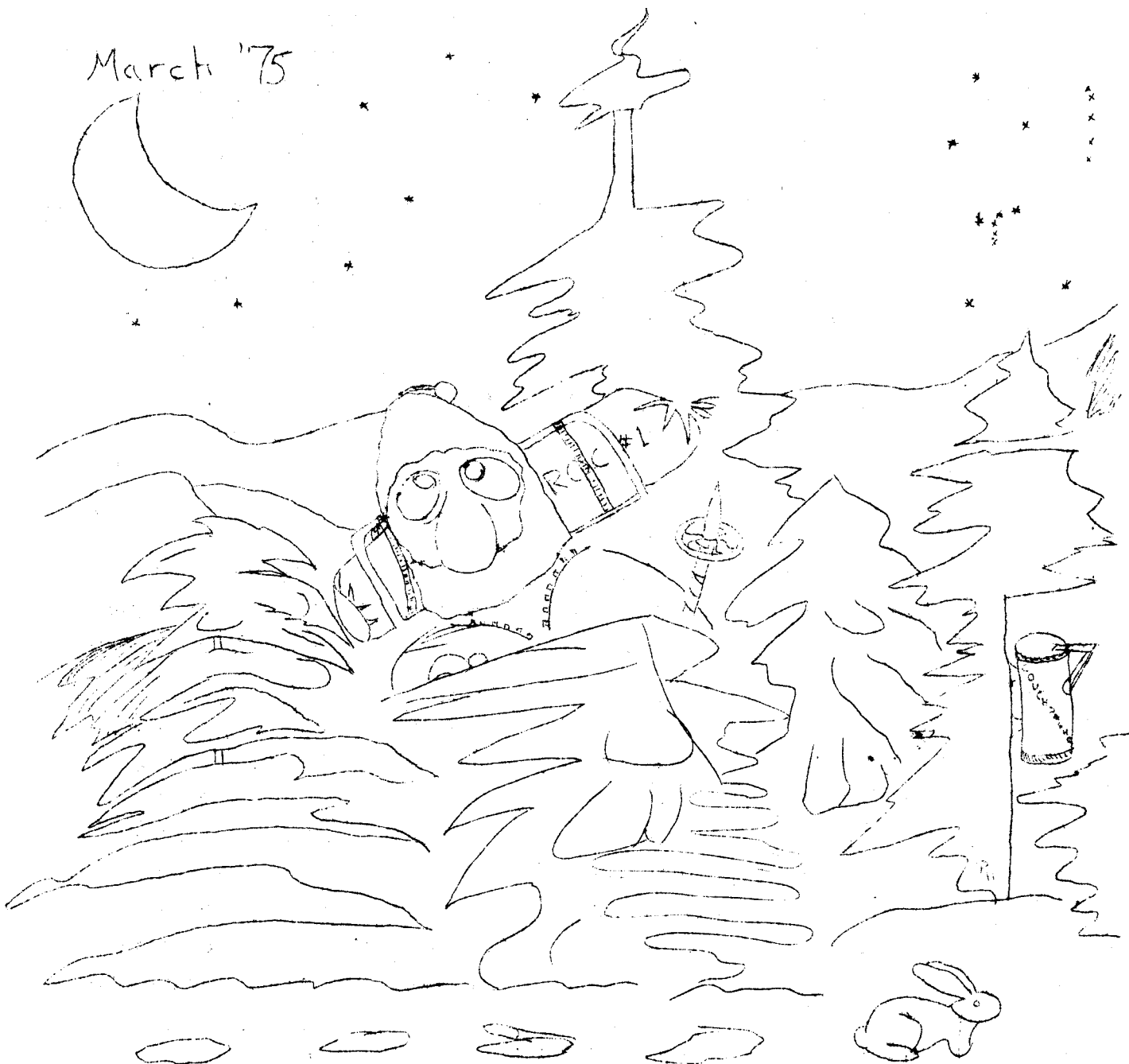


THE ROC CAIRN



—RENSSELAER OUTING CLUB, INC. — 15TH ST. LOUNGE, R. P. I., TROY, NEW YORK—

March '75



THE MIDNIGHT BUSHWACK

HOW TO RUN YOUR TRIP EXPENCE

(so no one gets P.O.cd and the trip is ruined)

For any long haul out of Troy (or even for a weekend) trip expenses ~~can~~ clammer out of the woodwork and become a major issue. This can cause arguements between the driver (or food purchaser) and other members of the trip. Avoid these problems by settling the economic guidelines before the trip. If car repairs are to be added to trip expences, make sure it's stated. If the driver leaves him or herself with repair expences, but leaves the gas expenses to the passengers, let it be known before the trip. If the driver sets a standard fee for a trip regardless of number of passengers, OK, so long as it's on the Trip List. General rules of thumb can be posted on the dash and estimated trip expenses listed on trip lists and announced.

As a car driver. I know the problems of owning an "outing club" car. I know the anguish of dropping a good friend off a trip to avoid overloading your car (and tha anguish of taking them and paying for the damages in a few weeks). I also am aware of the high cost of ownership of these polluting horseless carriages. But if you don't set guidelines well BEFORE the trip, you aren't giving trip goers the option of dropping off the trip due to ~~XXXXX~~ illfed wallets.

Leave the money worries at home and enjoy the mountains, caves, streams and crags.

RH

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WARNING! MANY HAVE DIED (even in winter)

Spring is almost upon us and its time for rock climbing (assuming that you gave up for the winter). But a word of caution. Your belays are only as good as your belay anchors. Chocks have revolutionized protection techniques, but made it a bit more difficult as well as more aesthetic. A bit more though should go into the placements. When you set up a belay, unless you're attached to a two foot dia. tree, make sure your anchor includes at least two separate omni-directional members. Two sets of two chocks in opposition is the lower limit of security. Fixed pins are not to be trusted unless they can be properly tested. There fore back them up! Don't do what the ~~AM~~Cers on Cannon Cliffs did last year, trusting their lives to a fixed pin and losing the gamble.

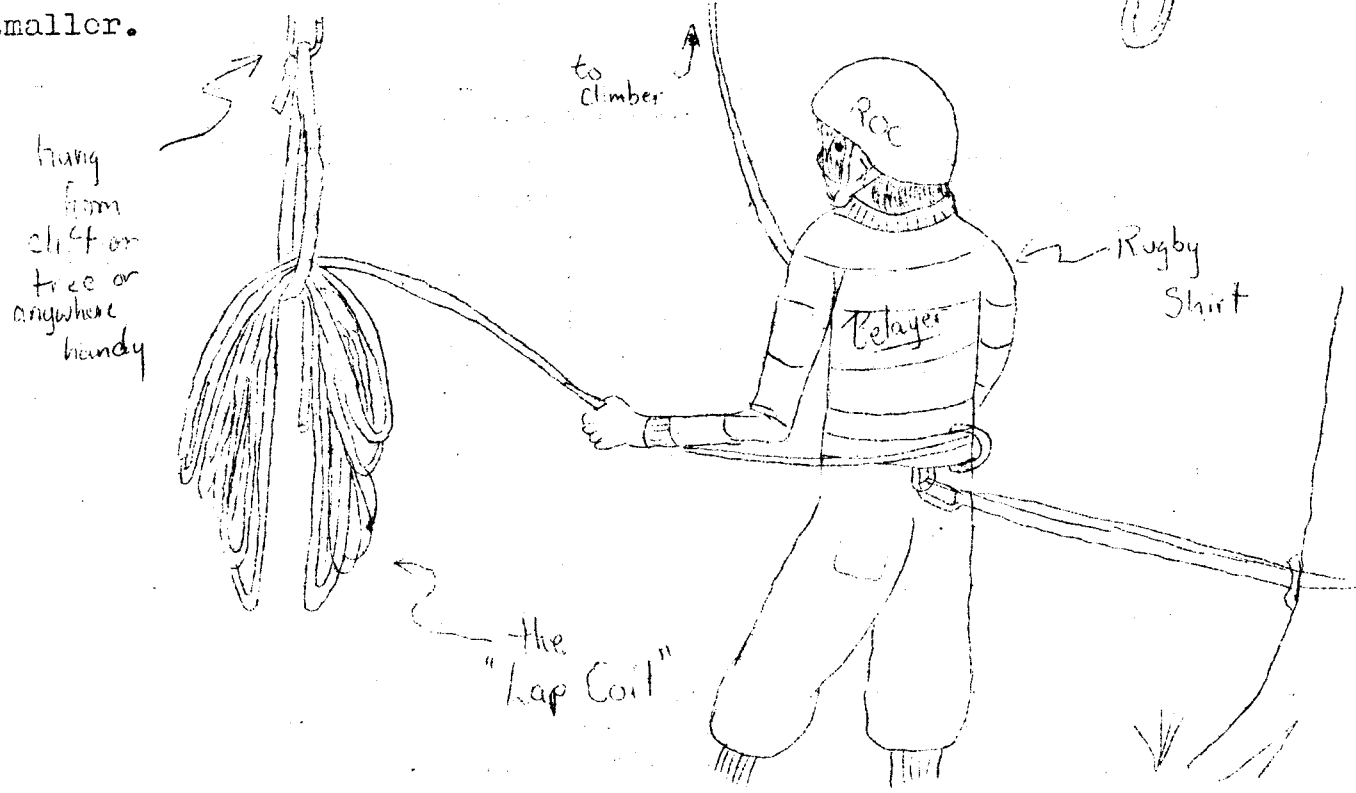
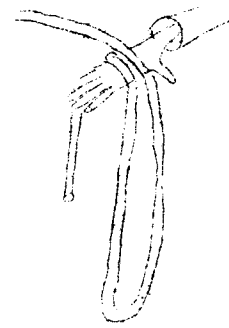
Happy (safe) climbing!

Boulderhead Harris

THE LAP COIL and CARRYING YOUR CLIMBING ROPE

I've learned a different way to coil a climbing rope. It allows you to deal out rope as you belay and it prevents having a "spagetti" snag while you're belaying. It does necessitate hanging the coil from a nut or tree.

Simply take an end and hold ~~XXXXXX~~ and hold the rope two feet from the end. Reach out your full arm's length and take a loop. Lay it 'cross the hand holding the end as shown here: Make your next loop and lay it across your palm in the other direction. Continue this making each loop a bit smaller as you go. This is not critical and comes easily with practise because the weight of the lap coil makes each arm's length a bit smaller.

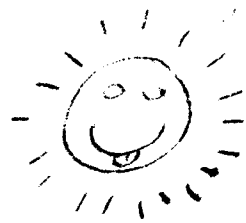


To finish off the coil, leave fifteen feet. Loop it around the coil just below the hand that's holding it and go around a few times. Stuck the rest thru where your hand is and now you can take ~~XXX~~ your hand out. You now have about 10 feet of rope to make a back carry rig. To do this, slide the end back thru and now you have a loop and an end. Put the loop over one shoulder and the end over the other while the lap coil is on your back. Pass both behind you to hold the lap coil tight against your back, and bring them around to tie in front. Got it? Well I tried.

RH

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MORE ADVENTURES

OF SAM
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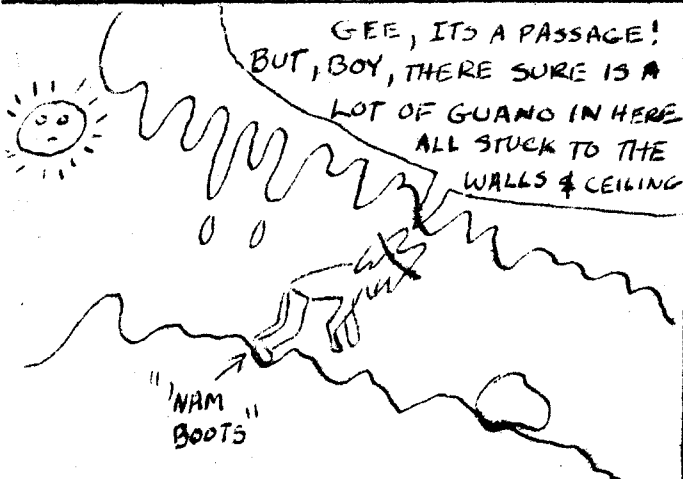


ANY RESEMBLANCE TO OTHER CAIRN CARTOONS IS PURELY ACCIDENTAL

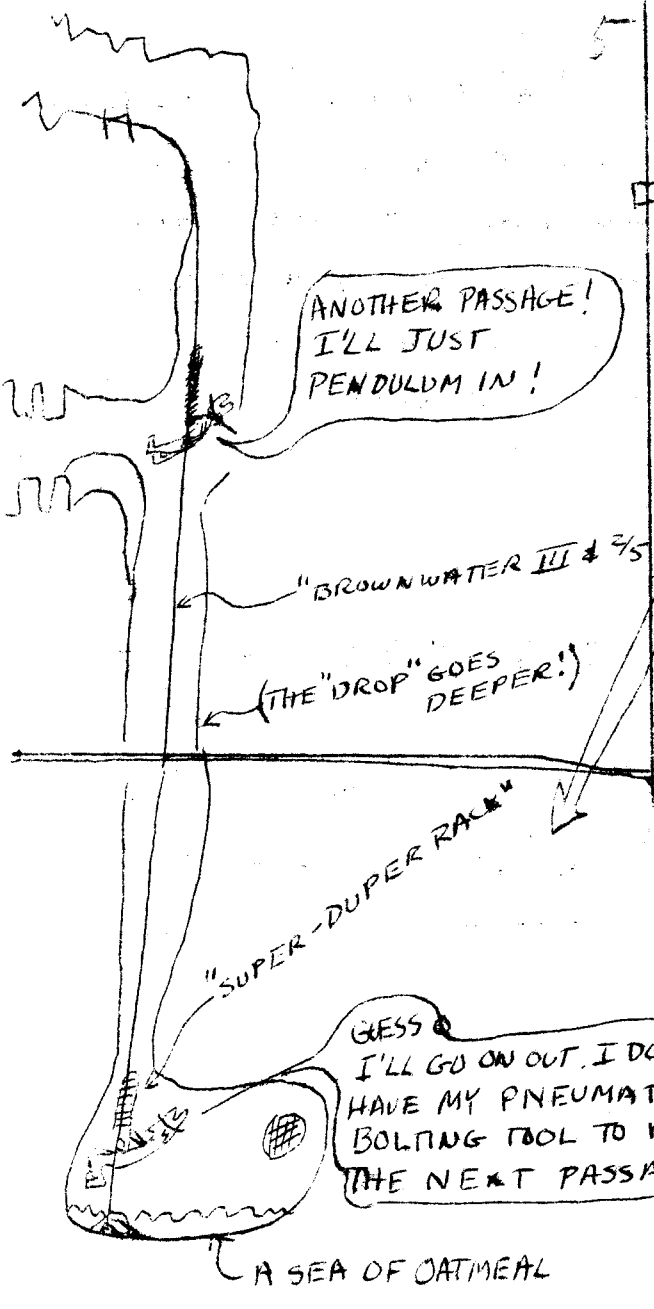
ONE DAY DOWN SOUTH...



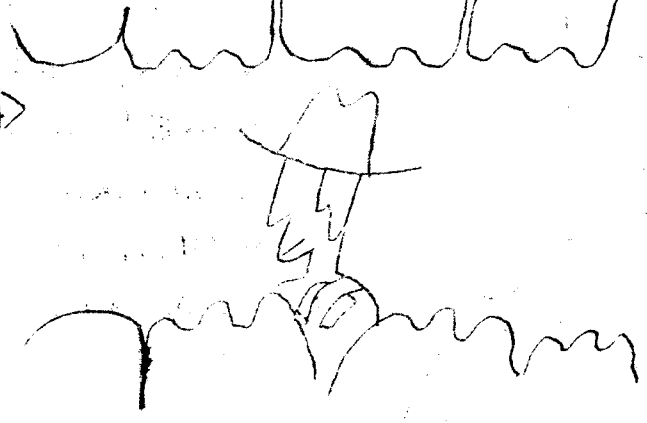
THEN:



SINCE SOGUANO SAM ALWAYS CARRIES 3000' OF BROWN WATER THREE AND TWO FIFTHS, HE RIGS THE DROP...



SURE ARE A LOT OF STALACTITES AND STALACMITES!



THINK I GO ON. THIS PASSAGE BITES!

So soguano Sam reascended the rope with his transistorized guano-powered Gibbs-o-matic ascenders. Soon he arrived at the original guano passage and hauled up his brownwater three and two fifths rope.

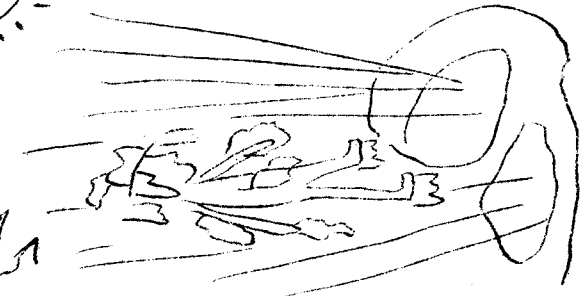
BUT...

DANGER ALWAYS LURKS IN THE DEPTHS OF THE EARTH. SAM WAS SWALLOWED UP BY THE GUANO



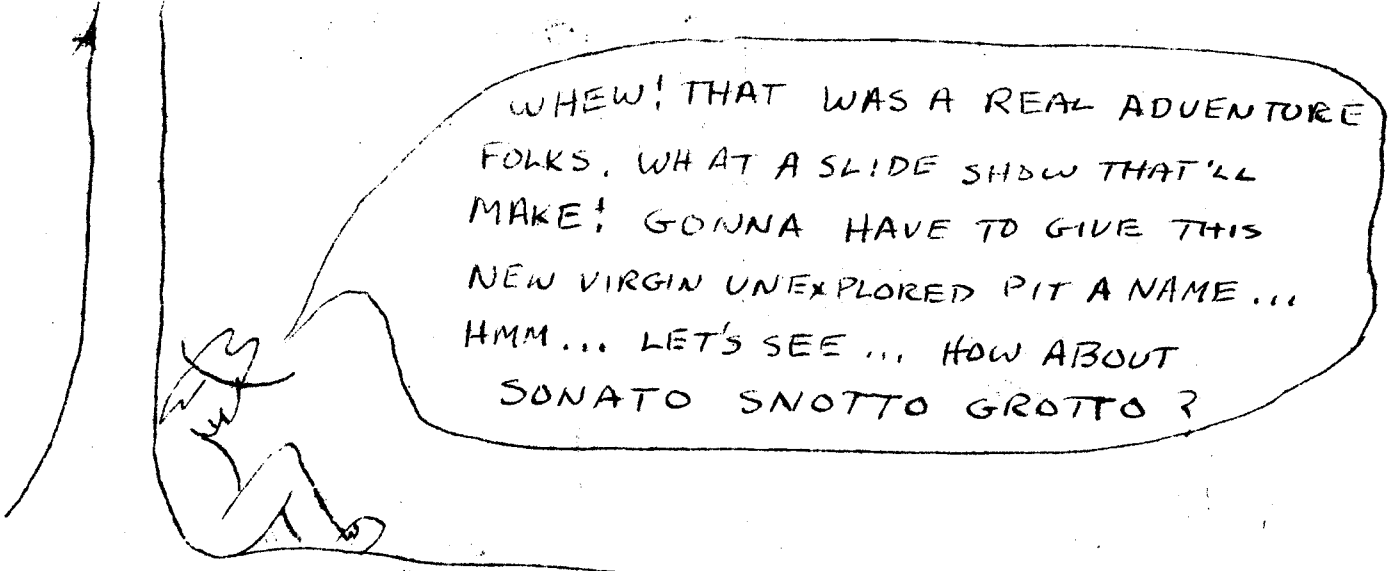
SUDDENLY A LOUD SOUND ...

Ah-Ah-Ah-Ah-Choooo!



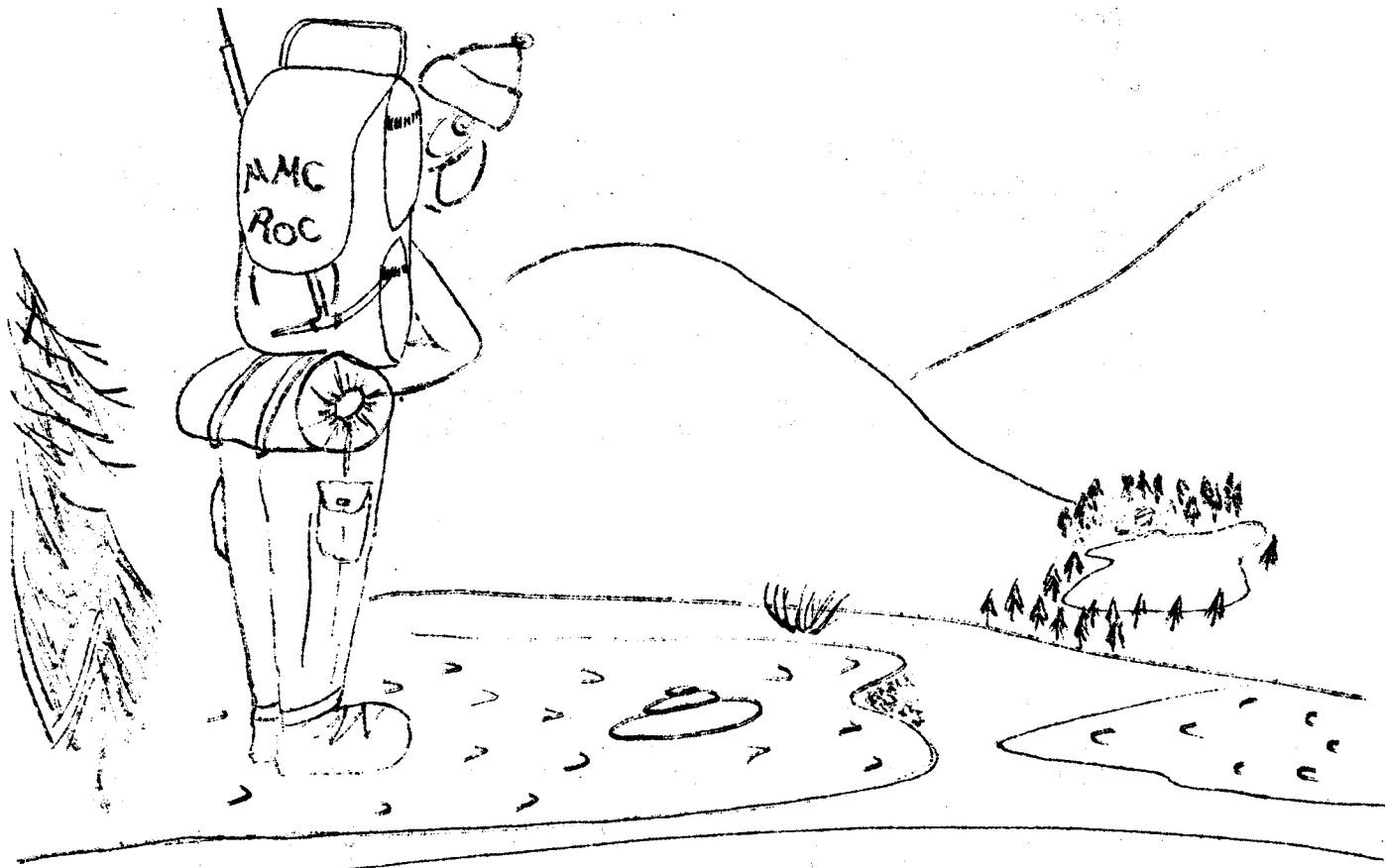
A VIOLENT WIND PULLED SAM LOOSE AND HURLED HIM OUT INTO THE HOT SOUTHERN SUN

→ THERE'S MORE →



WHEW! THAT WAS A REAL ADVENTURE
FOLKS. WHAT A SLIDE SHOW THAT'LL
MAKE! GONNA HAVE TO GIVE THIS
NEW VIRGIN UNEXPLORED PIT A NAME...
HMM... LET'S SEE... HOW ABOUT
SONATO SNOTTO GROTTO?

AND NOW WE BID GOODBYE
TO
SOGUANO SAM



HAVEN'T SEEN A BIG CAIRN IN A WHITE? WHY DON'T YOU HELP
OUT AND WRITE AN ARTICLE?

Wind Pants

On my first winter trip to the Adirondacks, I climbed Algonquin (pronounced al-gonk-finger) wearing jeans and long johns (cotton of course) to protect my legs. It worked O.K., I'm still here. Soon after I bought a pair of wool pants from Carlos (the S San Diego Salvation Army specials) and about 2 yards of uncoated 1.9 oz ripstop. I took a pajama pattern, straightened the legs out so they would fit over mouse boots, and hot cut the fabric. When sewed together with velcro for the fly and nylon lace for drawstrings at the waist and cuffs, I had a pair of functional windpants, ready for the Presidential Ridge! (which is where I first wore them) When those died of bushwack anemia, I made another pair, but with one major addition. After completing the windpants, I put them on over my wool pants and marked the front pockets. Then I reinforced the area with pack cloth and hot cut a hole so that I could get into my pants pockets without dropping my windpants. A velcro flap covered the hole. Sound easy to make? They are! And they'll probably last you for two long, hard seasons in the mountains. Remember your wind-pants in summer too.

RH

The following is a rewrite and update of Carlos Barraza's article "An Outing Club First Aid Kit," which appeared in the IOCA BULLETIN. This describes a very complete kit developed over several years for use in the fall-winter-spring season of the Adirondacks. The items on the list are not meant to represent THE complete first aid kit, as varying trip types and durations require different equipment.

All trip leaders should have Advanced First Aid certification, so the kit is never assumed to be a substitute for knowledge! Indeed the person who is more knowledgeable though less well equipped will be better able to improvise in an accident situation. Having the proper tools on hand makes the job that much easier to accomplish well.

The two sections of this list are divided such that the first includes those items which would be covered by American Red Cross training in First Aid. The second includes useful over-the-counter items whose use goes beyond the techniques outlined by the Red Cross.

Section 1

- 1 waterproof container for items below
- 20 gauze pads 3" by 3"
- 4 telfa pads 3" by 4"
- 1 2" by 10 yards gauze roll
- 20 band-aids 1" width
- 1 triangular bandage
- 1 ace bandage 3" width
- 1 roll 2" by 10 yards non-waterproof adhesive tape
- 1 full leg inflatable air splint-carried separately

The waterproof container is a must, as sterility cannot be guaranteed otherwise. The large number of gauze pads reflects the

~~XXXXXXXXXXXXXXXXXXXXXXXXXXXX~~

number needed to treat multiple injuries, change dressings, wash wounds, etc. The Telfa pads are actually intended for burns and should be of the type with a smooth synthetic porous surface to minimize sticking. 1" width Band-aids are preferred over 3/4" width Band-aids for obvious reasons. Note that such items kept in sterile paper packets should be replaced every two years to insure sterility. Non-water proof tape is stickier than waterproof but beware of any tape in sub-zero temperatures -- it may become difficult to work with and may need to be warmed up in an armpit for a while. It's helpful if every member of the trip carries a triangular bandage with him. The Ace bandage is an often-used worthwhile item -- especially at Lake George. THE AIR SPLINT IS CONSIDERED A NECESSITY FOR WINTER TRIPS. Up until recently, most air splints became stiff and brittle in cold temperatures and hence worthless in winter. However, there are now air splints rated to -30 F available on the market. The reason for considering this item a necessity in winter comes from some recent experiences in cold-weather training sessions -- the time required to splint a leg properly (without an air splint) and then get the "injured" into a sleeping bag was enough to induce a mild case of shivering in a few instances. An actually injured climber is highly susceptible to shock; and loss of body heat in winter can be disastrous. Above timberline, in a wind, the problem becomes even worse and speed in splinting is critical (as well as caring for other injuries.) Furthermore, terrain and weather may delay rescue so that the patient's comfort must also be considered. It is best to carry the type that does not require the removal of a bulky boot since this would be painful and harmful to the injured. Instead, the splint can be wrapped about the patient's leg, laced from hook to hook, and then inflated.

A Velcro tab allows for securing the bottom end at the boot. Care must be taken not to cut off circulation in the leg by overinflation. After inflation, PERIODIC CHECKS SHOULD BE MADE TO INSURE THAT THE SPLINT REMAINS PROPERLY INFLATED. Air expands when heated, contracts with cooling. The most insidious form occurs with gradual warming of the air inside a sleeping bag so that the circulation is slowly cut off without being visibly noticed. If the pant leg cannot be smoothed down properly, then it should be cut away before application of the splint as the wrinkles can also cut off circulation.

Section 11

The burn ointment is for first degree burns only. Furacin-impregnated gauze is also good for burns. Salt tablets with water help prevent muscle cramps. In warm temperatures, the Wash 'n Dry pads provide for quick cleaning around a blister so that moleskin can be applied without coming off later. Chapstick can prevent misery, not cure it. The Dramamine is for those persons who may experience motion sickness on long trips. The Tylenol is an all around mild pain killer. (Aspirin is not recommended as some people are allergic to it and it may tend to promote bleeding.) The antacid tablets are for upset stomachs. The antihistamine tablets are invaluable for treating cold symptoms and allergies but they only mask the problem temporarily. Personally, I don't believe in over-the-counter sleeping tablets but some people are comforted psychologically by them. The ammonia inhalants have psychological value also but care should be taken not to approach the person's nose too closely. The thermometer is great for convincing outing clubbers as to how sick they really are!! Bandage scissors are expensive but reliable and safe to use. The tweezers are useful for splinter removal. The safety matches can be used for sterilizing needles before removing deeper splinters. Also, by tearing out a match, a very fine brush is obtained at one end which can be used to carefully remove stubborn flecks in an eye (but try removal with water first). The index cards and pencil are for recording times and symptoms and for writing down messages when sending for help (it's unbelievable how blow-up stories of minor accidents can become). The dimes are for phone calls -- I've often considered them one of the most important items in the kit. The plasticized first aid summary sheet is available from many mountaineering stores. The needles, thread, and safety pins have many uses depending on your ingenuity. They are not intended for suturing. The razor blade can be used for shaving hair or treating snake bites. The hemostat was listed as optional as some people consider them indispensable for emergency care.

Some additional items which might be considered are some form of vomit control pill or suppository. This along with a drug to control diarrhea (such as Kaopectate) will help those going to high altitude and/or foreign countries. Dehydration can be a serious problem.

Finally, the trip leader should be aware of special problems which might occur on his trip. For instance, he should ascertain if any individuals on a trip are severely allergic to insect stings. This will give him that much more time to react correctly, in a case where seconds count.

Knowledge of the area, a map and good judgment are all necessary in an accident situation in the backcountry. The ability to quickly find a way below treeline, or back to civilization can mean the difference between life and death.

There I was, tied in at the top of Squiggles. The person I was belaying had just given up at the overhang, and had climbed down. I was just about to get up when a voice came up from below, "Do you mind if I try?"

I looked down and saw this dude wearing a grey cowboy hat and vest, and generally looking like a "tourist". There were enough people at the bottom who could stop him if he didn't look like he knew what he was doing, so I cleverly replied "Go ahead."

He politely replied with "Thanks," and walked to the base of the cliff. Seconds later he yelled "Climbing," and about ten seconds after that, he stepped up past the overhang. He continued climbing with a speed that quickly convinced me that he wasn't just a tourist.

When he was about half-way up, I got a look at his feet, and exclaimed "Is that guy wearing loafers!?" He was.

As he approached the top, he simply commented "I didn't want to take up much of your time," (he made the complete climb in under a minute.)

I then asked "You aren't by any chance John Steward, are you?"

He replied "Hell, no. Stewards can climb! Besides, I couldn't talk Steward into climbing in loafers, he's too much of a purist. Can't stand them purists."

"Well, thanks for the belay. I'd better get going now, before the "money man" comes for my dollar. Bye!"

D Perley

FIRST AID KIT SC. II

- 1oz. burn ointment
- 20 salt tablets
- 4 wash 'n' dry
- 1 3" x 4" moleskin
- 1 Chapstick
- 6 Dramamine tablets
- 12 Tylenol tablets
- 8 anti-acid tablets
- 6 antihistamine tablets (Allerest)
- 4 cough drops
- 4 sleeping tablets (eg Sominex)
- 1 clinical thermometer
- 1 bandage scissors
- 2 ammonia inhalants
- 1pr tweezers
- 6 3" x 5" index cards
- 1 pencil
- 3 dimes
- 1 plasticized first aid summary sheet
- 1 single edged razor blade, capped
- 2 sewing needles
- 1 spool thread
- 6 assorted safety pins
- waterproof matches