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VOCene #21 - Jan 17, 2007

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I. Letter From the Editor

Most mountaineering books miss out on some of the most effective ways to stay warm on a winter camping trips. These books tend to focus on 'proper' techniques that involve lots of money and little creativity. Here is a list of helpful ways to stay warm. The VOC tested many of these techniques during Winter Long Hike. These techniques proved effective since no one died.

1) Use garbage bags to keep everything dry. Mr Glad has developed rip stop garbage bags for the extreme outdoor enthusiast. Garbage bags work well as a rain coat, wind breaker, toboggan, seat cushion, pack cover, sleeping bag cover/bivy sack, storing water, flagging a trail (orange type), keeping gear dry, and for garbage.

2) Alcohol technically cools you off quicker than staying sober, but it sure makes you feel warmer. Mulled wine is especially good to keep warm because it is hot. Alcohol may also help you to party all night long, thus allowing you to leave that heavy winter sleeping bag, foamy and 4 season tent at home. The weight you save by leaving winter survival gear behind compensates for the extra weight you must carry in booze.

3) Cuddling, spooning and general over crowding are effective ways to stay warm. Alternating male and female on a bench allows a much closer packing of people due to complementary body shapes and helps minimize heat loss.

4) Stacking sleepers is always suggested, but never tried; probably because it is so uncomfortable. Two people with summer bags can share gear and stay twice as warm. Stick one bag inside the other and both people can get into the new and improved winter version.

5) The slow release of gas throughout the night adds a few degree to a sleeping bag. A can of beans is weight neutral because it allows you to take a warmer sleeping bag than normally required. This method does not work well with methods 3 or 4.

II. News

Get your Journal Articles in by Feb 5. If you have done anything that someone might want to hear about in the last year (outdoors related), we want you to write it up and send it to Kaja.

Parks Canada Speaker Series: "The Wreck of the Valencia". Will be 7:30pm on Monday, January 22, 2007 in the Alma Van Dusen-Peter Kaye Room at the Central Library 350 W. Georgia Street. Admission is free and all are welcome.

Dan is organizing a Photo competition. All submissions are going to be on-line via the photo gallery on the VOC web page. Deadline is February 5. Instructions at <http://www.ubc-voc.com/phorum2/read.php?f=1&i=21909&t=21909>.

III. Slide Shows

When: January 24, Wed. 7pm

Where: Clubroom

Wiki: http://www.ubc-voc.com/wiki/Slide_shows

Backcountry skiing trip in Kokanee Provincial Park by Dani!

IV. Upcoming Trips

1) Tele-School

When: Jan 20

Where: Seymour Mountain (different part than long hike)

Wiki: http://www.ubc-voc.com/wiki/Tele_School#Dry_School

We have a good crew, I'm stoked!

2) Avalanche Course

When: Jan 27-28

Where: Usually two nights in a class room, one day on the North Shore and one day at Whistler

Wiki: http://www.ubc-voc.com/wiki/Avalanche_course

This trip is full!

3) Intro to Back Country Skiing

When: Feb 3-4

Where: Backcountry

Wiki: http://www.ubc-voc.com/wiki/Intro_to_Backcountry_Skiing

Last chance to get a good story for the Journal!

4) Red Rocks

When: Reading Week

Where: Las Vegas Baby!

Wiki: http://www.ubc-voc.com/wiki/Red_Rocks#Red_Rocks_Reading_Week_Trip_2007

Best trip I went on last year!

V. Trip Reports

1) Winter Long Hike

Longhike was a total success, thank you Andrew. There was close to 40 people who all managed to make it in and probably out. No snow cave collapsed, the mulled wine was excellent, the singing was boisterous (thanks to the mulled wine), and we stayed warm (again thanks to the mulled wine). The weather was clear which meant a cold night, but also a beautiful sunset and sunrise. Building snow caves was an adventure, and we all burned twice the calories necessary. Entry tunnels similar to those used in the Great Escape are a little excessive, but still a lot of fun.

Quote of the Week: "Do not burn yourself out. Be as I am-a reluctant enthusiast... a part time crusader, a half-hearted fanatic. Save the other half of yourselves and your lives for pleasure and adventure."
-Edward Abbey

CONTRIBUTIONS to the VOCene are welcome. Please send all inquires or additions to: vocene@ubc-voc.com.

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Varsity Outdoor Club