

Angela Memorial Hike

Items

1. Timing. Early breakfast and head out by 9:00ish. It will take an hour or so to get to the trailhead (depending on stops). The hike up to Cottonwood Pass (3.5 miles) could take 2-4 hours and half the time to come down. Depending on timing and conditions we may stay up on the Pass for an hour. So the earlier we get going the better. Mid day is the nicest up on the mountain and we want to be out of the woods well before dusk (see Mosquitoes below).
2. Meetup. We will gather between 8:30 and 9:00 Saturday morning at the park on the north side of town. At the north end of town, just past the Shell station, on the west side of the road is a park right on the main road. There are parking lots on both sides of the park (north and south). The north side has tennis courts and a grass field that may be in use on Saturday morning. We will meet in the parking lot on the south side of the park, adjacent to the Shell station. There are public bathrooms in the park. It is a really cute little park with grass and a creek flowing through it. We will hope to head out to the mountain by 9:00 AM.
3. Driving. The road to the trailhead climbs over 6,000 ft to an elevation of 10,000 ft. Cars and people not acclimated to that altitude can have issues. Very important to shift down into low gears driving uphill.
4. Bears. Do not leave ANYTHING resembling food stuff in the cars when parked up on top. More about this before we head out from Lone Pine. This is very important and I will brief everyone a couple times about this before we head out on the trail. There are bear boxes at the trailhead for storing items. More about this later.
5. Mosquitoes. Yes. If there is any standing water, there are mosquitoes. Less of an issue during mid day, but they can get really nasty by dusk. A good reason to get off the mountain before dusk. Bring repellent. DEET containing repellent is the best. Also, bring an anti-itch gel or cream (just in case). I like CalaGel.
6. Sun. Yes, expect lots. This is the best season to be in the Sierras and there is a great chance for a beautiful sunny day. At altitude the sun is more intense (thinner air, closer to the sun, whatever). Unless you are naturally very brown or like to burn I recommend a hat with a rim. Bandanas are nice additions for neck protection, as a sweat rag and if needed to swat away bugs. Bring sunblock (30+ spf) and apply generously and a few times during the day. Sunglasses are a must.
7. Water. No drinkable water on the trail. So we carry all the water we drink. How much water to carry? Enough not to run out. Water consumption can be higher hiking at altitude. You're breathing heavier and the air is dry. I'm thinking at least 3-4 liters of water per person, or more. Perhaps two bottles to get to the top, one bottle to get down and one bottle to enjoy on top and some extra. The good news is that you don't have to carry it all down. It is very easy to get dehydrated hiking at altitude. When you feel thirsty you are already slightly dehydrated. Drink mixes like KoolAid are a nice addition if you are not a fan of drinking lots of water. I don't like the taste of Gatorade, but some do. Here is a clue about how much to drink: if you are not peeing, you are not drinking enough. You will lose a lot of water at altitude from sweating, breathing heavier and the dry air. Better to have enough water than not enough. If you think you are carrying too much water you can always dump it on the trail or share it with others.
8. Altitude sickness. Good chance that in a group someone(s) will not feel well at 10,000 ft. Typical symptoms are headaches (reduced oxygen of the brain) and fatigue (lack oxygen to the rest of the body). The easiest solution for altitude sickness is driving down the mountain.
9. Food. Yes. We will have lunch on the trail. Food to bring can be pretty much anything you would bring for a picnic or a day at the beach. Except no coolers, so nothing cold.

Sandwiches, cheese, fruit, cookies, veggies, granola bars, jerky, salami, some hard candy (good energy, although short-termed). Stay away from anything very smelly or oily like tuna or any fish for that matter because this is bear country and they do love fish. We will stop somewhere on the trail and sit down on some rocks and have lunch. Also food for snacking can include granola bars, dried fruit, cookies, etc. Stay away from salty snacks since that will make you thirstier. Everything we bring in we carry out. This kind of hiking trip is a luxury when it comes to eating. This is nothing like what we would eat backpacking (think mostly dehydrated and boring food). Package food in ziplocks and bring extra ziplocks for trash.

10. Gear to bring. Layers. Weather could be 70-80's or in the 60's (probably not that cool, but could be on top). At least a nylon shell and a heavier shell/light parka are good. I can only hike in shorts (regardless of the weather) and I find jeans to be kind of heavy for hiking (although jeans are better for bug protection). Cotton is great to wear but if you sweat a lot (like when hiking at 10,000 ft when only acclimated for sea level) cotton can stay wet for some time and doesn't insulate well. I hike in synthetic fiber clothes (but I live in cotton otherwise). Even a 50/50 polyester/cotton T-shirt is better than 100% cotton. Bring an extra pair of socks. Bring clothes for hiking in relatively hot weather (T-shirt & shorts), being on a windy, cool pass (nylon shells), and something a little more [just in case]. Consider we will be a couple of hours into the backcountry and in most cases we could easily hike out in an hour or two. But just in case it is a good idea to have an additional layer (heavier than just nylon, but not a winter parka). A sweatshirt-like garment or actionwear thermal layer that would add an additional layer under nylon or a parka shell.
11. Shoes. Heavy backpacking boots are not necessary and are too much for this. Lightweight tennis shoes can do (I don't use them) but are really not appropriate. Lightweight hiking or walking shoes are the best. But not everyone owns hiking shoes. So avoid "tennis shoes" with very smooth soles; they can be very slippery even on dry rocks. Shoes can get wet and dirty. We're not going to forge creeks but you never know what mess might be on the trail. Don't bring your "nice" shoes because they will likely get dirty and scuffed up. Please do not buy brand new shoes/boots and break them in on this trip.
12. Knapsack. Unless you are traveling with a very accommodating significant other who will willingly carry your gear, bring a knapsack/lightweight backpack (just a day sack or even a book bag knapsack will do). Need to carry change of clothes, food, water, personal items, camera, etc. Don't bring more than you need.
13. Bathroom. None once we leave the trailhead. I will bring gear for backcountry bathroom needs, but you REALLY don't want to be digging holes at 10,000+ ft if you don't have to. There is a bathroom of some kind at the trailhead.
14. First aid. I will have some emergency supplies. If you have your own special needs, bring it.
15. Trail rules.
 - a. No littering. You carry it in, you carry it out. (with the exception of item 12 above)
 - b. No one travels alone. If someone is not feeling well and needs to turn back or stop and wait on the trail for the group to return, they DO NOT travel or wait alone.
16. Any questions or concerns please do not hesitate to contact me at mkobrin@cox.net.