

MOUNTAIN TRAINING, 09 - 17 Feb 76

PERSONNEL: SSgt Robert L. LaPointe, PIC
SSgt Dennis Williamson
A1C Robert Owens

LOCATION: Mt. McKinley National Park
7000' to 14,300' West Buttress Route, Mt. McKinley

OBJECTIVES: 1. Survey and photograph the landing zone at 7000'
2. Familiarize ourselves with the lower sections of the West Buttress route on Mt. McKinley from 7000' to 14,300'
3. Arctic living in an extreme cold weather environment
4. Glacier travel
a. use of ice axes
b. self-rescue from crevasses
c. Z-pulley system
5. Construction of snow shelters
a. igloo
b. snow cave
c. emergency shelters
6. Testing of pararescue equipment in extreme temperatures
a. Clothing
b. Equipment
7. Use of climbing gear (e.g. ropes, ice screws, jumars etc.)

DROP OFF POINT: A Cessna 180 flown by Cliff Hudson of Talkeetna will fly us to the Southeast fork of the Kahiltina Glacier. This is the standard drop off point for the West Buttress Route.

COMMUNICATIONS: Ground to air communications will be by PRC-90, 282.8

EMERGENCY COMMUNICATIONS: In the event of an emergency during this exercise we will attempt contact with any aircraft on 243.0. In the event of no voice contact we will switch to 243.0 beeper and leave the beeper on during hours of daylight. 243.0 will not be used unless immediate assistance is required.

CAMP LOCATIONS: Static camps will be placed at the following locations on the West Buttress Route.
CAMP 1 - 7000' Southeast Fork Kahiltina Glacier
CAMP 2 - 7000' Kahiltina Glacier
CAMP 3 - 7800' Kahiltina Glacier
CAMP 4 - 10,000' Kahiltina Glacier
CAMP 5 - 14,300' Just past windy Corner.
It is entirely possible that we will not go above CAMP 4. The determining factor will be the time it takes us to get to CAMP 4 and the weather.

CAMP PHILOSOPHY - APON ARRIVING AT CAMP 1 WE WILL SET UP AN IGLOO COMPLEX AND CACHE A GREAT DEAL OF OUR GEAR. WE PLAN ON STAYING IN THIS CAMP FOR TWO DAYS TO ALLOW OURSELVES TO ADAPT TO OUR NEW ENVIRONMENT BOTH PHYSICALLY AND MENTALLY. MOVEMENT FROM CAMP TO CAMP WILL BE DONE WITH STANDARD ROPED GLACIER TRAVEL PROCEDURES. THE ONLY TIME THAT WE WILL BE UNROPED WILL BE IN CAMPSITES THAT HAVE BEEN THOROUGHLY PROBED AND WANDERED. ALL CAMPS WILL BE SET UP WITH IGLOO'S IN THE EVENT OF BAD WEATHER.

PICK-UP DATE - PICK-UP WILL BE ON 17 FEB 76 BY CLIFF HUDSON OF TALLEETNA, PHONE 733-2121. WE SHOULD BE BACK NLT 2300 17 FEB 76. IN THE EVENT THAT WE ARE NOT BACK ON TIME, CONTACT MR. HUDSON AT THE ABOVE PHONE NUMBER AND FIND OUT WHAT WENT WRONG.

EMERGENCY EQUIPMENT: WE HAVE FIVE DAYS EXTRA RATIONS. IN THE EVENT OF AN EXTREME EMERGENCY WE COULD STRETCH IT OUT FOR 8 EXTRA DAYS VERY COMFORTABLY. WE ALSO HAVE 2 EXTRA GALLONS OF GAS. EMERGENCY EQUIPMENT INCLUDES 1 SIGNAL MIRROR, 2 M-13's, 1 PRC-90 and 3 spare BATTERIES, 1 SET GYROJETS, 1 STROBE LIGHT

NECESSARY FORMS: A BACK-COUNTRY USE PERMIT WAS OBTAINED ON 20 JAN 76 FROM THE CHIEF RANGER OF MCKINLEY PARK. THE PERMIT IS PERMIT # 647 AND IS GOOD FROM 09 FEB THRU 17 FEB 76 AND AUTHORIZES TRAVEL ON THE KAHILTNA GLACIER.

PERMISSIVE TDY ORDERS WERE APPROVED ON 28 JAN 76 BY COL NITZ

CAMP LOCATIONS:

CAMP 1 - LANDING ZONE, 7000' S.E. FORK KAHILTNA GLACIER
CAMP 2 - 7000' KAHILTNA GLACIER
CAMP 3 - APPROX. 8000' KAHILTNA GLACIER
CAMP 4 - APPROX. 10,000' BELOW KAHILTNA PASS
CAMP 5 - 14,300' JUST TO THE EAST OF WINDY CORNER APPROX. ONE-HALF MILE, IN THE BASIN OVERLOOKING THE WEST BUTTRESS

MENU

15 MAN DAYS OF FOOD WILL BE PACKED. THIS ALLOWS FOR OUR PLANNED 10 DAYS
AND A 50% RESERVE.

BREAKFAST # 1

OATMEAL
GRANOLA BAR
HOT COCOA
ORANGE JUICE
TEA
HONEY

BREAKFAST # 2

GRANOLA CEREAL
COCOA
TEA
HONEY
ORANGE JUICE

LUNCH

GORP
SALAMI
KOOL-AID
CUP-A-SOUP
COOKIES

SUPPER

LURPS
SUGAR
TEA
INSTANT SOUP
COCOA OR ORANGE JUICE
HONEY

EVENING SNACK

TEA OR COCOA
COOKIES
CANDY BAR
HONEY

EQUIPMENT LIST

EXPEDITIONARY MOUNTAINEERING

BOOTS, VAPOR BARRIER	1 pair per man
CRAMPONS (fitted to boots)	1 pair per man
SNOWSHOES	1 pair per man
ICE AXE (with attached 7mm safety cord)	1 per man
SLEEPING BAG	2 per man
FOAM PAD (open cell recommended)	1 per man
SUN GOGGLES	2 per man
LONG JOHN BOTTOMS	1 per man
PANTS, HEAVY DUTY, WOOL	1 pair per man
SOCKS, WOOL, HEAVY DUTY	4 pair per man
BALACLAVA, WOOL	1 per man
MITTENS, WOOL OR FIBERFILL	2 pair per man
GAUNTLETS (GI type)	1 pair per man
THERMOS, PLASTIC, UNBREAKABLE, 1 PINT CAPACITY	1 per man
SHIRT, HEAVY DUTY, WOOL	1 per man
TEE SHIRT, COTTON	1 per man
UNDERWEAR, COTTON	1 pair per man
BOOTIES, DOWN OR FIBERFILL	1 pair per man
GAITERS, INSULATED	1 pair per man
EXPEDITION DOWN PARKA	1 per man
EXPEDITION DOWN PANTS	1 pair per man
WIND PANTS	1 pair per man
WIND PARKA	1 per man
QUILTED UNDERWEAR TOP	1 per man
CAMERA & FILM	optional
WATER CONTAINER, 1 QUART	1 per man
SPOON	1 per man
CUP, LARGE, PLASTIC	1 per man
LIGHTER, BUTANE	1 per man
TOILET PAPER	
URINE BOTTLE (wide mouth)	1 per man
SCARF, USAF TYPE	1 per man
TOOTHBRUSH & PASTE	1 per man
-CARABINERS, LOCKING D	8 per man
-SEAT HARNESS	1 per man
-JUMARS (with attached 7mm cord)	1 pair per man
-CARABINER PULLEY	1 per man

PAPERBACK BOOK	1 per man
DIARY & MECHANICAL PENCIL	1 per man
FLIGHT OR SILK GLOVES	1 pair per man
MEDICATED SKIN CREAM	
LABIOSAN (lip lubricant)	1 tube per man
CHAPSTICK	1 per man
SUN SCREEN OINTMENT	1 tube per man
FOOT POWDER, DESENEX, 1.5oz can	1 can per man
HANDKERCHIEF, LARGE	2 per man
SNOW PICKET	2 per man
SNOW PICKET POUCH	1 per man
AVALANCHE BEACON (spare batteries if required)	1 per man
SLING ROPE, 7mm x 12ft	1 per man
550 CORD	25ft per man
EXPEDITIONARY PACK WITH FRAME	1 per man
SUMMIT PACK	optional
KNIFE, POCKET	1 per man
X-COUNTRY SKIS	1 pair per man
SKI BOOTS	1 pair per man
SKI POLES	1 pair per man
SKI GOGGLES	1 pair per man
HEADLAMP	1 per man
PATIENT EXAM LIGHT	2 per man

EQUIPMENT NOTES

CLEARLY MARK ALL YOUR GEAR WITH YOUR NAME

MAKE SURE THAT YOU HAVE STUFF SACKS FOR ALL YOUR DOWN GEAR

EQUIPMENT

BOOTS, VAPER BARRIER
 CRAMPONS
 SNOWSHOES
 STOVES, 3ea
 FUEL, COLEMAN, 6cans, 1gal. ea
 ICE AXE, 4ea
 SHOVEL, GRAIN SCOOP, 1ea
 SHOVEL, SMALL ICE AXE TYPE, 1ea
 SNOW SAW, 2ea
 TENT, REI MCKINLEY, 1ea
 SLEEPING BAG, DOWN W AT LEAST 3lbs. DOWN, 2per man
 FOAM PAD, 2 per man
 ROPE, 11mm 165', 2ea
 SUN GOGGLES, 2pr per man
 PRESSURE COOKER, 2qt, 1ea
 MEDICAL KIT, 1ea (see attach. 1)
 ALTIMETER, 1ea
 LONG JOHN BOTTOMS, 3ea per man
 PANTS, HEAVY WOOL, 2ea per man
 SOCKS, WOOL HEAVY, 6pr per man
 BALACLAVA, 2ea per man
 GLOVES, DARCSTEIN, 2pr per man
 GAUNTLETS, REI, 1pr per man
 SHIRT, WOOL, 2per man
 TEE SHIRT, 3 per man
 UNDERWARE, 3 per man
 DOWN BOOTIES, 1 pr per man

3.

EQUIPMENT
Cont.

OVERBOOTS or GAITERS, 1 pr per man
 EXPEDITION DOWN PARKA, 1ea per man
 EXPEDITION DOWN PANTS, 1ea per man
 CHOINARD WIND PANTS, 1ea per man
 CHOINARD WIND PARKA, 1 ea per man
 QUILTED UNDERWARE, 1 pr per man
 CAMERA, optional
 FILM, 36exposure, slides
 WATER CONTAINERS
 MAPS
 2 qt POT W COVER, 1ea
 SPOON, PLASTIC, H/D, 6 per man
 CUP, PLASTIC, 1 per man
 HEADLAMP, MSR, W SPARE BULB AND LITHIUM BATTERIES, 1 per man
 CANDLES, 6 per man
 MATCHES
 M-13 2ea
 MIRROR, 1ea
 GYROJETS, 1 set
 STROBE LIGHT, 1 ea
 RADIO, PRC-90, 1ea SPARE BATTERIES, 3ea
 RADIO, AM/FM, 1ea SPARE BATTERIES, 3ea
 TRAIL WANDS, 350ea
 THERMOMETER, 1ea
 TOILET PAPER
 TOOTH BRUSH
 WIND METER, 1ea

4.

EQUIPMENT
Cont.

COMPASS, 1ea
ICE SCREW, 12", 6ea (2per man)
SNOW PICKETS, 3ea
SNOW FLUKES, 3ea
CARABINERS, LOCKING D, 1ea (4per man)
FIGURE 8 RING, 1 per man
SEAT & CHEST HARNESS, 1 per man
JUMARS OR GIBBS, 1 set per man
PULLEY, 1 per man
HELMET
REPAIR KIT, 1ea
 wire, 550 cord, small needle nose pliers, rip stop tape,
 sewing gear
PIEPS AVALANCHE DETECTORS, 1 per man
PAPER BACK BOOKS, 2 per man
60/40 PARKA, optional
DIARY, 1ea
PENCILS, 2ea

MEDICAL KIT

THROAT LOZENGES, 12ea
LASIX, 40mg tablets, 20 ea
PHENERGAN, 25mgm tablets, 20ea
LOMOTIL, tablets, 10ea
ASPERIN, 12 tablets
DEMEROL, 20 tablets, 50mgm
ACE BANDAGE, 4", 1ea
GAUZE ROLLER, 3" 2ea
EYE DRESSING KIT, 1 ea
TRIANGULAR BANDAGE, 1ea
COMPRESS, 4", 3ea
CHAPSTICK, 2 ea
ZINK OXIDE, 1tube
TETRACYCLINE 16 tablets, 25mgm
4 x 4's 5ea
COUGH DROPS, 2 boxes
THERMOMETER, ORAL, 1ea