

WINTER HIKING PROGRAM 2006-07

HIKING/BACKPACKING
BOSTON CHAPTER,
APPALACHIAN MOUNTAIN CLUB

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INTRODUCTION TO
WINTER HIKING

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ABOVE TREELINE

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INTRODUCTION TO
WINTER CAMPING

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What?

The course consists of **five evening sessions** that introduce the participant to the basics of winter back country and mountain day hiking and camping in New England. The fifth session includes a Winter Kickoff party and special topics. Course topics include: heat management and clothing, footwear, day packs, group hiking technique, energy management and nutrition, winter travel and snowshoes, winter navigation, physical conditioning, winter safety and cold weather injury prevention, above tree line travel, non-technical use of the ice ax and crampons, winter weather, camping technique, backpacks, tents, sleeping bags, foam pads, stoves and food preparation.

Interactive time is part of each evening for your questions.

Also included is the **Winter Program Manual**, which covers techniques, clothing, equipment, course information and local resources.

To learn and practice skills in the field, a variety of optional **day hikes and camping trips** are planned throughout the winter for different levels and skills. Many are at no cost or low cost.

This includes an optional, but **popular instructional weekend** at AMC Cardigan Lodge in NH on Jan. 26-28, 2007, the cost will be announced.

When?

Tuesday eves, **November 14, 21, 28, Dec. 5, 12, 2006**

7:00 to 9:30 PM

Registration starts at 6:15 each night

Where?

AMC's Cabot Auditorium, 4 Joy St., (near Beacon St) Beacon Hill, Boston; One block from the State House

T Near Park St. Station, Red or Green lines

Why?

The program staff is a group of volunteers who enjoy winter hiking, and introducing others to the fun of New England's hiking trails in the "fourth" season.

Safety is emphasized.

Downhill, tele and cross country skiers, snowboarders, climbers, bird watchers and others who enjoy winter activities will benefit from learning ways to be warm outdoors.

Who?

The Annual Winter Hiking and Camping Instructional Course is sponsored by the Hiking/Backpacking Committee of the Boston Chapter AMC. It is open to all interested in learning about enjoying winter activities.

How Much?

Cost of the program is **\$35 for AMC members**, \$40 non-members **in advance**, **\$40/45 at the door**.

This includes: all lectures and Winter Kick-off Party, all non-fee trips, the program manual, and special discounts arranged for program participants.

How do I register?

Register and pay (cash or checks ONLY, *checks preferred*) **at the door on Nov. 14**, starting at 6:15 PM.

To avoid lines and save \$5, register in advance by: filling out the form on the back and sending with payment, prior to Nov. 2, 2006 OR **speed up registration** by bringing the form with you and paying the "at the door" price

For additional program information contact:
Mohamed El Lozy (m_ellozy@post.harvard.edu)

Have experience winter day hiking?

Join our Introduction to Winter Camping. This *one evening program* serves as an introduction to winter back country camping in New England for the knowledgeable winter day hiker and includes the Program Manual. Topics include camping technique, packs, tents, sleeping bags, pads, stoves, food preparation, etc. To learn and practice skills in the field, back country camping trips in NH are planned (trips are optional, cost, if any, TBA).

December 5, 2006, 7:00 to 9:30 PM at Cabot Auditorium, 4 Joy Street, Boston.

Cost of the camping program is \$15 AMC members, \$20 non-members.

(Note: Free to those enrolled in this year's Winter Hiking and Camping Instructional Course).

Register and pay (cash or checks ONLY, *checks preferred*) **at the door on Dec. 5**, starting at 6:15 PM.

GDS 07/04

AMC Annual Winter Hiking and Camping Program (WHP)

5 Tuesday Nights: Nov. 14, 21, 28, and Dec. 5, 12, 2006

4 Joy Street, Boston, MA (near Park Street T Station)

2006-7 WHP Registration Form

First Name

Last Name

Street

City

State

Zip

Email address

Cellular Phone

Home Phone

Work Phone

Emergency Contact Names and Phone Numbers

Allergies, Medical Conditions and/or Diet Restrictions

Include your name, email, phones and city that you live on car pool list? Y N

If car pool, can you drive others? Y N

If meal is provided in a trip, do you need a Veggie Meal? Y N

How did you learn about the Winter Hiking Program?

a - another AMC program

w - web page

f - friend

Other... _____

m - magazine (Outdoors, MUD)

What is your prior hiking experience?

N - none S - some E - extensive

Payment:

AMC Membership #: _____ (if you are a current AMC member)

Type 1: \$35.00 Payment for all 5 sessions and received before Nov. 9, 2006

Type 2: \$40.00 Payment for all 5 sessions and received after Nov. 9, 2006

Type 3: \$15.00 Payment for Session 4 (Dec. 5, 2006) - Backpacking session only

Non-AMC Member:

Type 4: \$40.00 Payment for all 5 sessions and received before Nov. 9, 2006

Type 5: \$45.00 Payment for all 5 sessions and received after Nov. 9, 2006

Type 6: \$20.00 Payment for Session 4 (Dec. 5, 2006) - Backpacking session only

Full registration will be confirmed by email after a check payable to "H B COMMITTEE" along with Registration Form received at "AMC H/B COMMITTEE, P.O. Box 990568, Boston, MA 02119-0568"