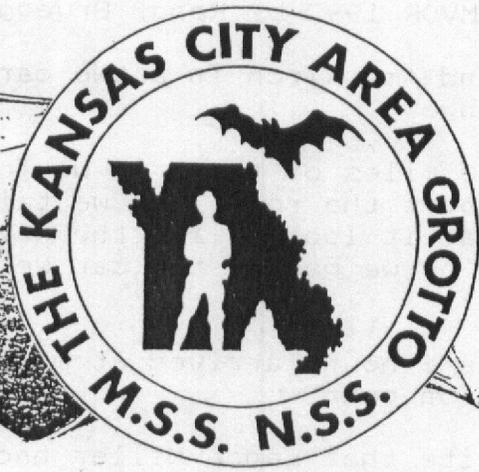




the month's *gleaner*



CONGRATULATIONS MARY!

EUGENE D. BROWN

COMPANY REALTORS

TAKE PLEASURE IN ANNOUNCING
THE ADDITION TO THEIR SALES STAFF
OF

Randy Bruegger
2452 Mesquite Terr.
Olathe, KS 66061

Eugene D.
BROWN

Mary Williams
Realtor Associate



816/358-4444 (Bus.)
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Raytown, Missouri 64138



R E A L T O R S

Notes from Fall MVOR 1992 by Randy Bruegger

Trip with Mike and Amy Kirch in a two car caravan with Bob and Mechelle Younger.

The last 20 or 30 miles of the trip we followed a car that was weaving all over the road. As we talked on the CB we made comments that it looked like the way that John McGuire liked to drive. As we passed the car we found that it was John.

Drive to camp was 6 hours arrived at midnight for signing in at the registration tent.

Found the camp site that Lance Miller had saved and set up our camp. Lance was not around and we were told we could find him in the sauna if we needed him. We did not see Lance for many hours.

The party was still in full swing with the amps way up.

Morning brought cave trips to many nice caves in the area, with myself and Mike at Onadoga state park and going on Eugene Vale tour in Cathedral Cave a nice place to see. We also took the Commercial tour in Onondaga Cave. After that we cleaned up and stayed in camp to take in the nights party and free beer.

The feed at the main camp area and pavilion was in the rain and the mud stayed with us the rest of the weekend in more ways than one.

A very large pile of wood and many gallons of gas and kerosene gave us the largest fire of any MVOR yet.

One more time we had a party with the amps way up and this time it lasted until 3 or 4 in the morning.

At about 3 or so in the morning Tom Howell fell asleep in a lawnchair at the bond fire. With myself and Bart Rapp near this was not a smart thing to do. It all started with Bart putting one small piece on wood on Toms arm and soon 20 people were covering Tom with small stones and small pieces of wood. It was not long until Toms eyes opened then closed like he was thinking Oh Shit now what do I do. But Tom was cool and just smiled and very slowly started to brush off the piles of stuff. Tom tell me that pay backs are hell.

After a short night we packed up our wet gear and headed back to KC.

To me it was one of the better MVOR's, rain and all.

BYSTONS

TEMPERATURE

(Normal) mental and physical functions

98.6 (Normal)

On Aug.28, Peggie Heinz and I left KC headed for Waynesville; a late start put us down there pretty late, so after setting up the tent I died a grateful death. Keeping with my usual practice, I slept late. We went to St.Roberts and ate too much at Mitch's Old Fashioned Cafe, which is a good place to pork out. We then waddled to Tim Miller's and after talking with him and Reena, we went into Skaggs.

Our progress to the 49 room was uneventful except that Peggie slipped and fell, striking her tail bone on a stalagmite. Once the initial pain of the blow subsided she seemed to be ok, so we proceeded to the 49 room and rested in candlelight. We were going to enter into the back section but decided to head back out. I was going to come back that night and draw but things worked out differently.

We built a fire and Peggie cooked us a good vegetarian dinner. By this time she was hurtin for certain, so we sat around and talked all night.

The next day, it was obvious we should return to KC, so we returned the keys to the Millers and came home. In spite of the accident Peggie seemed to enjoy Skaggs except for the mud. I enjoyed the trip except for Peggies accident.

Mike Jones

Heart stops

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HYPOTHERMIA TEMPERATURE CHART

TEMPERATURE	SYMPTOMS
98.6 (normal)	Normal mental and physical functions
98	Cold Feeling
97	Goose bumps; intense but controllable shivering; walking pace slows
96	Withdrawn, introverted, discouraged, or mildly depressed less enthusiasm for simple tasks, environment, and/or companions.
95	Coordination begins to be impaired; maximum, uncontrollable shivering
94	Unable to concentrate, indecisive, mild confusion, disorientation, careless decision making; important decisions may be incorrect and accepted by others; Stumbling gait, thick speech.
93	
92	Blood Pressure and Pulse begin to drop; Shivering decreases
91	Pupils begin to dilate; Sleepiness, lethargy, depression, confusion disoriented; irritability, combativeness, and refusal of care; changes may wax and wane in 5 to 20 min periods of despair.
90	Movements become jerky
89	
88	
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85	Pulse becomes weak and irregular, pupils dilated, respo slow
84	Drifting into unconsciousness; Muscles become rigid; cyanosis may appear.
83	
82	
81	PATIENT MAY APPEAR DEAD! Pupils nonreactive; total loss of consciousness Loss of voluntary movement
80	
79	Core temperature starts sharp decline; Deep coma
*	
*	
*	
68	Heart stops
*	
*	
*	
64	Lowest temperature at which an accidental hypothermia victim has survived: With Immediate, Intensive Care

HYPOTHERMIA - INFORMATION AND TREATMENT

HYPOTHERMIA: is an acute life-threatening condition which occurs when an individual loses more heat to the environment than he produces. Thus, hypothermia is a state of impending metabolic bankruptcy.

Heat loss may occur rapidly, such as from immersion in cold water, or slowly, as from prolonged exposure to a cold and/or wet environment.

Drugs, disease, alcohol, or failure of the body's heat regulating mechanism may be underlying factors in hypothermia.

An easy technique for recognizing impending metabolic bankruptcy, whether due to hypothermia, starvation, or diabetic acidosis, is the acetone odor of the breath. The odor has a peculiar sweetness to it, very similar to airplane glue or rotten apples, and once smelled, is not forgotten.

A good rule of thumb is to divide hypothermia victims into four groups:

1. Those with normal levels of consciousness.
2. Those with "difficult to recognize" impaired mental function.
3. Those with "easy to recognize" impaired mental function.
4. Those victims who are unconscious.

General Notes on VITAL SIGNS CHANGES:

Blood Pressure and Pulse are depressed in hypothermia, but both may go unnoticed unless measured accurately and recorded.

The Pulse can be weak as well as slow, and thus can be overlooked and tragically interpreted as absent.

Blood Pressure can be incorrectly recorded due to the slowing of the pulse.

Respirations may be reduced both in rate and in depth to almost negligible levels.

General Notes on MUSCULAR CHANGES:

Muscular changes are at first subtle, proceeding to obvious and profound.

Slowness of function, a seeming stiffness of the extremities, and a heavy feeling may be noted. Fine co-ordinated tasks become difficult. Walking becomes slow and laboured. Important tasks may be left undone.

Staggering, stumbling, and falling progress until the victim is unable to walk.

Muscles become stiff, and simulate rigor mortis.

TREATMENT:

Prevent Further Heat Loss:

Replace wet clothing with dry, or at least wring out wet clothing.

Water conducts heat away from the body about 25 times faster than air.

Put insulation between patient and any cold surface (include moisture barrier).

Move the patient out of water or away from spray.

Provide a wind (and spray) barrier, using plastic bags, tent, windproof material.

Add insulation (inside wind barrier) in the form of extra clothing, blankets, sleeping bags, people.

Have patient sit in a "tuck" or fetal position.

Rewarm the Patient:

All of the methods of Preventing Further Heat Loss apply to Rewarming the Patient.

Exercise will benefit the mildly hypothermic patient, if he is not exhausted.

Exercise should not be used with a severely exhausted patient.

Hot liquids and food can be given to the patient, if internal injuries are not suspected.

NO ALCOHOLIC BEVERAGES!!

Body Contact - Works best when "warmer cavers" are stripped and put in sleeping bag w/patient.

Set carbide lamps so that warmed air goes inside plastic bags worn by patient.

CARE MUST BE TAKEN TO PROVIDE ADEQUATE VENTILATION AND PREVENT BURNS!!

PREVENTION:

All methods of Preventing Further Heat Loss and Rewarming apply to Prevention.

Get adequate rest and nutrition prior to a trip.

Suitable clothing, preferably in several layers, is important.

A plastic leaf bag is surprisingly helpful, as are "space-age emergency blankets".

Wet suits should be worn on trips requiring long periods of immersion in cold water.

Take high energy snacks on trips, especially on long trips.

Know the limits of the members of the party, and stay within them.

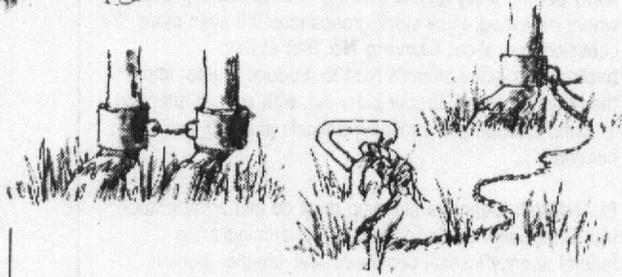
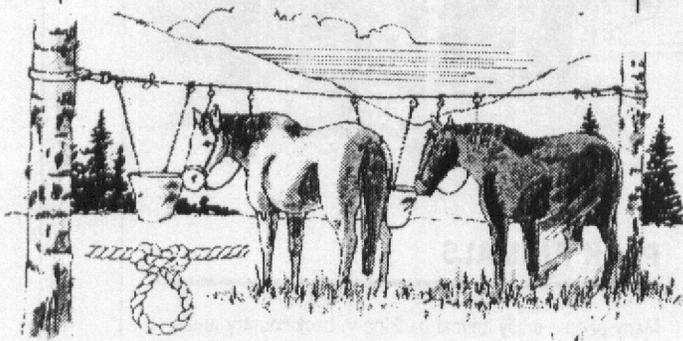
MINIMAL CAVE RESCUE EQUIPMENT

DRESS FOR WET, MUDDY, COOL, ENVIRONMENT AND PLAN TO BE ABLE TO FUNCTION BOTH INDEPENDENTLY AND AS A TEAM MEMBER FOR LONG OPERATIONS (24 HOUR).

1. LIGHT
 - A. Three independent sources required, each of which is sufficient to exit cave (at least two primary types).
 - B. Repair and maintenance parts for lights (in pack):

Batteries	Carbide	Water
Bulbs	Spare Parts	Lens
 - C. At least one primary light must helmet-mount.
 - D. Always test all lights before entering cave.
2. HELMET
 - A. Climbing type recommended (e.g. MSR, JB, Ultimate,...), although OSHA approved hardhats are minimally acceptable for horizontal-only use.
 - B. Lamp bracket required
 - C. Non-elastic chin strap required & strongly recommend quick-release buckle & 3-4 point suspension.
 - D. Broad brimmed/fireman's-type helmets Not Recommended.
3. CLOTHING
 - A. Warm, even if wet: wool or polyprop, especially on skin.
 - B. Plan layers of clothing for wet, mud, and temperatures in the low 50's. Outer shell of wool or denim (jeans or coveralls), inner layer of wool or poly.
 - C. Turnout gear is inappropriate and Not Recommended.
4. BOOTS
 - A. Ankle high for support. (e.g. Padded leather hiking boots excellent and jungle boots (with thick socks) adequate.)
 - B. Lug soles for traction: (e.g. "Vibram"-type excellent)
 - C. Tennis shoes/gum boots/leather soles Not Recommended.
 - D. Speed lace hooks Not Recommended, (cable ladders).
5. PACK
 - A. Army gas - mask bags, over-the-shoulder types easy to strap on/off or hold.
 - B. Frame type packs Not Recommended.
6. FOOD
 - A. Quick energy foods, and "GORP"-type mixtures excellent.
 - B. Pack in mud-, water-, and crush-proof packaging.
 - C. Water (drinking)
7. PERSONAL FIRST AID SUPPLIES (This will be discussed later.)
8. GLOVES Recommended for horizontal caving.
9. NOTEBOOK & PENCILS
 - A. Water-resistant preferred (surveyor's type).
 - B. Packaged against water and mud.
10. TOOLS
 - A. Knife - folding-type, with stainless locking blade
 - B. Tip cleaner and whistle on necklace or string recommended (required) Keep all tools handy.
11. TWENTY FEET OF ONE-INCH NYLON TUBULAR WEBBING (minimum)
12. LOCKING CARABINER(S) :one required, two (or more) recommended.
13. PLASTIC TRASH BAG, AT LEAST ONE, should be at least 30-gallon size, an heavy duty (2 mil thickness).

Animals should be returned to a hitchline overnight. Temporary corrals are an excellent method of containing pack animals for several days but should be moved twice daily. They can be built with rope or portable electric fence.



FEED: Feeding pack animals can cause an impact too. Spreading loose hay on the ground may introduce exotic plant species to an area. Instead, pack in a good supply of processed feed for your animals. This will give them a supply of food and prevent overgrazing around camp. Check local regulations, since some areas require certified weed-free hay and grain.

Plan to take enough feed, where stock are allowed but grazing is not. Grazing is not allowed in some Wildernesses and National Parks.

BREAKING CAMP: It takes extra time to naturalize an area that has been impacted by pack animals. Scatter manure piles to aid decomposition, discourage flies, and as a courtesy to other users. Fill areas dug up by animal hooves. Remove excess hay and straw; it does not deteriorate and leaves an unsightly mess.

HISTORICAL AND ARCHEOLOGICAL SITES

Many historical and archeological sites are found throughout National Parks, Bureau of Land Management areas, and on National Forests. You are invited to enjoy and learn from

REMEMBER:

Keep groups small and carry lightweight equipment. Select a campsite that has enough trees to your

back to provide shade and protection from wind. Use

ground pads or mats to protect the ground. Use

portable toilets. Remove all trash and

straw. Leave the site as you found it.

these remnants of the past. Visitors to these sites can help preserve them for the next generation by not disturbing them in any way. Federal law prohibits disturbing historical and archeological sites, or removing any objects. Do not camp in or near these special features. Camping too near the resources can disturb valuable archeologic information that can never be reclaimed.

BACK-COUNTRY COURTESY

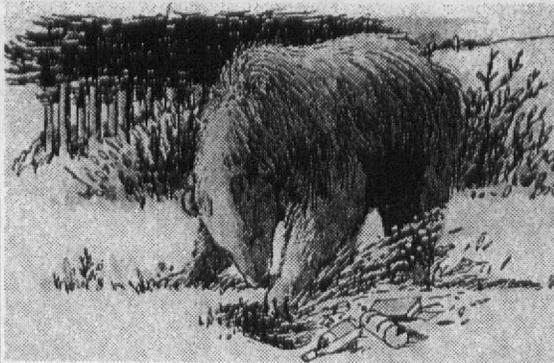
One of the most important components of back-country ethics is to maintain courtesy toward others. It helps everyone enjoy their outdoor experience. Incompatible or competing activities must share limited facilities and areas. Excessive noise, unleashed pets, and damaged surroundings distract from a quality experience in the back country.

Keep the noise level down while traveling on trails. Radios and tape players do not belong in the back country. If your group meets another group, give uphill hikers the right-of-way. When you encounter groups leading or riding livestock, you should step off the trail on the lower side and let them pass. Stand quietly since some horses are spooked easily.

Keep pets under control at all times. No one wants someone's pets running through the area and frightening people and wildlife. Some Wildernesses prohibit dogs or require them to be on a leash at all times.

Wildflowers, picturesque trees, and unusual rock formations all contribute to the back-country beauty we came to enjoy. Picking flowers, hacking trees, and chipping rocks disturb the natural ecosystem. Please leave them alone and protect them for others to enjoy. Take nothing but pictures . . . leave with only fond memories.

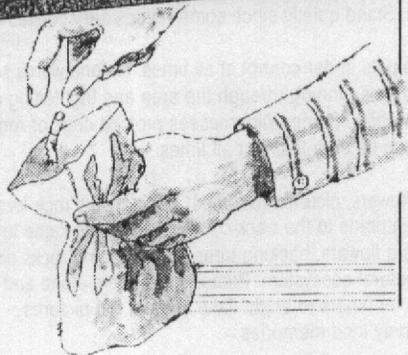
Latrines concentrate impacts and should be used only outside Wilderness when large groups are staying for a long time in popular areas. Locate the latrines at least 200 feet away from camp, trails and water sources. Dig a hole at least 12 inches deep, add soil after each use and fill in once it is within 4 inches of being full.



TRASH: If your back-country trip has been well planned, there should not be too much trash. Never bury your trash because animals will probably dig it up. While you're hiking, make an effort to pocket all trash, including cigarette butts, and then empty your pockets into a trash bag later. Remember that peanut shells, orange peels, and egg shells are trash. If you packed it in, you can certainly pack it out.

REMEMBER:

- Do all washing away from camp and water sources.
- Dig latrines 200 feet or more from camp, trails, and streams.
- Burn food scraps completely in the fire or put them in a plastic bag and carry them out.
- Pack it in, Pack it out.
- Obtain special guidelines for Grizzly Bear country.



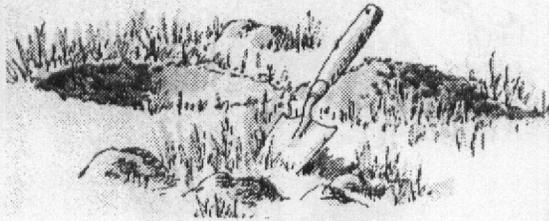
PACK ANIMALS

Many people enjoy animal packing in back-country areas where permitted. Pack stock groups must be even more conscientious about **Leaving No Trace!** than backpackers since animals tend to produce greater impact than backpack use. Proper planning, with special attention to camp location and confining animals in camp, is needed.

PLANNING: Extensive planning must go into a pack stock trip. Check with the local office of the administering federal agency for trail conditions and whether stock is allowed. Some areas are closed to pack animals due to overuse, or because the environments are fragile. The fewer animals taken, the less impact on the land. Keeping groups small and carrying lightweight equipment will help reduce the number of animals needed.

SETTING UP CAMP: When selecting a campsite, first consider your stock. The campsite should be able to accommodate your animals without any damage to the area. As you ride into a potential campsite, look it over and decide whether there is enough feed. In addition to feed requirements, give some thought to wildlife. If the area is overgrazed, your stock may remove feed otherwise needed by deer and elk during winter months. Also, consider where your stock can be watered. Pick a place with a streambank that can withstand hard use and that is downstream from camp. Loose herding for watering causes substantial streambank damage. Avoid lakeshores and soft meadows.

ANIMAL CONFINEMENT: Hitchlines, hobbles, and staking are ways to confine pack animals. Hitchlines need to be erected in rocky areas and on good stout trees. Protect bark by using straps or other devices such as "tree savers." Let stock graze freely, using hobbles if they need to be constrained. Picket with metal pins only enough stock to keep others from straying. Stakes or picket pins should be moved every few hours to prevent overgrazing.



WOOD: Burning small sticks gathered from the ground is the best source of wood. Use only down, dead wood. Never cut green trees or branches; they won't burn. Standing dead trees will burn but are valuable for cavity nesting birds and aesthetics, so leave them alone. Small wood will burn completely, providing good coals for cooking. The remaining white ash is easier to dispose of than partially burned logs. Remember, never leave a fire unattended.

LEAVE NO TRACE! In heavily used camping areas, some fire rings are maintained and should be used. Make sure your fire is dead-out before you pick out trash that did not burn. To verify that the fire is out, sprinkle it with water and stir the coals. If the coals are cold to the touch, the fire is out. The remaining ash and coals should be carried several hundred feet from the campsite and widely scattered. After picking up the trash to carry home, your campsite area is ready for the next visitor. A last minute check of your site for cigarette butts or gum wrappers, etc., will help assure that you **Leave No Trace!**

In remote areas, follow the same procedures and then replace the organic material you set aside earlier. Be sure to completely naturalize the area. If you think all this is a bother, difficult, and dirty—it is! Cooking on a stove eliminates these problems.

REMEMBER:

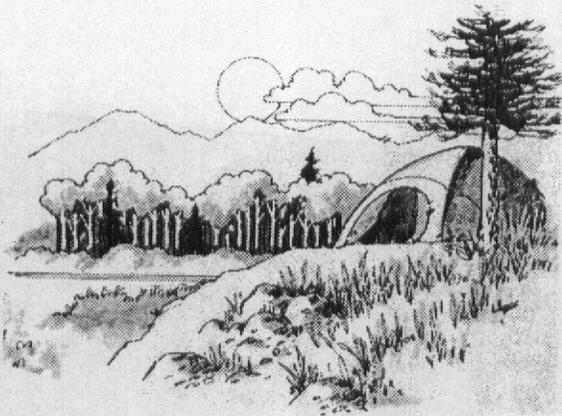
Use a lightweight stove rather than wood.
Check local Ranger Station for fire regulations.
Use existing fire circles in heavily used areas.
Save wood for naturalizing the fire.
Scatter fire rings away from trees, shrubs, and
the ground.
Burn only small sticks.
Make sure the fire is dead-out.
Scatter the ashes and naturalize the area.

SANITATION

Sanitation practices in the back country require extra effort. Washing and the disposal of human waste must be done carefully so the environment is not polluted and fish and aquatic life are not injured. Water can become polluted from the run-off of soaps, food waste and human waste. Toilet paper and other trash also leave an unsightly impact.

WATER AND WASHING: There are Giardia bacteria and other contaminants in many streams, springs and water sources, so plan to filter or boil all drinking water. Wash at least 50 feet away from camp and any water sources. For personal washing, use a container and rinse away from water sources. For kitchen waste, scrape burnable food scraps into the campfire or put it in a plastic bag to be carried out and then wash dishes away from water sources. Use small amounts of biodegradable soap. No soap would be better since any soap can pollute lakes and streams. Pour wash water on the ground at least 50 feet from water sources and the kitchen area.

HUMAN WASTE: Use the "cat method" of making a shallow hole and covering when done. It should be dug in the top 6-8 inches of organic soil and be at least 200 feet away from camp, trails and water sources. Groups may need to walk well over 200 feet to assure catholes are scattered during their stay at that site.



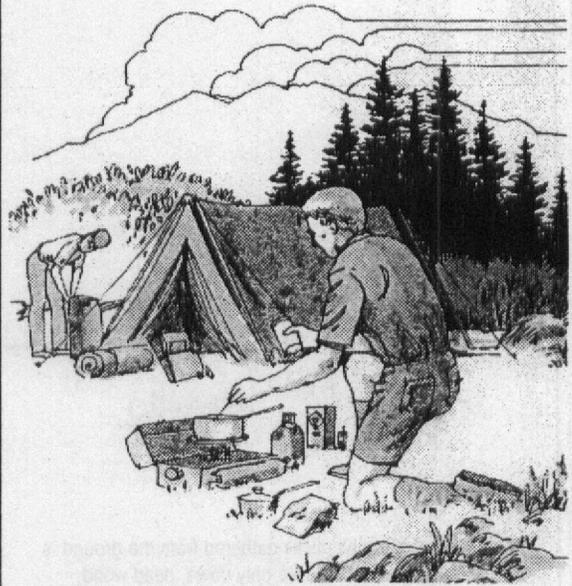
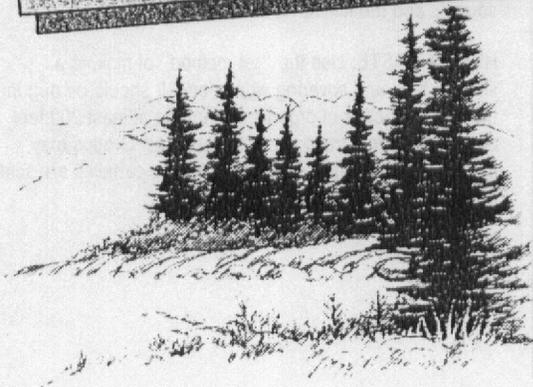
try to avoid repeated traffic over any area. Before leaving camp, naturalize the area by replacing rocks and scattering leaves and twigs around the site.

The best campsites are generally found on ridges, hills or near canyon walls. These areas provide natural drainage so your camp will not flood. To hide it from view, arrange your campsite around trees, rocks, and shrubs. Beware of hazard trees, avalanche areas, potential hazards from falling rocks, or flash flood sites.

Never ditch or build trenches around your tent as they can start soil erosion and create lasting scars. Limit your stay to as few nights as possible to avoid waste accumulation and injury to plants. One night in each campsite is best and will make it easier to **Leave No Trace!** of your visit when you depart.

REMEMBER:

- ✓ Select a campsite 200 feet or more from trails, lakes, streams and wet meadows.
- ✓ Hide your campsite from view.
- ✓ Don't dig ditches around the tents.
- ✓ Stay as few nights as possible in one place.
- ✓ Use designated or already impacted campsites when appropriate.



FIRES

Practice **Leave No Trace!** ethics by cooking on a stove and avoid building campfires. Today's backpacking stoves are economical and lightweight and provide fast, clean cooking. In some heavily used areas, fires are not permitted. In fragile environments, such as deserts and alpine meadows, fire leaves scars for many years and depletes wood supplies. Ask at the local Ranger Station or District Office about fire restrictions or closures and whether a campfire permit is required in the area you plan to visit.

HEAVY USE AREAS: If you are camping in a heavy-use area, there are probably some existing campfire rings nearby that are maintained for this use. Use them to concentrate the use to one area and lessen the overall impact.

REMOTE AREAS: When camping in remote areas, you may choose to build a campfire making sure the site is away from trees and shrubs. Campfires are best built on a sandy spot or hard ground since the scar can easily be hidden there. Never build a fire next to a rock because smoke will blacken it. Wildfire can easily start from campfires built on forest duff or peat.

With your trowel, dig up the organic layer of soil and set it aside for later use. Avoid encircling the fire with rocks. There is a misconception that the rocks will keep a fire from spreading. Actually, the rocks may explode from intense heat and the blackened rocks are hard to conceal.

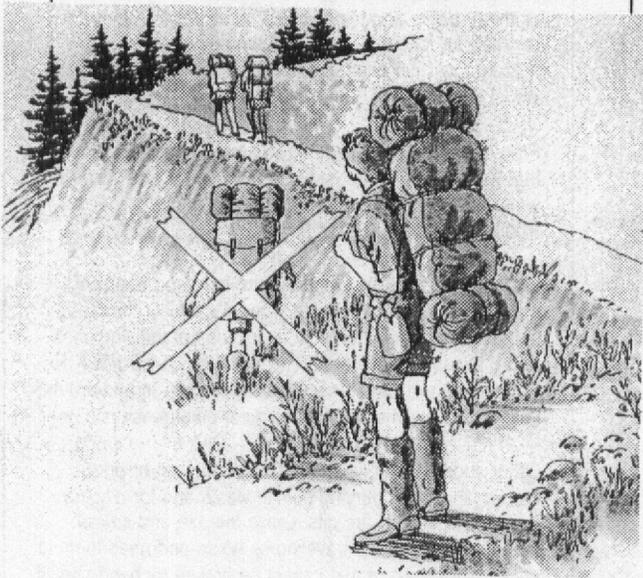
BE PREPARED: Obtain a good map, plan your route, and leave your itinerary with someone at home, so that others do not have to search for you. Know what weather conditions to expect in that area at that time of year and come prepared for the extreme temperature, wind, snow and rain you might be exposed to. A day hike requires minimal survival gear: extra food, a signal mirror, whistle, and warm clothing. A highly visible vest ("Dayglo" orange or red) should be included in your pack for rescue in the event you become lost. Carry extra water in desert areas (minimum of two quarts per day per person).

REMEMBER:

Plan your route and leave your itinerary with someone at home. Know what weather conditions to expect in that area at that time of year and come prepared for the extreme temperature, wind, snow and rain you might be exposed to. A day hike requires minimal survival gear: extra food, a signal mirror, whistle, and warm clothing. A highly visible vest ("Dayglo" orange or red) should be included in your pack for rescue in the event you become lost. Carry extra water in desert areas (minimum of two quarts per day per person).

TRAVEL

Trails are an important part of back-country travel. They are



designed to get people from one place to another with varying degrees of difficulty. Trails are also designed to drain off water with a minimum amount of soil erosion. Make an effort to stay on the trails no matter how you are traveling.

Switchbacks are the most abused portion of the trail system. A switchback is a reversal in trail direction. Many people shortcut switchbacks and create new trails trying to save time and energy. Cutting switchbacks creates a new scar on the hillside which will cause soil erosion and scarring.

CROSS-COUNTRY: Hiking or riding horses cross-country, off established trails, is ok but remember to stay spread out and off "social trails" that other users have begun. Avoid traveling through meadows and wet areas as they are fragile and will show the impact of foot or hoof prints and group travel much longer than forested and rocky areas.

Bicycles and motorized vehicles are allowed in some back-country areas but not in Wilderness. To ride them cross-country will create social trails and cause erosion.

The feeling of solitude or adventure is broken when you see ribbons, signs, or even blazed trees that visitors have left to mark a path. Always discuss the planned route with your group members to avoid leaving these markers. If you must mark a route, remove markers upon departure.

REMEMBER:

Stay on designated trails to avoid switchbacks. Plan your route so you don't have to plan a route. Stay on designated trails when traveling cross-country. Don't mark or blaze your cross-country route.

CAMPING

Choose a campsite away from popular places for more solitude and privacy. Try to camp 200 feet or more from lakes, streams, meadows, and trails when you have a choice as there will be less chance of damage to fragile areas.

Where campsites in your selected locality are designated, or there are already well-established sites, use them. This will concentrate impacts in already disturbed places. Try to confine most activities to areas of the site that are already bare.

When camping in pristine places, disperse your activities and use extra care. Space the tents, kitchen and latrine, and

- Traveling off trails or roads, causing scars, trampling vegetation and causing soil erosion.
- Leaving campfire scars.
- Leaving human waste and garbage at a campsite.
- Polluting lakes and streams.
- Making loud noises which disturb wildlife and other visitors.
- Taking brightly colored outdoor gear and clothes that make them visible to others in the area (exception: for rescue, have a "Dayglo" vest or similar items in your pack).

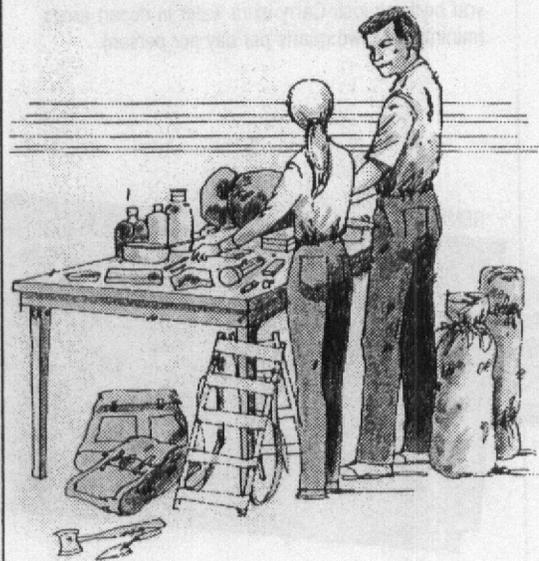
Practicing a **Leave No Trace!** ethic is very simple. Make it hard for others to see or hear you and **Leave No Trace!** of your visit.

PLANNING

Lots of planning must go into a back country trip if it is to be safe and fun. Gathering information from National Forest, Bureau of Land Management and National Park offices can help. They can provide current maps, first-hand information on trails and campsites, and anything else pertinent to the anticipated trip. Planning should consider the group size, when and where to go, equipment, and food selection.

GROUP SIZE: Small groups are ideal in open areas such as deserts, meadows and above timberline. Plan on traveling and camping with less than 8-10 people which can be divided into hiking groups of 2-4 during the day. It also is easier to plan for small groups and to keep them together. Campsites for smaller groups are easier to find and they harmonize better with the environment. Check ahead to see if there is a group size limitation in the area you plan to visit.

WHEN AND WHERE TO GO: To find maximum solitude, avoid back country trips on holidays and even some weekends. Since many popular trails and Wildernesses always seem to be crowded, visit less popular areas. Plan such trips for the spring or fall, or even the winter.



WHAT'S NEEDED AND WHAT'S NOT: Bright colored clothing, packs and tents should be avoided as they can be seen for long distances and contribute to a crowded feeling. Consider choosing earth-tone colors to lessen the visual impact.

Plan to carry a lightweight backpacking stove for all cooking. Be sure to inquire locally about open fire restrictions since some areas are closed due to the potential for wildfires or the scarcity of fuel.

Lighten your pack by repacking the food and removing glass and aluminum packing. They do not burn and add extra weight. Check for local restrictions prohibiting cans and bottles. **IF YOU PACK IT IN, YOU SHOULD PACK IT OUT.** Carry extra trash bags for litter pickup in and around your campsite. They also make great emergency rain gear.

Other suggested equipment is a small trowel or plastic garden shovel for burying human waste and for digging **Leave No Trace!** fire pits. Leave the axe and saw at home, unless you are traveling by horse and need them to cut a trail. Firewood that cannot be broken by hand should be left as part of the natural system.

America's Great Outdoors

LAND ETHICS

More and more people are taking to trails to discover America. On foot or horseback, on mountain bikes or with a llama, there are vast expanses to be explored in National Forests, National Parks, and on lands administered by the Bureau of Land Management. This trend is not without some problems. Many popular areas are already overcrowded with evidence of people, horses, tents, and campfires everywhere.

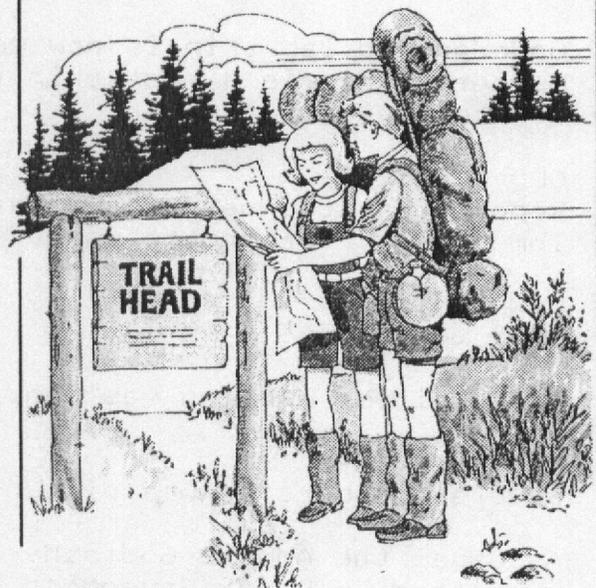
Back-country areas are places to seek solitude and a "wilderness experience" away from crowds, noise, and daily pressures of urban life. This escape should be accompanied by a commitment to protect and preserve these areas. **Leave No Trace!** practices are techniques that visitors can use to help reduce evidence of their presence in the back country. By following the NO TRACE land ethics, visitors can enjoy back country and Wilderness areas Congressionally designated under the Wilderness Act of 1964, while preserving the beauty and solitude.

ETHICS

NO TRACE guidelines help protect the land and lessen the sights and sounds of your visit.

Because most visitors do not live in the out-of-doors all the time, they unknowingly violate the **Leave No Trace!** ethic by:

- Traveling and camping in large groups.



KCAG Meeting for September 9 1992

Meeting called to order at 7:09 PM by Richard Crabb, 26
cavers in attendance.

TRIP REPORTS

Bob Younger on trips into Cave of the winds in SD in the new
section that has pushed the length to over 70 miles.

OTR report by Paul Green, Tom Howell, Bob Parks and others.

Black Hills Classic report by Bob Younger.

UPCOMING TRIPS

MVOR 9/25 thru 9/27 see flyer.

AACS Project near Mountain View AR 9/25 thru 9/27.

Southern Plains Regional hosted by TROG 10/9 thru 10/11.

Hunter trip Oct. 17 one day trip, call Richard Crabb.

No date but a trip by Mary Williams to eastern MO to Crevice
Cave and or Mystery Cave.

Underground lab trip is now set November 20 thru 22 call Ron
Lather. This is a must trip for any new members or anyone
new to caving.

OLD BUSINESS

Report that two new Grotto banners are now in the hands of
Tom Howell, for grotto use.

NEW BUSINESS

None to report.

The business meeting was concluded by unanimous consent.

PROGRAM

Several members showed picture albums of a caving nature.

As usual the AMM at Godfathers.

Submitted by Randy Bruegger secretary/treasurer.