

WINTER PATROLS: SMART, WARM & PREPARED.

PWV 2023

12/13/2022
revised



GERRY CASHMAN



**WINTER
PATROLS
START
Friday
January
13**

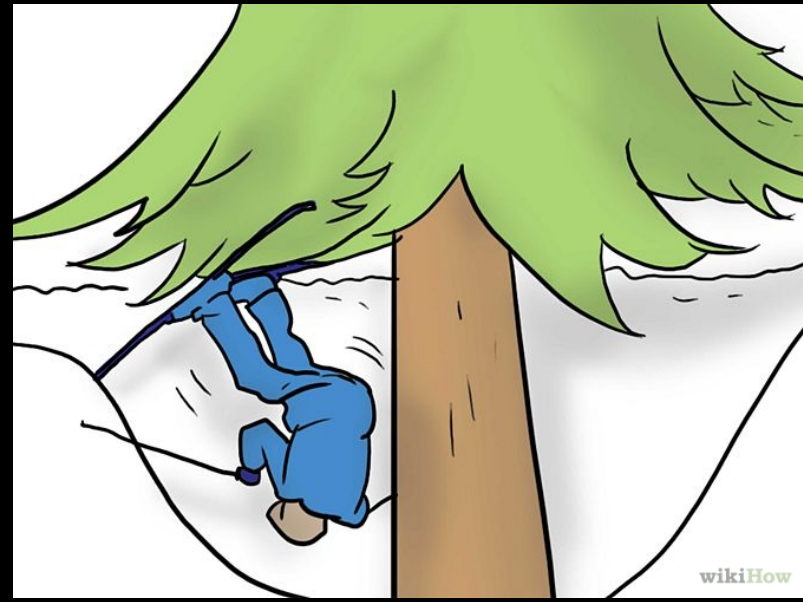


The Details

1. Pre-Trip Planning
2. Types of Winter Backcountry Travel
3. Cold-weather Clothing
4. The Ten Essentials –
What's in your Pack?
5. Winter Gear Considerations
6. Route-finding in Winter
7. Snow and Avalanche Gear

Things are
different
in the Winter.
The
Consequences
are more
Severe!

**Go to google or youtube
To find a video on tree wells!!!!**



Trip Planning

1. Don't go alone.

2. Study maps and research the area. If something goes wrong, what emergency services are closest?

3. Talk to people who have been there and can give you pointers.
Check trail reports.

4. Check the weather forecast. Are conditions favorable?
National Oceanic and Atmospheric Administration National Weather Service (NOAA-NWS)

5. Check the local road and trail conditions.
<http://www.cotrip.org/home.htm>
<https://www.fs.usda.gov/arp>

6. Recognize and avoid avalanche areas. There won't be many in the winter patrol area!!!!

7.Leave a trip plan. Let others know where you'll be, when you'll be there, when you'll return, vehicle # , names , contact # for your group.
WHAT PARKING LOT?

8.Make sure everyone has the same plans, expectations, turnaround times and goals.

9.CHECK THE: 10 ESSENTIALS CHECKLIST.

10.Carry some cash for unexpected fees or emergencies.

11.Be prepared for the unexpected. Always have extra food and clothing just in case the weather changes, you get lost or your trip makes an unexpected detours.

Our most commonly used PWV winter trails:

CROSIER	GREYROCK	HEWLETT GULCH
YOUNG GULCH	LILY MTN.	LION GULCH
NORTH FORK	ROUND MTN.	LADY MOON
MOLLY LAKE	MT. MARGARET	PAWNEE BUTTES
BIG SOUTH	LOWER DADD GULCH	ROARING CREEK XXX
NORTH FORK		

XXX = Closed

**Plus SOME trails in the Pingree Park area.
Check CLRD home page for details.
SOME ROADS IN THE AREA ARE CLOSED**

Rawah Trails can't be accessed by car as Laramie River Road will close in the winter.

**SUMMER TRAILS PATROLLED BY NORDIC RANGERS IN
THE WINTER:**

**BLUE LAKE MONTGOMERY PASS
ZIMMERMAN LAKE SAWMILL**

NORDIC TRAILS THAT ONLY EXIST IN THE WINTER:

**MEADOWS JOE WRIGHT SKI LOOP
CAMERON CONNECTION
LONG DRAW SKI LOOP**

Trap Park is not a Nordic trail, and is above Big South!!!!!!!

Covid Times:

Check to see what is open and what is closed:

<https://www.fs.usda.gov/recarea/arp/recarea/?recid=36603>

You can check road closures from this page too.

**Go to the USFS / Canyon Lakes side of the PWV Login
- home page- Check the Message Board for trails.**

PWV's 2023 patrolling season starts January 13. The following **trails are open:**

Big Thompson/Estes Park:

All 3 Crosier Trails, Lily Mountain, Lion Gulch, Round Mountain, Twin Sisters, North Fork

Lower Poudre:

Greyrock & Greyrock Meadows, Hewlett Gulch, Mt. McConnel & Kruetzer Nature, Young Gulch, Lower Dadd Gulch, Big South.

Red Feather Lakes:

Columbine Complex, Frog Pond & East Dowdy Lake, Granite Ridge (West), Lady Moon & Disappointment Falls, Mt. Margaret & Divide

Pawnee Buttes

As always, check the
website for updates!

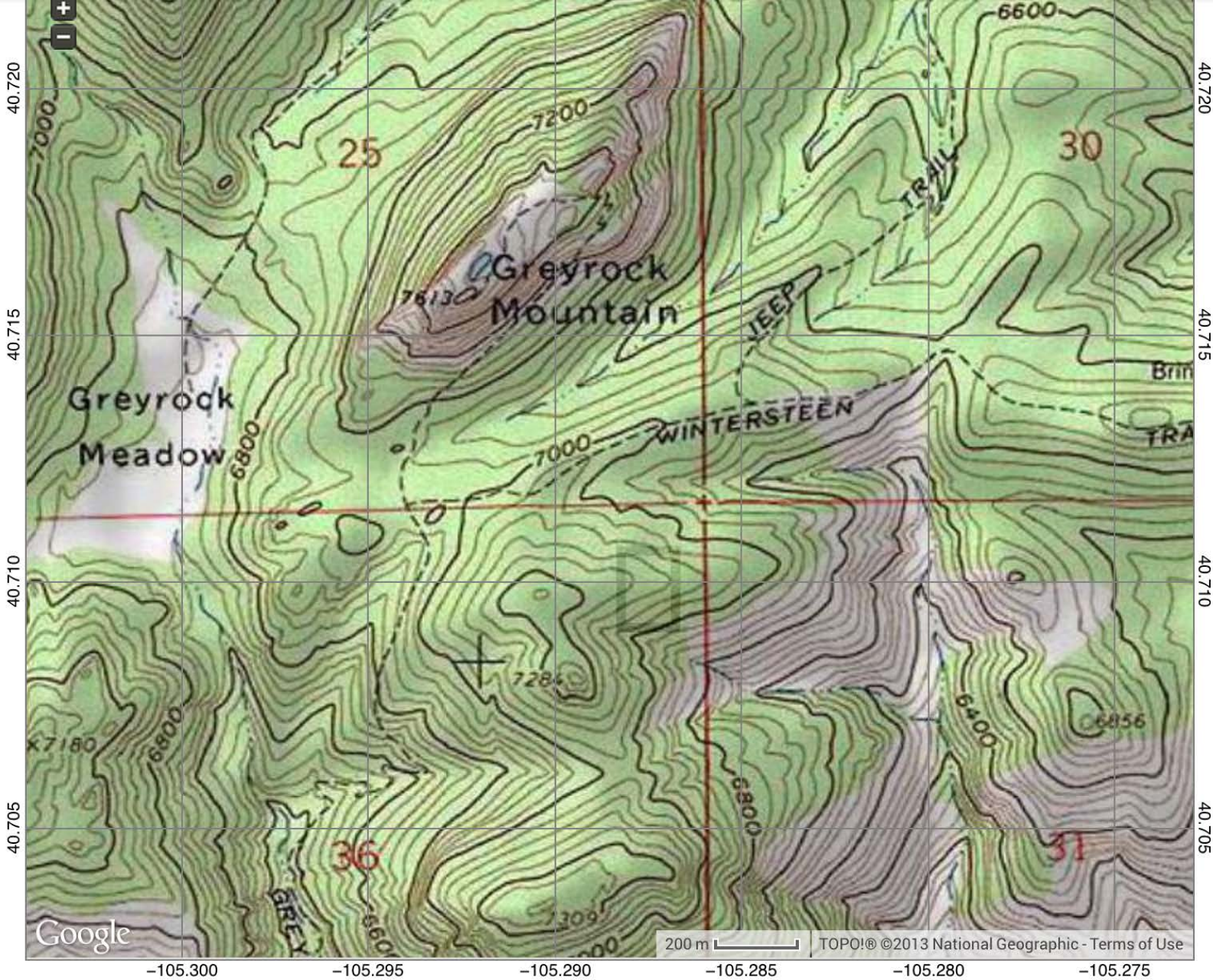
Notes:

Roaring Creek Trail remains closed.

See sites below for road closure info.

<https://www.larimer.org/roads/closures>

<https://www.fs.usda.gov/arp>



Get Good Maps.

Be Familiar With The Terrain.

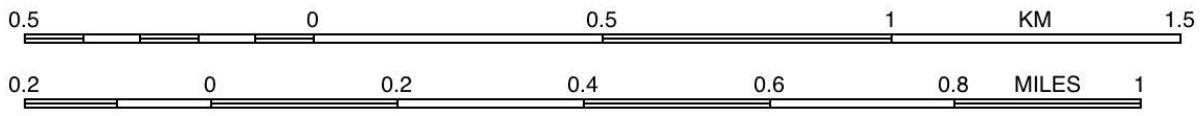
What's Plan B ?

What's Wrong Here?

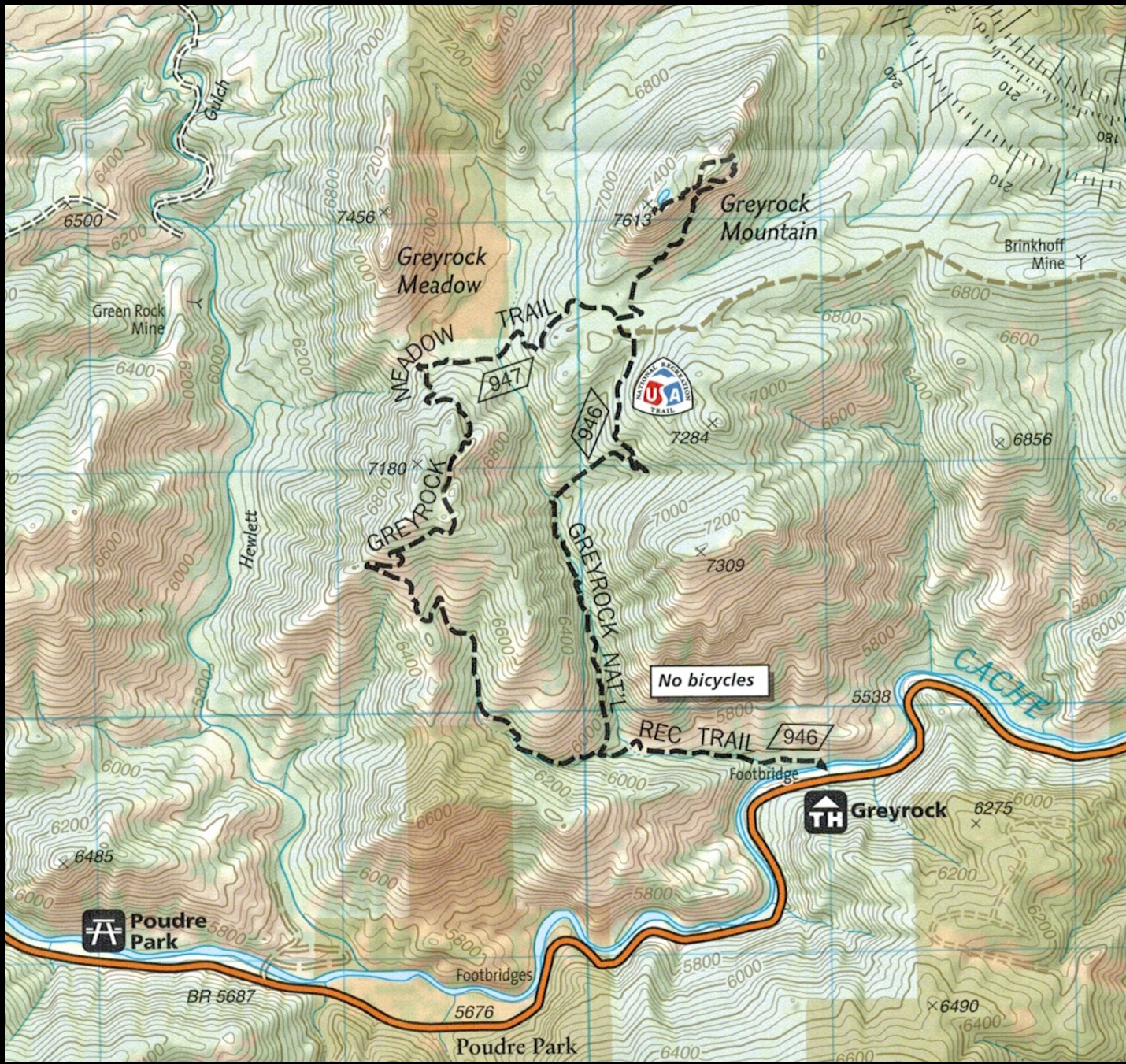
Google

200 m | TOPO!® ©2013 National Geographic - Terms of Use

★
8.7°E



The Wintersteen Trail no longer exists
and
The Meadows Trail isn't there.



Does this
Look better?

HAVE TROUBLE
WITH MAPS?

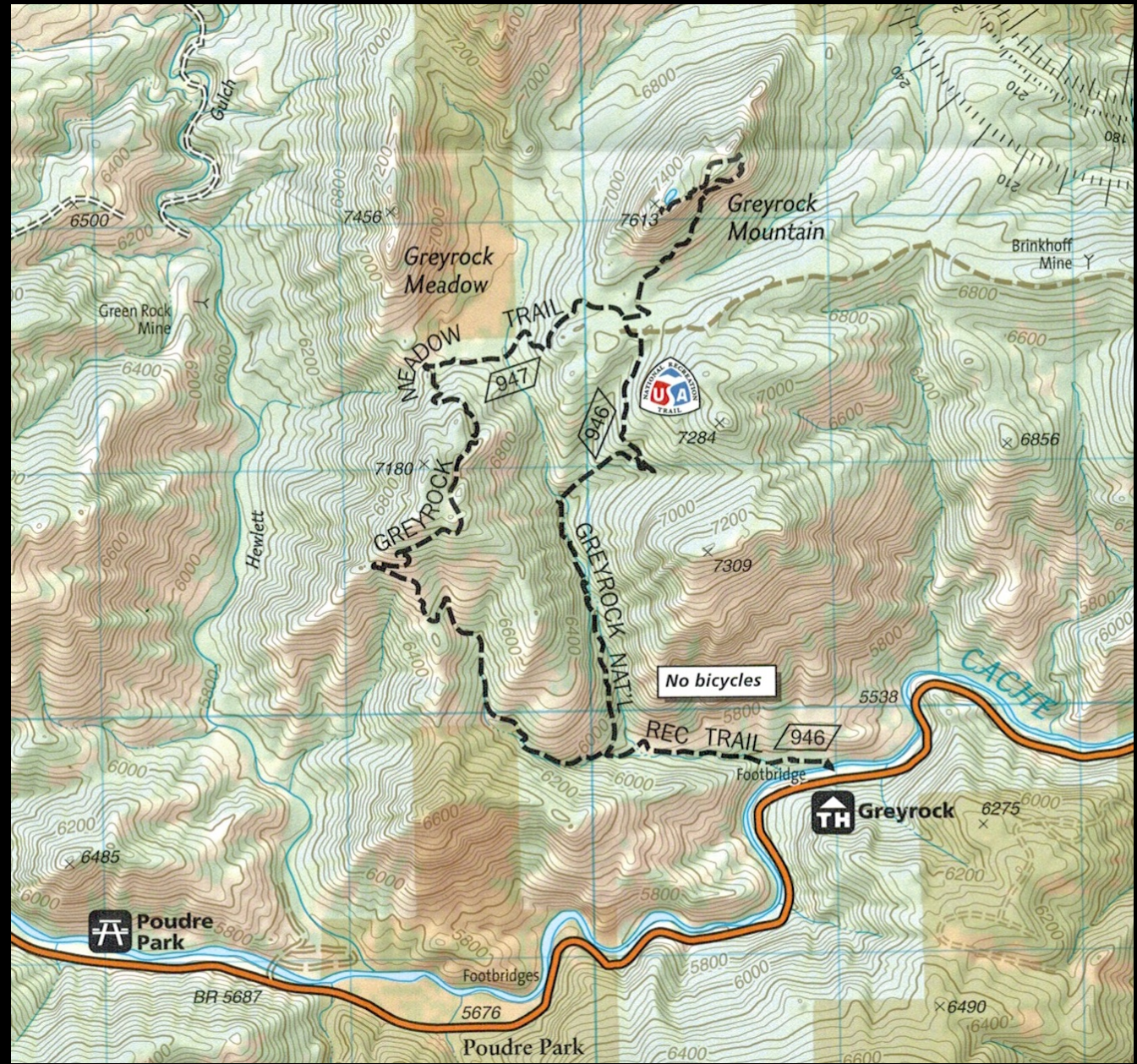
TAKE THE
MAP / COMPASS
CLASS.

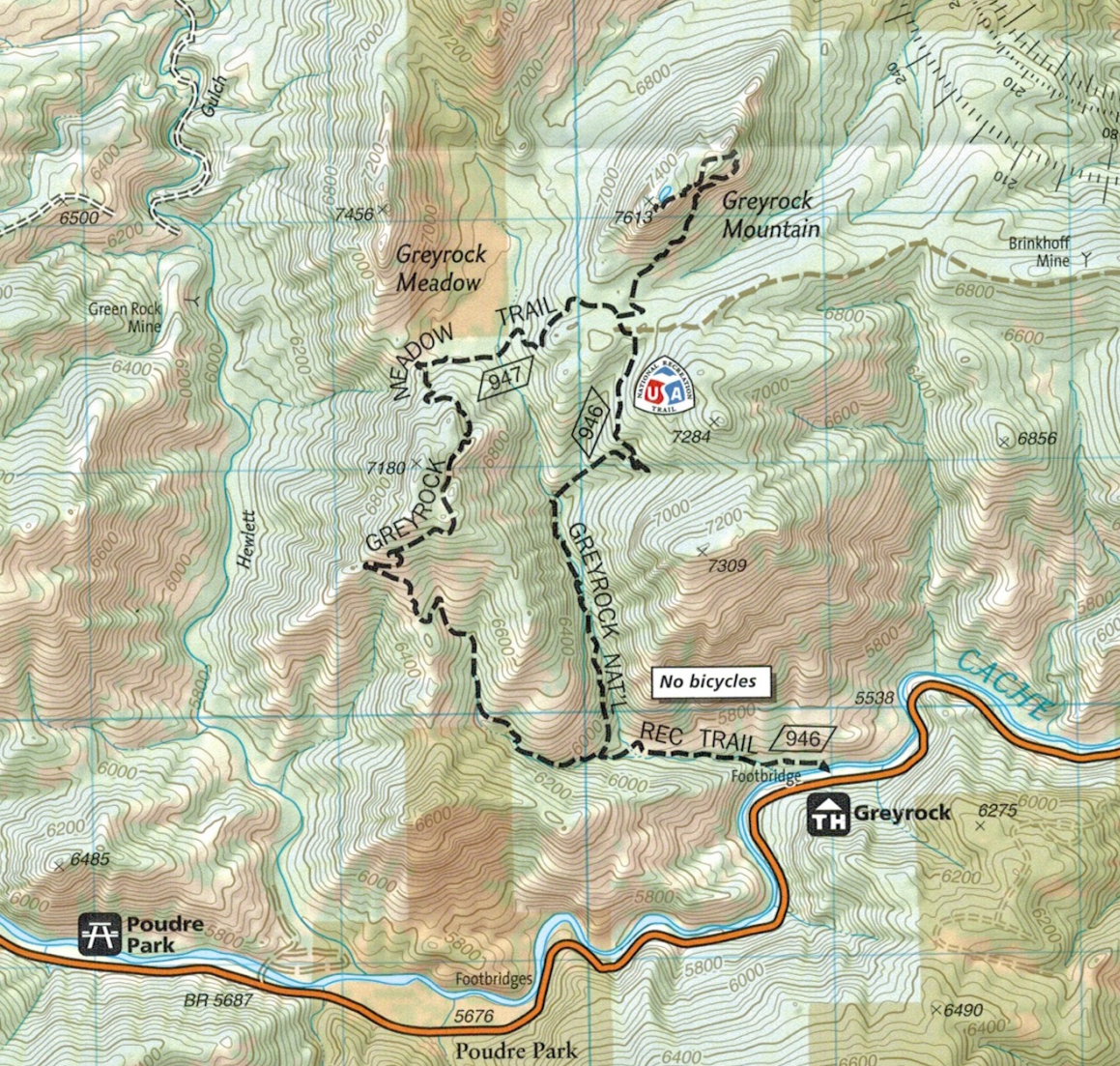
From the Greyrock trail description.

Make sure
that you
read the
Seasonal
Details in
the T.D>

SEASONAL: Lightning is a concern, especially on the summit and the exposed parts of the Greyrock Meadows Trail during thunderstorm season. The trailhead is accessible in winter. The parking lot, though often clear, is not usually plowed, and may be icy, especially the short steep driveway which can be dangerous in winter. Boot traction devices are recommended for hiking icy trail sections. Snowshoes may be useful for Greyrock Meadows Trail, which tends to hold deeper snow, but would be difficult for Greyrock Trail, and impractical for the summit trail. Snow may make switchbacks difficult to follow and can obliterate the Greyrock Meadows Trail at times. Do not attempt the summit trail in winter unless you are very familiar with it; the trail is unclear and icy, and there are many high steps and narrow places.

Think about:
Trailheads,
Junctions,
Bridges,
Crossings,
Boundaries.
What Peaks
can you see?
Roads?
Rivers or Lakes?
Parking Lots?

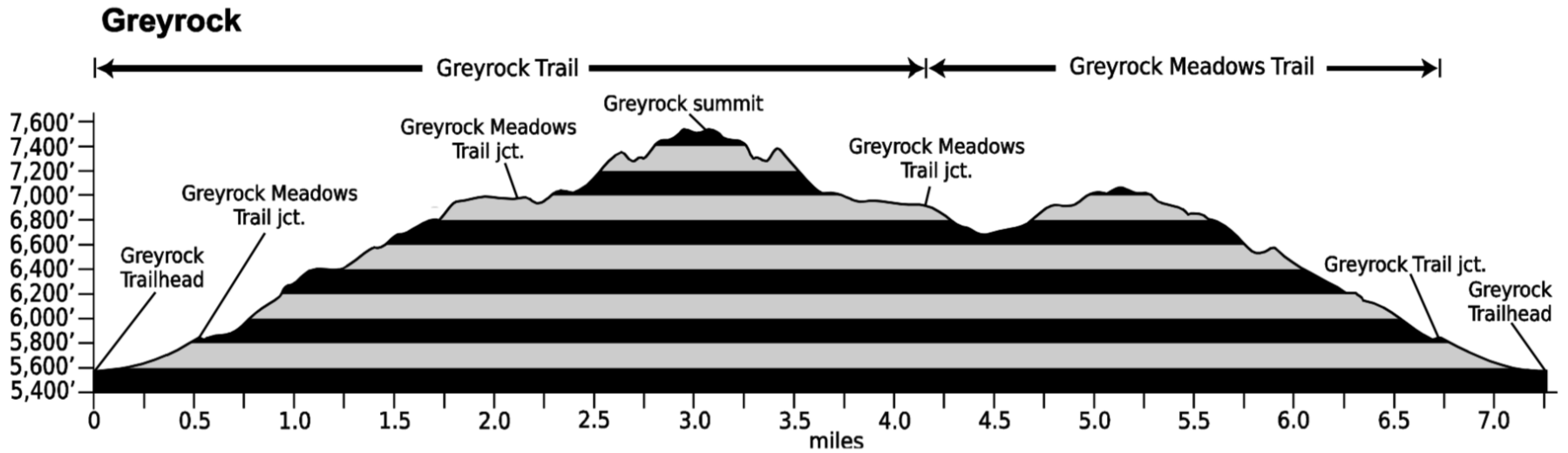




Going to do the loop?
How far is it?
What is your ETA?
What's the vertical gain?
How steep?
Where's Lunch?
When does it get dark?
What's your turn-around time?
Is the Winter Trail Different than the Summer trail?

Have realistic goals!

EVERYTHING TAKES LONGER IN THE WINTER.



Be able to use the profile in the Trail description to answer your Questions and solve your problems.

TYPES OF WINTER TRAVEL:

BOOTS

SNOWSHOES

MICRO SPIKES

SKIS – NOT SO MUCH! USFS SPECS OUR SKI TRAILS TO BE WIDER THAN OUR HIKING TRAILS. Most are above 9,500 ft. And are patrolled by Nordic Rangers.



Duct Tape and Zip Ties For General Repairs



Extra straps, Hard Ski Wax or PAM to keep the Bottoms from icing or SWIX



Use the Poles!

Snowshoes
And
Poles



MicroSpikes: Best for the Edge Season And Packed Trails.



COLD WEATHER CLOTHING

Base Layer – controls moisture / heat – poly or wool

Mid Layer – adds warmth – fleece, wool, down, synthetics.

Outer Layer – protects against the elements. –
waterproof / breathable shell.



VENT!

WARM

WATERPROOF

BREATHABLE

WICKING

Cotton Kills



**Have emergency insulation
in your pack.**





BOOTS

SOCKS

GAITERS ★

HATS

GLOVES / MITTENS / LINERS



BOOTS
SOCKS
GAITERS
HATS



**DOUBLE KNOT
YOUR LACES
BEFORE
YOU PUT ON
YOUR GAITERS.**

LAYER YOUR HANDS AND FEET TOO!



The coldest place you are going to be is in the parking lot. It's usually open to the wind and you just got out of a warm car.

Try to minimize your outside prep time by doing most of it in the car.

Practice putting on micro spikes and / or snowshoes and gaiters at home so that you can do it quickly.

Try this with gloves on!!!!

Make sure you have room in your pack for all of the clothes that you remove as you warm up on the trail.

THE TEN ESSENTIALS

1. Navigation
2. Sun protection
3. Insulation (extra clothing)
4. Illumination
5. First-aid supplies
6. Fire
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

Winter Gear Considerations

Backpacks: Winter dayhikes requires extra gear, so you most likely want a higher volume pack. Pack as lightly as you can, but always make sure you're prepared for winter weather and conditions.

Lightweight: minimum 30 Liter pack.

Deluxe: approximately 40 L pack or larger. If you plan on carrying skis or snowshoes, make sure your pack has lash points or is otherwise able to secure these large items.

Things that don't work so well in winter:

Water filters – Freeze up easily.

Hydration bags – See above!

Poles without baskets – OOPS!

Hard food bars / candy – Keep it in your inside pocket
If you want it to be chewable.

Cotton clothing – Gets wet and cold.

Batteries don't last as long.



WINTER PACK
STRAPS
ARE
ARRANGED
SO THAT
SNOWSHOES
CAN BE
STRAPPED
IN
VERTICALLY.

Problems that may require a gear change:

Batteries. Keep them warm. Li better than alkaline.

Trail is snow-covered - unknown. Run a GPS track.

Freezing liquids. (See hints.)

Clean-up. Where is your potty? LNT

Wind. Stay out of it if you can – get to the trees.

★ You are always slower on the trail in the winter.

Darkness comes earlier. Pack a headlamp.

Sanitation in the Snow

As with any backcountry trip, you should always practice good hygiene habits.

1. Camp at least 200' from a trail, water sources and other campers.

2. Pack out toilet paper.

A plastic zipper-style bag works great for this.

3. At lower elevations, you can dig a hole in the dirt about 8" deep, bury feces and put a rock on top to deter animals from digging it up.

Snow camping requires extra steps to be taken with your body wastes.

You should always bag your waste using sanitary kits. These often include bag neutralizer (to reduce odors and turn the waste into a gel for easier transport) and a hand sanitizer.

Things that are in my winter pack,
but maybe not in my summer pack.

9 hour candle.

Extra snow basket
for your poles.



Fire starter and matches.

Bivy & Shovel

Extra socks , fleece, mittens.



Thermos of hot liquid.



Headlamp and batteries.

GPS



Puffy





LIGHT / HEAT

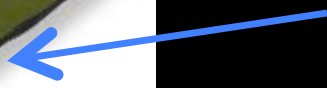
LIGHT / HEAT

BY

9 HOUR CANDLE.



Overkill



Carry an Emergency Bivy.



Space Blanket



z-rest sit pad



ridgerest reflector



HOW TO KEEP YOUR WATER FROM FREEZING

1. INSULATED COZIES - UPSIDE DOWN.
2. KEEP CLOSE TO YOU.
3. ADD ELECTROLYTES.
(they lower the freezing point)
4. IF YOU USE HYDRATION
BLADDERS, INSULATE AND
BLOW-BACK, LOCK TUBE.







LCSAR uses hot
Apple Juice
Cinnamon / Cloves.

My new personal
favorite !

OR...

Coffee, tea, hot cocoa.

EAT / DRINK / BE MERRY



HAVE SOME CALORIES TO
STOKE THE FIRE .
SNICKERS , HOT COCOA!!!

KEEP FOOD IN POCKETS SO THAT IT DOESN'T FREEZE!

WINTER TRAIL FINDING PROBLEMS:

A photograph of a snowy forest path. The path is covered in a thick layer of snow and leads into the distance. The trees on either side are evergreens, heavily laden with snow, creating a white and green winter scene. The sky is overcast and grey.

**TRAILS LOOK DIFFERENT
IN THE WINTER. NO MATTER
HOW MANY TIMES YOU
HAVE DONE THAT TRAIL IN
THE SUMMER –
IT MAY NOT LOOK FAMILIAR.**

**TRAILS CAN SEEM TO DISAPPEAR DUE TO SNOW COVER.
TAKE MAP AND COMPASS AND KNOW HOW TO USE THEM.
CONCERNED ?TAKE A GPS AND RUN A TRACK / TRACKBACK.**



**WINTER TRAILS
MAY BE
HARD TO FIND.
YOU MAY HAVE TO
LOOK HARD FOR
THE LAST SET
OF TRACKS.**



**DO YOU REALLY WANT
TO CROSS HERE??????**



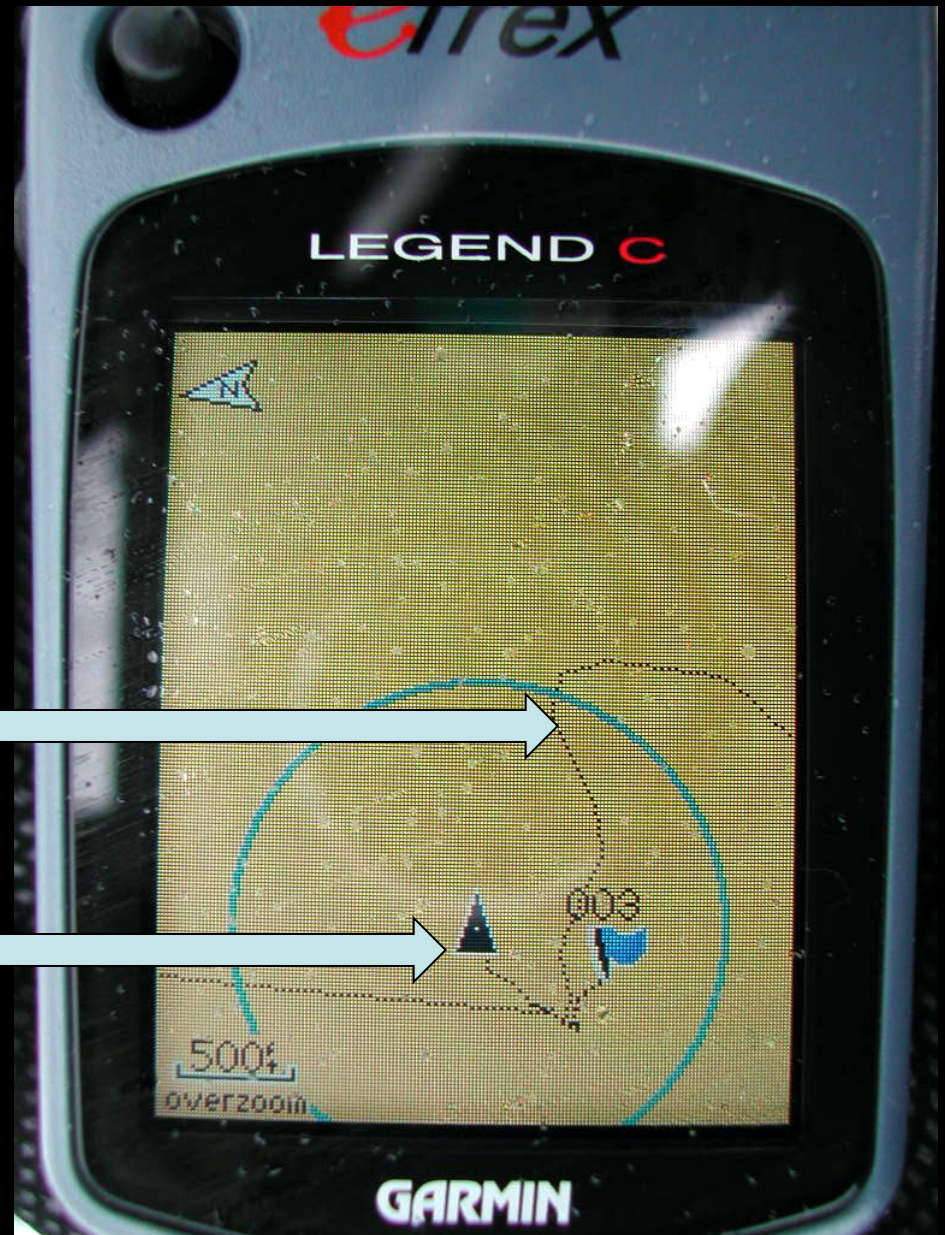
**ARE YOU SURE WHICH WAY TO GO?
DID THE PERSON BEFORE YOU
KNOW WHERE THEY WERE GOING?**

What happens when you
Can't find the trail?

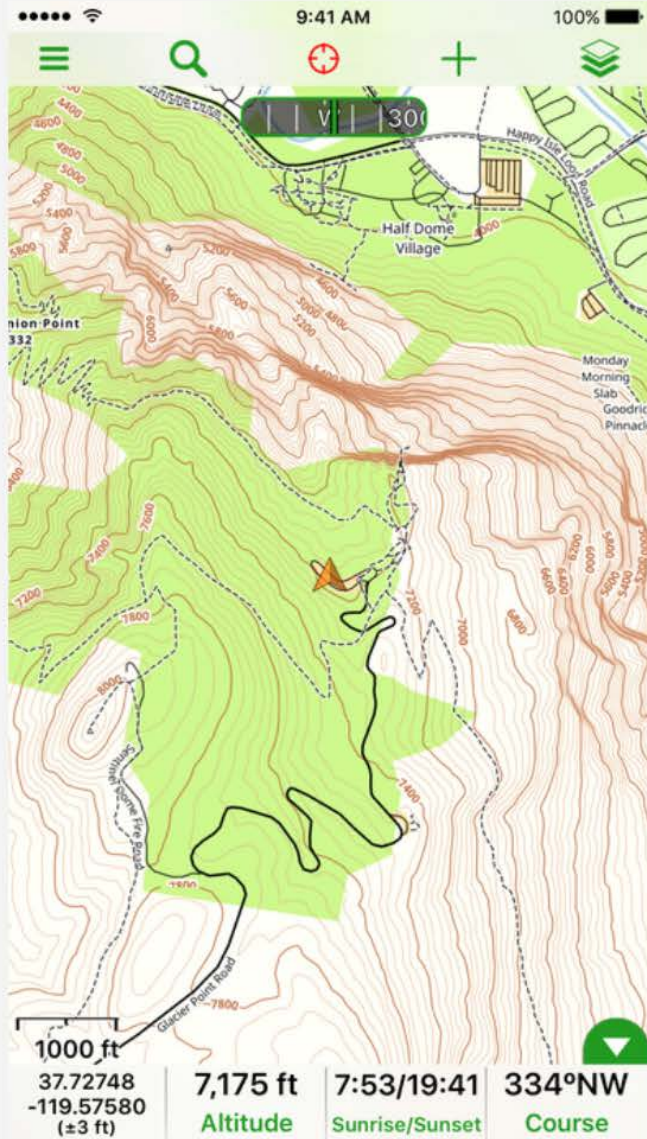
Track back your trail.

**Run a TRACK on your
GPS unit to help find
your way back in a
snow storm.**

Where you are!

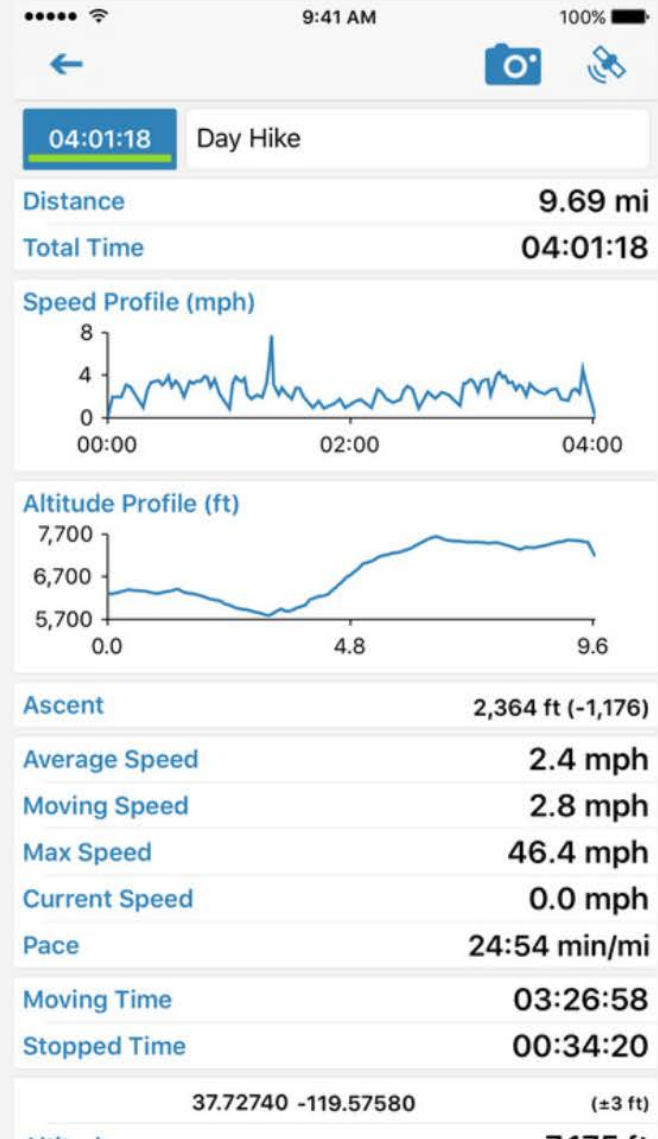


Our Simpler App, Offline Topo Maps



Use
A
Phone
App

Gaia GPS Does More



More Winter Problems!

HAZARD TREES
CRITTERS
ROAD CONDITIONS
WIND
SLOPE





**Snow Bridge:
This is a very
Common problem
In the early winter!**



**Choose your path
wisely!**



BE PREPARED





“Must Have”! On Hazard Trails And A Great Idea Always!

Spot X

Will connect you via satellite to the nearest search and rescue.

TWO way communication.

USFS. Get Trained.

The old SPOT is a One-way device.

PLEASE TRAIN THE PEOPLE WHO WILL GET YOUR MESSAGE WHAT TO DO IN AN EMERGENCY.



Delorme inReach (Garmin)

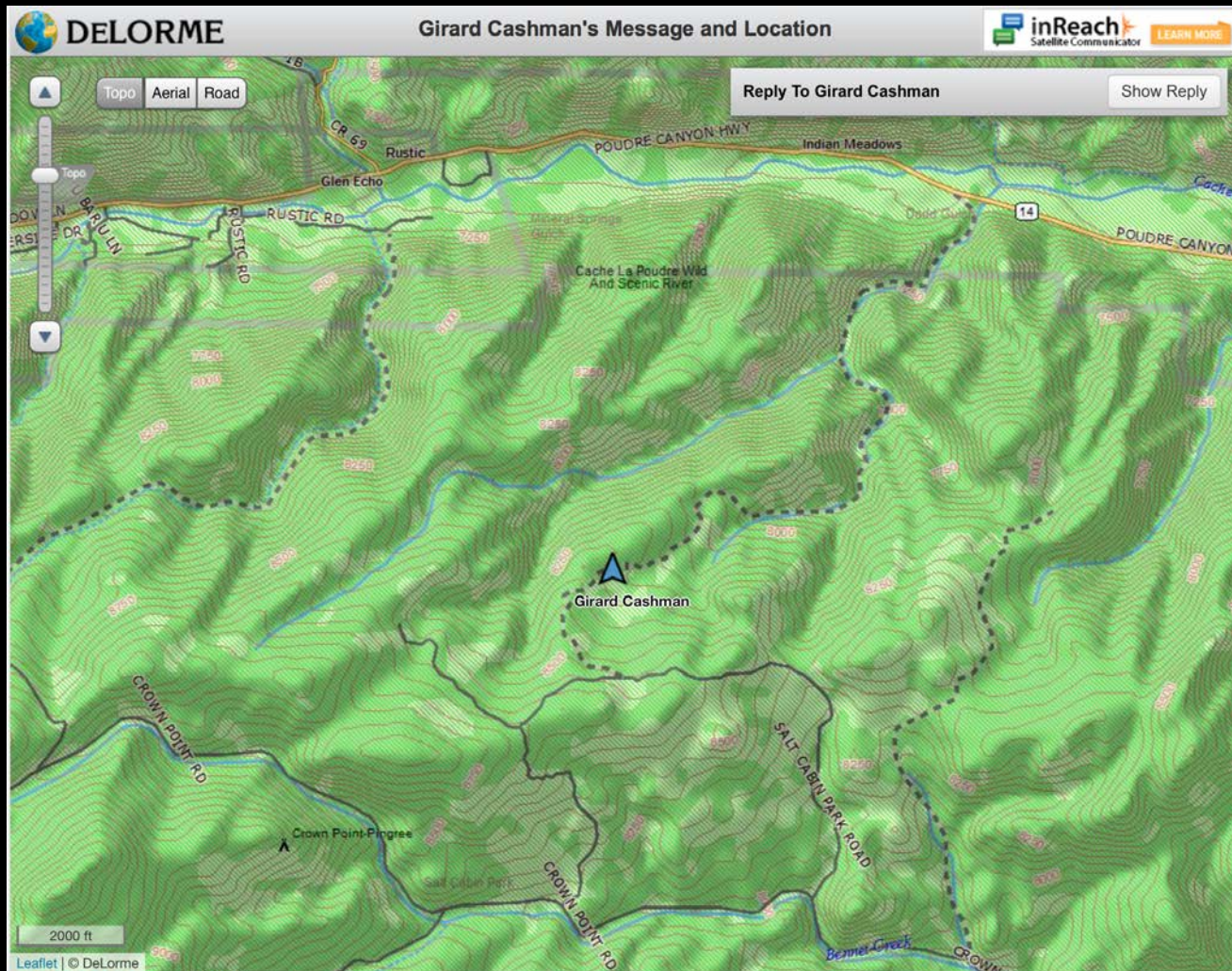
Will connect you via satellite

To nearest search / rescue.

2way comm. – connects to

Email and text – monthly.

This is what the message looks like
From the DeLorme / Garmin unit.



A winter landscape with snow-covered trees and a bright sky. The trees are bare and covered in a thick layer of snow. The ground is also covered in snow. The sky is a pale blue with some light clouds. The overall scene is peaceful and serene.

Hypothermia – Your core temp drops.

The “Umables”

Frostbite – Localized freezing of skin tissue.

Dehydration – Not enough water.

Sunburn – Sunlight Reflects off of snow for 2x.

Terrain – Steep and slippery.

Avalanche – Avoid potential avi areas.

Cold Weather Hazards

Know these and avoid them.

**HAVE
FUN IN
THE
SNOW!**

LOG YOUR
NON-TRAIL
HOURS!

