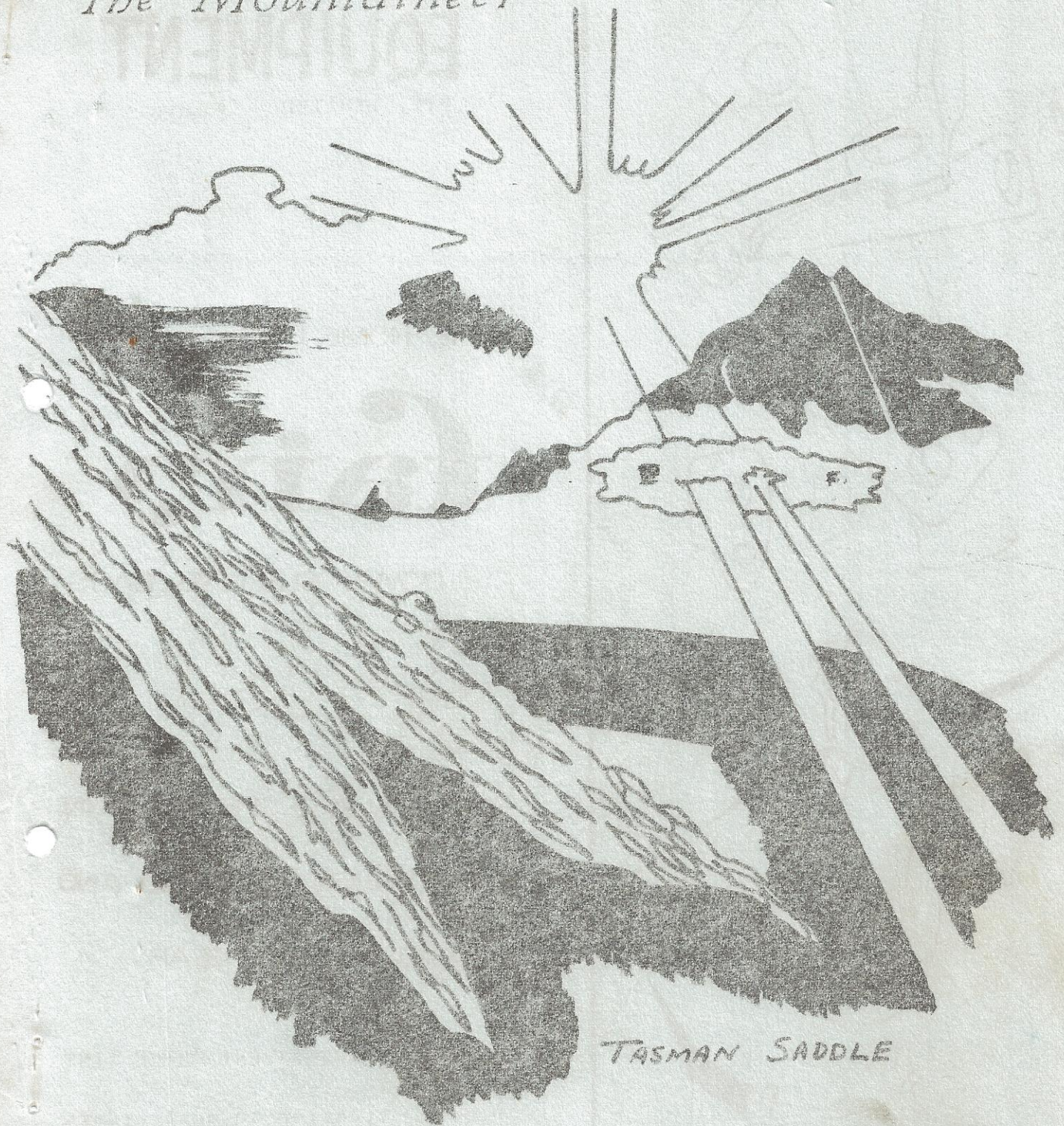


The Mountaineer



TASMAN SADDLE

number 3

May, 1969

Registered at the G.P.O., Melbourne, for transmission by post as a periodical.

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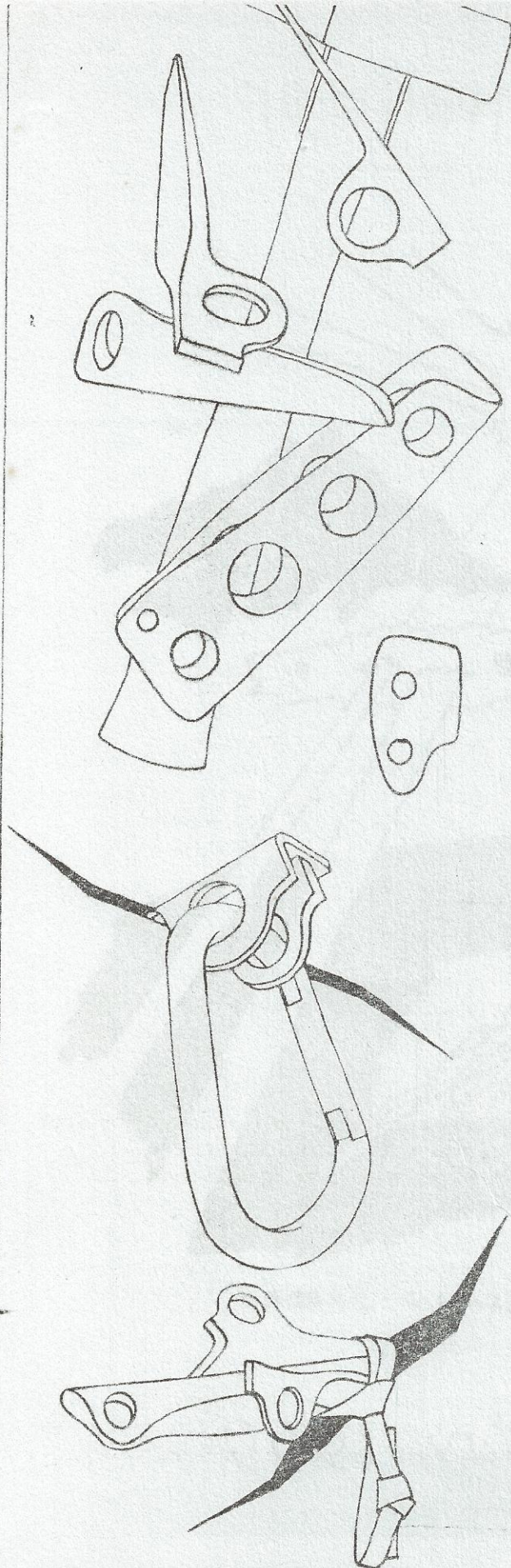
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The Mountaineer

MELBOURNE UNIVERSITY MOUNTAINEERING CLUB

Price 5c.

No. 2, May 1969

Official Journal of the Melbourne University Mountaineering Club.

Registered at the G.P.O., Melbourne for transmission by post as a periodical.

Correspondance: The Editor, c/- MUMC, Sports Union, University of Melbourne, Parkville, 3052.

Have you noticed how many sheep there are in Victoria? On club trips you will probably see quite a few being led maplessly around as they trudge along with the rest, quite content to believe that the leader has chosen the most scenic or interesting route. They no doubt enjoy "their" trips but they miss out on half the fun of a trip - being leader, not from the shepherd's point of view but from the fun of organising the trip and, more importantly, planning the route. "But," they bleat, "we can't organise a trip." If 13 year old scouts can see themselves safely through 20 mile hikes, an assumedly intellegent, self reliant uni student should have no trouble at all. There are many interesting areas close to Melbourne that provide suitable weekend practice runs for novice trip planners. Also the club provides many facilities for trip planning - library, track notes, guide books and map library. And when you are reasonably competent Ron will be very pleased when you suggest an area to which you would like to lead a trip.

General Notices

Langlauf:

Intervarsity lang lauf contestants wanted; girls especially (as to be expected). Any one interested in this or any other aspect of skiing see Bruno Zeller.

Articles:

The editor of this illustrious magazine is still in constant search for articles. Let him stockpile for the bleak third term seasons of literary gems. For those that have the urge to be a contributor in the next edition, you have until July 1st (Tuesday) to do so.

Rotting stores:

Numererous articles of lost property have accumulated in the store. Anything not claimed by the end of the first week of second term will be disposed of.

SJDALHSO for THE LHSO.

Letters:

The club has a letterbox in the Beaurepaire Center foyer. If you have any notes for committee members and other club officers, you can lodge them in the letterbox by handing them to the desk attendant and requesting that the note be put in the MUMC pigeon hole.

Club Observers and other non-committee officers:

FVWC delegate: Dave Hogg
 observer: Paul Callander
 FVWC Track clearing: Dave Hogg
 FVWC mapping: Robert Cannon
 FVWC S&R Delegate: John Bennett
 Observer: Pat Dugan
 VNPA: Dick Dale
 ACF: Pat Dugan
 VCC: deleted in 1969 - since Clive Parker is Sec of VCC
 Sports Union delegates: 1. Peter Selby Smith,
 2. Carla van Driel,
 3. Tony Kerr
 VSA: Paul Callander
 Ropes officer: \$\$\$\$\$\$ VACANT *****
 Map Librarian: Boom Cannon.
 Librarian: Sue White
 Hut Warden: Tony Kerr
 Publication Sales Officer: Rod Tucker
 Duplication: See grizzle below
 Assistant Editor: Christine Blood
 Catering officers: Joan Holroyd, Marion Martin
 Public Relations Officer: Marion Martin
 Farrago Liason Officer: Harry Schaap
 SRC Liason Officer: Linda Preston
 Stores Officers: Brien Cohn, Rosalie Lahore, Keith Thomas, Adrian Davey.
 Poster Writers: Val Maitland, Chris Blood.

GUIDEBOOKS GUIDEBOOKS GUIDEBOOKS GUIDEBOOKS GUIDEBOOKS GUIDEBOOKS
 1st Volume Arapiles (Green) \$1.50 not many left
 All areas (Red) \$2.00 Very few left
 GRAMPIANS vol 1 (Blue) \$2.00 Latest!
 2nd Volume Arapiles \$2.50 Ready soon.

Available from Clive Parker
 BUY NOW AND AVOID THE CHRISTMAS RUSH

Sports Union Accident Insurance Scheme:

Recently there have been a number of enquires regarding the M.U. Sports Union Accident Insurance Scheme. The main points of this insurance scheme are outlined below:

- (i) members must pay their own expenses initially,
- (ii) no limit to the number of claims within any one year,
- (iii) treatment for the injury must be undertaken within twelve months,
- (iv) maximum claims of \$200 for injury, excluding dental, for which a maximum of \$40 applies,
- (v) notification MUST be forward to the Sports Union within 48 hours on forms available from Ian Thomas whose signature as MUMC secretary must be obtained. The particulars asked for on this form Must be supplied by the Secretary otherwise no claim for assistance under the

Accident Scheme will be considered. ALL accidents must be reported immediately following the activity notwithstanding the fact that immediate medical treatment is not given. This is necessary in case an injury should prove more serious than was apparent when first received.

Further details on specific queries can be obtained through the club.

SUBSCRIPTIONS:

Subs are due on or before June 30th. Member who joined this year have paid their subs up to July 1970 and so don't have to pay anything. If you have a coloured strip on your Mountaineer wrapper, it means that this is the last issue you will be receiving unless you part up:

Sports Union members - 60c; Non-sports Union Members - \$1.00
Married couple - \$1.25

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Membership lists:

As a supplement to this Mountaineer there is a list of all members paid up til the middle of April. Should the address, etc. be incorrect please let Alison know.

Duplicator:

It is hoped to form a pool of people who can use the duplicator in order to spread the load of duplication such things as The Mountaineer. In an hour it is no trouble at all to duplicate 3 pages of Mountaineer, so that an hour every two months is a great help. Any one who wishes to learn how to use the duplicator please see Boom Cannon or Chris Blood.

Art Work:

So far there have been no queries as to how one can submit sketches, etc. to the editor. For a cover design either Indian ink or black marker pen can be used. Photos are also welcomed but only photos that have sharp contrast rather than shading are suitable for electronic stenciling.

Search and Rescue:

Recently some members have been thinking about ways in which the Federation S&R system can be improved - both on actual searches and on practices.

We have been invited by the Chairman of FVWC S&R, Mr. Eric Quinlan, to put forth their ideas to the S&R sub-committee at the meeting on Tuesday June 3rd. at 8.00p.m. in the Victorian Railways Institute.

If you have any suggestions for the improvement in efficiency, co-ordination, equipment, personnel etc. please let either Ian Thomas or John Bennett have them as soon as possible.

Some headings that may assist thought:-

- (i) Co-ordination with other bodies like Land Rover Club, MMBW, St. Johns,...
- (ii) Uniformity of standards between clubs of Field Organisers and leaders.
- (iii) Search techniques
- (iv) and so on

--- No ideas - no improvements ----

Internal mail and The Mountaineer:

Could those people who received this edition of The Mountaineer via P.M.G. but who could receive it by internal mail, please let R. Cannon c/- Stats-dept or UMC, Sports Union know.

TRIPS PROGRAM

BOOKINGS:

There are only two ways to book for a trip:

- (a) enter your name, address etc. in the booking book at the club rooms - Aikman's Road not 320 in the union
- (b) phone Ron Frederick on 288 2136 preferably on Mon. or Tues. evenings before 10 p.m.

Try to book 4-5 days in advance. Bookings made less than 3 days before a trip do not guarantee a place on that trip.

Cancellation fees: These must be paid by anyone cancelling less than 48 hours before a trip (good reasons excepted).

- 17th-18 May FVWC Search and Rescue Practice
Blackwood area. Recommended to all present and potential S&R members. Further details John Bennett or Pat Dugan.
- 17-28 May Flinders Ranges
Leader: Max Corry; Private Transport.
- 18-23 May Reedy Creek Gorge, Cobberas
Leader: Bob Cannon; Private transport
Standard: Medium but not suited for beginners.
- 21 MAY FVWC AGM
(Wed) Venue: 1st floor 161 Flinders Lane, 8.00 p.m.
The business will include a discussion of the letter sent by MUMC to the Federation and the constitutional amendments arising from this.
A talk on ski touring, an activity which is developing rapidly in the club, will be given by representatives of the Winter group.
- 24-25 May Caving course - contd.
- 30 May-1 June Intervarsity 24 hour walk. Hash house staff wanted, see Dave Hogg if you can help.
- 7-8 June Otways: Erskine Falls, Cumberland River
Leader: Michael Griffin
Standard: Medium easy.
Map: 1: 50,000 Lorne

Climbing through the vac: see a fearless leader or the like.

- 14-16 June Queen's Birthday Weekend: The Grampians.
- 1) Fixed camp at Silverband falls.
Brendan Holland.
Distance: ?
Map: Broadbent's Grampians.
 - 2) Medium: Teddy Bear Gap, Victoria Valley, Eastern Wall,
Leader: Brien Cohn / Mt. Victory.
 - 3) Hard: Teddy Bear Gap, Sierra Range, Mt. Rosea.
Leader: Required
- Map: FCV Grampians; there is also a glorious technicolour mines dept. map on which one could trace tracks that are not shown.
- Transport: Van, leaving Union car park at 6.30 Friday.
Fare: \$5-00.

- 20 June Slide Night
Friday Sisalkraft Theatre, Archi Building, 7.30 p.m.
Supper will be served
Everyone is invited to bring along their slides of 1st term trips
- 21-22 June Feathertop Hut Work Party
Leader: Tony Kerr
To prepare for snow season and work on insulation.
- 26 June Briefing for novice 24 hourers
Thursday It is desirable for those attending the 24 for the first time to attend.
- 28-29 June Club 24 hour walk.
Area: Guess?
Distance: anything from 15.3" to 100 miles.
Standard: Impossible.
Transport: Van
Fare and food: \$5-00
If you don't want to enter this superb event as a contestant, then be sadistic and come and help on a hashouse.
- 4 July Snow night. Geology theatre, 7.30.
Friday "Ascent of Everest"; slides of past snow trips and talk by Mr. John Bennett, Esq? on the do's and don'ts of snow walking. Compulsory for beginners attending Beginner's Snow walk.
- 12 - 13 July Beginner's Snow Walk.
Leader, straight from the Australian Beer Mine Expedition, Geoff Fagan.
Area: Mt. Buller and surrounds.
Standard: Medium - unsuitable for very unfit people.
Map: If it comes out in time, the 1.50,000 Buller map, otherwise, the FCV map "Mt. Buller" is a good one.
Other Buller maps are available through the club.
Transport: Van - \$4.50 leaving Union car park at 6.30 pm.
- 18 July Antarctic Night.
Films from ANARE and a waffle by Max Corry, late of the Amery Ice shelf.
Geology Theatre, 7.30
- 20 July Day walk - Mt. Macedon to Hanging Rock
(Sunday) Leader: Don Vanselow
Standard: Easy/medium
Van leaves top of Batman Ave. 9.30 am. Fare: \$1.40
- 1 August Club dinner dance
(Friday) See what your fellow mountaineers are like when they are well dressed and don't smell.
Montsalvat - Artist's colony.
Probably \$3.50 a head.

Guess who can get hold of a type writer with $\mu\theta\chi\beta\alpha\sigma\phi$ on it.

FEATHERTOP WORK PARTY24 Hour Walk

All budding 24 hour walkers, your last chance to get fit, and have an enjoyable fixed camp weekend on 21st-22nd. June, the weekend before the 24. The Saturday will be spent renovating the lower portions of the Clubs' North West Spur track. So bring your machetes, axes, mattocks, shovels, leather gloves etc. Believe it or not, track clearing is a very enjoyable Mountaineering activity.

For those inclined, early Sunday morning will see an attempt on the North West Spur Ascent Record. The saner members may follow at a leisurely pace, with very light, repeat. with very light packs. There are only a few remaining jobs to be done on the Hut to ready it for its winter use, then a leisurely return on Sunday afternoon to Melbourne.

If you visit the Hut at any time, I would be grateful if you could drop me a line on the condition in which you found the Hut, whether any maintenance repairs are necessary etc.

Tony Kerr, Hut Warden.

WINTER TRIP TO TASMANIA

During the last ten days of the second term vac. (21st-31st. August approximate dates), I intend to lead a winter trip to the southern part of the Cradle Mt-Lake Sinclair National Park in Tasmania. I am planning to take a group of not more than eight people up to the Labyrinth for snow climbing in the Du Canes and if time permits, may go as far north as Mt. Ossa. This will be a limited Club trip (i.e. I reserve the right to refuse anyone permission to come on it) and those coming will need to be experienced in snow camping and reasonably competent in snowclimbing. It is expected that several training weekends will be held in the Victorian Alps before the trip.

It is possible that some people may be interested in an easier trip to the Reserve at the same time, perhaps incorporating some ski touring if snow conditions are suitable. Such people would also need to have some experience in snow walking and snow camping, but unless it was intended to climb some of the steeper mountains, snowclimbing experience would not be essential. Another leader would be required for this trip.

If anyone is interested in going on either of these trips please contact me as soon as possible. I hope to have details finalized no later than about mid-July.

Dave Hogg.

Letters to the EditorCooking with care

Dear Sir,

Winter is well on the way and snow trips will soon be upon us. Cooking will predominantly be on CHOOFERS. It is perhaps advisable to review safety procedures with these potential MOLOTOV COCKTAILS. Many a tent has gone up in smoke. I witnessed the near burning down of Waterfall Valley Hut in the Reserve last February and over Easter saw a primus being topped up while a faint flame was flickering in the priming well. One of the M.U.M.C. Feathertop Hut fire extinguishers has seen use, probably directed at a mad choofer. A few years ago, on a Baw Baw trip, a frying pan exploded into ten feet high flames and burnt rice and singed hair flew everywhere. I guess that the person involved had easily distinguishable water and shellite bottles on his next trip.

In the main, such accidents result from spillage while priming the stove. With the advent of solid fuel tablets, this hazard can be eliminated. For ease of lighting META tablets (50 tablets for approx. 90c. from Moloney's) are much preferred to ESYBIT tablets. Usually $\frac{1}{2}$ to 1 tablet is sufficient to prime a small shellite stove and 2 tablets for a kerosene pressure lantern. Unfortunately the flimsy packaging of the META tabs necessitates their repackaging for trips. META tabs (and ESYBIT tablets) are almost exclusively used on Australian Antarctic Field trips for priming stoves and lanterns. This is part of fire prevention, which is a must in the Antarctic because, although ice abounds, water is extremely scarce.

I am sure that if a demand for solid fuel tabs grows, Patrick M. may acquire stocks for Agnes's Place, at more acceptable prices.

Other safety points include -

1. Always give a little thought about where you are pointing the stove's pressure relief valve. A mighty little flame thrower is the over-pressured (over heated) primus.
2. Never refill the stove while it is hot.
3. Ensure that the fuel cap does not leak when under pressure.
4. Never fill the stoves where the spillage could be dangerous when it is accidentally lit.

Yours choofingly,

Tony Kerr.

Dear Sir,

I read with interest the paragraph relating to canoeing in the December issue of Mountaineer, and I am surprised that members of M.U.M.C. are willing to use such an outmoded form of water transport.

Obviously these people are unaware of the existence of a far superior type of craft for shooting the rapids, namely the common or garden air mattress, otherwise known as a "Li-Lo".

They have a number of advantages over the canoe. They are of exceptionally shallow draught, thus being highly manoeverable and less likely to strike snags. Also they are far cheaper, much more durable, light and easy to transport, safer and double for use as a bed.

The shallow draught of the air mattress enables it to skim over the surface of the water, thus enabling considerable speed to be maintained (up to 10 mph) and giving a standard of stability and manoevreability unattainable in any other type of craft. They are almost impossible to overturn and the rider may adopt a number of positions and still maintain complete control. The rubberised fabric is very tough and will not rip or puncture on sharp rocks: the mattress tends to slide over obstructions due to its compressibility. Even if the unlikely happens, a puncture is not dangerous, as the craft is inflated in two sections, each with a high degree of bouyancy.

There are several makes available for about \$7 - only those made of rubberised fabric and full-length are suitable. It is hoped that unfortunate canoeists will be enlightened and that future summers will see great numbers of Oxomen and women flocking to the rapids to enjoy the excitement and exhilaration of this outstanding summer sport.

Yours faithfully,
Christopher Meagher.

Committee reorganisation?

Dear Sir,

It has concerned me for some time now that, while the club is interested in a large number of outdoor activities, only one of these interests (climbing) is officially represented on the committee. At the moment the other interests are represented in an unofficial way.

This may have been satisfactory when bushwalking and climbing were the only two activities that interested the club, but now caving and winter mountaineering have sufficient numbers to be considered worthy of equal rights with climbing and bushwalking. With the apparent interest in canoeing, an activity which will require the financial backing of the club, the situation will only become worse.

The present committee consists of 12 people and together with this group there must be included those people who hold responsible positions outside the committee. To add three more people (the conveners of the caving, winter mountaineering and canoeing subcommittees) would make an already large committee top heavy.

Therefore I suggest that the constitution be changed so that the club can be run in an entirely different way. The actual functions of the club should be run by sub-committees and that each subcommittee should have a delegate on the committee. The committee with its ability to issue directives to the sub-committess thus maintains ultimate control and responsibility for all club activities.

I suggest that the committee should consist of only five members:

president, vice-president, secretary, treasurer, activities director. Each of these committee members (except the vice president) should represent individual sub committees. For example the president represents: editorial committee, librarian, map librarian, hut warden; the secretary controls delegates and observers; the treasurer represents a stores committee and the finance representatives of the individual activity groups, and the activities director represents the different conveners of the various activity sub-committees.

A system of this sort not only covers all functions now performed by the committee in its present form but allows for equal representation for each activity (NB this is the basic reason for having one club instead of five.) It has another advantage in that the work load is distributed more evenly over the committee members. From an administration point of view the smaller the committee the more efficient it is.

While not suggesting that this system is perfect or that there are not reasons for keeping the present system it must be remembered that at present there is officially only one activity represented on the committee. The work load is not distributed uniformly over the committee. This system means more work for the five members of the committee (more meetings) but those people who take on such jobs should not expect to do nothing for a year.

Some food for thought?

yours etc. /MOOD

M.U.M.C. Special General Meeting - May 5th

A Special General meeting was called by the committee to

- 1) ratify the constitutional amendment regarding a chairman's voting powers and
- 2) decide whether the club wanted to build a second hut.

About 40 people attended the meeting, mainly older club members who were very much aware of the amount of work involved in hut construction.

After the introductory remarks by the President the meeting considered that the constitutional amendment had been correctly carried at the AGM but reaffirmed the motion. Thus Clause 10(a) of the club's constitution reads: "The President shall preside as Chairman at every general or committee meeting or if there is no President or if he declines to take the chair, a Chairman shall be elected by the meeting. The chairman shall have a casting vote only." The previous clause 10(a) became 10(b), and so on through the 10's.

The general feeling on the hut project was that as there were few younger club members present there must be a lack of enthusiasm for the project, and Nick White finally moved the motion that "the MUMC does not build a hut" This motion was carried by 31 - 8.

The feeling by members present on a hut can best be summed up with a quote from Ian Thomas who felt that perhaps the timing was inopportune for another hut.

Acting assist. sec.

Harry A Schaap.

Notes from the Committee meeting held on 16th April, 1969.

A letter from John Zmood suggesting improvements to the club structure was read and discussed. Before taking action the committee would appreciate comments from members: so please read, discuss and give the committee your ideas. (The letter is published on page 8.)

Further to our discussion with the Estimates Sub-committee the club will return hire fees collected on Sports Union equipment from the AGM on 21st March to the Sports Union. Repairs done on Sports Union equipment will be arranged for and paid for by MUMC and their cost will be deducted from the hire fees collected. A cheque for the balance will be forwarded to the Sports Union at the end of each Financial year. This decision does not mean a change in the hiring system of equipment as it affects members but rather in our financial arrangements with the Sports Union.

Our store is run as a service to club members and consequently we should like to remind people that our facilities, food and rope sales are restricted to club members only. In accordance with our constitution we are assisting Latrobe Mountaineering Club with some supplies but this is to be reviewed in twelve months. The above follows some criticism arising from a misunderstanding on our sales of dehydrated meat.

Following a discussion on trips leaders it was decided to reaffirm the committee's approach on some points and to make new policy on others.

- (1) Trip leaders are to be approved by the committee.
- (2) Leaders of medium trips likely to have a high proportion of inexperienced members attending are to become familiar with the area before the trip.
- (3) Leaders are reminded that they have the prerogative of accepting or rejecting, if there is good reason, any person for their trip. Point(3) is to be interpreted as a rejection of those who, in the best interests of the party, would be better advised not to take part. A report should be made to committee following such a rejection.

A report on the Guidebook is to be submitted to the committee on 30/4.

A discussion on the Capital Improvements Sub-committee preliminary report followed and the final report is to be submitted on 30th April. These capital improvement suggestions have been asked for by the Sports Union to assist in their planning for S.U. Clubs for the next 10-15 years.

If you would like to have any matter discussed please let the Sec. have it for inclusion on the agenda. Club members are also reminded that they are very welcome at any committee meeting but may not speak on the business unless invited to do so. If you would like to attend please let the Secretary know before the meeting (for number of agendas to be printed, etc.)

Ian Thomas, 340484, extⁿ 2687

From the Buffalo trip

Two old ladies at Bent's Lookout looking at Feathertop Hut flashing in the sun: "Isn't it shocking the way people leave litter on the mountains."

Brendan Holland: "I couldn't find a place to park at the Horn carpark!"

Jottings from the committee meeting April 30th.

The club representatives on various committees and in various non-committee positions were appointed and a list is on page 2 of this edition.

Nine universities will be participating in the Inter Varsity Orienteering contest. Our club will be represented by a male team of Geoff Fagan, Ron Frederick, Tony Kerr and Bob McNaught and a female team of Joan Holyroyd, Rosalie Lahore, Annabelle Roth and Judy Whitaker with Brenda Kaye as emergency. The contest will be organised by an MUMC group led by Dave Hogg. If you wish to help on the hash house staff, please see Dave.

Arrangements for the Special General Meeting to discuss the hut were made.

Peter Selby Smith, as convener of the Capital Improvements subcommittee presented the report of the sub-committee. This report attempts to foreshadow possible club submissions to Sports Union over the next ten plus years for large improvements to club activities. The report is before the Sports Union.

Geoff Fagan reported on Open Day arrangements.

Discussion on the Guidebook was postponed to the next meeting.

It has been proposed that the club produce a few OXO type flags to be flown by expedition members as they reach sundry parts of the world. These flags would then be sent back to the club and would provide a record of club expeditions.

The Sports Union has asked us, amongst other clubs, to attempt to ascertain the effect of terminal exams on club activities. If your outdoor activities have either suffered or benefitted from terminal exams please communicate your opinions immediately to Ron Frederick.

Ian Thomas, 340484, extn. 2687.

Purchasing climbing equipment:

A number of people have been asking where to buy climbing equipment and also what to buy. The latter question will not be answered here but I suggest that people wanting advice on equipment should drop into the club rooms and see Parker, McKeand or Talbett.

There are two ways of purchasing climbing equipment - buying locally or importing. Some local dealers advertise in "The Mountaineer" and the advantages of buying from them are that you can see and compare various pieces of equipment and purchase it immediately if it is available.

Importing involves some risk and invariably a long wait, but a greater range of equipment is available and it is generally cheaper. The period from despatch of order to delivery of goods is generally about 8 weeks - so you need to anticipate well in advance.

Anyway - buy lots of equipment and support the locals if you can.

C.A.N.

This space is reserved for the climbing articles that didn't come in.

Food and the Australian Andean Expedition.

Each member of this expedition was allotted a specific task. In my case it was the organisation of the food for the expedition.

The first step involved collecting together food lists from as many previous high altitude expeditions as possible. Then, from these list was compiled another list containing every possible item of food that an expedition could take. This list was then presented to each member of the expedition who was asked to indicate which foods he did not like and to comment on foods where possible. In this way certain foods were rejected (e.g. dehy carrots - no food value, rice - cooking time too great at high altitudes, figs - unpopular) and as many people as possible were satisfied - they have only themselves to blame if they don't like the food that they get!

Having decided which foods we should take, the next step was to compile a menu and food list taking into account the calorific values of different foods, their palatability, whether they were for base camp or at a high camp, their weight, their ease of preparation and finally and most importantly their "goodness". With regards to their "goodness", a study by the well known American mountaineer Bradford Washburn (New England J. Med., 266, 974 (1962)) has shown that the order of importance of different constituents of food is -

- (a) below 10,000 feet : 1. fats; 2 carbohydrates; 3. proteins.
- (b) above 10,000 feet: 1 carbohydrates; 2 fats; 3 proteins.

Since the expedition will spend nearly all its time above 10,000' (base camp is at 14,000') the foods with the highest "goodness" value are: dehydrated beans, chocolate and nuts. Butter has low goodness value. It was also noted by Washburn that tobacco and alcohol should be avoided at high altitudes, particularly when there is the slightest risk of frostbite.

Some further points of interest are:

- 1) Butter, and not margarine, is being taken because butter is more spreadable and tastier in cold conditions. (Report of the Cambridge Arctic Canada Expedition 1961, p37)
- 2) The sugar ration is $3\frac{1}{2}$ ozs per man per day, higher than the New Zealand ration of $2\frac{1}{4}$ oz. but lower than that of the 1954 Everest expedition - $5\frac{1}{2}$ oz.
- 3) Ground rice (and not rice) is being taken because of its much smaller preparation time.
- 4) Fru nut cereal (!) will be given its first test at high altitudes.
- 5) Kendal mint cake and Horlick's rum fudge bars have been imported from England. These have high "goodness" values and have proved very popular on other expeditions.
- 6) Due to the very high liquid consumption at high altitude (many pints per person per day) much soup powder and fruit drink powder (including Happy Ade) is being taken. In this respect the best all round fruit drink powder 'Brink' (like 'Tang') made by Edmonds is being taken. Unfortunately this product is available only in New Zealand.

Having compiled the menu and food list, the next step was to approach different firms to try and obtain either donations of food or reductions in prices. To this I would like to say that our approaches were met with overwhelming generosity and nearly all of the expedition's food has been

donated free. I would now like to mention these firms which have assisted the expedition.

W. Angliss and Co. (Aust.) Pty. Ltd. (Hamper and 'Imperial' products)
Arnott-Brockhoff-Guest Pty. Ltd.
The Australian Dried Fruits Control Board.
Cadbury Fry Pascall Aust. Ltd.
Cerebos (Australia) Ltd. ("Cerebos", 'Saxa', "Mermaid", 'Gravox', "Foster Clarks"
'Fountain', "Tandaco", 'Bingo', and "Palm's" products)
Clifford Love and Co. Limited.
T.J. Edmonds Ltd. (an NZ firm producing "Sweet 7", "Tang", and "Brink").
Lta Foods Pty. Ltd.
H.J. Heinz Co. Australia Ltd.
H. Jones and Co.
Kellogg (Aust.) Pty. Ltd.
Kraft Foods Ltd.
Lipton (overseas) Limited.
The Nestlé Company (Aust.) Ltd.
Nicholas Proprietary Limited.
Nutritional Products Pty. Ltd.
Petersville Australia Ltd.
The Producers Co-operative Distributing Society Ltd. ("Allowrie" and "Sunwhite")
Sanitarium Health Foods.
Tom Piper Ltd.
Ward, McKenzie Pty. Ltd.

It would be impossible to single out any one firm for the generosity of their actions but we would like to thank Mr. A.F. MacKelden of Cerebos (Aust) Ltd. who offered us much more than we requested.

Since the above organisations offered us such spontaneous assistance we feel that their products deserve the support of all fellow mountaineers.

Michael Feller (Australian Andean Expedition)

Since we managed to high jack a Monash bushwalker onto one of our Easter walks a bit more snaffling from that source won't go astray. Thus, with their permission, is the following article from the Monash Bushwalker.

SPECIALLY FOR BUSHWALKERETTES

So you're in - hi.

You may not know it, but this dollar will bring you more fringe benefits than any brand of perfume.

Procedure as follows:

First, buy some tough jeans, a sexy shirt and several pairs of large woollen socks. Next, arrive at a meeting. (If you're wondering why they're way over in the Science building - the club is 89% scientists and engineers). You don't have to be madly fascinating - just smile back and you're in. A word of caution: listen to the people up front with at least some attention. They tell you where to arrive and when and how much money to bring.

On the day, turn up on time at the appointed place, sit down, and wait till everyone decides to go. (If you feel a bit "thing" about riding in the back of a truck you can sit back in the shadows.

Now: you're on your way. The first few trips are specially designed to get you thinking that bushwalking is fun. The trips are short, the tracks dry and distinct and there are plenty of rests. All the most eligible males come on these trips. By the third trip you'll find you know everyone who has been wanting to know you too.

From this time onwards you can specialise, according to taste, in one of at least three aspects:

1. Caving. This is an excellent way to get on intimate terms with your brave, reliable guide (I'm told). It doesn't matter what sort of clothes you wear - no one can see you inside the caves, and when you come up, everything is the same red-brown colour. At the entrance there is a string to follow. The object of this is to give you confidence, until you get the "feel" of writhing through slimy dirt tunnels and wriggling between rocks. So after a while it runs out (usually in mid-stream), and you are given a chance to do one of two things: practise your feminine intuition or practise blind faith in your guide (who, after all, must have been caving before...?). If you ever get stuck, don't panic (unless it's raining) - the caves aren't tidal.

NO? Perhaps you'd rather go climbing.

This carries much more status, by the way. For one thing, you travel in fleets of (fairly reliable) cars. You needn't worry about getting your hair untidied, either. This is the only time you ever get taught what to do to save your life, so it must be safe!

You will be shown a nice, smooth mountain-face or series of cliffs (you will even be driven to the bottom, which saves energy). A nice white rope will be knotted around your waist. Someone who's already on top will hold on to the other end. A crowd of people down the bottom will sing songs of past rock-climbers, and perhaps catch you when you fall. Now all you have to do is dig in your fingers (did you cut your nails?) and just keep going till you're up. The man at the top may not be strong enough to pull you up, and anyway this tends to kill your waist.

Oh, yes.....going down. This is even easier. Simply put the rope over one shoulder, hang on to it behind your back with your other hand (it can be done), smile (in case of photos) and walk down backwards, at 90° or so to the rock face. If you come down minus one shoulder, you held on with the wrong hand.

Oh - wear a thick shirt or shirt and jumper, and make sure your slacks are loose enough to get your knee up to your waist.

"Yes, but don't they ever actually go bushwalking?" Well, if you really must. This is the most energetic aspect of the club, and the most expensive. You have to rent or buy a sleeping bag, pack, and parka (pale blue or red is attractive). Then you pack all the most shrivelled-up food you can find, some perfume, a plate, mug and a large packet of bandaids. If you're not fond of leeches a box of matches is useful -- also a safety-pin.

There's almost nothing you can be taught in this (who can teach the best way to walk over buttongrass or miles of slushy snow?). If you have a blister try not to mention it more than once every hour. If, on the other hand, you're not the least bit tired -- keep that to yourself too.

"And the fringe benefits?" I was just coming to that.

Every lunchtime for as long as you can stand, you have someone you know to watch you while you eat. (If you don't feel frightfully awed by and inferior to the engineers, well try.)

Bushwalkers being among the most gregarious (crowd-loving) creatures known, you are sure to be invited to several parties during the tear. Here, you sit on the floor and sing (but not with obvious enjoyment) and watch the males drink beer and vodka.

As I said before - we'd love to have you. Have fun!

A Devoted Bushwalkerette (Arts - of course)

WIND AND EXPOSURE

"Wind is the most insidious enemy by day or night. One can survive cold and wet; one just keeps going on, miserable, uncomfortable to the point of suffering, but one is able to keep walking. Wind impedes progress. It buffets the body and muddles the brain. To the man on the point of exhaustion it is inanimate: pulling, pushing, tearing and incessantly - but not rhythmically noisy. He thinks only of getting away from it - of sheltering, of sleeping.

If the wind is combined with rain or snow - and darkness - the result is often fatal."

In order to remain fit and healthy whilst in the mountains it is necessary for the body to maintain its usual constant temperature. This depends on the correct balance between heat production by the body, and its loss. Heat is produced by the normal body metabolism which is influenced by the amount of physical effort expended. The major heat loss in a cold environment is by convection, or loss by the transfer of heat to air or liquid. Other ways in which heat may be lost are by conduction to the ground or by evaporation due to sweating or through the lungs when panting.

Prevention of loss by convection depends on insulation provided by air trapped within clothing. If air is stationary insulation is good but if wind penetrates clothing and disturbs the insulating air there is an increase in heat loss. Good windproof clothing is therefore essential.

Cold air in itself is not as dangerous a freezing factor as cold and wind. To illustrate this the following information is reprinted from an article in "The N.Z. Electrical Journal"

WIND CHILL CHART (instructions for use- next page)

Air temperature °F	Wind velocity (m.p.h.)									
	45	35	25	20	15	10	5	3	1	0
90	89.5	89	88.5	88	88	87.5	87	85.4	83	
82	81	80.5	80	79	78	76	74	70	60	
72	71	69	68	67	65	60	57	47	23	
63	61	59	57	55	52	44	39	20	-11	
51	49	47	45	42	38	28	18	0	-27	
41	39	36	34	30	25	11	0	-23	-38	
30	28	25	23	18	11	-5	-16	<-40	<-40	
20	18	14	11	6	-2	-19	-40	<-40	<-40	

*The above data appears to be due originally to US army tests; Walk 1952, p 45 gives the data graphically - Ed

To use the wind chill chart procede as follows:

- 1) Select wind speed (top row)
- 2) Read down column to the air temperature.
- 3) Follow across this row to the right hand column (marked "O m.p.h.")
- 4) The number given is then the equivalent temperature reading for the same rate of cooling in still air on exposed flesh

e.g. If the wind speed is 25mph and air temperature 47°F then the rate of cooling of exposed flesh is the same as it would be in still air at -27°F.

M. Feller

Mt. Kosciusko or William the Fourth:

Who was the First Person on Australia's Highest Peak?

Most people are under the impression that the first European to ascend Australia's highest mountain was Count Paul Strzelecki in 1840. Strzelecki named the mountain Kosciusko, after a Polish patriot and thus it has been know ever since.

Recent evidence, however, strengthens the claim of another Pole, Dr. John Lhotsky, to the first ascent of this peak. In 1834, Lhotsky made two journeys into the Australian Alps. On the first he travelled westwards from Mutong (south west of today's Dalgety) and climbed a mountain which he named Mt. William the Fourth. His second excursion went southwards in an attempt to reach the Omeo Plains which had been described to him by an aborigine. The two journeys are the subject of a recent paper by D.N. Jeans and W.G.R. Gilfillan in the Journal of the Royal Australian Historical Society, Vol. 55, pp 1 - 18 (March 1969).

Lhotsky commenced publication of an account of his journey but completed only seven of the intended twenty parts. This description takes us only as far as "Kuma Hut" (Cooma) and Rock Flat, ten miles south east of Cooma. It is known, however, that he continued beyond Rock Flat to Mutong and thence made his two journeys to the Alps.

Further evidence of his route has recently appeared in the form of a map and some notes placed in the British Museum's copy of the journey. These indicate his route along the Snowy River to its headwaters and places Mt. William the Fourth in the Kosciusko area. He describes the location of this mountain and gives the bearings of several features from the summit. Jeans and Gilfillan have checked his account with respect to the three most likely contenders for Mt. William the Fourth, viz. Mts. Townsend, and North Ramshead. They have concluded from all available evidence that Mt. William the Fourth and Mt. Kosciusko are one and the same.

P. Dugan.

Australia's Highest Mountains.

Mountain climbers the world over continually strive to climb the highest mountains for both prestige and "bulldust" purposes (amongst others). Hence, in any given mountain area, it is the highest peaks which are ascended first. For instance, in the Himalayas and Karakoran the target of countless expeditions was the 8000 metre peak - a peak over 8000 metre or 26,250 feet - of which there are about 14:

Everest	29,028	Dhaulagiri	26,811	Gasherbrum I	26,470
K2	28,250	Cho Oyu	26,750	Broad Peak	26,400
Kangchenjunga	28,146	Manaslu	26,668	Gasherbrum II	26,360
Lhotse	27,890	Nanga Parbat	26,660	Gosainthan	26,290
Makalu	27,790	Annapurna	26,493		

The last to fall was Gosainthan which was not climbed until 1964, and the first was Annapurna.

In the Andes of South America the magical level above which mountaineers strive to climb is 20,000 ft. There are countless mountains higher than this, but some of the better known ones are:

Aconcagua	(Argentina)	22,835
Ojos del Salado	(Argentina-Chile)	22,590
Tupungato	(Argentina-Chile)	22,300
Huascaran	(Peru)	22,200
Yerupaja	(Peru)	21,770
Sajama	(Bolivia)	21,425
Illimani	(Bolivia)	21,200
Chimborazo	(Ecuador)	20,702
Jirishanca	(Peru)	20,100
Salcantay	(Peru)	20,000
Chacraraju	(Peru)	20,000

Closer to home, in New Zealand, the magical level is 10,000 ft. and the well known list is

Cook	12,349	Graham	10,400	Douglas	10,107
Tasman	11,475	Torres	10,376	La Perouse	10,101
Dampier	11,287	Teichelmann	10,368	Haidinger	10,059
Silberhorn	10,757	Sefton	10,359	Minarets	10,058
Lendenfeld	10,503	Haast	10,295	Vancouver	10,000
Hicks	10,443	Elie de Beaumont	10,200	Malaspina	10,000
Malte Brun	10,421			Magellan	10,000

Other high peaks are:

McKinly (Alaska)	20,320
Logan (Rockies)	19,850
Kilimanjaro (Tangangika)	19,340
Elbrus (Caucasus)	18,481
Charles Louis (New Guinea)	18,000

In Australia, since we lack any real mountains, there is no magical level, but we do possess several mountains lying above 7000'. These are all clustered together in a small area in the Kosciusko National Park. However these mountains are debased to the extent that they can all be climbed in a single day (in fact all the mountains over 6800 can be climbed in a day) and there is a road carrying busloads and carloads to the summit of Kosciusko. Several weeks ago we were able to visit all Australia's 7000' peaks and measure their heights using an inclinometer and a Swiss Thommen altimeter which reads to 7000m. Allowing for errors up to 13' the government estimates are probably correct.

MAY, 1969

	Them	Us			
1 Kosciusko	7314	7310	6 Alice Rawson	--	7162
2 Townsend	7251	7260	7 North Ramshead	7145	7136
3 Twynam	7207	7220	8 Abbott Peak	--	7100
4 Ramshead	7189	7189	9 Carruthers Peak	7042	7041
5 Etheridge	7188	7190	10 Little Twynem	--	7025

As well as these there are four unnamed knobs that we found to be over 7000': The other peak of Abbotts Peak - 7031, a knoll south of Kosciusko - 7060, a knob north of the North Ramshead - 7005 and one just north of the latter unnamed knob - 7064.

Overall the Geehi Snowy Mountains Authority map was found to be more accurate contourwise than the Army survey map of the area.

There are three mountains just under the 7000 mark: Muellers Peak, Northcote and Clarke all lie about 6995' above sea level. Unfortunately our instruments were not sensitive enough to distinguish between them but if the Army Survey map is to be trusted, the order of height is that given above.

Weggs Survey

M. Feller.

The V.E.B. made available to the club 100 pkts of "Weggs" egg powder and this was given to club members to comment on it. The following is a summary of these comments.

Reaction to the Weggs egg powder was generally favourable. The packaging was good and quite robust enough to stand up to reasonable handling on hikes. There were one or two criticisms of the quantity in the packet and one person suggested it would be desirable to be able to obtain it in bulk.

No one followed the directions on the packet completely. These received most criticism. Such commodities as corn flour and pepper are not normally carried on hikes and their inclusion in the mix before packaging would be an improvement. Not many suggested the inclusion of pepper, probably because it is largely a matter of personal taste. Some of the cooking techniques (e.g. use of water baths) are not really practical when cooking on a fire.

The majority of people made scrambled egg and others tried omllette, pancakes, fried scones and egg flips. The scones were made at home but it was felt their cooking on a fire would not be difficult. One person thought Weggs was better than fresh eggs. Not many thought it tasted the same as fresh eggs, although a large majority thought it was very close. The rest said it tasted better than other egg powders. Thus tastewise the powder was a success.

As far as the product itself was concerned the only criticism levelled was that it was difficult to mix both with dry ingredients and with water. Lumps of egg powder seemed to persist for quite a long time. It was a weaker powder than our current stocks, i.e. it took more powder to get the same flavour. This may be due largely to the inclusion of milk powder in "Weggs". Some thought the Weggs was better, some liked a stronger powder.

There was an almost unanimous answer to the question "Would you buy it a preference to other egg powders?" It was "Depends on the price"

LHSO.

A Proposed Mountain Walking Trail

Many Club members have probably heard of the Appalachian Trail, a 2000 mile long walking trail that extends through forest and mountain country in the east of the United States. Most of this trail extends through undeveloped country including National Forests, National Parks and State Parks and reaches the summits of many of the highest peaks in eastern America.

Recently there have been moves towards a similar type of trail in Victoria. Last year the Director of the Tourist Development Authority, Mr. M. Hopkins (formerly an active bushwalker himself) approached the Federation of Victorian Walking Clubs for its views on a trail extending through the Victorian Alps. A subcommittee to investigate this proposal was set up consisting of the Secretary of the Federation, Eric Quinlan, Dave Hogg (MUMC), Alan Knox (Walking Club of Victoria) and Ray Whitford (Melbourne Walking Club).

Shortly after the first meeting of this sub-committee, an independent communication was received by the Federation from the National Parks Association of New South Wales proposing a Tri-State Trail, extending from Mt. Tidbinbilla in the A.C.T. to Mt. Erica in Victoria. At an open meeting of the subcommittee held several weeks ago there was general agreement on the suggestion of such a trail although precise details of the route were not formulated. In broad outline, the generally accepted route (with alternatives) was as follows:

Commencing at the Victorian border just south of the Pilot the trail would go via the Cobberas and then either via Mt. Gibbo and Dart River areas or via Benambra and Mt. Wills to Mt. Bogong. The standard route across the Bogong High Plains would be followed to Mt. Hotham and Mt. St. Bernard. (An alternative route from the Cobberas would be via the Nunniong Plateau, Mt. Phipps and the Dargo High Plains to Mt. St. Bernard. From there the trail would go along the Barries, the Crosscut Saw, Mt. Howitt, Mts. Magdala, Clear, McDonald and Sunday to finish at the road at Mt. Skene. Because of the intense development in the area beyond Mt. Skene, a trail beyond this point would be of doubtful value. Various additional access trails would also be desirable, for example from Harrietville via Mt. Feathertop and the Razorback to Hotham and from Bennies via Mt. Cobbler to Speculation.

The subcommittee will be meeting again in the near future to finalize a proposal to put to the Tourist Development Authority. Any MUMC members with suggestions on the proposal are invited to discuss them with Dave Hogg as soon as possible.

24 hour walks and hash house staff:

For many years now MUMC has held a club 24 hour walk and this year is organising the first official intervarsity 24 hour walk. Not everyone enjoys wandering aimlessly around the bush for twelve to twenty four hours and such people can be most useful and have a splendid time by being a member of a hash house staff. Hash houses are spread though out the course so that most contestants reach a hash house every six hours or so, and can there be feed on various food made up by the sadistic staff.

If you want to help on the IV 24 hour hash house staff please see Dave Hogg soon, and for the Club 24 sign the trips book as usual under hashhouse staff.

Filth:

Recently the Club received, via the FVWC, a letter from the Mountain Activities Federation of South Australia. While the comments in the letter about filth referred specifically to Tasmania's hiking routes, they are also, unfortunately, pertinent to Victoria.

Part of this letter is reproduced below:

On recent bushwalking trips to Tasmania, Member clubs of this Federation were appalled by the filthy conditions and lack of care in disposing of rubbish seen on many of the tracks, huts and camping areas. From these reports it would appear that the more people there are in an area, the filthier it becomes. Yet this need not be so, and indeed it is extremely important to make sure it does not continue. The use of the areas surely will not diminish, it will increase significantly with every year. So it is up to those who want such areas, namely we mountaineers, to ensure that we do not end up destroying them.

Through out the Central reserve was evidence of careless camp hygiene. The stench around the Du Cane hut was revolting. The vast numbers of March flies, which necessitated covering oneself at lunchtimes with parkas and groundsheet could probably be partly explained by these conditions. One does not usually carry fly spray when walking and, rather than start now, it is surely better to ensure good camp hygiene on everyone's part.

It is the responsibility of the whole party, not only the leader, to maintain or to enhance the amenity of the physical wilderness.

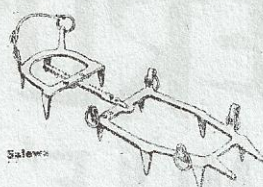
Camp hygiene and cleanliness

Sand and gravel make excellent scourers for billies or frying pans provided they are well rinsed afterwards. Do not wash or clean teeth in drinking water and wash downstream from the camp.

Care should be taken never to leave sewerage unburied - covering it with a few leaves etc. is not good enough. Pick a place downstream from the camp site and well away from the camp site and water.

In the words of Tom Kneen: Take nothing but photos leave nothing but footprints.

WALLY AND THE MAJOR**HERALD 22-4-69**



Salawa



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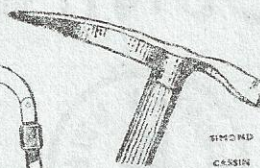
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& POLAR KNITWEAR



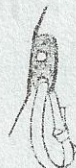
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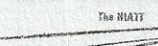
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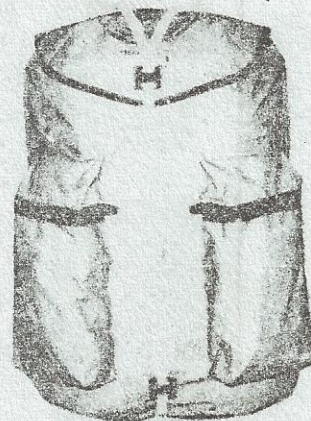
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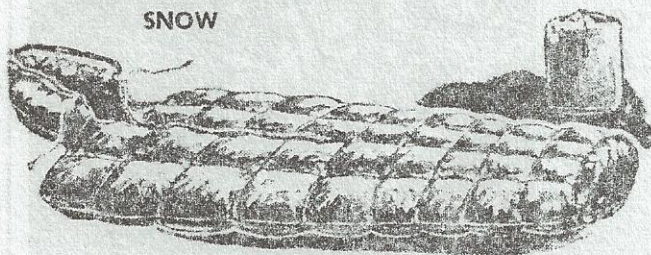
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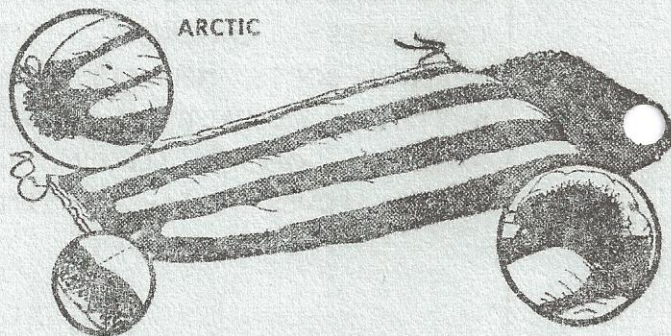
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