

87th Annual Chemeketan Outing
Mount Baker
Washington's North Cascades
July 28 thru Aug. 11, 2018



Camping Guide by Ken Ash
Hiking Guide by Roz Shirack

Introduction: The Chemeketan Outing is intended to provide a maximum of

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vacation pleasure at a minimum of cost and camp chores. **This year's Outing is at Mount Baker in Washington's North Cascades.** There are many hiking trails rated from mild to strenuous within an easy drive of camp. The area is renowned for its stunning mountain vistas, picturesque lakes and colorful wildflowers. The Outing employs cooks and pot and pan washers to do the most time-consuming chores. All other duties are shared by participants. This guide should answer most of your questions. There will be a pre-Outing meeting at 7pm on July 9 at a location to be announced.

Campsite: The 2018 Outing site will be at Excelsior Group Campground (elev. 1300 ft.) on Mt. Baker Hwy. The campsite is wooded and bordered by the swift, cold Nooksack River. Attendance will be limited to 95 campers/week so apply early. This campsite does not have electricity or water. Water for cooking and dishwashing will be transported. Plan to supply your own shower and drinking water from nearby sources.

The drive from Salem, 350 miles, takes about 6 hours. Proceed north on I-5 to Bellingham. Take Exit 255 and proceed east on State 542 (Mt. Baker Highway) for about 41 miles. You will pass through or by the towns of Kendall, Maple Falls and Glacier. Excelsior Group Campground is on the right about 6 miles past Glacier and 2 miles past Nooksack Campground.

Campsite Weather: During August, the average high temperature is 77 F and the average low is 52 F. The average rainfall for August is 0.8 in.

Truck Loading and Unloading: Campers who live in the Salem area are expected to help with the loading and/or unloading of the truck. Bring work gloves. Loading will begin at 6:00 pm on Thursday, July 26 and unloading at 6:00 pm on Sunday, August 12 at Bridges Storage, 4370 Silverton Rd. NE, just east of Lancaster Rd.

Hiking: The main activity of the Outing is hiking. See the Hiking Guide for specifics. There will be a number of hikes every day. Attendees may sign up at the activity pavilion to join or lead hikes. Feel free to organize a hike. During the Outing, leaders are not expected to have intimate knowledge of the trail. All hikers are responsible for their own safety and for knowing where they are on the trail. Hikers should wear appropriate footwear and carry or wear appropriate clothing including rain gear. Hikers should carry the essentials. Hiking groups should have a minimum of three hikers. Hikers usually car pool to save gas and always reimburse the driver. (The suggested rate is 9 cents/mile.)

All groups are to sign out for hikes and other activities and sign back in after completion so the hike coordinator may take appropriate action in case any group fails to return.

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The Essentials: Water, extra clothing, extra food, matches, flashlight, solar blanket, first aid kit, insect repellent, pocket knife, whistle, sun glasses, sun screen, toilet paper.

Registration: Registration opens March 1 for members and April 1 for Guests. The various fees are listed below. Fill out a Registration Form and a Liability Form for each attendee and mail it in. The forms can be printed from the Annual Outing section of the Chemeketan Website. Members of FWOC clubs qualify as members for fee purposes. In the event that you must cancel your reservation, please do so as early as possible so persons on the waiting list can be contacted.

	Member/week	Guest/week	Member/day	Guest/day
Adult-----	\$200-----	\$250-----	\$50-----	\$60-----
Age 10-14-----	\$150-----	\$175-----	\$40-----	\$50-----
Age 6-9-----	\$100-----	\$125-----	\$30-----	\$40-----
Age 4-5-----	\$50-----	\$75-----	\$20-----	\$30-----
Under 4-----	0-----	0-----	0-----	0-----

Services: The nearest community, Glacier (pop 211), has few services. Maple Falls (14 mi. West on Hwy 542) has several eateries, grocery stores and gas stations. Pay showers are available 20 miles from camp at Silver Lake County Park.

Non-Hiking Activities:

White water rafting on the Nooksack River.
 (Contact Wild and Scenic River Tours at 360-599-3115 or 800-413-6840)

Groups are to log out in the General Sign Out Registry when leaving for any non-hiking activity and log back in upon return.

Travel to Canada: The Canadian border crossing is 28 miles from camp at Sumas, WA. It is the gateway to Abbotsford, Chilliwack and the Fraser River. Remember to bring your passport.

Phone Service: There is no cell phone service at camp but Verizon and AT&T should be available 15-20 miles to the west.

Emergencies:

Whatcom County Search & Rescue Ambulance, 360-384-6344
 Washington State Police, Bellingham, 360-738-6215
 Camp Governor - responsible for the smooth operation of the camp

Meals: Hot breakfasts, dinners and brown bag lunches, including vegetarian entries, will be provided from dinner the first Saturday (July 28) through lunch the last Saturday (August 11). Dishes and silverware are provided. Backpackers are responsible for their own food while away from camp. No reduction in rates is made for campers who substitute their own meals or food for Outing meals or for meals not taken. You may return for seconds after all have been served, including the kitchen workers. (Please do not enter the kitchen if not working or on legitimate business)

Breakfast is served at 7:00 am. Coffee and cocoa will be available earlier in the dining area. Enter the dining tent and pick up your tray, silverware, etc. and proceed through the serving line. Servers will fill your tray per your request.

After eating, go to the dishwashing area outside. (Be considerate of the dishwashers; take your dishes to the wash area soon after finishing.) Dump waste into the garbage cans and scrape your tray as clean as possible using the provided scrapers and your napkin. Wash and rinse your dishes and utensils. The dishwashing crew will sterilize, dry and return them for reuse. You may wash personal items but should not send them through the sterilizer.

Dinner is served at 6:00 pm. The procedure is identical to breakfast. If you will be late for dinner, consider a restaurant or make other arrangements. If you will miss dinner, please let the cooks know.

Lunch is self-prepared from a variety of foods set out on tables near the dining tent. Lunch food will be in place at 6:15 and removed at 6:45 am. Lunch workers make their own lunches prior to opening the line. You are welcome to take whatever you need, but please take only what you will eat. Chemeketans practice conservation by reusing baggies and paper sacks as practical. Campers are encouraged to bring reusable lunch containers. Parents are requested to make lunches for or supervise small children.

To prevent contamination and food related illnesses, wash your hands carefully with soap prior to entering the **food tent or making lunch**. **Ensure that children's** hands are washed. Use the provided utensils when taking food; do not put fingers in containers. Hand washing stations will be conveniently located. Water from the hand wash stations should not be used for drinking.

Campfire Meetings: Each evening at 7:30 the Camp Governor will ring the bell calling the campfire meeting to order. (The fire may be dispensed with if conditions dictate.) The purpose of this meeting is to pass on important information and report on hikes and activities. Attendance is advised. On occasion, entertainment, informational presentations or sing-alongs will be

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offered. The meeting ends with the singing of *Taps*.

Set-up and Take-down: First week campers should arrive on Saturday, July 28 early enough to help set up camp. Set up will start by 9am. The site will be available on Friday, July 27 for those who wish to arrive early. Second week campers may arrive after breakfast on Saturday, August 4. Camp take-down will start on Friday evening, August 10 and continue with truck loading on Saturday morning. Second week campers are expected to help with the take-down which is normally completed before noon.

Pets: Dogs or other family pets are not allowed at the Outing.

Suggested Equipment List:

Tent	Day Pack/essentials	Juice bottle
Sleeping bag	Insect repellent	Water bottles
Air mattress	Sunglasses	Toiletries
Pillow	Sun lotion	Soap, towel
Appropriate clothes	Flash light/batteries	Clothesline, pins
Hiking boots	Camera	Binoculars
Rain gear	Maps/compass	Camp chair
Swim suit	Lunch container	Alarm Clock
Solar shower bag	Water container, 3-5 gal.	

Camp Duties: The Outing is a cooperative enterprise. Participants share duties such as dishwashing, food serving, lunch prep and sanitation. It is essential to the smooth operation of the camp that all campers fulfill their duties and help erect and dismantle the camp. If you have questions, ask the Governor. Duties are assigned prior to camp. If you are going to arrive late or leave early, be sure to so indicate on your registration form or notify the Outing Chair or Governor. Camp duty assignments will be posted in the activity pavilion. Camp duties are described below.

Campfire - make sure enough wood is by the fire ring for the evening campfire. Have two buckets of water and a shovel nearby. Light the fire and keep it going. Extinguish the fire after the group has disbanded. Campfire may be dispensed with depending on weather conditions or local restrictions.

Dishwashers - Six people are normally assigned to this duty. Wear long pants, closed-toe shoes and use the provided water-proof gloves and aprons as appropriate. An experienced person (the first person on the duty roster) is designated as leader. The lead dishwasher will be responsible for organizing the shift and ensuring that the job is properly completed. Dishwashers should eat first (go to the front of the serving line) and be on duty as soon as people finish

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eating. Fill the washing and rinsing pans with hot water. Put soap in the washing pan. Change the wash and rinse water when they become too dirty or cool. To do this, dispose of the prewash water, wash water is poured into the prewash basin, first rinse water into the wash basin (add soap), second rinse becomes first rinse and last rinse is filled with clean hot water from the boiler. Freshly washed dishes are stacked in the sterilizer basket, immersed in the sterilizer boiler for one minute and emptied onto the drying table. After the dishes have air dried, pack them into the plastic storage bins and return them to the dining area. The utensils are rinsed in a bucket and sorted into their carriers, handles up. The carriers are then placed in the sterilizer for one minute, removed to air dry and returned to the dining area. When all dishes have been washed, empty the dish and rinse water into the designated area, rinse the basins and place them upside down on the dishwashing tables. Staff will tend to the boilers and sterilizers.

Pots and Pans - Pot and pan washers go the head of the meal line and after eating report to the staff for directions. (Thirty minutes before each meal, pots and pans staff will fill the sterilizer basins and light the boiler and sterilizer burners.)

Janitor Duty - The two persons assigned to janitor duty will clean and restock the toilets and hand wash stations. They are to keep a supply of tissue in each toilet and keep them clean and free of litter. They shall sweep the floor, wipe the seats with disinfectant wipes and empty the trash as needed, preferably when demand is low.

Servers - Breakfast and dinner servers should report for duty half an hour before the meal. They are to wipe down tables and place napkins, condiments and other necessary items on the tables. They shall assist the cooks as needed and serve the food, listening to **campers'** requests so as not to waste food. Servers eat after serving the campers. After eating, wipe down the tables, clean containers and help put away food.

Evening Lunch Prep - Go to the head of the dinner line. After eating report to **the lunch truck to prepare food for the following day's lunch. Follow the lunch supervisor's directions.** Directions are also posted on the wall of the truck. Take all dirty dishes and utensils to the pot and pan washers.

Morning Lunch Prep - Report to the lunch truck at 6:00 AM. Wipe down the **lunch tables. Follow the lunch supervisor's directions** for stocking the tables with food, drinks and supplies. Morning lunch prep personnel are to make their own lunches prior to opening the line. Watch the tables and keep them replenished. Combine remaining food onto one table when the lunch line begins to thin out. At 6:45 remove the remaining food from the tables and store it properly in the

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truck. Take all dirty dishes to the pot and pan washers and wipe down the tables.

Garbage and Recycling - This is both a morning and evening operation. Empty the garbage cans in the kitchen, dining and wash areas, twist the bags closed and transport them to the dumpster. Place fresh bags in the garbage cans. Break down cardboard boxes, remove bottoms from and flatten cans and place them in the recycle area. Check with the cook for additional duties.

Questions: Contact Outing Co-Chairs:

Ken Ash	mrkenash@comcast.net	503-507-7844
Wayne Wallace	waynekw@comcast.net	503-999-2612
or Treasurer		
Susan DeLaune	sdelaune@comcast.net	503-378-1456

Other Outing Committee members:

Dave Adelman, Food Coordinator	Janet Adkins
Blanka Trunekova, Lunch	Rick Cooper
Mary Coleman, Lunch	Nancy Rockwell
Roz Shirak, Hiking guide	Sharon Wright
George Adkins	

Have a great Outing