

## PCT Slide Show Notes

It is a grand adventure

Part of the challenge is dealing with risk.

For section hikers, isolation is a joy and a danger.

You have a duty to be responsible for yourself and not depend on other hikers. Carry paper maps and a compass

Example sections. Many other combinations possible:

Mile 0 Campo

+266 mile 266 Big Bear

+188 mile 454 Agua Dulce

+248 mile 702 Kennedy Meadows

+240 mile 942 Tuolumne Meadows

+211 mile 1153 Highway 40/Soda Springs

+218 mile 1371 to Old Station

+128 mile 1499 to Castella/Dunsmuir

+216 mile 1715 to Ashland

+189 mile 1904 to Shelter Cove

+212 mile 2144 to Cascade Locks

+246 mile 2390 to Snoqualmie Pass

+270 mile 2660 to Manning Park

### PCT History and Hiker Completion Stats:

1952 – Martin Papendick

1968 - National Trails Act

1971 – National Geographic PCT article

1992 – Ray Jardine publishes Pacific Crest Trail Hiker's Handbook (father of lightweight backpacking).

1996 – 2<sup>nd</sup> edition of Ray Jardine's book – completions curve starts up.

2000 – about 100 hikers finished pct

2010 – 200 finished

2012 – Cheryl Strayed publishes *Wild* and gives PCT a further kick start.

2012 – 400 finished

2014 – Wild the movie comes out.

2015 – 600 finished

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**Between April 1 and May 1, 50 hikers per day** leave Mexican border on PCT  
over 4000 northbound PCT permits issued per year.

In 2015 from border, 2489 Northbound thru-hiker permits issued, 322 Southbound, 1633 section hiker permits. Total of 4112. – 600 finished

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### **Safety tip for Pair hiking**

**Big danger is unknowingly passing each other.**

#### **Our rules:**

1. If you are ahead, never pass a trail junction without waiting until the person behind sees you
2. If you are ahead and have to leave the trail, i.e. for a bathroom break, leave your pack on the trail
3. Have a big secret mark that means I was here. Safety overrides LNT - i.e. a # you draw on trail if ahead for a long time.

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**Henry Shires Tarptent Cloudburst model Ursack Bear Bag 2 liter soda bottles for water Umbrellas – note – we used Bearikade canister in the John Muir Trail vicinity.**

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Each day has new and wonderful vistas, but frequently not clearly identifiable landmarks

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Dehydration and hypothermia are the main threats and can both be threats the same day.

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Much of the PCT is isolated, far from trails used by weekend hikers.

### **The Problem**

You can see for vast distances, but definite landmarks to identify your location.

#### **What we do:**

Most of our navigation is by dead reckoning - knowing our walking speed , keeping track of the time. And knowing where North is.

We know where we should be and confirm that with the map and guidebook pages.

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There may only be one or two water sources per day, so it is essential not to miss them.

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**Electronics fail**, so carry paper maps, compass and navigation info.

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**Pctwater.com** – The water Report – a must have. Use the PDF version, on Chrome browser, the html version only gives me page 1. The Miles on this report is Halfmile's Miles from Mexico. All hikers use Halfmile's free maps and notes as the gold standard for miles from Mexico information. (see handout)

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**Schaffer, et. Al** produced a 3 volume set of narrative style guide books, packed with data points such as elevation, and miles from last data point. However, these haven't been updated since 2003 so some info is not accurate. Trail location changes over time, and things such as past old jeep road lose their meaning when that road is no longer visible.

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**Ben Go** took that original 3 volume series and produced a **Data Book** with only the data points from the guidebooks. That was the original reference point for miles, but it got out of date as the original books were not updated. You can still buy this, and it is useful with the guidebooks, but remember that it is sometimes out of date.

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Since then, a hiker, **Halfmile**, has produced, and updates, a set of free topo maps with the trail and trail data points shown on the map. There is also a free app that supplements the map but is not required.

**Mandatory that you look at PCTMAP.NET** for more info

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Halfmile's data points are now the one's in the water report.

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The following are additions/replacements or supplements to the original series. Try to see samples of all before buying. Always get the most current.

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**Brian Johnson's Cicerone Guide to the Pacific Crest Trail** – published in 2010 – a 5 x 7 in guide with maps, narrative.

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**Erik the Black's Pocket Atlas** – a multi-volume series, small, light with the very minimum of required info. Updated almost annually, 3<sup>rd</sup> edition is in progress now – check on status. Less info than Brian Johnson's above, but more current. Blackwoodspress.com

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**Yogi's PCT Handbook** – two volumes, one for planning and a town guide to take with you. I think this is an important one to have in addition to one of the more complete guides above. Yogisbooks.com On her site, Yogi has a store. She will print a set of Halfmile's maps for you at a reasonable cost.

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**PCTMAP.NET** – this is Halfmile's site, mentioned earlier. The map pdfs are here, and you should print out a few to better understand what is on them. It is also VERY IMPORTANT to print out a set of his trail notes. They are the closest thing we have to the original Data Book and are current and free. Halfmile has a free app which gives you your exact gps coordinates, and contains his trail note information.

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**Guthook's PCT app.** This is about \$7 per segment or about \$50 for the entire trail. His segments are large – seven are enough to cover the whole trail. A segment gives you a topo map, trail location, water and camp locations, etc. You can load the first segment, which covers Southern California for free and see exactly what you get.

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**Paul Bodnar's Pocket PCT** – this is a town guide with trail profiles and resupply addresses. It is meant to tie in with Guthook's app.

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#### **Scott Parks Pacific Crest Trail Pocket Maps**

- a three volume set, excellent full color topo maps, plus profile and waymark info.

Scale is 1:38500 on 6 x 9 paper

Halfmile's is 1:31680 on 8.5 x 11 paper

Schaffer's guides maps are 1:50000 on 6 x 9 paper

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On all these paper products, the usual practice is to tear them up, and put the appropriate pages in your resupply box.

An Aside: You own your gear. Don't be afraid to cut, modify, etc. if needed.

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**What I would get** - small, good compass assumed. You might take more or less:

The original Schaffer guidebook pages for the narrative information, not the data points.

The current version of Yogi's Handbook

A printout of Halfmile's Trail Notes

Scott Parks Pocket Maps for my paper maps

Smartphone, Halfmile's app and Guthook's app

Paul Bodnar's Pocket PCT - optional – mainly because I already have it

Read:

[guthookhikes.com/2015/04/getting-the-most-from-your-phones-battery](http://guthookhikes.com/2015/04/getting-the-most-from-your-phones-battery)

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**Resupply Shipping:** We averaged 1 to 1 ½ pounds of food per person per day.

We are also shipping fuel maps, guide book pages, batteries for the next section, so for a resupply 7 days ahead about 20+ pounds for the two of us.

I'd prefer priority mail, but fuel must be shipped by ground, so parcel post with tracking and a special ORM-D label because of the fuel. I assumed three weeks shipping time. I used the computer to print the ORM-D label so it would look more "official".

Cost to ship: Roughly \$1 per pound

For details on fuel shipping see Ken and Marcia Powers site: [gottawalk.com/planning/57-2/](http://gottawalk.com/planning/57-2/)

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Carry enough water to get you to the next reliable water source. Do not depend on caches. There may only be one water source in a day

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You will need at least one liter of water per person every 5 to 7 miles, every 3 if hot weather. Another liter per person for hot meal and PM/AM beverage. Have electrolytes, Nuuns, etc. to add if hot. Also carry salty snacks. We used a variety of electrolytes – EmergenC, etc.

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We did a lot of dry camps, which meant carrying extra water. We would try to minimize the distance we carried extra water.

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In the desert we used both wind pants and fleece pants. Mornings were very cold. We had an umbrella for sun, and 8 liters of soda bottle water capacity. Later we started using 2 L+ Platypus bottles instead of soda bottles, just to reduce pack volume when empty.

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Keep in mind that 50 hikers per day are leaving Campo during April, so don't count on any cache having water when you get there. A huge cache can be emptied in three days

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We saw rattlesnakes from Mexico to the Oregon border.

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We used alcohol stoves for a few trips, but for two people, boiling two liters a day, the butane/propane stove was a wash, weight wise, and was easier and less fire danger to use. The desert wind could very easily blow an alcohol stove away. We always used pot cozies [antigravitygear.com](http://antigravitygear.com) – Boil water, pour on food in pot with cozy, pour tea, remaining water in small pot in its own cozy. Remaining water used for 2<sup>nd</sup> cup tea and washing dishes.

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Some water sources will be off trail, sometimes a few hundred yards, sometimes a couple of miles, and way down. If way down, we will stop on the trail, unload one pack, fill it with empty water containers, hike down and fill/filter the

water, then hike back up. Sometimes we may camp there by the trail. Some are not signed and you do not want to walk by them by accident, so navigation skills are essential.

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**Footcare:** Omnifix stretchy breathable tape. Do preventative bandaging.

Desert to snow and back to desert is a regular pattern of the PCT in Southern California. Saddle Junction is high in the mountains and the junction to Idyllwild, an important trail town. 28 miles away from here, it has several feet of snow

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Enroute to Saddle Junction, we have no pictures of deep snow as we were too busy navigating. The trail was invisible. We did have the gps, and had put waymarks on our map in this area, in anticipation of the problem. We camped right at snowline on the ground, but were prepared to camp on snow if necessary.

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Once we hit the saddle area, tracks were going all directions with no actual trail in sight. We oriented our map and checked the GPS to make sure of our direction.

We did not know it at the time, but two weeks earlier, PCT hiker John Donovan went east into the wilderness, rather than west towards Idyllwild. His body was found a year later.

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#### **GPS Yes or No and what device?**

Once or twice a day you will want to know exactly where you are in relation to something in your PCT specific info - the guidebook, the map ...

We are starting to leave the GPS home more often, but it is still the most reliable in terms of battery life. If we take it, then we also need a camera.

For the PCT I would now take my phone, and a spare battery or some supplemental battery device for recharging.

2<sup>nd</sup> Notice: Important!!! Read Guthook's battery life blog [guthookhikes.com/2015/04/getting-the-most-from-your-phones-battery](http://guthookhikes.com/2015/04/getting-the-most-from-your-phones-battery)

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The original PCT Schaffer guide series broke the trail into 18 sections, A - R in California and A - L for Oregon to Canada.

The section name is still used by hikers, and found on some signs and documents.

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#### **Personal Water Caches:**

The trail between Agua Dulce and Kennedy Meadows is quite dry. We didn't want to rely on public water caches, so I went down several weeks early and buried our own private caches, of two gallons each, and both photographed and took a gps reading of the locations.

This was fairly difficult, involving driving on some scary roads, and in one case, hiking in eight or ten miles, caching two gallons, and carrying a third to get me in and out. Did I mention that water weighs eight pounds per gallon?

If you do the, **Carry Out Your Empty Containers.**

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#### **Gunshots:**

Our usual policy when we heard gunshots was to call out "Hello, there are people over here" or something to that effect. There was one time in Washington when we heard automatic weapons, and decided that hiking quickly and silently out of the area was the best policy, thinking there were marijuana farms in the area.

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**Hikertown** – not the usual trail stop. We felt fine there, but some single women have not. Google it if worried.

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### **Trail Angels and Donations:**

They are providing something at sometimes considerable cost to themselves. The larger places will have a donation box. use \$20 per person per night as a guideline.

Some of the newer hikers have been looking at trail angels as an entitlement. They are not.

When hitching, we offer something for gas. Usually they refuse, but they appreciate the offer.

Once when we needed a ride from town back to the trail we went into a laundromat holding up a \$20 bill and asked if someone would drive us. A family waiting for the dryer was happy to do it. When they finally dropped us off, they refused the \$20.

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In the desert: Take a shade break during hottest part of day.

Drink electrolyte fortified water.

If you are not peeing every two hours you are not drinking enough.

Use an umbrella

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### **Water Treatment:**

We always treated it. Sometimes we used a gravity filter. We used Aqua Mira. We used a Steripen. Now we use a Sawyer Squeeze filter and Micropur tablets. Water treatment can take a lot of time, so we squeeze enough for immediate use and the next few hours, and pill treat the rest, and start walking again. The pills kill most stuff in 30 minutes, and 4 hours gets almost everything. We've never gotten Guardia.

When treating water, always avoid cross contamination where untreated water gets in with the treated. It is very easy to accidentally do this.

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### **Transportation - the section hiker's dilemma.**

This is **the day hiker's solution** -have two cars and plant one at destination every day, at end of day, drive to start, pickup car, drive it to next day's end point and back to motel at night and drive to start each morning. That involves a LOT of driving.

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**Section Hiker Transportation** – assume three week trip – longer requires more effort to make sure car is still working when you get back to it.

Options:

1. Drive two cars, plant one at each end.
2. Drive one car, plant at either end, rely on trail angel, friend, bus, Enterprise Rental Car (15 mile pickup).
3. Drive one car to friend's place. They drop you off and pick you up.

Or combinations of above.

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From Highway 58 near Mojave up to Walker Pass is particularly difficult for section hikers. It is a long dry ascent and far from anything. By the time thru-hikers reach Highway 58, they have been out a month and are in good shape. The section hiker is just starting and is carrying a heavy water load.

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In the high desert area there are lots of motorcycle and ATV tracks, some on the PCT.

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### **How is thru-hiking or section hiking different from backpacking?**

You probably have an idea by now that one factor is the level of **RISK**, and that is due to the **ISOLATION**, especially if you are section hiking. You need a plan for getting help, and surviving until help arrives. Also true for backpacking, but you

are usually closer to the trailhead and to cell service.

As a backpacker you are aware of hypothermia, but **DEHYDRATION and WATER ISSUES** are probably not a regular concern.

The danger of **REPETITIVE SMALL MISTAKES** compounding and getting you into serious trouble. It's at least twenty weeks of hiking, border to border. You may get away once or twice with ignoring a blister, or getting dehydrated, or not getting your raingear on fast enough. But being lucky 26 times in a row? Isn't going to happen.

**BEATING UP YOUR BODY, DAY AFTER DAY, mile after mile.** -----

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As section hikers, we were usually doing three week chunks, when we could get the time. Sometimes that meant travelling with the pack, which was fun.

Other times we might go days without seeing another hiker. The isolation was wonderful and sometimes a little sobering.

**The thoughts are:** "just how far do we have to go to get out of here in case of a serious problem?"

The answer is "usually two days".

We make a special effort to not make multiple little bad decisions. They can add up to a serious problem.

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Dirty Girl Gaiters – lightweight and useful

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Joshua Tree Spring - is just above the clean water act's MCL Maximum Contaminant Level for Uranium, so we used it.

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Many parts of the PCT trail track are a narrow path on a steep side slope. This is not a problem if you stay on the track, but a stumble or unthinking step off the track could send you tumbling with bad results. It is important to stay calm even if you should encounter the unexpected, like a bear, or more likely, a rattlesnake. Don't be startled enough to move without thinking.

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fire can cause granite boulders to blow off flakes to a distance of three or four feet.

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**Water treatment cross contamination:**

On all filtering systems, it is easy to cross contaminate. For example, the unfiltered water on the outside of the

Gravity bag could run down the tube into the filtered container, unless wiped dry. That's why I have the little dip in the hose before it goes into my two liter container.

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**Moderate altitude sickness** – bad headache and my brain is not functioning well. Now I carry Diamox when hiking above 7000 feet.

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Back on PCT with **Golite Tarp**. We never had anything bother us while using tarp, but Susan didn't like the idea of snakes in the desert, so used tarp-tent for Southern California.

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Here is the path that Mountain Education student Ralph Burgess chopped, dug, and boot-packed across the steep snow **chute near the top of Forester Pass** on April 20, 2016

Photo credit to: [mountaineducation.org](http://mountaineducation.org)

Mountain Education is a non profit that teaches snow techniques in multiday classes to PCT hikers on a donation basis.

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Evolution Creek can be dangerous during spring runoff.

**Water Crossings Best Practices:**

Find the best place to cross

Wear your shoes. What you are stepping on can be slick and or sharp.

Walk diagonally facing upstream

Use two poles

Pairs with one pole each can cross diagonally as a pair, grabbing each other's shirts, and using a pole on the outer side.

Undo pack waistbelt and be willing to drop it. Think about where pack will go and how to recover it if you do have to drop it.

If one of pair is stronger and able, carry the other's pack across, doing multiple crossings.

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**VVR - Vermillion Valley Resort** – is a critical resupply point mile 877 from Mexico

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**Resupply: Packing and mailing packages to post offices, motels, trail angels...**

Section hikers can mail their own resupply because it is not a problem to have someone hold it for 3 or 4 weeks.

Thru-hikers need a support person, or they have to resupply enroute.

Also, some thru-hikers use a bounce box, which they only use at resupply point and then ship it to next resupply point.

Maybe heavy chargers, etc.

**A 2<sup>nd</sup> reminder on labeling:**

**Resupply Box Labels:**

Hold for PCT Hiker

ETA: mm/dd/yy

If you are shipping fuel it must be labeled

Surface Mail Only

Consumer commodity ORM-D

See [gottawalk.com/planning/57-2/](http://gottawalk.com/planning/57-2/)

We interpreted this to mean we could ship up to three of the 250 gram Gigapower cartridges in one box.

Alcohol rules require a metal container and a lot of padding. Good idea. When we shipped alcohol, one time it leaked but the padding absorbed the leakage, which was its purpose.

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We are not talking about gear and food lists unless there is something beyond the usual backpacking methods. We would ship freeze dried meals, jerky and other prepackaged somewhat perishable items in their original packaging. We would also include ziplock bags to repack those items when we picked up the resupply box. Things like jerky or salami sometimes get moldy three or four weeks after repackaging.

Do have a meal plan, including weight on a spreadsheet before buying.

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**Permits:**

Anyone hiking 500 continuous miles or more on the PCT can get a PCTA thru-hiker permit.

Get a fire permit even with a PCT permit - it's easy, online [preventwildfireca.org/Campfire-Permit/](http://preventwildfireca.org/Campfire-Permit/)

Under 500, you need a permit for wilderness areas. The easy way is to contact the first Federal park/forest that you will enter. They will issue you a permit for your entire trip, but you must have a plan with a start date and exit date. Also

have a planned stop location for each night, just in case they ask for it. You will not be held to those exact locations.

You need a special permit from the Canadian Government to cross into Canada. It takes several weeks to get and you can be denied for minor convictions. [pcta.org/discover-the-trail/permits/](http://pcta.org/discover-the-trail/permits/)

Our permits were checked several times. In Sequoia-Kings Canyon National Parks and in Desolation Wilderness are two that I remember.

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Peter Grubb Hut is a shelter about four miles north of I80 Donner Pass.

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North of Tahoe the PCT is located along the crest, and quite dry, even though lakes are visible a few miles below the trail.

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We used our URsaks and tied them to trees in all areas outside of the JMT area (where we used a Bearikade). Never had a bear incident, and never had to worry about raccoons, mice, etc.

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In heavily forested areas and also dense Chaparral areas, finding a camp spot could be difficult. There might be five to seven miles where it was not possible to get off the trail. Camping on the trail itself is risky. Many days we see bear scat, sometimes mountain lion scat, and always, deer prints. You don't want any of these to run over you.

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**A tip:**

[asthecrowflies.org/pctpacific-crest-trail-town-guide/](http://asthecrowflies.org/pctpacific-crest-trail-town-guide/)

This excellent site covers all the bases, sort of like this presentation without the images

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**How to Poop in the Woods –LNT considerations**

We do carry TP. Experimented with the smooth stones, plant material method, resulting in many weeks of visits to Kaiser, and explanations to an absolutely stunned doctor.

I used to use a 70 year rule: Bury paper separately where it could not be found for seventy years. Now we pack it out. Have a supply of baggies in your resupply.

Poop - 300 steps from trail and water, 8 in. deep, ice axe works well, or plastic trowel. If you can't go that deep, walk farther. Try to visualize what will happen in a heavy rain. It should stay in place.

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Shasta makes its own weather

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Toe socks are good for blister prevention, but wear out quickly.

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In the Trinity Alps area, a deer dragged off a hiking pole in the middle of the night (for the salt on the straps) and I had to chase after it for about 100 feet and grab the pole back.

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Heading towards Seiad Valley, and a fire in our route. Rule to remember: Fires grow during the day, settle down at night

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In Seiad Valley In the store and cafe we found an interesting clientele besides the hikers. The Klamath contains gold, washed down from mountain deposits, and there was a permanent collection of people who made a marginal living searching for it.

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It's a steep climb out of Seiad Valley, so we were happy for a break at Fern Spring, even though it was said to have a

friendly rattlesnake in residence. It didn't make an appearance for us..

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Sometimes we each recall totally different experiences for the same event.

Ralph remembers being careless the night before and not rigging the tent for rain, consequently getting wet and cold that night. Next day he was still cold when hiking and getting colder. Finally decided to stop, setup the tent, put on all the clothing he had and get warm. That's his story - stopped to prevent hypothermia. Susan's journal has zero mention of this supposedly life threatening event.

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Also enjoying the sun was this timber rattler, the largest rattlesnake we saw on the entire PCT.

#### **Rattlesnakes:**

We saw maybe six or eight. They are top predators and don't move willingly. Normally we could walk around, staying several snake lengths away. They only strike a fraction of their length, but can move very quickly if they wish. When we had no way around, then we would encourage them to move, for example by brushing their tail with a branch dangled by a hiking pole. The idea is to annoy them enough to move, but don't have them waste energy with a strike.

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Troll and Oblivious had completed the AT and were well along on the PCT, as we are nearing the Oregon border. They finished the PCT on Sept 16, 2007

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Ashland is the first trail town in Oregon. It is about 12 miles from the PCT, but Callahan's resort is right at the PCT and will shuttle hikers to town.

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#### **Shuttling:**

We would drive to our friends house in Medford, Oregon and leave our car there. She drove us to Burney Falls, and we hiked back to Ashland, where she picked us up. We continued this for the next two years, until we completed the PCT. Returning from Canada, we bussed from Manning Park to Vancouver, got another bus to Seattle, and a plane to Medford.

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#### **Costs vary widely: \$5000 to \$7000 is typical**

Town stops - food and motel rooms are a big variable We spent \$75 to \$100 per person.

Daily trail costs, including resupply boxes with fuel, food, and shipping \$20 per day.

Travel to and from the trail - one or two days at each end more if using public transportation - a big item for section hikers as they do it so many times over the years. For us, about \$100 per trip.

Gear - including guide books and apps - you will have some of this but will want to lighten up. \$1500 to \$2000 if starting from zero. backpack, sleeping bag, tent - about \$1000

Clothes - layers, rain gear, footwear \$500

Misc. - electronics, stove, water purification... \$500

Estimate assuming 3 week sections - 7 trips to complete PCT

147 days at \$20 = \$2940,

travel 7 trips at \$100 = \$700,

plus 14 town stops at \$100 = \$1400

for a total of \$5040 excluding gear

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Mt Theilsen:

Has melted spots on top from lightning strikes

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Rule: If anything is bothering your feet, even a grain of sand, deal with it.

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The trail goes through what seem like recent lava flows  
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A colony of pikas on green island in lava flow.  
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We now use the NeoAir XLite air mattress because it is light and compact. However, the Thermarest ZLite we used earlier was very easy to pull out and sit on during breaks.  
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Big Lake Youth Camp - showers, resupply, meals, no camping, but there is nearby.  
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An example of Halfmile's trail notes:

[pctmap.net/wp-content/uploads/pct/halfmiles\\_pct\\_notes\\_scal.pdf](http://pctmap.net/wp-content/uploads/pct/halfmiles_pct_notes_scal.pdf)  
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Unbreakable and No Trace

Three Fingered Jack

Mt. Jefferson

Vanilla Leaf – the bat winged plant  
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**Russell Creek** by Mt. Jefferson – tricky crossing in afternoon  
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**Laundry day.** In this section long underwear got used. Over in REI's climbing section they have 2 mm or 3 mm cord by the foot. We carry about 30 feet for all sorts of things.  
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**The Eagle Creek alternate route** just before Washington. The trail goes behind the falls.  
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Bridge of the Gods crosses the Columbia into Washington  
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**Bear Grass** is all over Washington  
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In Washington we switched to our four season tent: **Stephenson's Warmlite 2R**. It is fairly bulletproof in any kind of storm, and is double walled, so very little condensation.  
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Mountain Goats near **Cispus Pass**  
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Our feet are now getting wet frequently, but the trail runners dry quickly. We deliberately got non Gortex so they would dry fast.  
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The original guidebooks listed this as "**Dana May Yelverton Shelter**, may not be safe"

The years since have reduced it to rubble.  
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**Crossing the upper slope of the Packwood Glacier:**

This gets steeper and steeper as it goes on, and quite slippery. When we hit the shaded part, it was frozen and too hard to kick steps. By that time, though, the maneuver of turning around was quite dangerous, so we persevered.  
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Two log bridges – ok to sidestep on one log, poles on the other one.  
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The Mike Urich Shelter at Government Camp

As we passed under the power lines, a Navy jet came streaking up just above the lines. When he saw us, he inverted and flew about 300 yards that way.

A many mile fire detour north of Snoqualmie Pass.

the detour was intensely overgrown. The big plus is that the berries were plentiful and at their peak flavor. Wild Salmon berries, Blackberries, Huckleberries.

The Cascades have very long ups and downs.

Andrea Dinsmore she and husband Jerry are famous trail angels in Skykomish, Washington, running Dinsmore's HikerHaven.

The next morning the tent was covered with several inches of snow. A mile or two later, there were fresh bear tracks in the snow.

Washington has really big trees, and when they fall it is difficult to get over/under/around them.

The Suattle River crossing – scoot across on a big log.

View towards trail from Stehekin. The highway washed out many years ago and has never been repaired, so only access is boat or plane. The case for repairing the road reached the US Supreme Court, and was denied.

Stehekin is a little like Cuba in that all the cars are vintage.

We have layers including Smartwool long underwear, and are wearing waterproof socks (SealSkinz) so are warm as long as we keep moving.

Snow does build up on the pack, and setting up the tent while keeping dry is tricky.

Canadian border. The trail register is inside the monument.

If you don't have your permit to enter Canada, turn around at the border.

Manning Park ownership and status has changed since 2010, so check to see if still open.

It's been a long journey. Thank you for your time. We will be happy to answer any questions. Don't forget to pickup our handout on PCT Resources. Email us at [backpack45@yahoo.com](mailto:backpack45@yahoo.com)