

ABOUT PEAK CHALLENGE

Peak Challenge is an ascent of Colorado's 14,000 foot peaks on behalf of Colorado's abused and neglected children served by Griffith Centers for Children. For safety and environmental impact reasons, the ascents are scheduled over two days (for optimal weather windows) and **peaks can be sponsored rather than climbed.**

For 20 years, climbers and sponsors have supported Griffith Centers for Children through the Annual Peak Challenge. Through their physical and financial efforts, the caring people of our region get an opportunity to enjoy Colorado's most dramatic landscapes while improving their health, making new friendships (or nurturing old ones) and accomplishing impressive physical and mental feats. Most importantly, they give emotionally troubled children across Colorado the opportunity for hope and healing.

Every year, Griffith Centers for Children serves over 1,500 children and families statewide through family preservation programs, foster care, adoption services, residential treatment centers and transitional living programs. **For more information** about Griffith Centers for Children, visit www.griffithcenters.org or call 303-237-6865.

NUTRITION AND WISDOM

Nutrition: To exercise efficiently, your body needs a combination of sugars, carbohydrates, fats & proteins. While hiking, at least **50% of what you eat should be carbs/sugars.** Candies & fruits provide quick but short-lived energy. Complex carbs such as pasta, rice & potatoes provide longer lasting energy. **Fats such as cheese or nuts are burned for energy, and shouldn't be more than 30% of your total intake.** Proteins such as meat, fish or legumes are good for healthy muscle tissue, but due to the energy they require for digestion, **proteins should count for no more than 15% of your total intake. Remember to pack plenty of fluids. Water is** best followed by diluted juice or Gatorade/Cytomax type drinks. Tea & coffee are poor choices as they are diuretics and encourage water loss.

Be a low-impact hiker

- ◆ Stay on established trails, do not cut switchbacks, tread lightly if you have to go off-trail.
- ◆ Camp in established campsites whenever available. Do not camp in fragile meadows. Camp on snow or rock when away from established campsites.
- ◆ Use a camp stove instead of building a fire.
- ◆ Properly dispose of human waste away from water, trails and campsites.
- ◆ Wash well away from camps and water sources. Properly dispose of waste water, avoid the use of non-biodegradable soap.
- ◆ Pack out all party litter plus a share of that left by other parties.
- ◆ Leave flowers, rocks and other natural features undisturbed.
- ◆ Keep wildlife healthy and self-reliant by not feeding them. Pack out all uneaten food.
- ◆ Leave pets at home – this isn't their habitat.

Climb Smart! Climb Safely!

RESCUE INFORMATION

To activate a rescue, call the county sheriff closest to the accident scene, listed here alphabetically by county:

Adams.....	303.654.1850
Alamosa.....	719.589.6608
Arapahoe.....	303.795.4711
Archuleta.....	970.264.8431
Baca.....	970.523.6677
Bent.....	719.456.0796
Boulder.....	303.441.4444
Chaffee.....	719.539.2596
Cheyenne.....	719.767.5633
Clear Creek.....	303.679.2376
Conejos.....	719.376.5772
Cortez Police.....	970.565.8441
Costilla.....	719.672.3302
Crowley.....	719.267.5555
Custer.....	719.783.2270
Delta.....	970.874.2000
Denver.....	720.913.2000
Delores.....	970.677.2257
Douglas.....	303.660.7500
Eagle.....	970.328.6611
Elbert.....	303.621.2027
El Paso.....	719.390.5555
Fremont.....	719.276.5555
Garfield.....	970.945.0453
Gilpin.....	303.582.5500
Grand.....	970.725.3343
Gunnison.....	970.641.1113
Hinsdale.....	970.944.2291
Huerfano.....	719.738.1600
Jackson.....	970.723.4242
Jefferson.....	303.277.0211
Kiowa.....	719.438.5411
Kit Carson.....	970.346.8934
Lake.....	719.486.1249
La Plata.....	970.247.1157
Larimer.....	970.416.1985
Las Animas.....	719.845.2568
Lincoln.....	719.743.2426
Logan.....	970.522.2578
Mesa.....	970.244.3500
Mineral.....	719.658.2600
Moffat.....	970.824.4495
Montrose.....	970.249.6606
Morgan.....	970.867.2461
Otero.....	719.384.5941
Ouray.....	970.325.7272
Park.....	719.836.2494
Phillips.....	970.854.3144
Pitkin.....	970.920.5300
Prowers.....	719.336.8050
Pueblo.....	719.583.6125
Rio Blanco.....	970.878.5023
Rio Grande.....	719.657.4000
Routt.....	970.879.1090
Saguache.....	719.655.2544
San Juan.....	970.387.5531
San Miguel.....	970.728.4442
Sedgwick.....	970.474.3355
Summit.....	970.453.2232
Teller.....	719.687.9652
Washington.....	970.345.2244
Weld.....	970.356.4015
Yuma.....	970.332.4805



CLIMBER'S HANDBOOK

Before you take your first step to help Colorado's abused and neglected children....

....please read this important information for your safety and enjoyment



Healing today • Hope for tomorrow

SUGGESTED MINIMUM HIKER CRITERIA

Take this brochure with you on every hike...

◆ **Engage in a practice climb – its fun and beneficial**
All climbers should meet with their leaders well in advance of the climb AND **either participate in a conditioning hike sponsored by the Griffith Centers for Children** (or arranged by the assigned leader) **OR demonstrate sufficient knowledge by past experience** of what is required to safely ascend and descend a Colorado 14er, plus have the necessary skills and stamina required for the mountain they will be climbing.

Please understand that your leader is responsible for making sure the climb is done safely. They may make any of the above criteria mandatory if they feel it is in the best interest of all participating. Please respect their decisions regarding health, and safety, size of group (15), eligibility of climbers, training requirements, enforcement of **NO dogs or children under 18 years of age**, signature of liability waiver 2 weeks prior to the climb, clothing and equipment requirements, CORSAR card requirement, and any other decisions deemed necessary by the leader or the Safety Committee.

Keep in mind that if the leader feels that someone is not properly prepared for the hike, he/she has the discretion to prohibit a person from participating in a practice climb or in the Peak challenge climb

◆ **Get a Search and Rescue Card (CORSAR)**

CORSAR stands for Colorado Outdoor Recreation Search and Rescue. This is not insurance! **Each CORSAR card purchased contributes to the Search and Rescue Fund, which is used to reimburse Search and Rescue teams for costs incurred while aiding you in an emergency.** Any remaining funds at the end of each year go toward training and equipment for these teams. If you hold a current hunting/fishing license, or if you have registered a boat, snowmobile or ATV, you are already covered by the fund. For the low \$3 cost of the CORSAR card, you have helped ensure that those who respond to your emergency are well trained and equipped for doing so. With your purchase of a CORSAR card, those volunteers will not have to incur out-of-pocket expenses during your rescue. Visit www.dola.colorado.gov/dlg/fa/sar_purchase.html to buy online, to find a list of CORSAR vendors or to order by phone call 970.248.7310.

◆ **Begin Conditioning – you will be glad you did**

The safety of the whole party may hinge on the strength or weakness of one team member. Climbing a 14er can be extremely strenuous. The best way to condition for hiking is to hike, but any aerobic activity can increase your level of fitness if done at an appropriate exertion level. Get your heart pumping at a challenging, but not overwhelming, rate and maintain for at least 20 minutes plus a warm-up and cool-down period. Listen to your body, build slowly yet persistently, working up to at least 4 days per week.

Your mental attitude is just as important. Be positive, realistic and honest with yourself. Be careful not to let a “can do” attitude lead to dangerous overconfidence and get you or your team in trouble.

MINIMUM GEAR CHECKLIST

- **Daypack:** over the shoulder design with supporting hip belt to carry what you aren't wearing
- **“10 Essentials”:** map, compass, sunglasses, extra food and water, extra clothing, headlamp/flashlight, First Aid, fire starter, matches, knife
- **Boots:** weather-proofed, lug soled, broken in
- **Socks:** preferably non-cotton (ie. wool) inner and outer
- **Pants and/or Shorts:** quick drying, loose, warm, comfortable
- **Shirts:** light, breathable non-cotton fiber for good insulation and quick drying – more than one
- **Warm Layers:** tops & bottoms, long johns, polarfleece (polyester), wool works too, avoid cotton – it cools the skin and retains moisture
- **Jacket:** non-insulated thin lightweight mountain style with hood, wind proof, waterproof, large enough to accommodate layers
- **Rain Gear:** a large lightweight poncho, or rain pants & hooded jacket as mentioned above (or both)
- **Head Covering:** two purposes – one for warmth (headband/knit cap) & one for protection from heat/sun (baseball cap/visor)
- **Gloves/Liners:** it gets cold up there even in summer; storms come in fast & furious, temps drop, hands get cold
- **First Aid:** aspirin, ibuprofen, antacids, band aids, knee braces, moleskin, your known medications, inhalers, pre packaged First Aid, allergy information, glucose
- **Misc Safety/Comfort:** insect repellent, sunscreen, toilet paper/tissue, chapstick, whistle, **CORSAR card**, map, compass, flashlight, pocket knife, signal mirror, matches, space blanket, camera, small binoculars, 2-way radios, cellphone, GPS, altimeter, bandanna, trekking poles, etc
- **Food:** foods you can eat easily & quickly, enjoy at altitude, which leave no trash behind & require no fussing or utensils. Have a combo of sugars (snack bars, candy, fruit, yogurt smoothies, etc.) & salts (nuts, crackers, cheese, etc.) focusing more heavily on carbs since proteins take longer to digest & use up more energy before they are useful. Carbs give energy, proteins repair muscles; Use more carbs before and during the hike, proteins after.
- **Water:** minimum 2 liters, preferably more, can carry both water & electrolyte drinks such as Cytomax or Gatorade, if preferred.
- **Change of clothes/Shoes:** leave in the car for after the hike, you might be wet and cold, might smell less than desirable, may want to stop somewhere to eat afterwards, etc. bring sandals, your toes will thank you!

See Leader Handbook for a more comprehensive gear list which includes overnight/camping gear, snow/rock gear etc...

SAFETY AND HEALTH

Lightning/weather

It's a fact that mountain thunderstorms can build daily, often by noon or earlier. Always plan very early starts and always be willing to turn around short of a summit. Above tree line, YOU are the lightning rod. When in danger, drop below ridgelines and avoid free-standing trees. You don't have to summit. You want to live to climb again.

High Altitude Sickness

Caused by decreased oxygen concentration in the blood. Symptoms include headache, dizziness, nausea, drowsiness, impaired mental function. To treat, get down to lower elevation ASAP! To prevent, acclimate yourself by hiking at a slow steady pace, take long rest breaks, drink lots of fluids.

Dehydration

Caused by loss of body fluid through respiration, perspiration and urination. Symptoms include headache, dizziness, nausea, drowsiness, impaired mental function (note the resemblance to altitude sickness). To treat, DRINK WATER first, then other fluid replacement such as Gatorade/Cytomax etc. To prevent DRINK, DRINK, DRINK!! 2-4 quarts a day is not uncommon for an adult.

Heat Exhaustion

Caused by physical exertion in a hot environment with dehydration as a significant contributing factor. Symptoms include feeling faint, nausea, faint pulse rate, dizziness, headache, sweating with wet clammy skin, body temp 102-104F degrees. To treat, stop activity, protect from direct sunlight, re-hydrate, lie or sit down, get to a cooler environment ASAP. To prevent, drink plenty of fluids, monitor exertion level.

Heatstroke

More severe. Symptoms include increased pulse and respiratory rate, hot dry skin, pupils often dilated, confused, irrational behavior, uncoordination, delirium, unconsciousness, body temp 104-107F degrees, death. To treat, if unconscious, establish & maintain open airway, move victim to cooler spot, protect from direct sunlight, elevate feet, cool body by applying cool wet bandages or towels (**do not use** ice water which constricts vessels and delays cooling) get professional medical attention ASAP! To prevent, drink plenty of fluids, monitor exertion level, catch heat illness early in the heat exhaustion stage.

Hypothermia

Caused by loss of more body heat than the body can restore through evaporation, radiation, convection and conduction. Symptoms in first stage include shivering, slurred speech, poor coordination and poor judgment. Second stage includes body temp below 95F degrees, rigidity replaces shivering, irrational behavior. To treat, find or create shelter, remove wet clothing and put on dry clothing, continue to drink fluids, loosen boot laces to improve circulation, share body heat if necessary, evacuate and call for help if second stage, gentle rewarming at a hospital may be necessary. To prevent, cover mouth and nose with loose woven wool or fleece, wear clothes that breathe, use layers, keep head, hands and feet covered, avoid dehydration, and protect body from wind, rain or snow.

Disclaimer

Mountaineering requires sound judgment and adequate physical conditioning. The information contained herein is only a brief summary and is not intended to be used as an instructional guide. The authors of this brochure provide no warranties, either express or implied, that the information provided is complete or will guarantee your safety. In no way shall Griffith Centers for Children, its authors, leaders or sponsors be liable for any direct, indirect, punitive or consequential damages arising out of, or in any way connected with, the use of the information contained within.