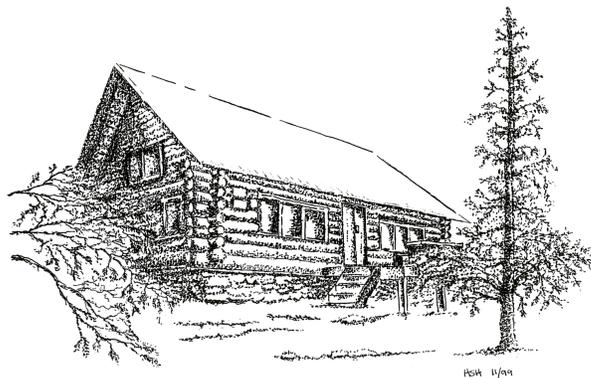


RIDGE LINES



GREEN MOUNTAIN CLUB
BURLINGTON SECTION

Summer 2021

www.gmc Burlington.org
gmc@gmc Burlington.org

VOLUNTEER WITH GMC – AND MAKE YOUR MARK with Vermont's nature lovers!!

We're looking for dedicated people to fill three important positions with the Burlington Section.

Volunteer membership co-chair - Help with managing and growing our local section membership! Work with the current membership chair to welcome new members and help come up with new ideas for member recruitment and retention. The membership co-chairs are an important part of the Executive Committee and attend the section's quarterly business meeting. They also attend the Section's annual meeting in January and report to members about the work of the committee over the preceding year. The membership co-chair may also want to join GMC's membership committee to learn about and contribute to the wider GMC membership development effort. Note: GMC membership bookkeeping (collecting dues, sending renewal notices, etc.) are managed by the staff at the main club, leaving the section volunteer free to focus on supporting and growing local membership.

Education - The person who holds this position will organize educational or instructional outings or programs, typically one or two per year. Activities can include instruction for hands-on skills (how to lead GMC hikes, winter hiking, tracking, map and compass, wildflower identification, Leave No Trace, trail food preparation, first aid, packing for warmth, etc.) or maybe information about great trail adventure books, or about wildlife along the trail - and so many other possibilities!

Taylor Series and Special Programs - The James P. Taylor Outdoor Adventure Series is named for the man who first thought of and envisioned the Long Trail, stretching from Vermont's border with Massachusetts to its border with Canada. The series brings outdoor adventure to life through speakers, stories and photographs. Our Burlington Section plans one event a year. In addition, the Section has hosted unique, one-time programs including special sales, talks and gatherings. This position is ideal for anyone who wants to lend support to the GMC's largest section by using his or her creative ideas and organizational skills.

Interested? Contact Jonathan Breen jonathan.h.breen@gmail.com

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NEWS ABOUT YOUNG ADVENTURER'S CLUB (YAC)

We're delighted to introduce Michael Dillon, the Burlington Section's new YAC leader. This project is a great way for families and their youngest hikers a way to get out and explore the woods at a comfortable, playful pace. The goal is to encourage and promote children's enthusiasm for playing in Vermont's outdoor spaces. Here's Michael, in his own voice:

I grew up in Virginia and Maryland. My first experience with the Long Trail and the Green Mountain Club was in 2015 during a long section hike of the Appalachian Trail through New England. I enjoyed Vermont so much that I returned the following summer, after graduating from SUNY-College of Environmental Science and Forestry, to work for the Vermont Youth Conservation Corps on the southern Long Trail. I returned to Maryland in the fall to work for the Maryland Conservation Corps, but Vermont called me back in August 2017 to work for the Green Mountain Club on the Long Trail Patrol. I spent the next three summers working for the GMC in nearly every field staff capacity as LTP crew lead, Construction Crew, and Caretaker. I currently live in Burlington and work as a slate roofer.

My love of the Long Trail and my background interacting with the public of all ages in outdoor settings, including as a children's ski instructor at Bolton Valley, fueled my interest in the Young Adventurers Club. I will help facilitate fun and informative outdoor activities to get families outside and learn something new. I plan to use ideas from the Project Wild curriculum to incorporate games on wildlife and trees as well as encouraging responsible behavior including Leave No Trace. It's never too early to teach families and children about LNT and how to protect our natural areas for future generations. And of course we will hike! Our monthly hikes will take place in natural areas in Chittenden County and sections of the Long Trail and its side trails. I'm looking forward to getting to know new people and experiencing the outdoors with the YAC!

HIKING WITH BABIES AND SMALL CHILDREN

Successful hikes with little children require planning and preparation. Here are some suggestions from local parents and from several helpful web sites.

Babies

Most experts say you shouldn't hike with babies younger than one month. If you're carrying an older infant in a front carrier, plan for only 20 or 30 minutes at first. You might be able to hike for an hour or more with an older baby in a good back carrier. The distance will depend on weather, conditions along the trail, your fitness, and whether you and your baby start out well rested.

Babies can't let you know that they're starting to get sunburned or windburned. Make sure your baby has a hat. Use sunscreen recommended by your pediatrician. Check your baby's skin often.

It's easy to provide for breastfed infants. For other babies, keep milk or formula in an insulated bag.

Even for a short hike, bring an extra diaper or two. Remember, you **MUST** take used diapers home with you. **Never bury or burn diapers.** (You might want to dig a "cat hole" and scrape poop into it before wrapping the diaper in a plastic bag for carrying home. You can also put used diapers on a rock in the sun while you're taking a snack break. They'll dry out a bit, weigh less, and be less smelly.)

Toddlers

You'll be able to hike for longer distances with a year-old baby on your back than with a toddler who wants to do some of his own walking. Plan on **slow** hikes with lots of time for poking in puddles, staring at bugs and picking up rocks. Many two- to four-year olds can complete hikes of a mile or two, especially when the day is warm but not humid. You still might have to do some carrying, especially toward the end of the hike. There are good back carriers available that will hold up to 60 pounds.

Before each hike, talk to your little one about the adventure. Talk about being in the woods. Describe climbing over big rocks. Maybe show pictures of a waterfall or a meadow you'll see.

A toddler's first hiking experiences should be *short* and *successful*. Carry lots of fluids and snacks. Plan for some specific activities or adventures. Head home early if your little one is getting over-tired or cranky.

HIKING WITH BABIES AND SMALL CHILDREN – cont.

Look in your own neighborhood for beginning hikes. Start with a walk in back of your house, to a local beaver pond, or along a bike path or dirt road. Prepare the same as you would if you were driving to a trailhead, with the same gear and clothes.

Don't take your child on a trail that you don't know. Walking the trail yourself before a family hike will alert you to poison ivy or stinging nettles. You can also prepare yourself for things that might frighten a child, such as open rock faces, steep drop-offs or gaps in the trail.

Most hiking parents find that it's best to start soon after breakfast. (Don't get the kids up unusually early. Follow your family's normal morning schedule.) You can hike a while, have a mid-morning snack on the trail, and be home in time for lunch and a nap.

What gear you should tote depends on your child's age and daily habits. The most important things are liquids and snacks. Carry lots of both. *Don't wait for your child to ask for something to drink.* Kids can get dehydrated even if they're in a carrier.

Pack a first-aid kit and maybe a towel or blanket to sit on during stops. You might want to bring a small shovel for digging or closed containers for treasures such as pine cones and interesting rocks.

Put sunscreen on your child at the beginning of the day and reapply frequently. Make sure your child has a wide-brimmed hat. It's probably better if children wear long pants and a long-sleeved shirt. If you decide on shorts and a T-shirt, bring warmer clothes in your pack. Little children lose body heat quickly. Children should wear hiking boots or good sneakers, not sandals or "cros".

Carry antibacterial hand wipes, especially if your child is still in diapers. Don't fret about other kinds of dirt. Adults and kids get dirty hiking, and that's part of the fun.

Little children aren't peak baggers. Don't get hung up on miles or destinations. You want your little one to love hiking. Make sure all of her early adventures are successful and happy!

Note about outings: The COVID-19 pandemic is still a fluid and unpredictable situation. We will post outings on our website as they are scheduled. Go to www.gmcburlington.org for up-to-date information.

For up-to-the-minute guidelines about safe hiking, go <https://www.greenmountainclub.org/calendar-outings-events/>

Want to save the GMC some money? If you would like to receive *Ridge Lines* electronically and stop receiving a paper copy in the mail, please send your name (not just your email address) to gmc@gmcburlington.org Every quarter, you'll get an email letting you know that the newest issue of *Ridge Lines* has been posted online. Read on your computer or tablet, or download it and print it.

<p>In our September 2020 issue, we announced that well-known Vermont cartoonist Rachel Lindsay would be providing four cartoons for publication in <i>Ridge Lines</i>. Unfortunately, Rachel is taking a pause from her cartoon work because of unexpected demands on her time and energies – so we will have to just imagine her last two cartoons. We wish her well!</p>
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Ridge Lines

GMC BURLINGTON SECTION

Green Mountain Club

4711 Waterbury-Stowe Road

Waterbury Center VT 05677

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