



enchantments thru hike kickoff call

august 8-11, 2024



Agenda

- Introductions
- Route Overview
- Training Recommendations
- Gear List
- Fueling & Hydration
- Safety
- Brief Trip Logistics & Carpooling Plan
- Information Sharing
- Questions



INTRODUCTIONS



Hi! We're the Wild Women Team

- We've been traveling nationally and internationally together since middle school
- Highlights include:
 - Kayaking in the Atlantic ocean (and seeing a shark) while visiting Mexico
 - Riding motorbikes around Capri in Italy
 - Sneaking into a bar in NYC at 18yo (and visiting the Museum of Sex!)
 - Cayoneering and rappeling down a 90ft waterfall in the Blue Ridge Mountains near Sydney, Australia

Hi! I'm Lauren

- Moved to Seattle, WA in 2015
 - Barely knew how to car camp at the time...
- Between 2015–now:
 - I have spent thousands of hours outside. Started hiking a lot more...then training for “bigger climbs”...and since have completed years of mentored and skills-based formal training to build skills in the outdoors.
- I completed the Enchantments Thru Hike in 2022; I also spent 4 days/3 nights camping and climbing in the Enchantments Core Zone in May 2023.
 - I've hiked to Colchuck Lake and Snow Lakes multiple times as well.



Meet, Megan



- I've lived in Minnesota my whole life but try to go on adventures as many times as I can throughout the year. Planning new trips is my favorite pass time.
- I've Explored many of the National Parks & State Parks and have a goal to visit all the National Parks! (Gotta get those stickers on my water bottle)
- Food is another one of my passions, and as a culinary enthusiast I'll do my best at curating delicious meals for you all on this trip.



introductions



Please share the following:

- Your name
- Your favorite hike & why
- What have you heard about The Enchantments Thru Hike?
- What are you **MOST** excited about?

let's talk about
the thru hike!

9:54

44



WE WILL START AT
THE STUART LAKE
TRAILHEAD







looking down



looking up

aasgard pass

preserving the alpine environment

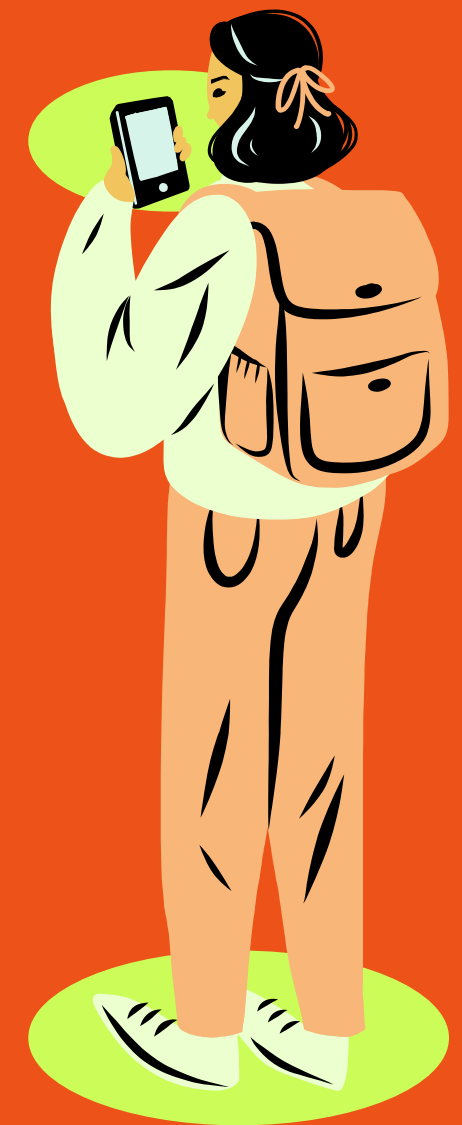
- The alpine is a region characterized by both climate and vegetation
 - Typically above treeline
 - Summer temperatures average less than 50–55 degrees
 - Very difficult for most vegetation to survive
- Increased visitation and intensifying climate change endanger these special places
- It can take years for the flower we accidentally trampled to grow again
- Let's do our best to help preserve them and minimize impact!



training

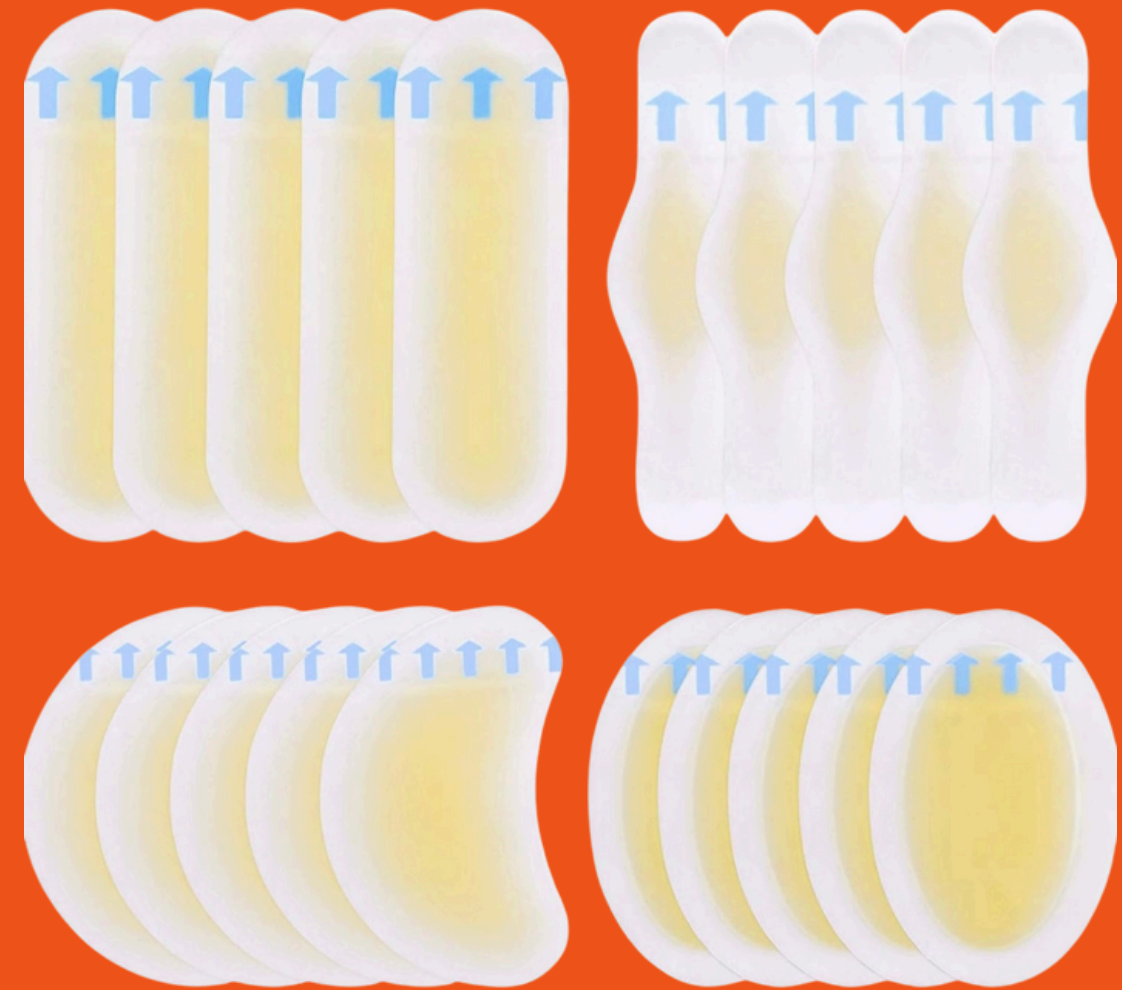
it's for your safety!

- If we have to turn around, we'll do it together. If we notice that people are struggling before we head up Aasgard Pass, we will collectively turn around as a group. Training will only help decrease the chances of us turning around due to inadequate physical endurance/preparedness.
- Minimal sections of the thru-hike are well-paved; most sections require hiking and scrambling on rocky and unstable terrain.
 - You cannot prepare for this type of terrain without going hiking (outside) at least weekly.
 - You *must* train for this thru-hike!



gear

taking care of your feet



what's most likely going to ruin your trip?
Improper foot care

gear basics: shoes

Considerations

- Are you going to buy new shoes?
- Use a pair that you already own?
 - How old are they?
 - How many miles do they have on them?

Our Favorite Brands:

- | | |
|---------------|-----------|
| • Salomon | • Merrell |
| • KEEN | • Danner |
| • Oboz | • HOKA |
| • La Sportiva | • Lowa |

Shoe requirements:

- Waterproof (look for GORE-TEX)! Water-resistant is not sufficient.
- They must be broken in with at least 20-miles of use prior to the start of the trip.
- They must fit you well: consider getting them fitted at your local gear store.
 - Superfeet inserts?



gear basics: shoes

boots



VS.

trail-runners



PROS:

- more ankle stability
- protection against debris, rocks, and brush
- don't need to replace as often

CONS:

- heavier --> increased fatigue on longer trips
- less freedom of movement in the ankle
- less ventilation
- better for multiday backpacking trips with a heavy pack

PROS:

- lighter --> less fatiguing than hiking in boots
- cooler (temperature-wise!)

CONS:

- less ankle stability
- wear down faster
- if you normally hike in boots, may not wear these as much again

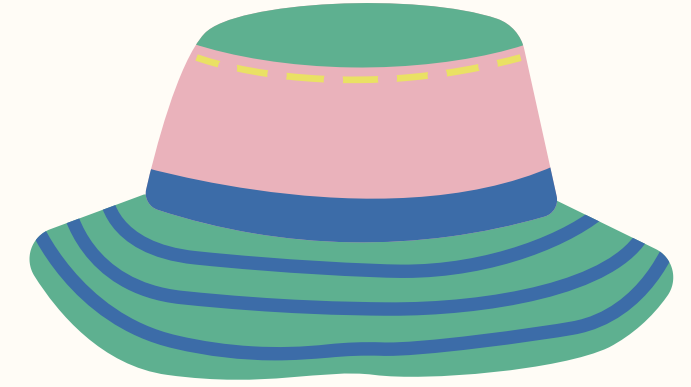
gear investment tips



BIGGEST TIP: Do not buy brand-new gear unless you *know* you already love it. Otherwise, stick to used or borrowed gear and figure out what YOU like before buying it.

- Tips:
 - New gear gets dirty/ripped/scratched almost immediately. Don't be turned off by re-used gear that looks "dirty".
 - Facebook Marketplace and OfferUp are great for buying used gear
 - Poshmark is a great app for buying used clothing
 - There are many used gear stores in Seattle such as The Wonderland Exchange, GoodWill, etc.
 - The top floor of REI Seattle has an entire section of "Garage Sale" items; essentially, these are items that people have returned (for all kinds of reasons) and a great place to score REALLY awesome deals!
- Sign up for ExpertVoice to see if you qualify for any gear discounts (sometimes, these discounts are between 40-60% off!)
- Do you know anyone who works in the Outdoor Industry? Ask if they have any "Pro Deals" that they can share with friends and family. Often, these deals are also SICK!

Where to buy gear



In-Person (Washington):

- Ascent Outdoors (New & Used)
- Wonderland Exchange (Discounted & Used)
- REI
 - Look for the “Garage Sale” section of the store for discounted items
- Outdoor Emporium
- MTN Gear
- Feathered Friends
- Nordstrom Rack

Online Options

- Facebook Marketplace
- OfferUp
- Poshmark
- Backcountry.com
- REI
- Nordstrom Rack

Reputable Clothing Brands

- Outdoor Research
- Mountain Hardware
- Kuhl
- prAna
- Cotopaxi
- Patagonia**
- Arc'teryx**
- Black Diamond
- Smartwool
- Fjallraven**
- Marmot

***more expensive brands*

Women-owned/specific gear

We love these brands:

- [Kari Traa](#)
- [Wild Brush](#)
- [Youer](#)
- [Comfortable Adventures](#)
- [Kula Cloth](#)
- [Skida](#)
- [Garage Grown Gear](#)
- [Paradis Sport](#)
- [Wild Rye](#)
- [Tera Kaia](#)



Choosing The Right Pack



Clothing: LAYERS!



Your #1 priority with clothing is LAYERING
“BE BOLD, START COLD”

Base layers: you will sweat a lot on this hike! Nothing you wear should be “cotton” material. Cotton absorbs and retains water/sweat, and will leave you feeling wet and cold. All base and mid-layers should be made of polyester, nylon, or merino wool.

Underwear: For a hike this long, body parts, fabric, and gear will rub. You’ll want very comfortable underwear that will not irritate your skin.

Pants vs. shorts: Again, you’ll want something made of polyester or nylon. We suggest looking for lightweight pants that can convert to shorts. Are they ugly? Yes. Practical? Absolutely.

Sunshirt (or lightweight UPF top): If it’s a really sunny day, you’ll be grateful to have lightweight fabric protecting your skin and helping to keep you cool. It will also prevent your pack from rubbing against your skin and irritating it. Exposed skin + sweat + backpacking rubbing for 12–14 hours = chaffing and possibly blisters.

Clothing: **LAYERS!**



Puffy jacket: Everyone needs to have a puffy jacket in case of an emergency that would require us to spend the night in the Enchantments or hike out after dark.

Hiking socks: We recommend looking for hiking-specific socks that are made out of wool. Make sure the socks are tall enough to prevent your shoes or boots from chaffing against your bare skin on your ankles or legs.

Hat with a brim: a hat with a brim is included in your welcome bag (yay!) and will help protect you from sun and also rain/drizzle

Sun buff: great for protecting your neck from getting burned, but also super nice as a cooling towel. It feels so good when you can dip it in a cold alpine lake and wear it around your neck!

Lightweight rain jacket: you always want to have one just in case!



lets talk about the bathroom situation

- Best case scenario: you can use a pit toilet at a campground along the way
- If you can't wait:
 - Pee
 - Aim to pee between rocks or boulders, sandy, bare areas or exposed ground as much as possible
 - Alone on the trail? Pee there!
 - We strongly recommend using a Kula Cloth to wipe
 - All toilet paper **MUST BE PACKED OUT**, even “compostable” toilet paper
 - Poo
 - If you're not near a toilet, dig a cat hole 6 to 8 inches deep at least 200 feet from water sources or campsites. When finished, fill hole and cover with soil.
 - Lauren & Megan will be bringing two trowels that everyone can borrow to dig (note this is NOT used to scoop poo!)



lets talk about the bathroom situation

- What happens if I have my period? It happens – often!
 - Just like toilet paper, we pack out all of our used period products like pads and tampons. You can store them in a bag of baking soda to try to reduce the odor.
 - Consider using a Diva Cup



cell phones/communication

- You should expect to not have cell phone service for the majority of the thru-hike
- If you're using your phone to take any pictures or videos, you will likely drain a good portion of your battery
- To save phone battery:
 - Make sure to leave your phone on "Airplane Mode"
 - Turn off "Wifi" and "Bluetooth"
- For EMERGENCIES, we will have a 2-way satellite communication device with us on the trip called a Garmin Inreach Mini.
 - You cannot make calls, but you can email and text
 - It has an "SOS" function built in if we need to contact authorities for help
 - It allows family and friends to "track" our progress along the trail using a link we'll provide
 - For emergency cases only, we'll provide information about how your loved ones can contact us on this device to get a message to you.



trip logistics



12437 Plain Ranches Road, Leavenworth, WA 98826



Carpooling



- For legal reasons, Wild Women staff are unable to drive participants.
- Check Slack to find others who would be interested in carpooling:
 - from Seattle to AirBnb
 - from the AirBnb to the Snow Lakes Trailhead
 - from the AirBnb to tubing
 - from the Airbnb to Leavenworth (wine tasting)

Itinerary

- Thursday, August 8th:
 - Meet at the rental cabin at 5pm
 - 5:30pm Welcome dinner
 - 7:30–8:30 Bonfire
 - 9pm Lights out!
- Friday, August 9th:
 - 4am WAKE UP! We will hand you a breakfast sandwich to eat on the way. We will be leaving the house at 4:20am to drive to the trail. **The shuttle will be picking us up at 5am and it WILL leave without us!**
 - We'll spend the majority of the day hiking the Enchantments. Lunch will be provided for you to eat on the trail, and some post-hike appetizers to tide us over until dinner back at the cabin.
 - 8pm Brownies and champagne toast at the cabin because we fricken did it!!

Itinerary

- Saturday, August 10th:
 - 8:30am–9:30am Breakfast will be provided.
 - 10:30am leave house for river tubing (if the river is low enough for tubing)
 - Lunch between 1–2pm at the cabin
 - 3:30 Drive to Wine Tasting.
 - 4pm–5pm Wine tasting.
 - 6pm Dinner in Leaven worth (Dinner is not provided this evening)
- Sunday, August 11th:
 - 8:30–9:30 Breakfast provided.
 - 10am Check out of cabin.

*****We will be providing a champagne toast for y'all. All other alcohol in the cabin is BYOB!**

Snacking for the hike



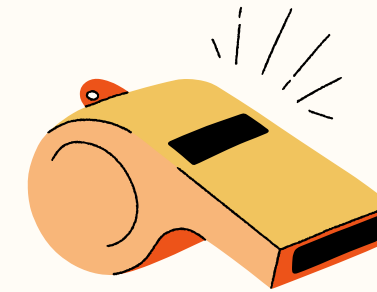
- All participants should plan to eat a snack every hour, even if they aren't feeling hungry at the time
 - Will help to maintain your energy levels
 - Help to balance electrolytes
- Choose snacks that you REALLY LIKE: do not bring foods you feel like you "should" eat, but don't want
- The primary macronutrient that you will rely on during this hike is carbohydrates
 - From a sports nutrition perspective, you should aim to eat 30–60g of carbohydrates PER HOUR
 - What has 30–60g of carbohydrates?
 - Uncrustables or pb&j sandwich
 - Hiking/energy bars
 - Handful of gummy bears
 - Ritz sandwich crackers



hydration on the hike

- We cannot emphasize the importance of hydration enough leading up to the hike, on the hike, and after the hike!
- You must bring electrolytes with you in your snack bag to supplement what we plan to provide.
- Aim to drink 3–4L over the course of the 18-mile hike
 - The more you sweat, the more fluids you'll need
- Salt consumption will be key! Salty snacks are great for helping with this.





safety

"Minimizing risk isn't about eliminating adventure; it's about ensuring that every step into the unknown is taken with awareness, preparedness, and respect for the wild."



general safety

- Leave No Trace Principles: packing out all trash and minimizing physical impact by staying on designated trails, and respecting wildlife and vegetation.
- Weather Awareness: Pack appropriate clothing layers for a variety of conditions, including rain gear and warm layers for colder temperatures.
- Navigation: Organizers will carry a virtual map, phone compass, and a GPS device for group navigation and safety. Participants should review the planned route ahead of the trip.
- First Aid and Medical Considerations: participants should carry some first aid supplies and any personal medications they may need. Organizers will carry group first aid kits.

general safety

- Water Safety: Participants should carry at least 1L of water with them at all times. Normally in the summer, we recommend carrying 2–3L at a time; however, there are plenty of water sources on our trip, so we can fill up as needed. Please remember: all water from natural sources will need to be purified prior to drinking. **Please use the gear list to purchase and bring your own water individual water filtration device.**
 - Important considerations:
 - Stay hydrated! Bring electrolytes.
 - Purify water before drinking
 - Avoid stagnant or contaminated water sources
- Wildlife Awareness: Mountain Goats are abundant in the Enchantments! So are little critters hungry for your food!
 - Mountain goats LOVE salt because it's rare in alpine environments. They have learned that pee has the salt they crave and will RUN towards the sound of pee hitting a rock.
 - Critters only have to hear one crinkle of a wrapper before they are at your feet

general safety

- Emergency Procedures: We will review this in detail prior to the start of the trip!
- Group Dynamics and Communication: The group will stay together at all times, period. Each participant will have a “buddy” that they must check in with before going out of sight (aka going to the bathroom). We will also communicate openly and make decisions together. Everyone is strongly encouraged to speak up if they're feeling unwell, fatigued, or uncomfortable with any aspect of the trip.
- Gear Check: Prior to the trip, and at the Airbnb, we will have many opportunities to do group gear checks to ensure that everyone has the essential equipment they need for the trip.
- Emergency Contact Information: Participants will learn how to find emergency contact information for park rangers and local authorities. Participants are also required to share their itinerary and expected return date with a trusted contact who can raise the alarm if they fail to check in as planned.

How we'll share
information

Slack



- **We can do new and unfamiliar things!**
- As we start to share and discuss more information, it's going to be very helpful to have it organized by sub-categories.
- Our goal is to share information; it is very likely that YOUR question is shared by others in the crew. Slack will make it easier for us to collectively have conversations.

DESKTOP VS. PHONE

- You can easily access Slack for your laptop/desktop if it feels too difficult to use on your phone
- You can also watch some of these quick and easy videos to get a sense of how to use Slack.

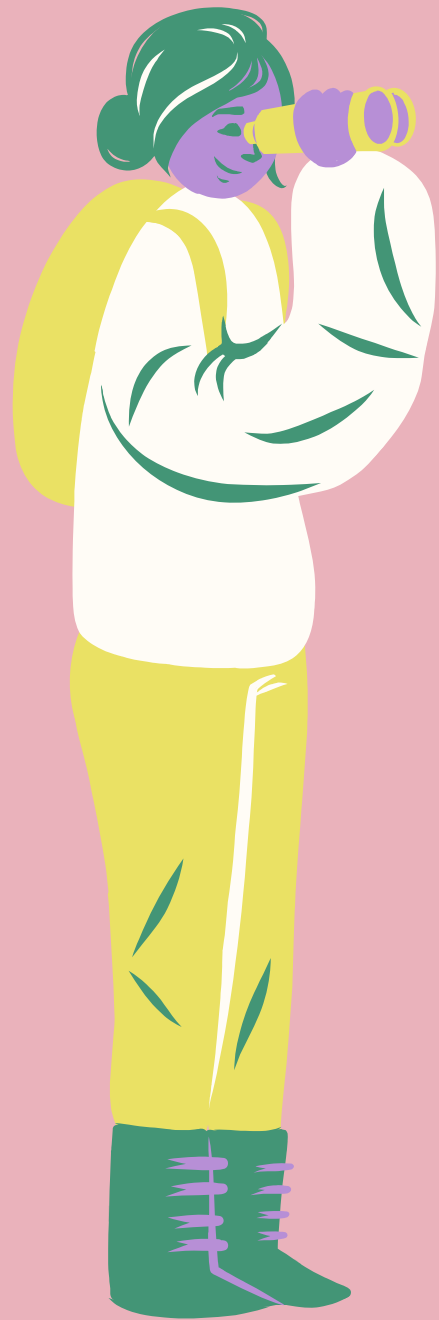


Slack video tutorials

Watch these short videos to learn about getting started with Slack. We also offer a series of Slack tutorials to help you get comfortable and get to...

 [Slack Help Center](#)

Wild Women Academy



- Leave No Trace Principles
- The 10 Essentials
- Trail Etiquette
- What to Bring Hiking
- How to Pack
- Navigation & Maps
- Clothing Recs & Summer Layering
- ...and more!

Exclusive access to these videos is included in the cost of your trip. You can access these videos

Questions?

