

SURVIVING THE WILDERNESS

A Personal Odyssey with Peter Tremayne

Hypothermia Dreaming
Being Lost in the Dark
Turning Back Below Summits
Attempting the Unthinkable

www.highsierrakiwi.com

Who Lives, Who Dies, and Why?

It's easy to demonstrate that many people (estimates run as high as 90 percent), when put under stress, are unable to think clearly or solve simple problems. They get rattled. They panic.

They freeze. Muddled thinking is common in outdoor recreation when people get lost or injured or are otherwise threatened with harm.

Laurence Gonzales: *Deep Survival* © 2003

TRUE STORIES OF MIRACULOUS
ENDURANCE AND SUDDEN DEATH

DEEP SURVIVAL

WHO LIVES, WHO DIES, AND WHY

LAURENCE GONZALES

"I tore through *Deep Survival* like I'd been waiting to read it my whole life. Gonzales's writing is effortless and compelling, and his research is first-rate. I can't imagine a better book on the topic."

—SEBASTIAN JUNCER,
author of *The Perfect Storm*

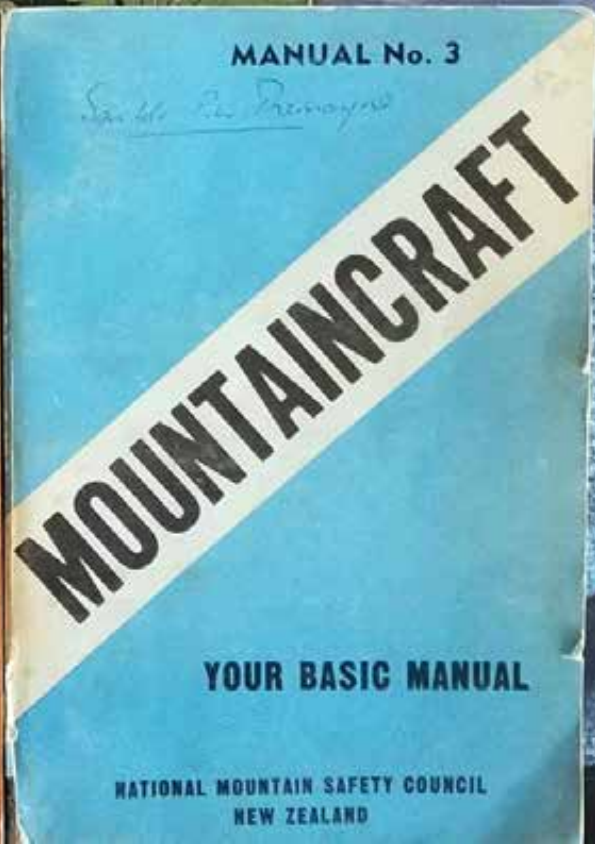
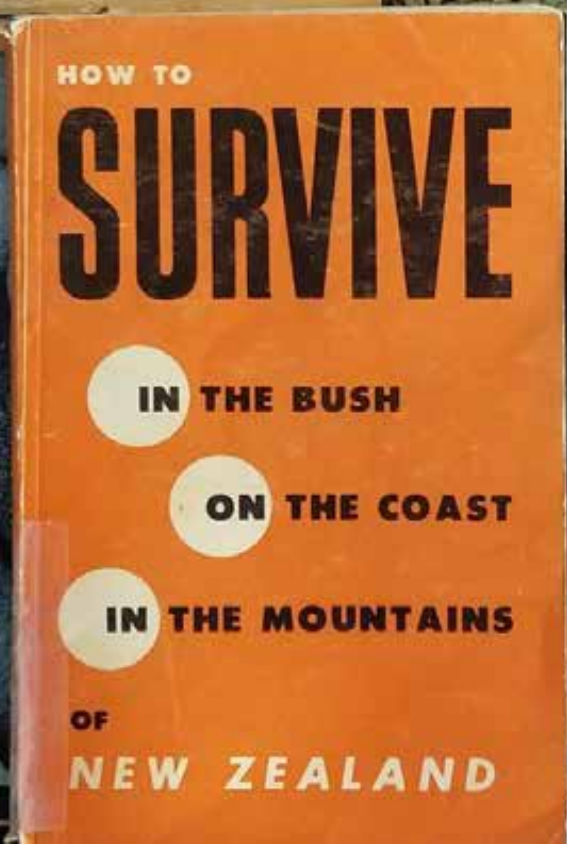
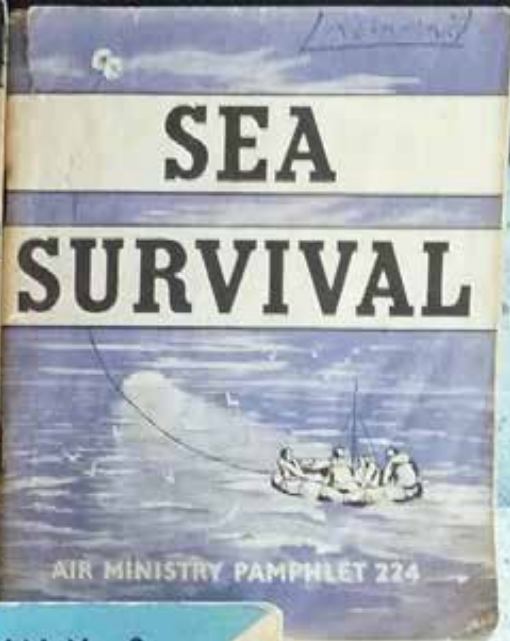
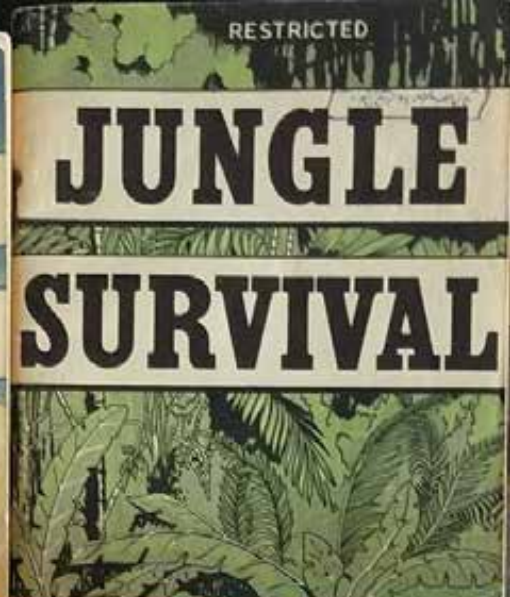
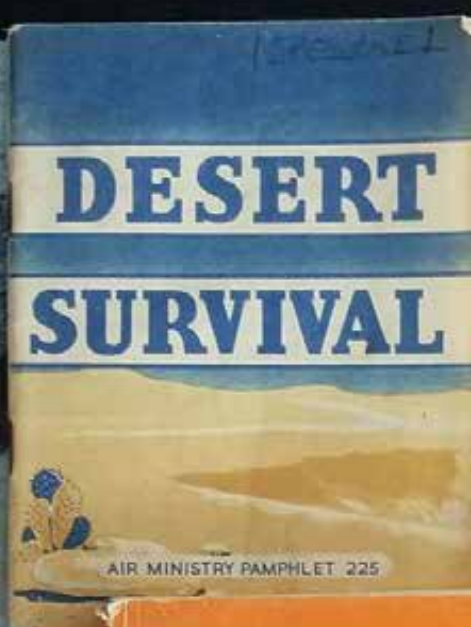


DEEP SURVIVAL

Who Lives, Who Dies, and Why

With a new introduction by the author

LAURENCE GONZALES



1957 - RNZAF Harvard Fighter Trainers





1960's - RNZAF Vampire Jet Fighter/Bomber



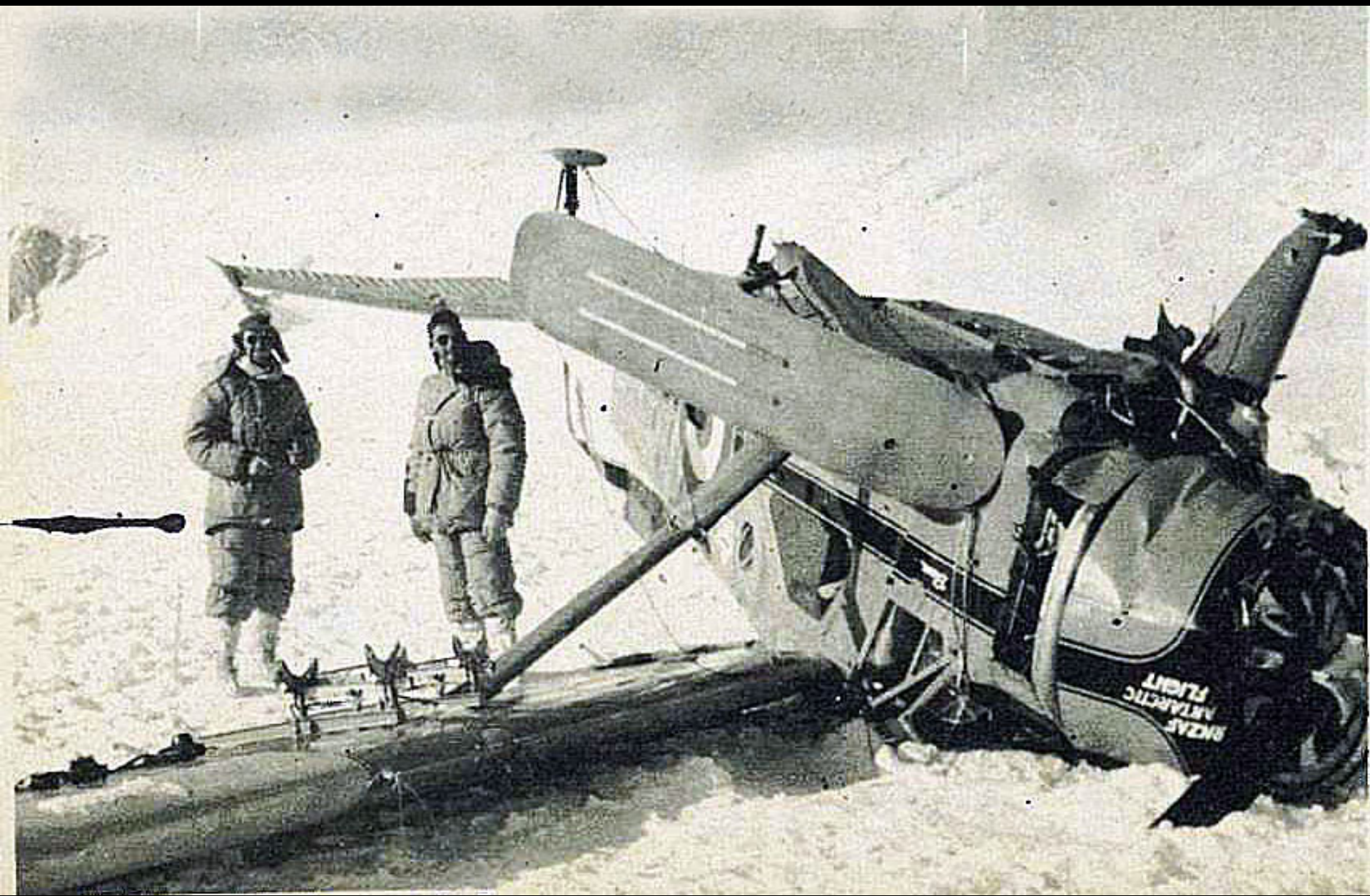
1959 Tasman Glacier: RNZAF
Antarctic Beaver

1959 – Antarctic Survival Training





NZ6010



1961 – Antarctica – Beardmore Camp



1961 - Antarctica - Beardmore Camp



1961 - Antarctica - Beardmore Camp



My Life well Lived in the Pursuit of Adventure – and by default - High Risk

“Without the possibility of death, adventure is not possible”

Reinhold Messner (after his solo ascent of Everest in 1980)

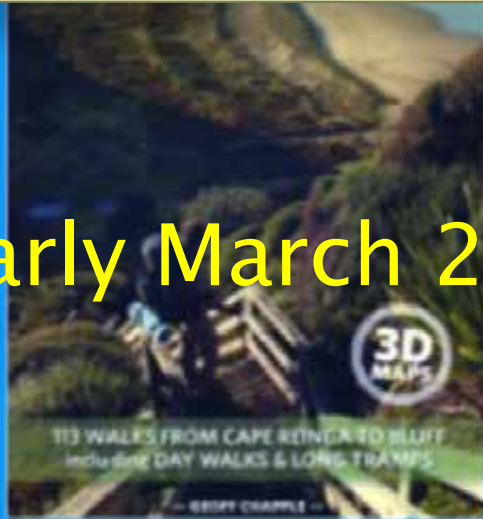
Recently I've been writing down 62 years of high risk adventures, echoes of the past that are getting quieter, more distant and sadly, often dead. One result has been the realization of how stupid some of those risks were, and have concluded that I took so many risks that statistically speaking I should be dead by now.

But, I do believe most of the risks I took were managed and reduced by training, experience, preparation, no panic, and some dumb luck!

- Fear? – Never! Stark Terror – Yes!

Hypothermia Heaven

Early March 2017



Temperate Climate
Constant Heavy Rain
Mid-30°s to Mid-50°s
Strong Winds
Rough Unformed Trails
River Crossings

What Are the Symptoms of Hypothermia?

- Shivering, which may stop as hypothermia progresses (shivering is actually a good sign that a person's heat regulation systems are still active.)
- Slow, shallow breathing
- Confusion and memory loss
- Drowsiness or exhaustion
- Slurred or mumbled speech
- Loss of coordination, fumbling hands, stumbling steps
- A slow, weak pulse
- In severe hypothermia, a person may be unconscious without obvious signs of breathing or a pulse



Department of Conservation
Te Papa Atawhai

Lewis Pass
National Reserve



St James Walkway ↑

Cannibal Gorge Hut

3 hr / 8.5 km

Ada Pass Hut

4 hr 20 min / 12.4 km

Christopher Hut

8 hr 20 min / 24.3 km

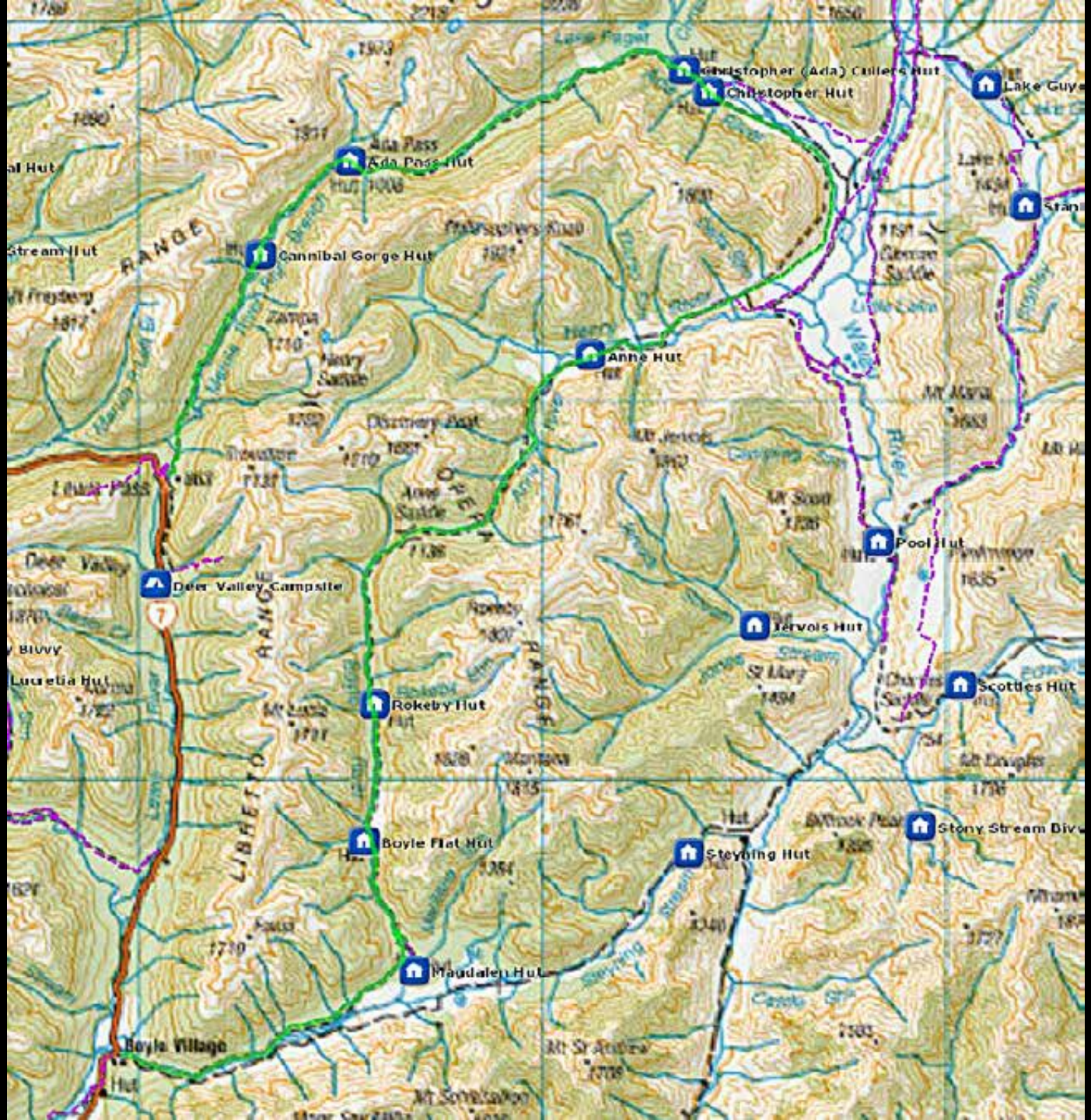
Anne Hut

12 hr 30 min / 37.5 km

Boyle Flat Hut

18 hr 30 min / 55 km

New Zealand Government







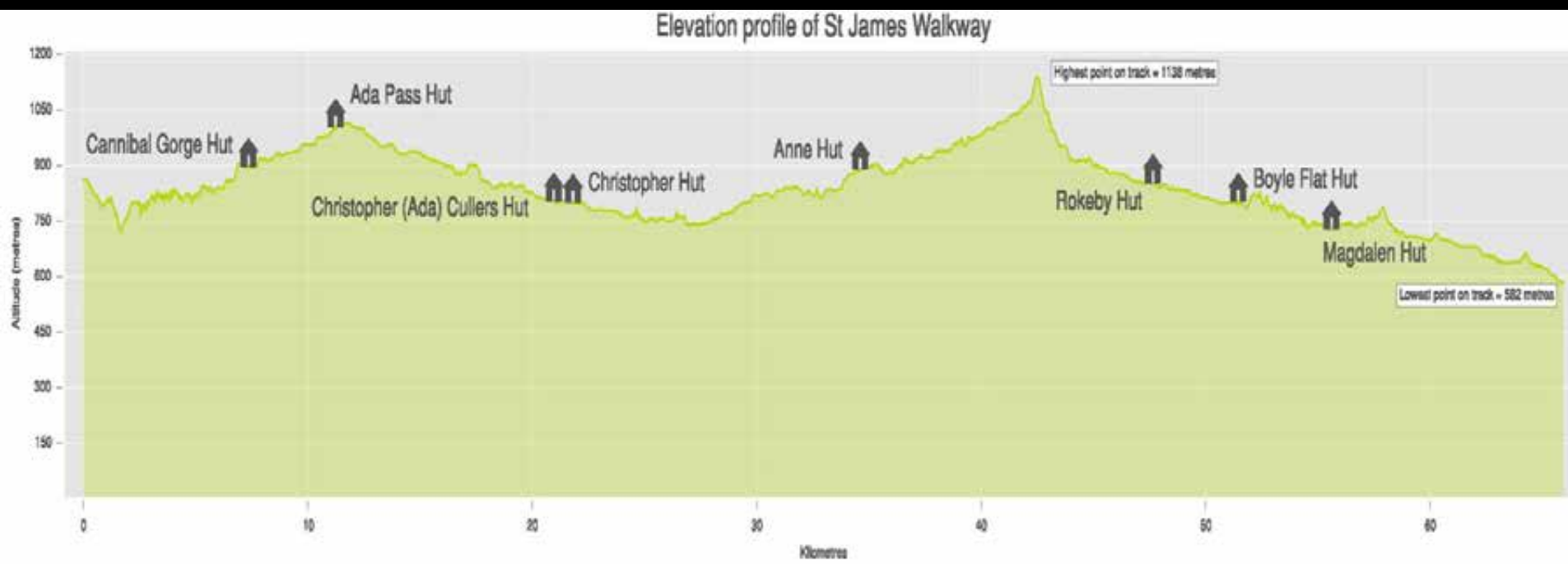














**Dying in the Forever Rain:
the hut that saved my life**





LITE FIRE IN LEFT SIDE ONLY

Hut

Survival Factors

Adequate & Correct Clothing

Dress for the expected Conditions

Available Shelter – Carry a Tent

Seek shelter before it's too Late

Trail Food and Hot Liquids

Avoid Hypothermia when hiking the JMT or PCT, where there are no huts, but travelling light

- Use a “Smart” tent – Quick to erect for shelter
- Don’t leave camp on rain mornings – Wait!
- Stop and erect tent before continuous rain
- Carry one day+ extra rations – for rain delays!

Single Wall Tent-Self Standing



The five minute Shelter





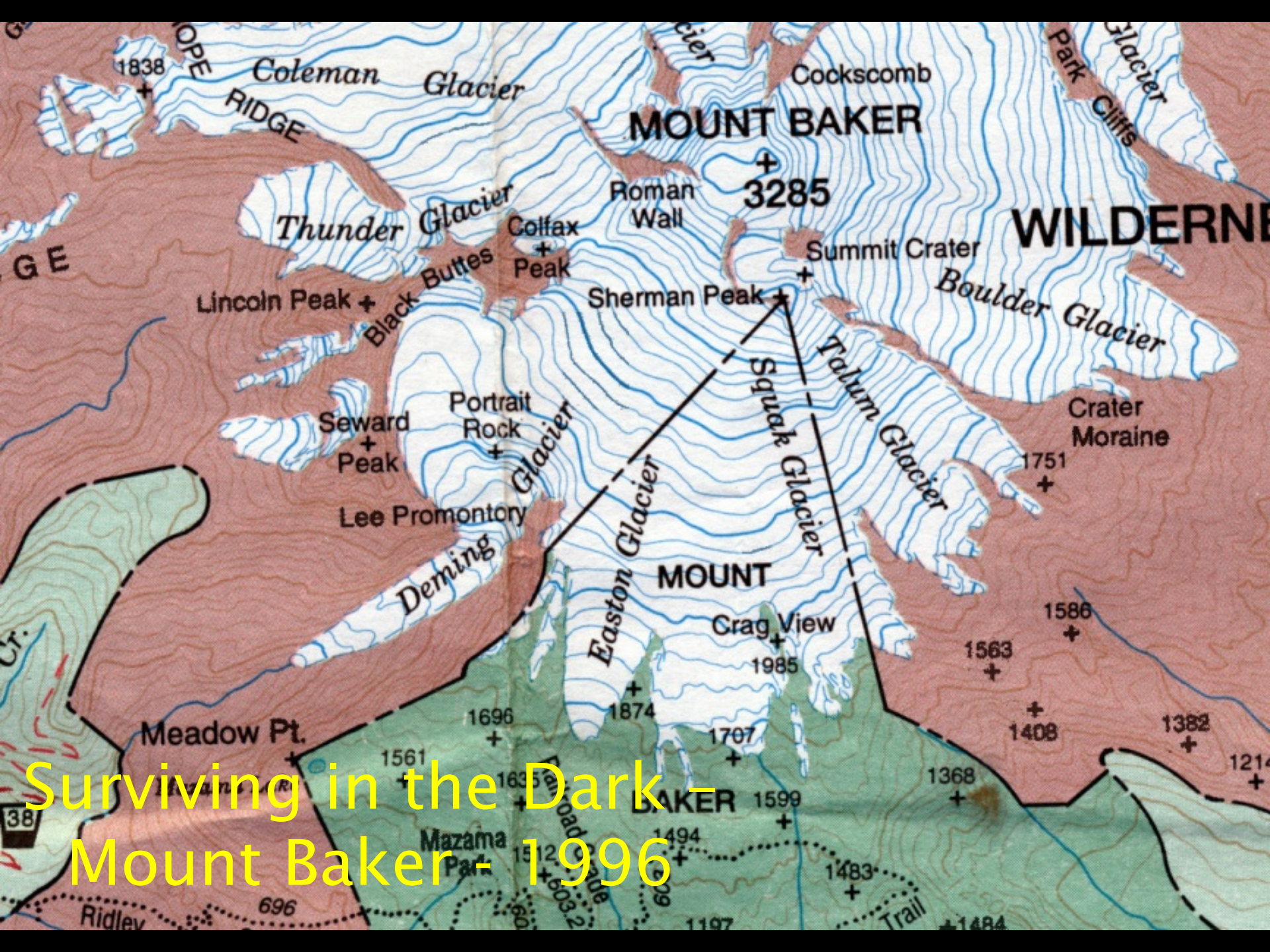
The five minute Shelter



The Complete Tent

Big Agnes Fly Creek UL2





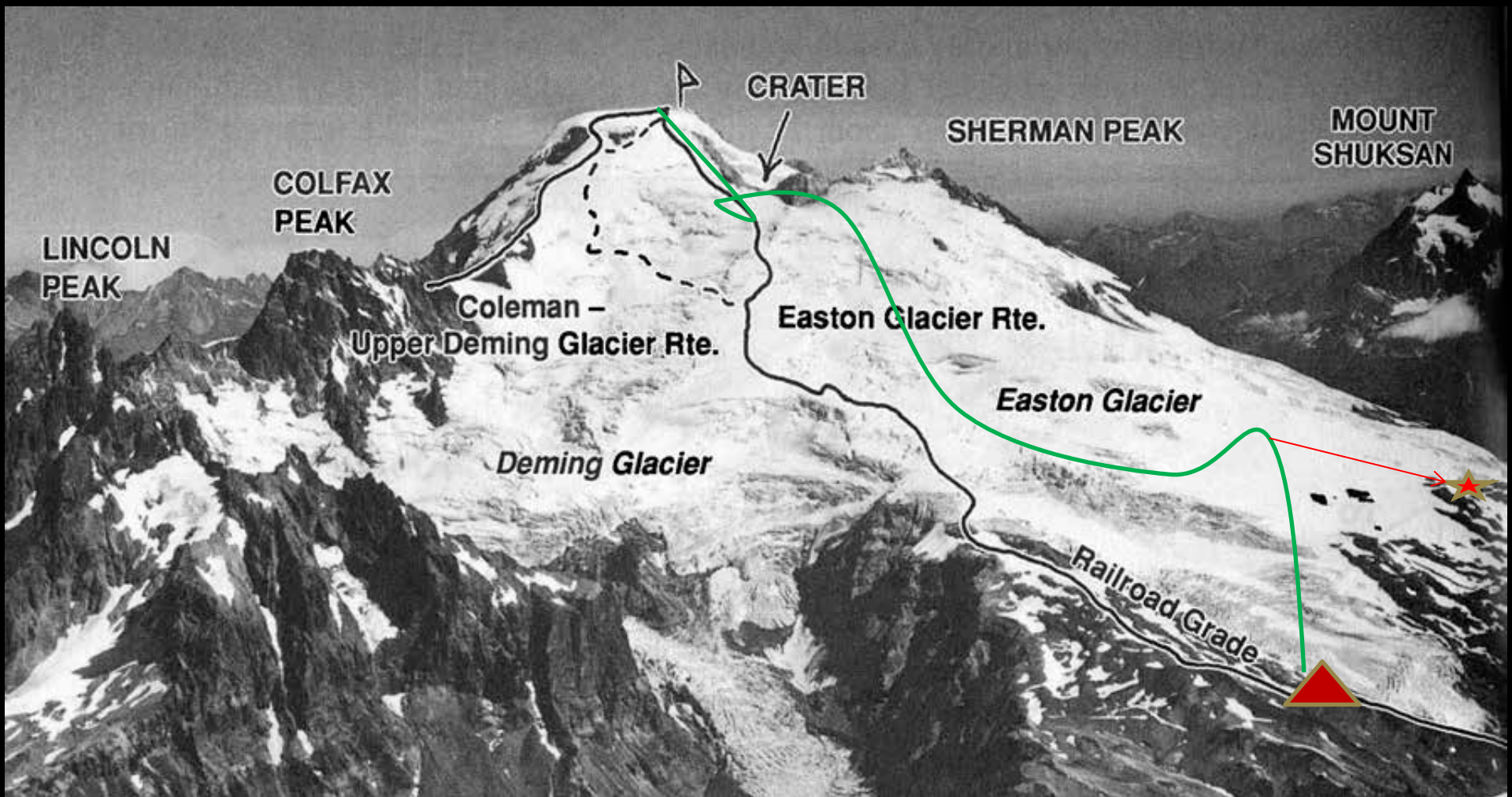
Surviving in the Dark -
Mount Baker - 1996











LINCOLN
PEAK

COLFAX
PEAK

CRATER

SHERMAN PEAK

MOUNT
SHUKSAN

Coleman -
Upper Deming Glacier Rte.

Easton Glacier Rte.

Deming Glacier

Easton Glacier

Railroad Grade

A photograph of a person sitting on a rocky, snow-dusted slope. The person is wearing a blue jacket, dark pants, and a dark beanie. They are looking towards the camera. In the background, a large, snow-covered mountain peak (Mount Baker) rises against a clear sky. The foreground consists of large, dark rocks and patches of snow.

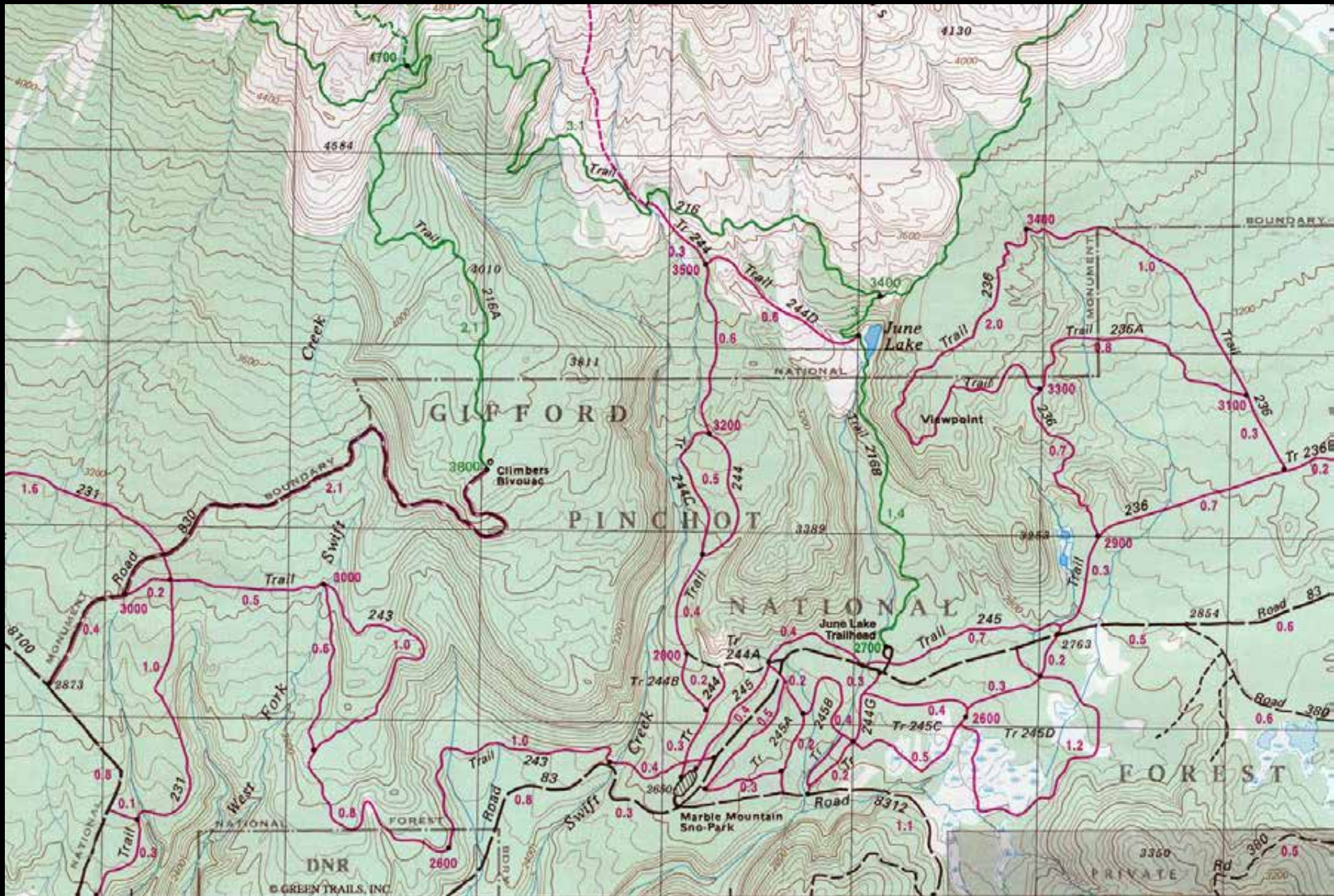
Surviving in the Dark –
Mount Baker - 1996

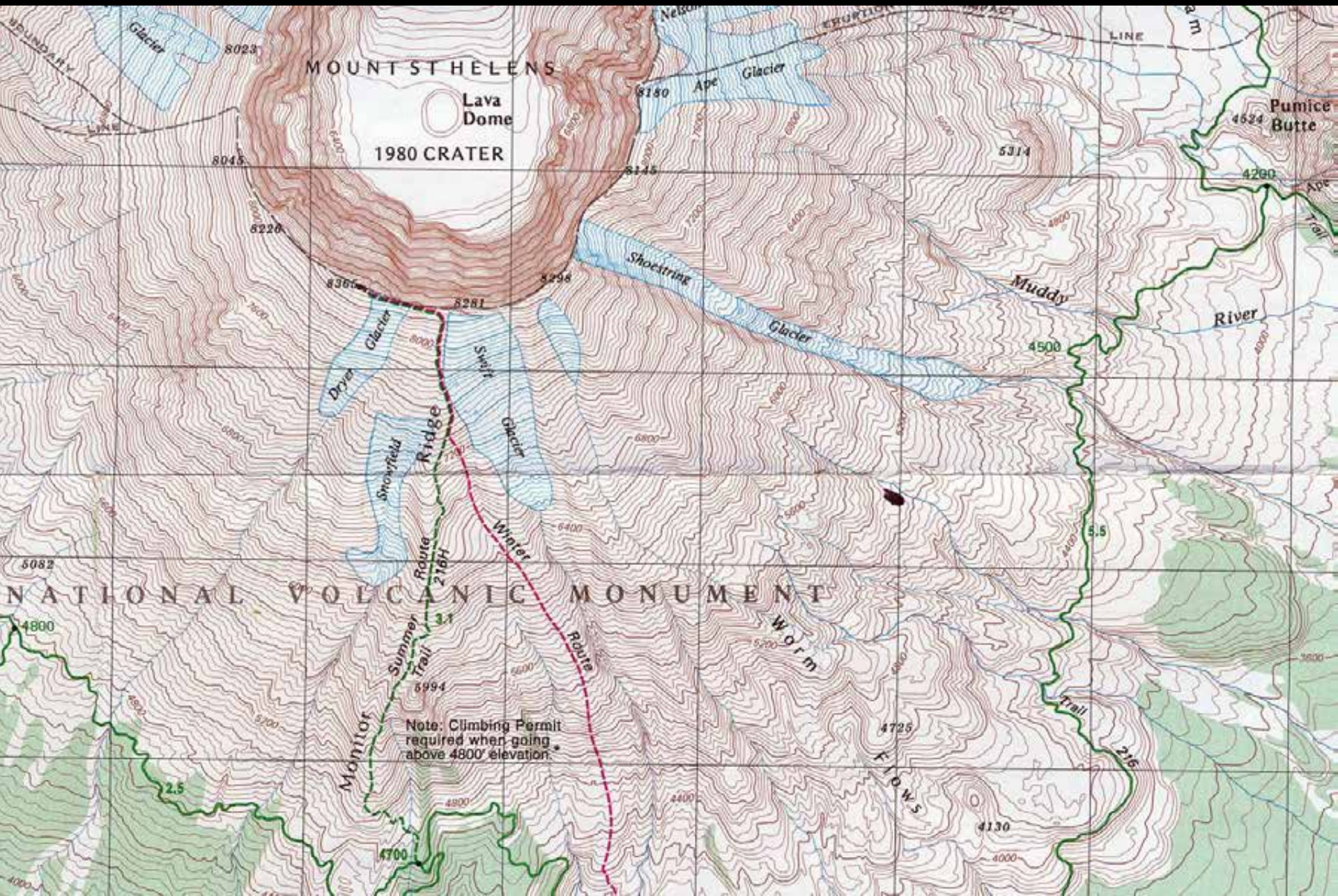






**Lost in the Dark On Mount
St. Helens -2000**





MOUNT ST. HELENS

Lava Dome

1980 CRATER

NATIONAL VOLCANIC MONUMENT

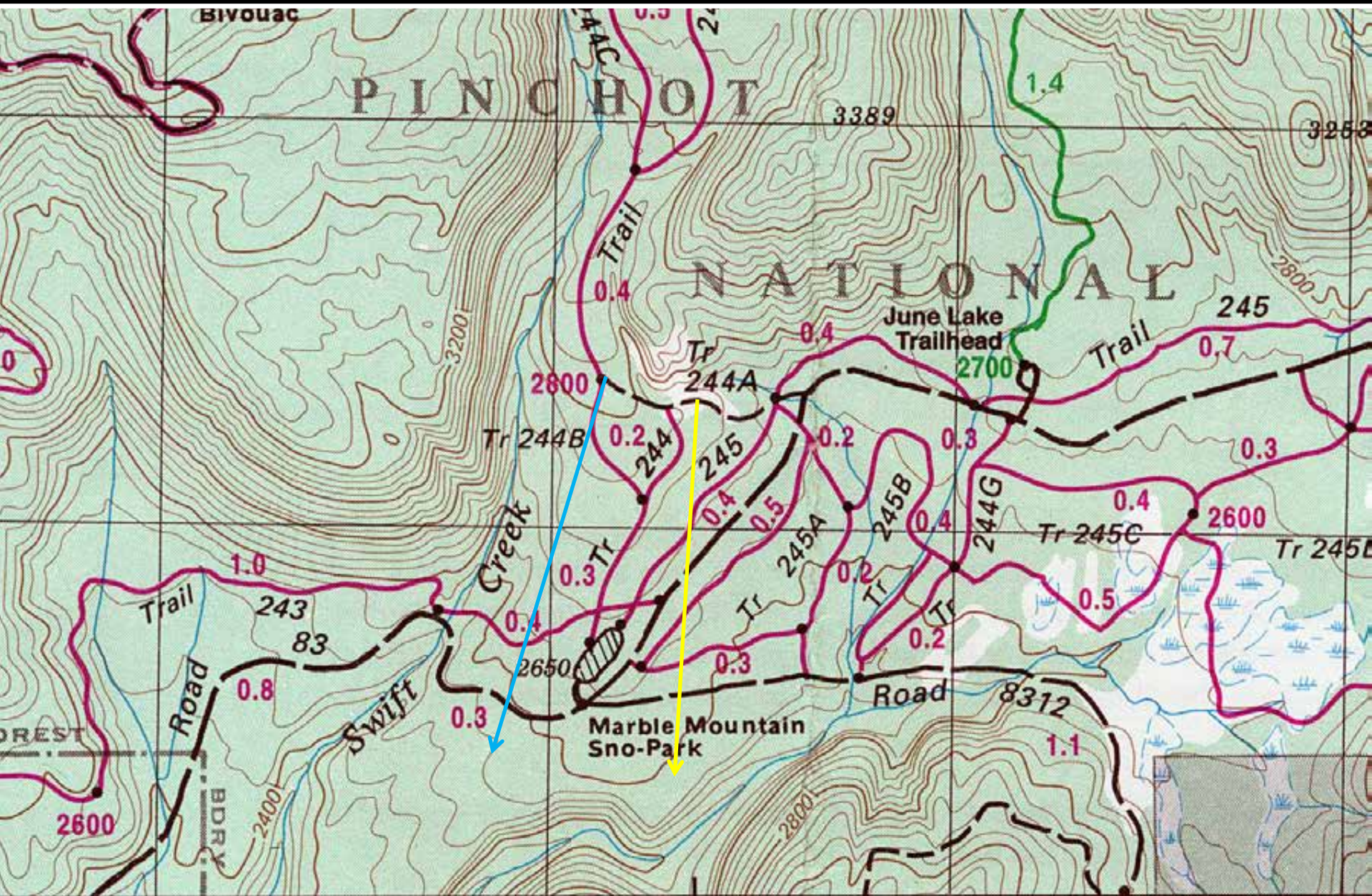
Note: Climbing Permit required when going above 4800' elevation.











Plan B - GPS



No Plan B



Survival Factors

Always hike with a headlamp

Know when to Stop for “Plan B”

Create a GPS track when outbound

Make GPS waypoints for Car or Tent

Learn how to use GPS





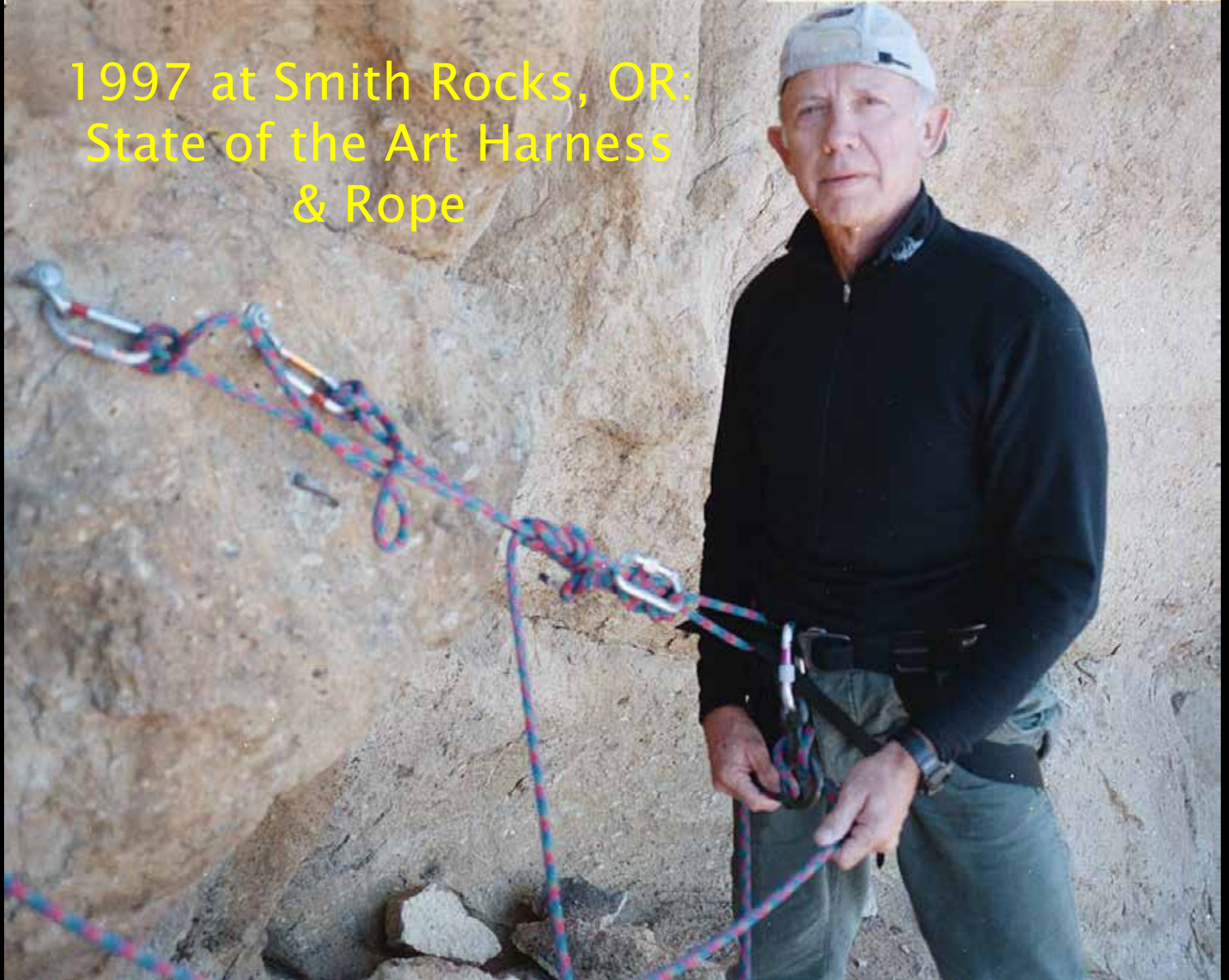
1989: Three Weeks on Denali
and No Cigar -
But No Frostbite and Still Alive

Everest
1953:
First Ascent



State of the
Art Harness
& Rope

1997 at Smith Rocks, OR:
State of the Art Harness
& Rope









Jackie, Art, Randy and the Kiwi/Aussie













1992 Nepal: Mera Peak - 21,300'



Attempting the Unthinkable: 1993 Mount Washington NH





STOP



THE AREA AHEAD HAS THE WORST WEATHER IN AMERICA.
MANY HAVE DIED THERE FROM EXPOSURE, EVEN IN THE
SUMMER. TURN BACK NOW IF THE WEATHER IS BAD.

WHITE MOUNTAIN NATIONAL FOREST



Arlington, MA, died November 29, 2002, in an early season avalanche when attempting an ice climb on the Tuckerman Ravine Headwall.

138. **Jason Gaumont**, age 28, of Southbridge, MA, died January 30, 2004, from a fall in Huntington Ravine while trying to descend the Huntington Ravine Trail.

139. **Rob Douglas**, age 39, of Vershire, VT, died March 7, 2004, from a fall in Pipeline Gully on Mt. Clay. He fell while attempting to descend an icy ski gully to help a fellow skier who was injured in a fall down the same gully.

140. **Jean Moreau**, age 50, of Becancour, QC, Canada, died August 4, 2006, from cardiac arrest on the Davis Path near its intersection with the Camel Trail.

141. **Peter Roux**, age 39, of Bartlett Tennessee, died when an avalanche swept him off Odell's Gully ice cliff on January 18th, 2008. He was solo climbing in Huntington's Ravine.

142. **Peter Shintani**, age 70, of Napanee, ONT, Canada, died of hypothermia near the Lion's Head trail on or about June 9th, 2009. His body was found July 10th 2009.

143. **Paul West**, age 65, of Brockton, MA, died (from injuries indirectly associated with Mt Washington) when his motorcycle crashed into a tree near the base of the Auto Road on August 8, 2009.

144. **Dr. Wieslaw E. Walczak**, age 62, of Bedford, NH, fell to his death while hiking the icy Tuckerman Ravine Headwall on November 21, 2009.

145. **Christopher Baillie**, age 24, of Forked River, NJ, fell to his death when he went off trail to the top of a waterfall and slipped on the rocks on the Tuckerman Ravine Headwall on July 18, 2010.











CRAWFORD PATH
CRAWFORD NOTCH RT. 302 2.9
LAKES OF THE CLOUDS HUT 3.9
MT. WASHINGTON 5.5

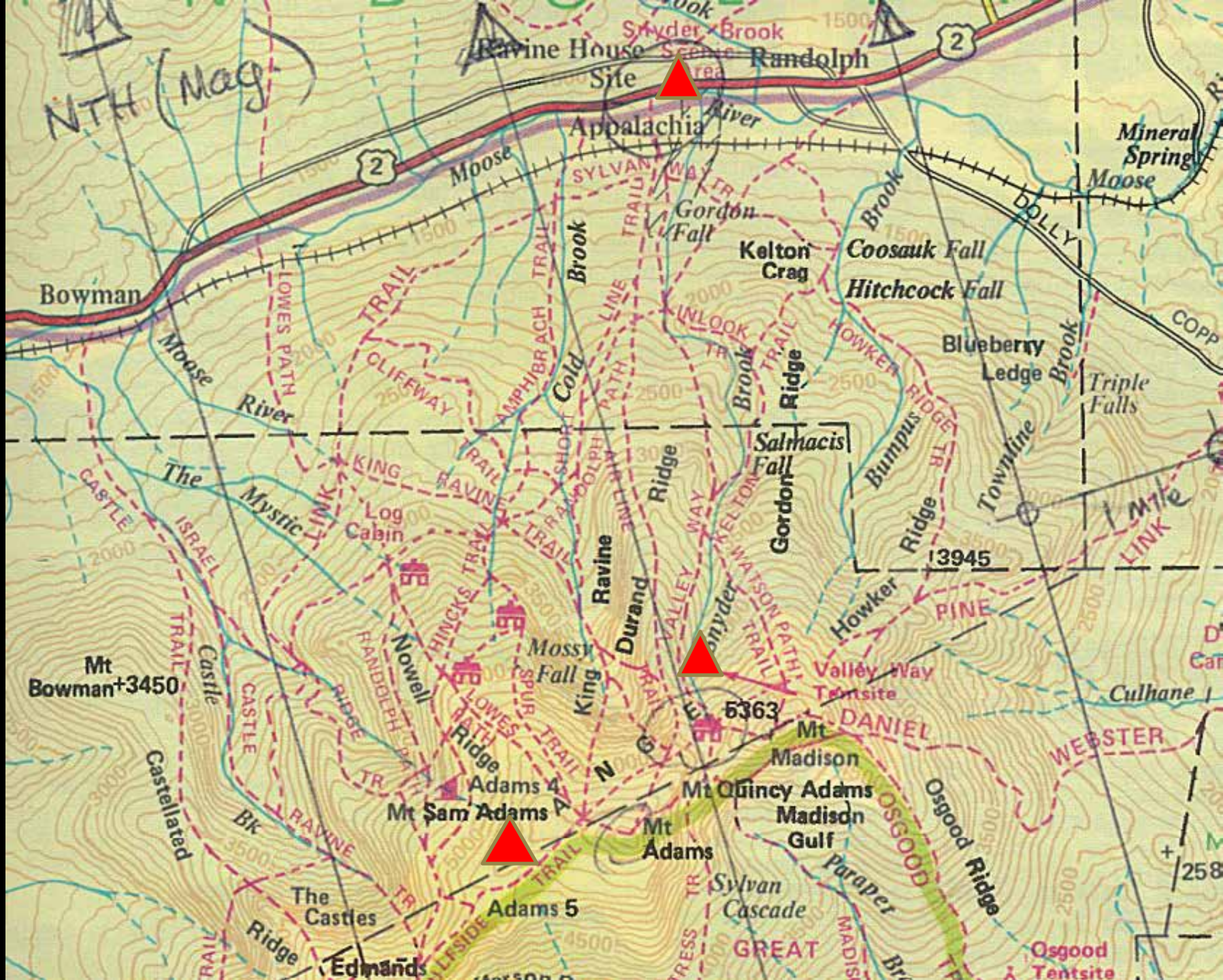


**My Attempted Solo Winter Climb of
Mount Washington: March 1993**



The Box kite Tent that really flew above Mount Madison

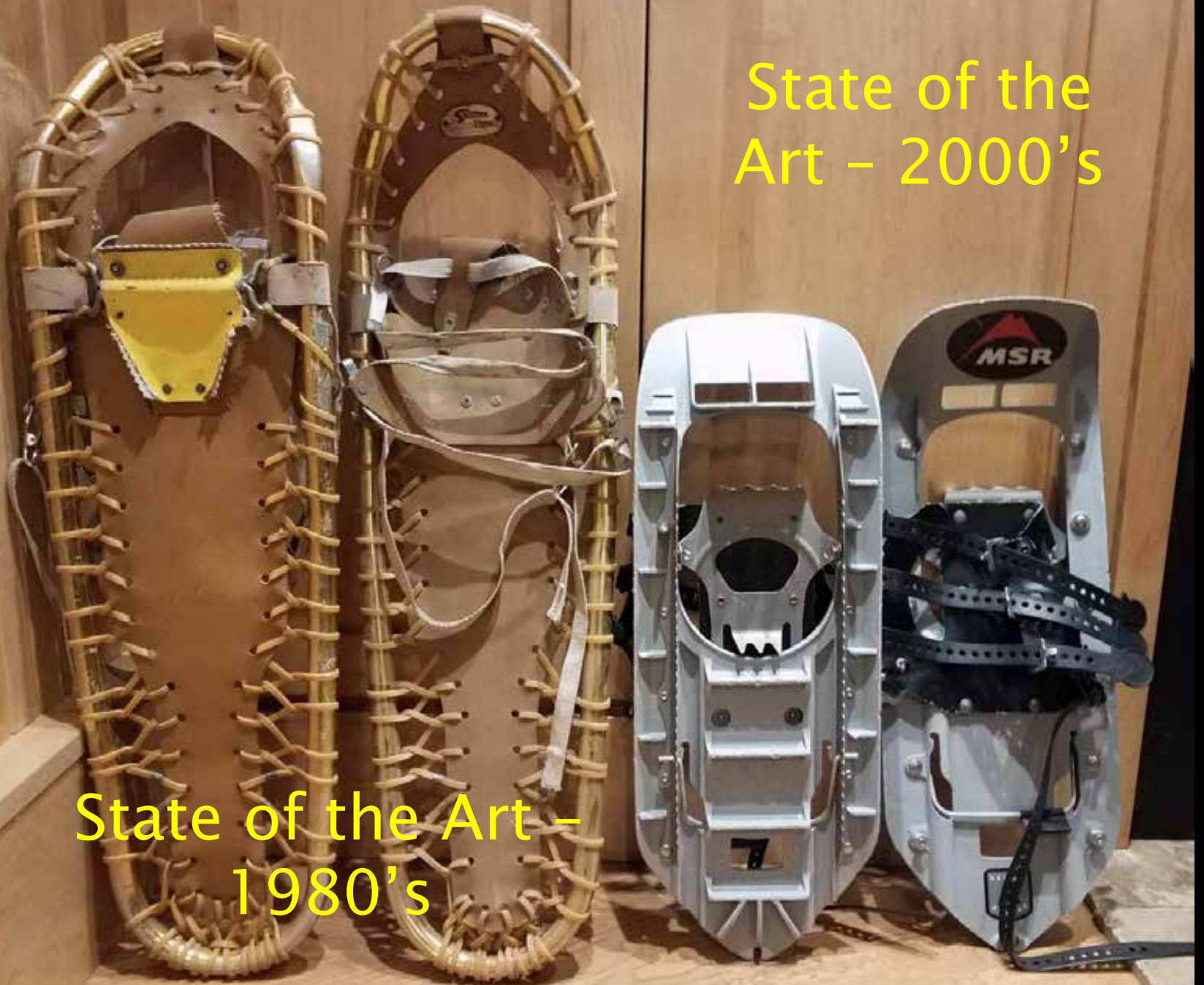


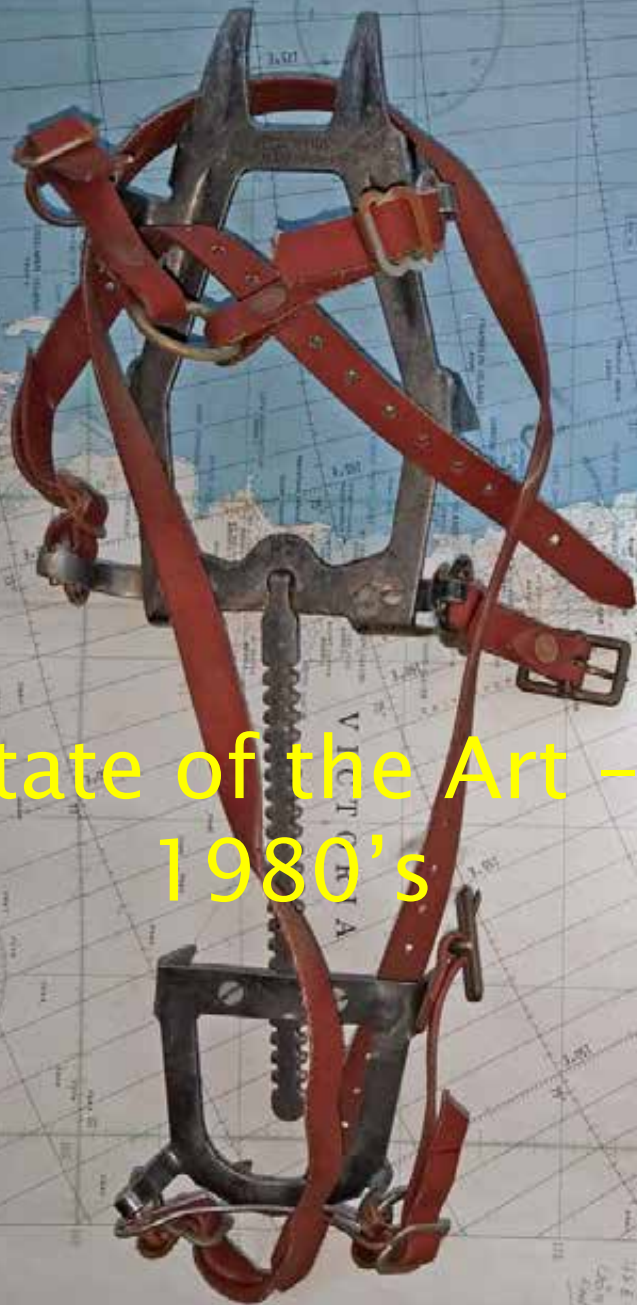




State of the
Art - 2000's

State of the Art -
1980's





State of the Art -
1980's



State of the Art -
2016



Her Majesty Queen Elizabeth II, escorted by Flt Lt Peter Tremayne
In Christchurch, New Zealand, March 18, 1963

“Whatever Happens Peter, don’t Panic. New Zealand is counting on you”