



AWG-PNW Chapter Mount St. Helens Field Trip July 2-7, 2023

Logistics Information

Welcome to this year's long-awaited AWG Pacific NW Chapter field trip to Mount St. Helens! Here's some information to help you get ready. If your question isn't covered here, contact Marcia Knadle at pastpresident@awgpnw.org or 206-718-3183.

Schedule

Plan to arrive at Anderson Lodge Hilltop House on Sunday July 2 between 5 and 7 pm. Allow about a half hour from Woodland, WA. Either eat dinner first or bring some dinner to eat when you arrive. We'll have some snacks available and give everyone a chance to get to know each other that evening.

Our trip will end in mid-afternoon of Friday July 7. If you're not in a hurry to get home, Mindy and her brother will host a late-afternoon barbecue in Toutle, on the way out Hwy 504 toward 1-5. Sometime before the trip, we'll ask for a count of people who'd like to do this.

Accommodations

Our first 3 nights are at Anderson Lodge Hilltop house near Yale, WA ([The Hilltop House - Anderson Lodge](#)). To reach Anderson Lodge, head east on Hwy 503 from Woodland, go about 23 mi. to Yale and take the next left turn after passing the turn for Bald Eagle Road. There'll probably be a sign saying to turn right into Anderson Lodge, but we'll already have checked in, so you should be able to head straight to Hilltop House, which is on the north side of the road. See the attached maps to Anderson Lodge Hilltop House and floorplans. We'll probably try to keep carpool participants in the same proximity (room or cabin). You may also be able to book a private room at Anderson Lodge at your own expense if you really would prefer not to share a room.

Our last 2 nights will be at the Mount St. Helens Institute's (MSHI) Science and Learning Center (S&L Center). This is the closest indoor accommodation to Johnston Ridge. You can see pictures and descriptions at [Indoor Facilities | Mount St. Helens Science and Learning Center \(mshslc.org\)](#).

Neither of these accommodations allow for a lot of physical distancing. If you're concerned with catching Covid, we will be able to move some beds and cots around the S&L Center to get more distance, and they have an air purifier we can run in the room with the bunk beds. They also have cots with pads that can be moved out onto the deck, if you'd prefer to sleep outside. At Anderson Lodge, you could get a bit more distance from others if you're willing to sleep on a futon (or even on a couch) in the larger rooms. Hopefully, we'll be able to keep windows open in the bedrooms. If you're seriously concerned, you're welcome to bring a tent and pad to set up on the grounds at either location. We've also been told by the MSHI that we can use tent sites at the nearby Coldwater Creek Campground.

Food

Food will be provided from breakfast on July 3 to lunch on July 7. We'll be preparing all our own meals (and expecting everyone to help with either prep or cleanup) at Anderson Lodge as well as our breakfasts and lunches at the MSHI S&L Center -- our dinners there on July 5 and 6 will be supplied by the MSHI food staff.



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We won't provide any beverages besides water (we'll have coffee, tea, and perhaps fruit juice with breakfast), so if you want to have sodas along, you'll need to bring them. Alcohol IS allowed at Anderson Lodge if you wish to bring some wine or beer to have with dinner; however, alcohol is NOT allowed at the MSHI S&L Center. We will have extra snacks and popcorn to fill the gaps for those who are still hungry.

Transportation

We are not providing transportation, so everyone will need to carpool. To help coordinate these, we'll be asking for information on who's willing to drive, from where, and how many people they can take (with luggage) as well as who has a national park pass (see below). Our policy is that riders should pay for the trip fuel, not the drivers. For our excursions on July 3, 4, and 6, we're hoping we can further consolidate vehicles a bit. In each vehicle, if you're particularly worried about Covid, please mask to protect yourself and others.

Each car should carry a small- to medium-sized cooler to store lunches and beverages, as well as a basic first aid kit. We recommend that everyone update their first aid training prior to the trip if possible.

Fees

Mount St. Helens is a national monument, not a national park, so it's managed by the US Forest Service. However, the interagency *America the Beautiful* National Park passes work on all federal lands. If you don't have a national parks pass, the entrance fee at Johnston Ridge Observatory is \$8 for adults. For the south and east side, each vehicle will need to display a National Forest Recreation Pass (either a day pass or an annual pass) or an *America the Beautiful* pass to park at some of the locations we'll be visiting. All of the sites that require passes will have fee tubes for purchasing \$5 day passes with cash. If you don't want to mess with that and no one in your vehicle will have a National Park pass, you can order an annual pass for \$30 – here's a website link for doing that: [Gifford Pinchot National Forest - Recreation Passes & Permits \(usda.gov\)](https://www.usda.gov/land-management/land-use-planning/american-beautiful-passes).

Packing

Besides the usual stuff you'd bring on a field trip (boots*, sun hat, rain gear, water bottle, sunscreen, insect repellent, etc.), you'll need to bring **bedding** for both of our accommodations. All the beds at the S&L Center are twin sized, but the beds at Anderson Lodge Hilltop House are a mix of twin- and full-sized beds. You can bring 2 sheets (one perhaps larger in case you end up in a full bed) or a sleep sack and a blanket or two. Alternatively, you could bring a light-weight sleeping bag, but that could be uncomfortable if it's warm so you should probably bring a sheet in case you end up on top of it. Don't forget to bring a **pillow** and a **towel/washcloth**! We're sharing bathrooms, so a light robe or other coverup is a good idea. Especially if you are dust sensitive, we suggest you pack a pair of dust protector goggles and extra face masks and consider using them to prevent eye and lung damage when it's windy or we're on dusty roads and trails. Finally, make sure you bring your toiletries and any medicines you may need.



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*Important packing note: If you plan to go into Ape Cave, please make sure you bring some sturdy footwear that you've **never worn inside another cave**. If your jacket (it'll be chilly in there!) has been in another cave, make sure it's been laundered. This is to help protect the cave bats from White-Nose Syndrome. Go to [Gifford Pinchot National Forest - Alerts & Notices \(usda.gov\)](https://www.usda.gov/land-management/land-use/forestry/land-use-planning/gifford-pinchot-national-forest-alerts-notice) to learn more about why this is important.

Paperwork

Everyone will need to fill out forms for both AWG and MSHI. For AWG you'll need to fill out the **Joint Field Trip Liability and Photo Release** form and a **Medical Information** form, both attached. These will need to be returned to Marcia Knadle at pastpresident@awgpnw.org by **June 18**. The release form is a fillable pdf form which can be filled out and signed electronically using Adobe Acrobat's Fill and Sign function (if you don't have this, you probably need to download a newer version of Acrobat). However, if you want to print it out and sign it, you can either scan it and email that to Marcia or take a photo of it and email that or text it to **206-718-3183**. By signing it, you're attesting that you've read [AWG's 2023 COVID Field Trip Guidelines](#) and will follow our trip-specific protocols. Although this trip is longer than 4 days, we've chosen to follow the guidelines for shorter field trips – in other words, you're largely on your own to protect yourself from Covid during this trip. You're encouraged but not required to wear a mask indoors, and certainly not while sleeping. We'll also encourage eating outdoors. Carpools may set their own protocols – we recommend wearing a mask if you can't keep the windows down at least partway. The morning of July 2, please take a Covid home test; if it's positive, don't come. If you don't feel well on July 2, please stay home even if your Covid test comes up negative. If you need to stay home for whatever reason, please let Marcia know. (You'll be welcome to join the trip later if you feel better and your Covid test is still negative after 2 days.) Please bring a Covid test or two for use during the trip if you begin to feel ill. Your carpool may all decide to head home regardless of the result.

The Medical Information form is a Word form, and Marcia would like you to fill that out, leave it in Word and email it to her. This form is where you tell us about any medical issues that we need to be aware of AND any food issues or preferences that we'll need to take into consideration for our meal planning and shopping. We'll print these out to bring along on the trip.

Finally, you'll need to fill out MSHI's online **Participation Information & Assumption of Risk Form** (<https://docs.google.com/forms/d/e/1FAIpQLScSVhXoLfd-YSoQAJdMyV2UcIHfD65yuX5T6CGzndb9FZZVGG/viewform>), also due no later than **June 18**. Our group is listed on the drop-down menu as *Association for Women Geoscientists Pacific NW Chapter ("AWG-PNW")*: 7/5/2023. Their food staff will take the dietary information you supply on that form into account when they plan our two dinners (we apparently don't get to select the menu...). We're sorry these forms get repetitive, but we really won't have access to each other's information.

Insurance

We **strongly** recommend you obtain some sort of travel insurance for this trip, in particular to cover medical evacuation and emergency medical treatment in the event that you get ill or hurt badly enough on a hike that you can't walk out. You can get a full range of coverage including trip



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cancellation/interruption, which may be a good idea if you're flying into the area and would forfeit a lot of money if you couldn't go due to illness or other covered reason. However, this would likely cost a few hundred dollars. If you're coming from OR or WA and feel like you can eat the loss of your trip fee, you should probably get just the medical evacuation / emergency medical coverage -- **that's** the thing that could ruin you financially! Fortunately, the risk is low enough that it really isn't very expensive to buy a reasonable amount of just that coverage. You can explore the rates and coverage levels for various insurance packages and companies here: [Medical Evacuation Insurance \(travelinsurance.com\)](https://www.travelinsurance.com).

Mindy, Carolyn and Marcia are looking forward to seeing you on July 2!

Attachments

Maps to Anderson Lodge

Anderson Lodge Floorplans

Joint Field Trip Liability and Photo Release Form

Medical Information Form