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Tiny link to this slideshow: http://bit.ly/JMT_SlideShow_201503
Tiny link to pictures presented: http://tinyurl.com/pb2onc5

Note, if you do not see a link, try clicking on a photograph (many links are embedded inside the pictures shown).
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Hat tips

Special thanks to some constructive critics of an earlier draft of this document who helped improve it. Thanks to Andrew Mytyś, Kenny Myer, John Ladd and Elizabeth Wenk.
Short Overview Map and Elevation Profile of the JMT

Antigravitygear.com’s Pocket Profile JMT/PCT Elevation Profile Map

Brian O'Kelley’s JMT Profile (split in 2 pieces to fit here).
# The Passes Encountered on the JMT From Happy Isles to Whitney Portal

<table>
<thead>
<tr>
<th>Number</th>
<th>Pass Name</th>
<th>Elevation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Cathedral Pass</td>
<td>9,700</td>
</tr>
<tr>
<td>2</td>
<td>Donohue Pass</td>
<td>11,050</td>
</tr>
<tr>
<td>3</td>
<td>Island Pass</td>
<td>10,200</td>
</tr>
<tr>
<td>4</td>
<td>Silver Pass</td>
<td>10,900</td>
</tr>
<tr>
<td>5</td>
<td>Selden Pass</td>
<td>10,870</td>
</tr>
<tr>
<td>6</td>
<td>Muir Pass</td>
<td>11,955</td>
</tr>
<tr>
<td>7</td>
<td>Mather Pass</td>
<td>12,080</td>
</tr>
<tr>
<td>8</td>
<td>Pinchot Pass</td>
<td>12,100</td>
</tr>
<tr>
<td>9</td>
<td>Glen Pass</td>
<td>11,980</td>
</tr>
<tr>
<td>10</td>
<td>Forester Pass</td>
<td>13,200</td>
</tr>
<tr>
<td>11</td>
<td>Trailcrest Pass</td>
<td>13,600</td>
</tr>
<tr>
<td></td>
<td><strong>Average Pass Elevation</strong></td>
<td><strong>11,603</strong></td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mt. Whitney Summit</td>
<td>14,495</td>
</tr>
</tbody>
</table>

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A Permit is needed to hike the John Muir Trail

Prior to February 2015, over 90% of JMT Hikers hike the JMT SOBO (Southbound) from Happy Isles to Whitney Portal. You need to get a permit. In February, 2015, Yosemite National Park put very tight restrictions on getting a permit reservation to do the JMT. See [http://www.nps.gov/yose/planyourvisit/jmtfaq.htm](http://www.nps.gov/yose/planyourvisit/jmtfaq.htm)

In short, the big changes are the following:

- Yosemite National Park (NP) now limits reservations who intend to hike the JMT via the historical route of exiting Yosemite NP at Donahue Pass to 35 reservations a day and for walk-in permits, limit them to only those who apply to start their walk-in permit at Tuolumne Meadows. This is at least a reduction of about 2/3rds of JMT relevant permits per my understanding of the data. This Exit Quota is limited however only to Donahue Pass, not to the other passes on Yosemite’s southern borders (such as Fernandez Pass, Isberg Pass, Mono Pass, Parker Pass).

- Hoover Wilderness in Humboldt-Toiyabe National Forest are no longer issuing permits from either Twin Lakes, Virginia Lakes, or Green Creek Trailhead where the intent is to hike the JMT once the permit holder arrives at Tuolumne Meadows.

- To get a permit to do the JMT, one needs to think outside the box. Here are the categorical approaches to getting a JMT permit:

<table>
<thead>
<tr>
<th>Approach Short Title</th>
<th>Approach description</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kosher JMT Southbound (SOBO)</td>
<td>Get a permit per the specific rules in Yosemite’s NP <a href="http://www.nps.gov/yose/planyourvisit/jmtfaq.htm">JMT FAQ</a> from Happy Isles to Whitney Portal</td>
<td>One’s odds for getting this are very remote; best obtained if one applies every day until you win the lottery; problem is that many others are playing this same game.</td>
</tr>
<tr>
<td>Kosher JMT Northbound (NOBO) – from Horseshoe Meadows or Cottonwood Meadows</td>
<td>Since the JMT officially terminates or starts at Whitney Summit, one can get to the summer either from the West or the East; getting a Kosher JMT</td>
<td>The advantage of getting this permit is that one has 32 miles to hike before getting to the Summit, allowing more time to adjust to the altitude, plus</td>
</tr>
<tr>
<td>NOBO permit from the West is the easiest to obtain. See this page.</td>
<td>one does not have to deal with the Whitney Quota Lottery game</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td><strong>Kosher JMT NOBO – from Whitney Portal</strong></td>
<td><strong>Get a permit per the specific rules by Inyo National Forest to hike the JMT NOBO starting at Whitney Portal. See this page for the rules.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Kosher JMT Bi-Directional, Two-Permit Approach (first NOBO, then SOBO).</strong></td>
<td><strong>The problem with this approach besides it being a lottery is that the dates to discover you win are past the dates you could have gotten a NOBO JMT permit starting at Horseshoe Meadows.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>At any of the large two digit number of intermediate trailheads on the East or the West of the JMT, get a permit to first hike NOBO to Happy Isles, then bus back to near your starting point, get your second permit from the Forest Service to then hike from that initial starting point to Whitney Portal or Horseshoe Meadows. See this spreadsheet.</strong></td>
<td><strong>This requires getting two permits, spaced apart in time equal to the time it takes to hike the first “half” and bus back to the nearest forest agency to pick up the second permit (that has been reserved ahead of time), and then get back to that initial starting mid-point and hike southbound. Horseshoe or Cottonwood Meadows Trailhead is the easier second permit to get.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Start-shifted JMT Northbound Permit</strong></td>
<td><strong>Start the JMT at Kennedy Meadows and hike either the entire JMT to Happy Isles or end after 220 miles (the same length of the JMT).</strong></td>
<td></td>
</tr>
<tr>
<td><strong>This adds an additional 65 miles to one’s hike if you do the entire hike.</strong></td>
<td><strong>You need good maps to do your JMT. Read my 34 page published analytical comparison review of the 5 JMT map guides. You also want maps that show you the alternate trailheads and how to drive or shuttle to them. See this file (alternate</strong></td>
<td></td>
</tr>
</tbody>
</table>
(link) about the most comprehensive map of the Sierra surrounding the JMT (aside from Yosemite National Park).

Also recommended are maps from either National Geographic or Tom Harrison about (in sorted order):
* Ansel Adams Wilderness Area
* Golden Trout Wilderness Area
* Hoover Wilderness in Humboldt Toiyabe National Forest
* Kings Canyon
* Sequoia National Forest
* Sequoia National Park
* Sierra National Forest

Also review the Sierra Administrative Boundaries map created by Elizabeth Wenk. This will let you know from whom you need to apply to get a permit depending upon which point of the JMT you want to start (before the beginning, beginning, or any midpoint, east or west of the JMT).

Of the 5 JMT Map guides I reviewed for TrailToSummit.com (see above), two books tie for #1 but the unadjusted raw score shows the John Muir Trail Data Book by Elizabeth Wenk, 2014, to have the highest raw score. Her data book shows 33 lateral trails that connect to the JMT on pages 109-112 and shows the length to the JMT and what permit agency to go through to get the permit, as well as what towns are accessed to get to the trailhead. For each of these trails she provides the trail name, length, elevation gain/loss, GPS coordinates, trailhead elevation and the name of the JMT junction and the mileage offset on the JMT where it joins (either headed northbound or southbound).

Additionally, DJ Ayers in the Yahoo JMT group has documented 145 trailheads with access to the JMT. You have to join the Yahoo Group to download this file, but it's free. He has two files (KMZ for seeing such on Google Earth and XLS for seeing it in Excel.

Last, see the annotated bibliography I did for the Facebook JMT group on threads and links relevant on how to get a permit under these new 2015 rules.
Guided Hikes (with or without animal support) of the John Muir Trail

FIRST OF ALL!!! My estimated guess is that 96-98% of JMT hikers do not use a professionally acquired guide or animal supplied (throughout the hike) service. A large percentage of JMT Hikers, including me, do use a packer for a food supply drop off for a single meetup on one day of the hike though. However, in this audience there may be some people whose health, age, or muscle strength prevents them from hiking the JMT on their own muscle-power. Some may have fears that cannot be overcome by using the planning and social group help available for JMT hike planners. I am providing this page for them. Separately I cover the single use-packer supplied drop-off arrangement.

It is my understanding, having talked to a packer, that any packer licensed to serve a part of the JMT, can be contacted to lead a guided-hike of the John Muir Trail. Typically an entire hike would be from Horseshoe Meadows (immediately south of Mt. Whitney on the Pacific Crest Trail (PCT)) and would end (or start, if going in reverse direction) at either Red’s Meadow or Tuolumne Meadows.

A list of the licensed packers are given here at the John Muir Trail Yahoo Group Files and Links folders.

See next table for a list of guide services and links for the JMT (hiking with guide, hiking with mule-support for gear only and with guide, or doing the trail by riding a horse with guide). All of the below also offer JMT Segment Hiking Packages for less money and less days.

While doing this guide, I found a directory of “Sherpa services” in the High Sierra but only companies, short descriptions, and phone numbers are provided. The companies listed on that page are not listed below, as each of the below has a web page.

I cannot attest to the satisfaction, level of comfort, or elimination of risk that any of these services can provide. Research all of them to find out who is best for you. Ask for references. Also, regarding a question I got from an advanced reader, “For the walking trips where there isn't a pack animal and the guide company provides the food, I would like to know if I'm carrying that food in my pack or not. It's not clear in the notes.” – I do not know, I only provided information available from the
linked-to web sites. You’ll have to contact them to learn more.

<table>
<thead>
<tr>
<th>Guide Service and Link (Sorted Alphabetically)</th>
<th>Cost of a per-person JMT Guided Hike (not incl. tips)</th>
<th>Number of Days for the Hike</th>
<th>Mode of Transportation for the hiker; notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>California Alpine Guides</strong>, guided JMT Hike</td>
<td>$3,200</td>
<td>23</td>
<td>Walking, there will be 3-4 resupplies (food drops). Hike is from Tuolumne Meadows to Horseshoe Meadows. Price includes: Breakfast, lunch and dinner while in the field (no in-town meals included); Two nights lodging in Lee Vining the night before the trek begins and the night after the trek ends; Private shuttle from Lone Pine back to our starting point in Lee Vining; Professional mountain guides. Full logistical support with 3-4 food and fuel resupplies. All group camping gear and permits.</td>
</tr>
<tr>
<td><strong>JMT Adventures</strong> (Guided JMT Hikes for young adults)</td>
<td>$3500 plus gear which you can rent for $750</td>
<td>22</td>
<td>Walking, from Tuolumne Meadows to Horseshoe Meadows. A number of food drops (pickup points) are included in the hike. I emailed to confirm the number of food drops (I know Vermilion Resort and Onion Valley Trailheads are two, not sure if anything in between. Price includes &quot;We provide all the top-of-the-line gear you will need to hike the John Muir Trail; JMT Adventures also covers all the food you will need throughout the trip—three meals a day plus snacks. We work with each camper to customize his or her meals to accommodate likes and dislikes and any dietary restrictions while providing the nutrition and calories necessary for this physical undertaking.&quot;</td>
</tr>
<tr>
<td><strong>Potato Ranch Llama Packers</strong> (for Trekking the John Muir Trail with Llamas)</td>
<td>$60 per llama per day (2 llama min) 60 lbs per llama $20 trailer rental per day (if needed) $5 bear can rental per day</td>
<td>Per day for as many days as you plan for</td>
<td>Walking with llamas carrying your gear. No guide is provided. What they provide: &quot;Each llama comes with its own saddle, pack, halter, lead rope, grain and tie-out rope. We also provide a first-aid kit (although I've never had to use one). If necessary we can provide a trailer to transport the llamas. Before your first llama trip, we provide a complete two hour orientation on the basics of llama packing, animal care, and maintenance.&quot; Reviewer’s note. I know of one JMT hiker who was injured by a Llama causing a fall and a trail self-evacuation, but I do not know if it was one of these llamas. It was not a life-threatening accident but it did cause the hike to end shortly. If this interests you, I’d talk to them about accident avoidance. See <a href="#">here</a> for more information.</td>
</tr>
<tr>
<td><strong>Rock Creek Pack Station</strong> (custom-designed hikes, using packer for hauling gear or gear and rider)</td>
<td>$220-$240 a day depending on size of group</td>
<td>Per day for as many days as you plan for</td>
<td>Rock Creek did a complete length JMT hike from Horseshoe Meadows to Tuolumne Meadows in 2014 and they passed us along the trail. Obviously, the group took up this package. “Please note, the following fees are per person: $15.00 monitoring fee, $5 wilderness permit reservation fee, 3% outfitters fee, and 8% regulatory fee.”</td>
</tr>
<tr>
<td>Sierra Mountain Center, Bishop CA (mule-supported JMT Hike offering)</td>
<td>$2,475</td>
<td>12</td>
<td>Hike but mules carry your gear; the hike is from Cottonwood (Horseshoe Meadows TH) to Red’s Meadow. You will be hiking 6 to 12 miles a day. &quot;Price includes guiding, permits, group climbing gear, tents, kitchen gear, breakfasts, lunches and dinners. Complete pack support with mules, packers etc. provided by Rock Creek Pack Station.&quot;</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Sierra Mountain Center, Bishop CA (non-mule supported JMT hike offering)</td>
<td>$3,150</td>
<td>21</td>
<td>Walking, you’ll be walking between 8-12 miles a day; the guide service provides 4 resupplies (4 food drops). They also offer the service in three separately purchased segment guided hikes too. The hike is from Tuolumne Meadows to Whitney Portal. Price includes “guiding, permits, group climbing gear, tents, kitchen gear, breakfasts, lunches and dinners (you bring hot/cold drinks and snack items).”</td>
</tr>
<tr>
<td>Sierra Mountain Guides, Custom Private Trail Guided Hikes</td>
<td>$150 to $205 a day (2-4 people in group)</td>
<td>Per day for as many days as you plan for</td>
<td>Walking or for more, you can be assisted by packers or porters. From their web page: “This is the price for the guiding and all associated group gear, permit fees, and all other administrative costs. Base prices do not include: any of your travel or lodging costs, porters, packers, rental equipment, or other additional items. We will customize any program to your specifications and we are happy to give you a price quote that is inclusive of any additional services. We arrange this at no extra charge to you and we often have access to special deals not offered to the public, that we extend to you.”</td>
</tr>
<tr>
<td>Southern Yosemite Mountain Guides, guided JMT Hike</td>
<td>$3850-$4955 depending on size of group</td>
<td>23</td>
<td>Walking. From web site: &quot;Your Cost Includes: Meals (as noted above), group camping gear (as noted above), personal camping equipment (as listed above), 4 remote food drops, accommodations (as listed above), transportation to and from the remote trailheads, round trip ferry crossing at Edison Lake, applicable permits, professional mountain guide(s), pre-trip planning packet, and trip support from our friendly office staff.&quot;</td>
</tr>
<tr>
<td>World Expeditions, guided JMT Hike</td>
<td>$3,060</td>
<td>21</td>
<td>Walking, hiking from Tuolumne Meadows to Whitney Portal. You will be hiking 10-12 miles a day. They supply the food, tent, bear canister, and water purification. There will be periodic food drops they provide (number not specified). See here for more information.</td>
</tr>
</tbody>
</table>

Inyo Forest has a page referencing mountain guides who meet licensing requirements. I have not compared it to the above table. [http://www.fs.usda.gov/detail/inyo/recreation/hiking/?cid=stelprdb5151567](http://www.fs.usda.gov/detail/inyo/recreation/hiking/?cid=stelprdb5151567)
What resupply points (locations) do I use on a JMT Hike?

Some people, flying into Yosemite, will ship items to the starting point, Yosemite Valley, but for others they don’t – now that I live in Reno, NV, my first resupply point is one encountered a few days on the trail, Tuolumne Meadows.

<table>
<thead>
<tr>
<th>After hiking from the last pickup, so many days elapse (give number)?</th>
<th>Name of resupply point (location)</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.5</td>
<td>Tuolumne Meadows US Post Office</td>
<td>Shown in slide show</td>
</tr>
<tr>
<td>4.5</td>
<td>Red’s Meadow Pack Station General Store</td>
<td>$35 is charged for their holding your package</td>
</tr>
<tr>
<td>5 to 5.5 days</td>
<td>Muir Trail Ranch</td>
<td>$65 is charged for their holding your package.</td>
</tr>
<tr>
<td>7 to 7.5 days</td>
<td>Sequoia Kings Pack Train</td>
<td>See next page for information. Rates vary.</td>
</tr>
</tbody>
</table>

Note: I have met retired JMT hikers who will take up to 30 days or so to do the hike and they will take zero days off and enjoy Vermilion Resort (3 to 3.5 days away from Red’s Meadow). I have also met other retired JMT hikers who will get packer resupply at two locations in the southern half of the JMT (the high peaks region), using a packer to supply them at the Bishop Pass/JMT junction and another packer to meet them at the Kearsarge Pass/JMT junction.
Who have I used for a Packer Service on my own JMT Hikes?

I have used Sequoia Kings Pack Train for six years, each year, for obtaining supplies at a place (varied) near the Kearsarge Pass/JMT Junction until 2013 when I started getting resupplied at Woods Creek instead by them (as it is closer to the mid-point of the distance between Muir Trail Ranch and Whitney Portal.

Rates vary depending whether you book under their winter discount “book ahead” time frame (before end of February), whether you are a repeat customer. Utilize the packer cost-sharing JMT Hiker database which I created to reduce per-hiker costs.
Other Published Documents I have on the Web on the JMT

The below are titles I have uploaded to this top level Files folder on the JohnMuirTrail Yahoo Groups. There are many more authors and uploaders there. The below represents what I have personally written. Those highlighted in yellow are especially important.

<table>
<thead>
<tr>
<th>Date</th>
<th>File Name</th>
<th>File Description (Yahoo in 2014 Truncated descriptions if so long)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5/7/2008</td>
<td>_Elizabeth Wenk Master Spreadsheet for JMT.xls 277KB</td>
<td>Author and Publisher authorized upload of Elizabeth Wenk Master Spreadsheet used in the book, John Muir Trail, 4th Ed., 2007, Wilderness Press. Most...</td>
</tr>
<tr>
<td>4/15/2010</td>
<td>Fly into Fresno then into Merced then Yose via Yarts.pdf 1067KB</td>
<td>Fly into Fresno then into Merced then Yose via Yarts</td>
</tr>
<tr>
<td>2/15/2011</td>
<td>SOBO TH Options to do the JMT-Mirror Lake Option.pdf 3007KB</td>
<td>The Mirror Lake to Snow Creek starting Trailhead Option for doing the JMT Southbound. Detailed explanation with annotated map scan.</td>
</tr>
<tr>
<td>2/15/2011</td>
<td>SOBO TH Options to do the JMT-Porcupine Creek Option.pdf 3025KB</td>
<td>The Porcupine Creek starting Trailhead Option for doing the JMT Southbound. Detailed explanation with annotated map scan.</td>
</tr>
<tr>
<td>3/7/2011</td>
<td>_Credits Page for Files Containing Wenks Appendix Info.pdf 110KB</td>
<td>Page to add for all Doc and PDF files that contain Elizabeth Wenk Appendix Information. The terms obtained by Elizabeth Wenk and her publisher require this page is...</td>
</tr>
<tr>
<td>3/7/2011</td>
<td>Wenk datapoints JMT North to South.xls 396KB</td>
<td>From Roleigh Martin's 2009 trip plan</td>
</tr>
<tr>
<td>3/20/2011</td>
<td>JMT Resupply and Food Plan 2009.zip 39KB</td>
<td>JMT-Kearsarge Pass Junction to Onionvalley Trailhead. Permission received by email from Ken Roberts of morethanamile.com to upload to the JohnMuirTrail@YahooGroups...</td>
</tr>
<tr>
<td>4/29/2011</td>
<td>JMT-Kearsarge Pass Junction to Onionvalley Trailhead.pdf 968KB</td>
<td>JMT-Kearsarge Pass Junction to Onionvalley Trailhead Map. Permission received by email from Ken Roberts of morethanamile.com to upload to the JohnMuirTrail...</td>
</tr>
<tr>
<td>5/24/2011</td>
<td>Useful Items for packaging and storing your food items.pdf 29KB</td>
<td>Inexpensive small plastic bags and containers and more for helping pack and ship your supplies.</td>
</tr>
<tr>
<td>6/9/2011</td>
<td>Volcanic Knob 2009 August Temps.pdf 23KB</td>
<td>Temperatures in early August 2009 near Bear Ridge on the JMT before and after the 100 year“ cold front</td>
</tr>
<tr>
<td>6/11/2011</td>
<td>Blowup Maps-JMT Resupply Spots-Beg_End Trailheads.pdf 2594KB</td>
<td>Blowup Maps of the JMT Resupply Spots and Begin_End Trailheads. Permission received by email from Ken Roberts of morethanamile.com to upload to the JohnMuirTrail...</td>
</tr>
<tr>
<td>6/11/2011</td>
<td>Butter Powder from WaltonFeeds.pdf 441KB</td>
<td>For people who want butter on their JMT, this is the only source I know of to get butter. I scanned the label and provide links about it. Comment by John Ladd: Consider also clarified butter a.k.a. ghee.</td>
</tr>
<tr>
<td>7/19/2011</td>
<td>JMT Comprehensive Map Aside from Yosemite NPS.pdf 592KB</td>
<td>The most comprehensive planning maps of the JMT (aside from Yosemite NPS) which include spur trails, trailheads, and highways/roads to such.</td>
</tr>
<tr>
<td>4/12/2012</td>
<td>Food Supply Sync with Hiking Itinerary Plan.xls 138KB</td>
<td>Roleigh Martin's 2011 JMT Food Supply Sync with Hiking Itinerary Plan Spreadsheet. I like to calculate the amount of protein, fat, carbs I'm consuming each day on the trail.</td>
</tr>
<tr>
<td>6/13/2012</td>
<td>SOBO TH Options to do the JMT-Mono Meadow Option.pdf 1918KB</td>
<td>The Mono Meadow starting Trailhead Option for doing the JMT Southbound. Detailed explanation with annotated map scan. (Updated for 2012).</td>
</tr>
<tr>
<td>12/29/2012</td>
<td>Resupply 5. OnionValley TH Map Showing Pack Station. 70KB</td>
<td>Resupply 5. Sequoia Kings Pack Trains Pack Station at Onion Valley Trailhead (Map).</td>
</tr>
<tr>
<td>1/8/2013</td>
<td>How to Avoid Your Email Being Hacked and Sending Out Spam.pdf 72KB</td>
<td>How to avoid your email being hacked and sending out spam. Updated.</td>
</tr>
<tr>
<td>Date</td>
<td>Title</td>
<td>Description</td>
</tr>
<tr>
<td>-------------</td>
<td>------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>2/2/2013</td>
<td>SOBO TH Options to do the JMT-Happy Isles-Illilouette Falls 12KB</td>
<td>This document links to a message thread that included an attachment to a message post to the JohnMuirTrail Yahoo Group by SpenceWine (Spencer Goodwine).</td>
</tr>
<tr>
<td>3/19/2013</td>
<td>Database_Archived 2013_03_Past_Year_JMT_Hikes.pdf 71KB</td>
<td>Past-year JMT hikes. (Prior to 2010). Please enter info about your past JMT hikes (other than 2005 or 2010/11). Our idea is to allow people to contact you if they are planning a similar trip to know what to expect</td>
</tr>
<tr>
<td>5/29/2013</td>
<td>Food Summary 2012 JMT Hike.zip 2844KB</td>
<td>Roleigh Martin's 2012 JMT Food Supply Sync with Hiking Itinerary Plan Spreadsheet. I like to calculate the amount of protein, fat, carbs I'm consuming each day on the trail.</td>
</tr>
<tr>
<td>5/31/2013</td>
<td>Stream Crossing Shoes for 2013.pdf 224KB</td>
<td>A comprehensive overview of ultralight and somewhat light creek crossing shoes. Focus is on shoes useful for both camp shoes and creek crossing shoes.</td>
</tr>
<tr>
<td>5/31/2013</td>
<td>Water Treatment on the JMT.pdf 134kb</td>
<td>All the Water Related Gear for a JMT Hike by Roleigh Martin. Water treatment, storage, delivery (to mouth) methods, and fallbacks are presented with an emphasis on hiking light, comfortable and safe. Updated for</td>
</tr>
<tr>
<td>6/4/2013</td>
<td>Foot Care on the JMT - Items to consider getting and why.pdf 180KB</td>
<td>This document describes what items I bring on the JMT to prevent blisters, as well as what I do for my feet in the month prior to the hike. Foot care starts before your hike and throughout your hike.</td>
</tr>
<tr>
<td>7/10/2013</td>
<td>SOBO TH Option-Tuolumne Meadows Rafferty Creek JMT Route.pdf 13KB</td>
<td>The Tuolumne Meadows-&gt;Rafferty Creek-&gt;Vogelsang-&gt;JMT-&gt;Whitney Portal TH option.</td>
</tr>
<tr>
<td>7/13/2013</td>
<td>Survey Results on how much JMT hikers are spending per day on food</td>
<td>In 2013, Roleigh Martin conducted a survey using SurveyMonkey.com on how much JMT hikers are spending per day on food. These are the results of the 76 people who responded.</td>
</tr>
<tr>
<td>10/31/2013</td>
<td>How to order John Muir pins 2KB</td>
<td>You can order a pin that will identify you to other members of the group. It's simple - you just send an e-mail and you get the pin in the mail. On receipt, you pay $5 per pin via a stamped return envelope. And it's a cool picture of John Muir.</td>
</tr>
<tr>
<td>3/13/2014</td>
<td>JMT Packer Cost Sharing Spreadsheet (by Year)</td>
<td>A packer can cost quite a bit of money in the southern half of the JMT especially if you get resupplied at Woods Creek or Bishop Pass Junction. But if you share the costs with 6-10 people, the cost is very reasonable. Use this database to connect or solicit others in a packing endeavor. Instructions included. This is a Google Drive Spreadsheet that you can add rows, enter values in columns, etc. Please do not create new columns, but feel free to add rows, update a row, etc. Read the instructions.</td>
</tr>
<tr>
<td>3/13/2014</td>
<td>JMT Cell Service Reception Spreadsheet (Cumulative History)</td>
<td>The database has been migrated to Google Drive. Please update the database about your cell reception. Instructions included in the database (a Google Worksheet). (This link appears in two link folders, it is linking to the same database/worksheet though.)</td>
</tr>
<tr>
<td>6/6/2014</td>
<td>Wilderness Press waypoints Spreadsheet (original)</td>
<td>Wilderness Press and the author of John Muir Trail: The Essential Guide to Hiking America's Most Famous Trail, the 5th edition (Lizzie Wenk) have given permission for us to share these with our members. Use File-Download at the link to open this in any spreadsheet viewer. Includes embedded GPS and Google Earth files (.kml and .gps formats within a zip file)</td>
</tr>
</tbody>
</table>
**Hike Safe, Bring a Method of Communication to Seek “911” Help**

The following table shows the four methods of communicating a “911” signal on the trail. A phone will only help you about 1% of the places on the trail. Do not rely on a phone for emergency help signaling. The JMT Yahoo Group maintains a [database](#) (which I created for the JMT community), member updated (from both the Yahoo and Facebook JMT Group members) of where cell signals (by carrier) work on the trail.

A representative piece of equipment for each option is shown below. I have used the first 3 options throughout the years (different models), but option 3 is my currently used option and my recommendation. I am showing the higher-end models of each company’s solution for the specific option shown below.

<table>
<thead>
<tr>
<th>Option 1 (A PLB)</th>
<th>Option 2 (Spot Messenger)</th>
<th>Option 3 (A Delorme Inreach)</th>
<th>Option 4 (A Satellite Phone)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-way Satellite Messenger Device (sends 1-to-2 different preset messages by satellite transmission, including a 911 call, with the 911 call sent to an international government program 24x7 emergency service with your GPS coordinates and Equipment Serial #)</td>
<td>1-way Satellite Messenger Device (sends 3-to-4 different preset messages, or if you have the smartphone integrated system, an infinite more 1-way messages, by satellite transmission, including a 911 call, to a private 24x7 relay service that includes an emergency service if needed, with your GPS coordinates and Equipment Serial #)</td>
<td>2-way Satellite Messenger (by SMS Text or Email, communicating, 3 different present messages and an infinite more customizable messages (no smartphone integrated required but if one exists, it makes typing easier), with the messages relayed to/from a private 24x7 relay service that includes an emergency service if needed, with your GPS coordinates, Equipment Serial #. You can communicate back-n-forth with any cell phone or email address.</td>
<td>a full-featured Satellite phone with the ability to contact any number you dial, including an emergency service</td>
</tr>
</tbody>
</table>

---

![Option 1 Image](#) ![Option 2 Image](#) ![Option 3 Image](#) ![Option 4 Image](#)
<table>
<thead>
<tr>
<th>Option 1 (A PLB)</th>
<th>Option 2 (Spot Messenger)</th>
<th>Option 3 (A Delorme Inreach)</th>
<th>Option 4 (A Satellite Phone)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$499, subscription plan required for sending &quot;I am OK&quot; messages, internal battery which is advised to be replaced once a rescue has been initiated, weighs 9.2 oz. If you use it...we’ll replace it, Free of Charge. Simply submit your story, send us back your used beacon so we can have it mounted on our Wall of Fame and we’ll send you a brand new beacon of equal or greater value. - See more <a href="#">here</a>. They have products half this price with fewer features.</td>
<td>$150, monthly plans available, weighs 4 oz (with 4 AAA disposable lithium batteries installed and included in the weight), powered by either these buy-anywhere batteries or by USB power, thus you can recharge by solar panel. Spot has another model, Connect, that requires interface with your smartphone to have field-created one-way messages.</td>
<td>$380, monthly plans available, includes full featured GPS and satellite messaging, weighs 6.7 oz, has built-in battery, recharge by solar panel or USB external battery; can interface with your smartphone for easier typing but it is not required, has built in mini-keyboard. Delorme has a cheaper model that does messaging only (no full featured GPS). Able to get <a href="#">free weather forecasts in the USA</a> and for a small price <a href="#">weather forecasts elsewhere</a>, specific to your exact location.</td>
<td>Starting at $500, monthly plans available, supports interfacing to smartphone for doing emails as well, weighs 7.1 oz, has built-in battery, recharge by solar panel or external battery</td>
</tr>
<tr>
<td>Downside is inability to recharge the internal battery (supposed to last 5 years though), once used in an emergency, advised to replace it then. Another downside is inability to hear back from those you communicate with. If you need a GPS that means bringing another device.</td>
<td>Downside is inability to hear back from those you communicate with. If you need a GPS that means bringing another device.</td>
<td>One could assert there is a downside that you can not talk to those you communicate with but to me that is an upside, any information I obtain I have a record of it. Able to recharge unit by using USB cable connected to a power source.</td>
<td>Downside is the extra cost and extra weight. If you need a GPS that means bringing another device.</td>
</tr>
</tbody>
</table>

I recharge my Delorme InReach Explorer and Iphone via use of a [Goal Zero Nomad 3.5 Panel](#) and [Switch 8 charger](#). Two people can meet their power needs with one Nomad 3.5 Panel (~8 oz., one shared by two people), as long as each has their own Switch 8 Charger (~3 oz.)

For more information about the above, see [http://highcountryexplorations.com/Wilderness_Communication.html](http://highcountryexplorations.com/Wilderness_Communication.html)
When is the best time to do the JMT Hike?

I recommend you hike during the timeframe of minimum amount of remaining snow from the previous winter and the minimum risk of new snow, as well as accommodating openness (availability) of resupply stops. For that reason I recommend you pick between mid-July and late-September. For example, a chart of minimum risk of avalanche death shows that July and August has zero deaths. However, the first two weeks of July can still have lots of snow and high stream crossings on the JMT. Some of the supply points close near the end of September (September 30 for example, for Red's Meadow). Note Pacific Crest Trail hikers (who are hiking Northbound typically) go through the JMT, predominantly, through the month of June, so you can do the JMT starting in July, I just prefer waiting until about July 15.

Figure 2b. Avalanche fatalities by age groups and gender, 2003/04–2012/13. (N=280)

Figure 3. Avalanche fatalities by month, 2003/04–2012/13. (N=281)
Quick Glance at Multiple, Important Miscellaneous Topics:

This page covers Lightning Risks, Bears, Altitude Acclimation, Water Issues, Foot Care, Leave No Trace, safe mountain hiking classes (schooling in winter and summer classes).

References about these two topics are covered in the books recommended PDF but below are links to the folders in the vast research archive at the JohnMuirTrail Yahoo Group Files and Links Folders.

Lightning Risks – Files Folder Link – Links folder
Note: a good daily hiking strategy is to get up and over a mountain pass before noon. The overwhelming number of lightning storms start in the afternoon. This requires you camp somewhat close to mountain passes the night before.

Bears – Files Folder Link – Links Folder

Altitude Acclimation/Risks – Unofficial FAQ, “The” Book, Links Folder
Note: those who start their JMT hike in Yosemite Valley and have hiked the entire JMT in my own hiking group, in the 7 years I’ve done this, nobody has suffered altitude sickness. All they needed at worse was aspirin, naproxen (e.g., Aleve) or Ibuprofen (e.g., Advil) a few hours before starting an 11,000+ pass. Others have had problems, read up about this though to be able to recognize issues. See how others fare (see JMT Survey below).

Foot Care – My document, Links folder

Water Issues – My document, Links folder

Leave No Trace – Links Folder, Official Web Site

Safe mountain hiking classes (schooling in winter and summer classes) – training schools links:

http://mountaineducation.org/
[Note, I took the basic winter hiking course in 2014 and hope I can squeeze in the intermediate winter hiking course in 2015.]

http://www.backpackinglight.com/cgi-bin/backpackinglight/wilderness_trekking.html

Google's List of Hiking Courses

What Bear Canister do I recommend?

Bear canisters are required by law on the JMT. I personally recommend the Wild-Ideas.Net Bearikade Expedition canister (shown at right, 900 cubic inches), it is the largest and lightest canister (compared to all other brands) at 2 lbs 5 oz. ($317). The next largest is the 700 cubic inch canister, the Bearvault BV500 (shown at left) which weighs 2 lbs 9 oz. ($80).

Bear canisters can be rented, such as the Bearikades. Wild-Ideas (the maker of Bearikades) has a special deal for JMT and PCT hikers here – see the answer to their FAQ question: “I am going on a long, through hike. Are there special rates?”. Bearikades can be custom-sized in length too (see their web site).

How much should my backpack with gear weigh?

Your backpack, with bear canister, including pack weight, and all gear inside the pack (except food, water, and consumable toiletries (such as medicine, toilet paper, batteries, hand sanitizer, soap)) should be between 18-23 pounds total. With food, water and other consumables, expect to carry between 25-35 lbs. If your partner carries the safety communication device and tent, you should be able to get your pack weight between 16-19 pounds. For more information, see John Ladd’s report on the division of JMT Pack weights by gender and collapsed into 5 weight categories (“quintiles”) from his 2014 Survey of 650+ JMT hikers.

Review the gear lists at the JMT Yahoo Group and join BackpackingLight.com and see the gear list suggestions there. My own gear list from 2010 is here. If you want a list of budget lightweight backpacking gear lists, check out these search results from Backpackinglight.com.
### Sample Large Gear Items – How Lightweight They Can Be (Cost v. Wt)

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Price</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SixMoon Designs Fusion 65</strong> Liter Backpack</td>
<td>$115 until 1/15/2015, $230 afterwards, 39 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Zpacks 10F 900 Fill Goose Down Sleeping bag</strong></td>
<td>Regular Width, X-Long (so it cinches above your head, not requiring a Ultralight Goose Down Hood), with option that includes zipper baffle and supports zipping two bags together (if you bought another of same brand/length, but it could be warmer though), 27.5 oz., $465</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Big Agnes Air Core SL Sleeping Pad</strong></td>
<td>72 x 20 x 3.75 inches (3.75” high!), 17 oz, $74.96</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Zpacks 2 person Cuben fiber tent, the Duplex</strong></td>
<td>(includes option to use heaviest duty cuben fiber of .74 oz./sq yd), $610, 22.2 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Zpacks 3 person Cuben-Fiber tent</strong></td>
<td>(weight is 25.3 oz (includes option to use heaviest duty cuben fiber of .74 oz./sq yd), $710</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kelty 20F 550 fill Goose Down sleeping bag</strong></td>
<td>Regular Width, Regular Length, 43 oz, $119.95 (Christmas sale, $159.95 afterwards)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tarptent 2 person tent, Squall 2</strong></td>
<td>(30D Silnylon fabric), $259, 34 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tarptent 3 person tent, Rainshadow 2</strong></td>
<td>(30D Silnylon fabric), $289, 42 oz.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Note, I prefer a 3 person tent for 2 people (room for gear then), and a 2 person tent for 1 person (room for gear). People who use solo tents leave their packs outside the tent typically, which I do not like to do.
<table>
<thead>
<tr>
<th>Item</th>
<th>Deluxe Illus. $</th>
<th>Deluxe Illus. Weight (oz)</th>
<th>Budget Illus. $</th>
<th>Budget Illus. Weight (oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tent 2 person</td>
<td>$610</td>
<td>22.2</td>
<td>$259</td>
<td>34</td>
</tr>
<tr>
<td>Tent 3 person</td>
<td>$710</td>
<td>25.3</td>
<td>$289</td>
<td>42</td>
</tr>
<tr>
<td>Sleeping Bag</td>
<td>$465</td>
<td>27.5</td>
<td>$119.95</td>
<td>43</td>
</tr>
<tr>
<td>Sleeping Pad</td>
<td>$74.96</td>
<td>17</td>
<td>$74.96</td>
<td>17</td>
</tr>
<tr>
<td>Backpack</td>
<td>$115</td>
<td>39</td>
<td>$115</td>
<td>39</td>
</tr>
<tr>
<td>Bear Canister</td>
<td>$317</td>
<td>21</td>
<td>$79.95</td>
<td>25</td>
</tr>
<tr>
<td>Total (3 person)</td>
<td>$1682</td>
<td>129.8 (8.1 lb)</td>
<td>$679</td>
<td>166 (10.4 lb)</td>
</tr>
<tr>
<td>Diff. (lb)</td>
<td>2.3 lb</td>
<td>Savings (3 person)</td>
<td>$1003</td>
<td>Savings (3 person)</td>
</tr>
<tr>
<td>Total (2 person)</td>
<td>$1582</td>
<td>126.7 (7.9 lb), 2 per.</td>
<td>$649</td>
<td>158 (9.9 lb), 2 per.</td>
</tr>
<tr>
<td>Diff. (lb)</td>
<td>2.0 lb</td>
<td>Savings (2 person)</td>
<td>$933</td>
<td>Savings (2 person)</td>
</tr>
</tbody>
</table>

Observation: the older and less strong one is, the more one will appreciate the reduced weight of approximately 2 pounds of gear savings, but it will cost you. However, besides the weight reduction, the cuben fiber tent material versus 30d silnylon tent fabric is significant in terms of comfort during torrential rains. Cuben fiber behaves much better in such rains. In most years (about 90% of the time, rain is not an issue on the JMT at night, maybe one night is an issue out of the whole hike every other year), between mid-July and mid-August. Silnylon handles well in a bad rain but unless it dries out before the second night, it’s not much fun to go two nights straight with wet silnylon. Cuben fiber acts more like Teflon against rain. It could rain every night and cuben fiber performs fantastically.

The mindset to adapt about weight. Don’t think about an ounce as a trivial amount of weight. Think of an “added ounce” to an already heavy amount of weight. Think of that extra ounce (item) you want to bring, is it going to be the “straw that broke the camel’s back”? I find that when your total gear weight (with food and water) is under 30 pounds (the # of pounds for you can differ), if the pack is comfortable and fits right, that it’s not a problem hiking. Between 30 and 35 pounds (again, for me; remember, base weight ideally should be less than or equal to 20 pounds, you cannot save much on water and food—not when you’re using caloric-dense food to begin with), it’s noticeable. Above that weight (again, for me), it’s no fun at all. Get a good postal/kitchen scale to weigh your items. Join Backpackinglight.com to learn more. [Note, food weight can vary from 100 cal/oz to 140 cal/oz.]
Scariest Thing to Watch Out For In a Group – Someone Getting Lost Going to do Bathroom Duty!

In 2014, a person in our group got lost on the 2nd night of the JMT hike because (a) she wanted to sneak in a cigarette on her bathroom duty trip and wanted to go far enough away to not be observed and (b) contrary to my advice to stay in a dry creek bed perpendicular to the trail, she left that dry creek bed to go behind a tree about 100 feet away. She was lost for two hours before she luckily found her way back to camp. She was terrified (she also encountered a bear during that time). I have reviewed the web pages on this problem and find with the existing literature that no one does a nice, thorough concise job of what all that I think should be advised. I am working on a research article about this. Here are my notes so far.

I want the article I plan to do to focus on (a) what to do if you think you are lost in the woods and (b) how to prevent getting lost in the woods.

For instance, the moment one thinks they are lost, they should clearly mark where they are. If you have toilet paper, wrap it around a tree about 8 feet off the ground. She thought she had only gone at most 100 feet from the trail to take a crap. Had she marked the spot of confusion, she could have done a circle around that spot of a 100 foot radius. Then she would have found the dry creek bed (she had walked back from where we started that morning to the dry creek bed, and walked down it a bit before deciding to walk away from that spot to take a crap behind a tree).

How she behaved was 100% documented in chapter 3, "on being lost" in the most excellent book, The Lost Art of Finding Our Way by John Edward Huth, 528 pages, 2013, Harvard University Press.

Furthermore, the orange stripes (biodegradable flagging tape) I hand out to the group for doing back-of-you messaging, should always be in one's pocket with a Sharpie pen. Those should be used in the event one thinks they are lost.

Here are my links I'm using to do my magazine article:

http://www.traxfamily.com/shop.html
http://www.rei.com/learn/expert-advice/lost.html
http://hikingdude.com/hiking-lost.php
I did find an inexpensive GPS device to clip on your pants that if you click the “home” icon before you leave the camp site, it will show you how far and how to get back (as the bird flies) to where you started.

The Bushnell GPS Backpoint 3 is described here. It costs $45, weighs 1.3 oz (without batteries), uses 2 AAA batteries. If you get one, read some of the very informative comments at Amazon. I have the unit and have gotten it to work just fine.

It goes without saying a one should have on themselves in the woods a compact, loud whistle, such as the Jetscream or something comparable.
My Main Food Sources (Totally an Individual Preference Item)

Everybody with experience and knowledge who has done the JMT more than once pretty much agrees on the following principles about food:

- Food is just one source for your nutrients, do not think you need to carry 5000 calories of food a day just because you’ve calculated you’ll be burning 5000 calories a day. Visit this links folder and this file folder for doing such calculations plus seeing food choices and how to plan your diet needs.

- Stored body fat is your other source for nutrients. You only need enough food to avoid loss of muscle, loss of vital nutrients, adequate protein to maintain or build muscle mass. You do need enough food to have you feel contented though. I find I’m burning between 2000-2500 calories a day of body fat and that 2300 calories of food is enough to meet my food needs (although on planned extra-mileage days, I packed up to 2900 calories of food); and on days approaching a resupply, as little as 400 calories are packed, because the remainder of calories are obtained at the resupply point (“real food!”). Note, I’m only averaging 9 miles a day though! I typically lose about 13-17 pounds on a full JMT hike. Balance your protein/fat/carbs ratios. Mine are (as a percent of calories, respectively): 27%, 35%, 38%.

- Food Boredom is enemy number one. Vary flavors, food items as much as possible.

- I do not pack lunches; rather I pack 3-4 mini-meals between breakfast and supper. I take short breaks every 90 minutes except I typically do 120 minutes of hiking on my first hiking stretch of the day and I’ll take one mid-day long break where I take boots and socks off.

- I only have one hot meal a day (I mix instant coffee with grass-fed, all-natural 100% isolate whey protein and have a vanilla coffee shake for coffee in the morning), which is supper. Most hikers have a hot breakfast and hot supper (some go cold for suppers, and I’ve done that one year using solar heated water to slow-warm my supper one year). It’s rare to see hot lunches being made on the trail.

- Cooking supper is nothing more than boiling water, pouring it into food-grade (boiling water capable) plastic that holds pre-cooked/freeze-dried food, so all
you are doing is reconstituting a meal. Each meal is basically a **Goulash** supper. From the Wikipedia link:

Goulash (Hungarian: gulyás) is a soup or stew of meat and vegetables, seasoned with paprika and other spices.[1] Originating from the medieval Kingdom of Hungary, goulash is also a popular meal in Central Europe, Scandinavia and Southern Europe. Its origin traces back to the 9th century.[2] The cooked and flavored meat was dried with the help of the sun and packed into bags produced from sheep’s stomachs, needing only water to make it into a meal.[2] It is one of the national dishes of Hungary and a symbol of the country.[3][4]

Packitgourmet.com has the best choices of food to go into your Goulash.

Your food equipment is the following three items (Jetboil has other stoves that may suit your needs better, look at their various stoves here).
John Muir Trail Records (Oldest, Youngest, Fastest Records)

A wide range of [JMT records](#) are recorded on the backpack45 web page about the JMT (“Home of Shepard Canyon Books”).

The Fastest Known Time Blog has a [page](#) on JMT speed records.

From these two pages, some interesting records of people whom I have not met on the trail:

<table>
<thead>
<tr>
<th>Finish Date</th>
<th>Record Holder Information (speed record information from Fastest Known Time blog <a href="#">link</a> above)</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/26/2012</td>
<td>Lone, 75 year old woman completes the entire John Muir Trail on top of Mt. Whitney. <a href="#">YouTube Link</a>.</td>
</tr>
<tr>
<td>9/22/2013</td>
<td>Michelle &quot;MJ&quot; Jung set the women’s unsupported FKT of 6d11h35m from Whitney Portal (6h6h5m from the summit), Sept. 16-22, 2013.</td>
</tr>
<tr>
<td>8/18/2014</td>
<td>Leor Pantilat set the supported record at 3d7h36m from Whitney Portal (3d4h30m from Whitney summit), set August 15-18, 2014.</td>
</tr>
<tr>
<td>8/29/2014</td>
<td>Andrew Bentz holds the unsupported record at 3d10h59m40s from Whitney Portal, set Aug. 26-29, 2014.</td>
</tr>
<tr>
<td>8/29/2014</td>
<td>Sue Johnston holds the women’s FKT, supported, in 3d20h (3d15h32m from the summit), Aug. 24-29, 2009.</td>
</tr>
</tbody>
</table>

A picture of this 75 year old woman who finished the JMT (snapshot from the above YouTube link.)
Record holders (current or previous record holders) whom I have met on the JMT trail are the following.

<table>
<thead>
<tr>
<th>My JMT Hike Year</th>
<th>Picture I took during my hike</th>
<th>Record Holder Information (from Backpacker 45 JMT record page)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td></td>
<td>2009 Camden Watson - age 7. On 8/11/09 Camden Watson 7yrs old (Born Aug. 2001) arrived at Happy Isles trailhead in Yosemite Valley having completed the JMT carrying a base weight of 17lbs, resupplying in Muir Trail Ranch &amp; Mammoth Lakes. Camden, his brother, Andrew (10yrs old) and his father Jason, (34yrs old) began the hike on the 19th of July from Whitney Portal. Andrew (carrying a base weight 35lbs) just missed the record himself by a few months.</td>
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<td>2010</td>
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<td>2003 - Reinhold Metzger, 61, Point Loma, backpacked the 211-mile John Muir Trail from Mt. Whitney to Yosemite National Park's Happy Isles in five days, 10 hours. <a href="http://www.signonsandiego.com/sports/outdoors/20030929-9999_mz1s29outdor.html">http://www.signonsandiego.com/sports/outdoors/20030929-9999_mz1s29outdor.html</a></td>
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2012

2004 - Catra Corbett (dirt diva) 5 days, 15 hours, 50 minutes
1012 - 7 days, 2 hours, 5 minutes unsupported
https://twitter.com/dirtdiva33

2004 - Catra Corbett (dirt diva) in yoyoed - one way 5 days, 15 hours, and 50 minutes. Her yo yo time was 12 days, 4 hours, and 58 minutes. She did a resupply at the midpoint.

2012

Although 6 year old Sierra Burror, during 2010, is on the books as the youngest JMT hiker, I met a 6 year old girl who did the entire JMT in 2012, although I think she was a few days older than Sierra
Amazing Grass Greens Super Food
Arrowhead Mill Organic Instant Oatmeal
Dried Fruit (Various Fruits)
Dried Vegetable Chips (Various vegetables)
Emergen-C (a vast number of flavors)
EnergyFirst Greenergy Superfoods
EnergyFirst Organic Berry Blend
EnergyFirst Whey Protein
Instant Coffee (whatever brand you like)
Justin Honey Almond Butter
Justin Maple Almond Butter
Larabar bars (a vast number of flavors—for desert, they even have a variety of chocolate flavors that work and do not melt)
Mary's Gone Crackers
Mini Babybel Cheese (several flavors, because of the wax wrapper, they do not melt—at least for my own experience for 3 different JMT hikes using them)
Oberto Applewood Bacon Jerky
PackitGourmet (all trail food—hundreds of items—I use them for Suppers)
Perfect Food Raw Organic Green Super Food
Planters Nutrition Cashews/Almonds/Macadamias
Qi’a Chia, Buckwheat & Hemp Cereal, Various Flavors
Tanka Bites (Three different flavors)
Vital Choice Organic Trail Mix

I find small plastic bags useful for food packing. And I really like (it took 2 years of research) to find special heat-resistant plastic bags, with gusseted bottoms, useful for doing food packing, holding and reconstituting goulash and serving as my supper bowl. See these two PDF files, here and here. There is even a solar heating variant of the bag shown I have used to go stoveless one summer (the sun would heat up the water to about 120-125F if I let it heat up 3-4 hours as I hiked during the afternoon). See this link for more information about this option.
Fuel Needs and Usage Notes

Jetboil Stoves (or their competitor models) use a blend of isobutane and propane. No need to ever purchase the 16 oz canister (largest MSR one shown). MSR canisters “mark their canisters to indicate where the canister will float in water when full and when empty. To determine approximately how much gas one has left, one floats the canister in water and see where the waterline falls between the two marks.” Typical brand names of fuel are: MSR, Snow Peak, Jet Boil, and Optimus canisters. Read this about canister interchangeability.

In creating this slide show, I came across an interesting article on how to determine “How much gas do I have left.” Reportedly, this article influenced MSR to mark their canisters as indicated above.

*Jetboil states this about fuel capacity in their FAQ: “How Much Water Does One Canister of Fuel Boil? A 100 gram canister of Jetpower fuel boils up to 10-12 liters of water. For trip planning, count on 10 liters per canister for some extra margin. If you're melting snow, assume 6 liters per canister. It never hurts to have an extra canister of fuel along, and it might make a big difference in comfort and safety. Please be advised, when in colder temperatures, it will take longer for your water to boil and thus your burner will use more fuel so adhere to the 6L rule.”

<table>
<thead>
<tr>
<th>Canister Size (gms)</th>
<th>Canister Size (oz)</th>
<th>Hot 10 oz Boils Per Day (296 ml)</th>
<th>Days to Use (replace at Muir Trail Ranch)</th>
<th>Total ML Boiled over such days</th>
<th>Liters boiled if fuel lasts</th>
<th>Min Liters One Can Boil*</th>
<th>Max Liters One Can Boil*</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
<td>3.9</td>
<td>3</td>
<td>13</td>
<td>11544</td>
<td>11.6</td>
<td>10</td>
<td>12</td>
</tr>
<tr>
<td>110</td>
<td>4</td>
<td>3.1</td>
<td>13</td>
<td>11929</td>
<td>11.9</td>
<td>11</td>
<td>13.2</td>
</tr>
<tr>
<td>230</td>
<td>8</td>
<td>6.1</td>
<td>13</td>
<td>23473</td>
<td>23.5</td>
<td>23</td>
<td>27.6</td>
</tr>
</tbody>
</table>

Although I take 13 days to get to the mid-point, Muir Trail Ranch, three of the meals will not need fuel because of stopping at resupply points or taking a zero half-day or zero day. Since I get by myself with a no-heatup breakfast and my hiking partner only heats up for coffee, 3 cups a day is enough for two people to get by with one 110 gm canister of fuel and I have done so successfully.
Appendices to this PDF (Sample Itinerary Page and the Waiver)

I mentioned elsewhere about the JMT Master Spreadsheet created by author, Elizabeth Wenk (with my acknowledged help), which is at [http://climber.org/data](http://climber.org/data). Copy that, and customize as the next page shows. I print out a copy of it in duplex mode (back-to-back), on legal paper. It shows everyone in the group what are the waypoints, camp sites, passes, trail junctions along the way, and where the group plans to camp each night. If for some reason, weather or something else causes the group to slow down or speed up (never speed up unless there is a 100% group buy in though), knowing all your options, makes the planning much easier.

I also show the legal waiver I have everyone in the group sign. Unlike the Sierra Club waiver, which protects the Sierra Club and its leaders from being sued, the waiver I had made (using two different lawyers), protects everybody in the group from being sued from anybody else in the group.

The co-moderator (and former lead moderator) of the JMT Yahoo Group is a retired lawyer and uploaded his own feeling and comments about the use and necessity of the waiver under the title “Release of liability-Is it necessary- What does it say.pdf” in this [folder](#).

Last, I am appending my “Group Behavior Expectations” document which I share with prospective hikers who want to hike in the group I organize (note, I did not say I “lead”).

I could have shown the planning documents to get your food right, your toiletries right, what to ship to where, but I gave links to documentation on that above in the JMT bibliography earlier.
<table>
<thead>
<tr>
<th>Campsite</th>
<th>Description</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deer Creek crossing</td>
<td>Small sites in stand of trees just upslope of trail open view to the Silver Divide (trunk view of creek) Drift Creek.</td>
<td>There is no water-based camp sites closer than the exception 8 miles back. This day is mostly gradual uphill hiking. Camp in south side of creek if room. Otherwise on north side.</td>
</tr>
<tr>
<td>Duck Pass junction</td>
<td>Small sites among slabs to the edge of creek, Drift Creek, parallel creek downstream to find several.</td>
<td></td>
</tr>
<tr>
<td>Purple Lake outlet</td>
<td>Sites along the west shore of Purple Lake outlet</td>
<td></td>
</tr>
<tr>
<td>Lake Virginia inlet</td>
<td>Sites marked among rounded whitebark</td>
<td></td>
</tr>
<tr>
<td>Tally Hole junction</td>
<td>Large sickle site just north of Tally Hole.</td>
<td></td>
</tr>
<tr>
<td>Tally Hole junction</td>
<td>Large sickle site just north of Tally Hole.</td>
<td></td>
</tr>
<tr>
<td>Cascade Creek junction</td>
<td>Small sites among bighorn and small sites stand in thick forest along the north shore of Fish Creek.</td>
<td></td>
</tr>
<tr>
<td>Cascade Creek junction</td>
<td>Small sites among bighorn and small sites stand in thick forest along the north shore of Fish Creek.</td>
<td></td>
</tr>
<tr>
<td>Cascade Creek junction</td>
<td>Small sites among bighorn and small sites stand in thick forest along the north shore of Fish Creek.</td>
<td></td>
</tr>
<tr>
<td>Cape Lake outlet</td>
<td>Small sandy sites along slabs, mostly on the north side of Square Lake outlet.</td>
<td></td>
</tr>
<tr>
<td>Goode Pass junction</td>
<td>Small sites along slabs, mostly on the north side of Square Lake outlet.</td>
<td></td>
</tr>
<tr>
<td>Goode Pass junction</td>
<td>Small sites along slabs, mostly on the north side of Square Lake outlet.</td>
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AGREEMENT AND RELEASE OF LIABILITY FORM

Trip:                           John Muir Trail:          [ ] Southbound          [ ] Northbound
Planned Dates of trip:__________________ to ______________________________.

Disclaimer:

Backcountry travel poses numerous risks that can result in SERIOUS INJURY and DEATH. These hazards increase very markedly if you choose to travel off well-maintained trails for short cuts, side trips or because you have become lost. Medical evacuation required by illness or accident can be substantially delayed due to many unpredictable factors including miscommunication, errors, and bad weather. You should understand that the risks include, but are not limited to, the following:

Accidental falls are common and sharp rocks next to the trail can cause injury. Downclimbing, even short rocky stretches, without proper equipment and training is particularly hazardous. If you lose your footing in a stream crossing, downstream obstructions (“strainers”) can trap you underwater and cause drowning. Water can be hidden under snow and even experienced hikers can drown if they break through snow into water. Altitudes encountered on the JMT can cause pulmonary or cerebral edema and other illnesses in susceptible individuals; there is no way to know in advance if you are susceptible. Hypothermia and resulting death can occur at temperatures well above freezing, particularly if you become wet. In addition to falling trees, suspended branches (“widowmakers”) can become dislodged and fall even in the absence of heavy winds. In addition to avalanche hazards, even short icy parts of the trail can result in uncontrolled falls and high-speed slides. Rocks, equipment or other items can be dislodged and become high speed projectiles endangering persons below. Lightning strikes are common, especially on ridgelines. Animals, large and small, wild and domesticated, can be dangerous. Rabies is common in wild animals. There are venomous snakes on the JMT. Firearms are carried in National Parks both by Rangers and by other hikers. Fecal or other contamination of drinking water can cause illness, even when water is properly treated. If you do not fully understand these risks, you should educate yourself further before starting on the trip.

Your risks can be increased markedly by negligence on the part of your hiking companions and by others using the trail, or by their reckless or intentional misconduct. [Under the law of the State of California, fellow participants in the sport of backpacking do not owe you a legal duty to rescue you in an emergency and do not owe you the duty to use ordinary care to avoid causing you injury. Such persons can be sued by you or your survivors only in the case of reckless or intentional misconduct.]

By signing below, you acknowledge that hiking is a dangerous activity, and that you are voluntarily participating in this activity with knowledge of the danger involved and hereby agree to accept any and all risk of injury or death.

1) As lawful consideration for being allowed to participate in the above-referenced trip (“the hike” or “the trip”), I hereby agree that I, my family, heirs, distributees, guardians, legal representatives and assigns will not make a legal claim against, sue, attach the property of, or prosecute any other participant of the hike (or any relative, agent, employee or employer of any participant of the hike) resulting from the negligence or other acts, howsoever caused, by any participant of the hike, or caused by any relative, agent, employee or employer of any participant of the hike, as a result of my participation in this hike.
2) I hereby voluntarily release, discharge, indemnify and hold harmless every other participant of this hike (regardless of the extent of that individual’s participation) and any officer, director, agent, employee or member of that participant, from all actions, claims, or demands my family, heirs, distributees, guardians, legal representatives and assigns now have or may hereafter have for any injury, death, personal, property or other economic damage resulting from my participation in this hike. I also voluntarily release, discharge, indemnify and hold harmless Yahoo! Inc. (or any of its affiliated companies) and the John Muir Trail Yahoo Group (or any of its members, moderators or participants) from all actions, claims, or demands my family, heirs, distributees, guardians, legal representatives and assigns now have or may hereafter have for any injury, death, personal, property or other economic damage resulting from my participation in this hike. I agree to pay all legal fees incurred by the above-described individuals or entities in the event that legal action is brought against them in violation of this Release.

3) I hereby acknowledge that this Agreement and Release of Liability is not limited to the actual act of hiking itself. I acknowledge that the trip includes all activities and events in which I am involved in any way during the dates of the trip, and includes all activities and events in which I am involved in any way during the preparation and termination of the trip. I also acknowledge that the participants in this trip may be considered “stand-ins” or “makeups” of one or more permit-granted groups by the National Park Service or National Forest Service that issued the permit to do the above-named trip and that each permit typically recognizes or lists a group leader. I acknowledge that the group leader designated on the permit, nor any person who assisted with the organization or preparation of the hike, is not responsible for my safety and/or health in any way.

Notwithstanding the generality of the foregoing, this Release is NOT intended to in any way limit legal liability for personal injuries or death caused due to travel by automobile or other motor vehicle.

4) I agree to be solely responsible for my own safety and to take every precaution to provide for my own safety and well-being while participating in the above-referenced trip. I acknowledge that it is my responsibility to prepare for emergency situations of any kind, and that I should bring and know how to operate a Spot Messenger Device, Personal Locator Beacon or other similar safety device with me while I am participating in the trip. I further acknowledge that I should purchase travel insurance.

5) I understand that if I decide to quit the trip before any of the other participants that nobody is obliged to quit the trip with me nor hike with me to a trailhead exit point.

6) I acknowledge that I am responsible for my own behavior and that if I act inappropriately I may be informed that I am no longer a participant of the hike. This event will not affect the release of liability agreed to by me herein, and I agree not to bring any claims as described in the paragraphs above in the event I am asked to no longer participate in the group hike.

7) I hereby certify that I am not under treatment for any physical infirmity or chronic ailment, or injury of any nature, and that I am physically capable of completing the hike.

8) I agree that this Agreement shall be governed by the laws of the State of California.

This document can be executed in counterpart originals and shall be as effective as if each person had signed the same physical document.
I have carefully read this Agreement and Release of Liability and fully understand its contents. I am aware that this is a full release of liability and a contract between myself and the other participants in this hiking trip. I certify that I am 18 years of age or older.

<table>
<thead>
<tr>
<th>Printed Name</th>
<th>Signature</th>
<th>Date</th>
<th>Cell Phone #</th>
</tr>
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<tbody>
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</table>
We plan on hiking the JMT at an average pace of 8.6 miles a day with one down day in the hike at Muir Trail Ranch and a half day down day at Reds Meadows and 1/4th of a day down at Woods Creek in the morning (unless we meet the packer the night before). The planned ending date if weather does not delay us going over any passes is at the end of the day is shown in the Excel Itinerary for the hike (or the day before). One or more of the members is (are) going to make it all the way to Whitney Portal on the day we summit Whitney, while I plan on making it easy (more below) and getting to Whitney Portal mid-day on the day following the summit due to having knee problems hiking continuously downhill more than 8 miles.

The benefit of joining this hike. I have already reserved three cabins at Muir Trail Ranch (MTR) for the nights scheduled in the Excel Itinerary. MTR has the best food and natural hot springs to enjoy on the JMT hike. It is a mini-Shangri-La stop on the hike. Also, the group will have at least four resupply points (Tuolumnne Meadows, Red’s Meadow, Muir Trail Ranch, and the already secured use of Sequoia King Pack Trains Pack Service at Woods Creek, which is the midpoint between Muir Trail Ranch and Whitney Portal.

You are expected to be in generally good physical health for this hike. If you are diabetic or told you are pre-diabetic or have a heart condition, please do not request to join the hike [due to a near-negative situation that happened in 2011]).

Each can hike their own pace during the day. The goal is for the group to camp at the planned spot (shown on an already created detailed itinerary), which can be revised as a group depending upon weather conditions. Each person should be geared to be self-sufficient (unless they hike as a pair and will never separate as a pair, such as a married couple).

I have a suggested premium and budget gear list that is about 3 years old in the group file folder but also given as a link here: [http://www.backpackinglight.com/cgi-bin/backpackinglight/forums/profile.html?u=marti124](http://www.backpackinglight.com/cgi-bin/backpackinglight/forums/profile.html?u=marti124)

If a person can't make it to the planned destination, the group will wait for that person the next morning. If a bailout occurs, the group wants to be informed about it. There are plenty of bailout opportunities throughout the hike. The group has a Spot Messenger device and a Delorme Inreach Explorer to protect its members in the event of a medical emergency. Although each person or pair is recommended to have their own Delorme Inreach Explorer, or Spot Messenger [http://www.findmespot.com/en/ ] device or PLB (Personal Locator Beacon) in case you have a distance between where you decide to bail out and getting to the trailhead and you find yourself wanting the use of a messenger device.

In practice the group either typically hikes in pairs suitable for their pace or at times as a whole group. I do not believe in being a hiking pace dictator and accept different people have to hike at a pace comfortable to them. Personally, I like to have a mini-snack/break every 90 minutes
on the trail while others do not like to take so many frequent brakes, which is fine; that is why I have the “hike your own pace” philosophy. I do recommend hiking in pairs minimally if stream crossings or pass-crossings are going to be anything difficult (such as was the case in 2011). This year may be as easy as the 2008/2009 and 2012/2013 summers which were all easy to do.

As a group if a life and death event happens, the group agrees to act morally responsible. But if a person wants to bail out and there is no involved life or death risk, the person(s) wanting to bail out acknowledges that the rest of the group is under no obligation to walk out with him/her or them. I have an acknowledgement of risk form drafted by a very experienced backpacker lawyer which I insist each member of the hiking group to sign, including myself. It protects everyone in the group from ever being sued from another due to confusion over this. I do not charge even a penny for the hike but the expenses are shared. The hiking philosophy of the group is simple. I do not want anyone to join who does not want to camp at the planned camp sites. It is a waste of my time and inconsiderate to the group to join the group, take advantage of my advance booking, then decide to hike farther than the group plans and only meet the group at resupply points. This happened in 2012 and 2013 and I do not want this to happen again. During the day, you can hike as fast as you want though. If you want to hike farther each day, then I insist you hike in your own group and secure your own resupply arrangements.

When we get the permits, we will ask the Permit Ranger to issue a separate permit for each pair or triplet in the group so that even if I, the group leader, has to bail out, it will not affect the rest of the group’s right to be on the trail. This also creates a situation where the group is recognized as a group of groups hiking at the same pace and there is no formal, legal group leader to the group once the permits are issued in that manner. This arrangement with the Wilderness Office was approved in 2011 and 2012 and I do not foresee a problem with doing this again this year. I have finished every planned High Sierra Trail and JMT hike in the last 13 years with the exception in 2011, when everyone else bailed by day 20 for other reasons and I received an email stating my house had been sold and I was needed at the closing, I did quit the hike then too.

Typically members in the group find at least one other person to hike their pace, if not more. Myself, I’m a slow hiker, but I’m one who never burns out.

Roleigh Martin
2011-now Lead Moderator, JohnMuirTrail@YahooGroups
First of all choose a JMT Map Guide

I recently published a 34 page in-depth analyses and review of the 5 major JMT Map Guides and electronic apps for Iphone and Android smartphones. See http://trailtosummit.com/comprehensive-review-5-jmt-guidebooks/

Put free superb JMT Map Guides on your Iphone or Android

Note: my review of JMT Guides lists all the electronic (free and for purchase) JMT aids. (Not shown in this document though.)
Study the John Muir Trail before your hike (2 guides)

Note, you will want to get your permit 24 weeks before you start the hike to have your hike start on the exact date you want. Forty percent of permits are made available on a walk-in basis though (no earlier than the day before you plan to start), so you can get on the trail that way, but consider a less than popular entry trailhead to get started on the trail. See here and here for more information.

Elizabeth Wenk has released her tables and appendices in the Master JMT Spreadsheet, which I helped her format in Excel and get placed on the web. That and the JMT Cribsheet (which I am the original and senior author) are here at these two links at http://climber.org/data/

📚 JMT Crib Sheet with shuttle, rental, shower, hotel, and ranger info for John Muir Trail hikers.
📚 JMT Spreadsheet with Embedded GPS Files for the book John Muir Trail by Elizabeth Wenk.
Join the John Muir Trail Yahoo Group

Note, over 3700 members and more research material on the JMT than all other web sites combined!

To download any of the many files (or view the numerous links) from this Yahoo group, you need to belong to the JMT Yahoo Group. Go here to join the group, you need to have a basic Yahoo account to have access to the web portion of the group (files and links). You do not need to use Yahoo Email though.

https://groups.yahoo.com/neo/groups/johnmuirtrail/info

To create a Yahoo Account, go here: https://login.yahoo.com/config/login and click on “Create Account”.

What do leading JMT authorities say about the JMT Yahoo Group?


Where do people go online to talk about the JMT?

We recommend the John Muir Trail Yahoo Group and JMT Facebook group as active hubs for discussion related to the John Muir Trail. Don’t miss the “links” and “files” sections on the yahoo group.

From The John Muir Trail, 5th Ed., by Elizabeth Wenk (Wilderness Press, 2014):

“The JMT John Muir Trail forum on Yahoo Groups is an inviting place to ask questions and also hosts a large collection of help sheets.”

Join the Facebook Group, John Muir Trail

Note: admins are Lucy Fitz Gibbon and Jack Haskel, PCTA. Link to the sample posting shown is here.

**Read about how others experience the JMT through this Facebook Group**

John Ladd, former lead moderator of the JohnMuirTrail Yahoo group and co-moderator now, annually conducts a survey of JMT hikers and his web page is this Facebook group.
If you live near Reno/Tahoe/Sacramento/Mammoth Lakes...

Join the, newly formed Meetup.com group, which I setup, called the Reno-Tahoe Backpackers Planning-Training-Hiking for the JMT

This group is for Reno and nearby California area (a triangle from Sacramento-to-Bishop-to-Reno/Sparks) backpackers interested in planning, training and doing the John Muir Trail (JMT), either a segment or a full through-hike of the JMT. The JMT is consistently voted the world’s most famous remote-wilderness long distance roadless trail, starting from Happy Isles in Yosemite Valley and ending at Whitney Portal after 218 miles, 11 passes, and the lower 48 state’s highest mountain, Mt. Whitney. The organizer of this meetup group is the lead moderator of the Yahoo JohnMuirTrail Group (~3400 members) and has done the JMT 7 times. He lives in Reno.

Because the geographic area is so large, this group is soliciting three more event organizers, one for the Mammoth-Bishop Area, one for the South Lake Tahoe Area, and one for the Sacramento Area. The founder of this group is from Reno. The Meetup Group currently is limited to four event organizers and 50 members, when the group grows, it will be upgraded to handle unlimited event organizers and members.

See my 50 page information-rich presentation on the John Muir Trail at http://tinyurl.com/ltwf5gg.

Join this group if you are interested in planning, doing or hiking the JMT yourself and want to meet others in your area who are likewise interested. If interested in similar High Sierra long distance hikes, this group is for you too.

Message me individually if you are in the areas needing an event organizer and if you want to become one.
Woman (only) can choose to join this Facebook JMT resource group!

Watch the most famous and popular movie on the JMT on Netflix

This movie, “Mile... Mile & a Half” is available on Netflix, from the producer’s web page, Amazon Instant Video (including free for Amazon Prime members), Itunes, and many more locations. Note, the movie was shot in 2011, the highest snowpack year in decades on the JMT. All other known years to me, the hike is far more mild and easy in the July-August months.
Learn how to hike light and safely

Links to web pages or files that are free to read that cover the above material (not to the same depth though or by the same authors) exist at the Files and Links Folders in the JMT Yahoo Group Library

Also consider subscribing to BackPackingLight.com, the single best source to learn how to hike light and safe anywhere in the world.
Get this free, e-book version of a coffee table book of photographs of the JMT --- a photo diary of two sisters, their first half of the hike. Note, the book is not for sale, but it is for free, full online viewing. Be sure and zoom up the show to take up the full screen.
## Link (sorted alphabetically)

Also search for either "John Muir Trail" or "JMT" on [YouTube](https://www.youtube.com) and [Vimeo.com](https://vimeo.com)

Fastest Known Hiking Times (also age records for first shown link) for the JMT are documented [here](http://fastestknowntime.proboards.com/thread/21/john-muir-trail-ca) and [here](http://en.wikipedia.org/wiki/John_Muir_Trail)

- [http://johnmuirtrail.org/](http://johnmuirtrail.org/)
- [http://www.backpack45.com/johnmuirtrail.html](http://www.backpack45.com/johnmuirtrail.html)
- [http://www.backpackinglight.com/cgi-bin/backpackinglight/search.html?q=john+muir+trail&x=0&y=0](http://www.backpackinglight.com/cgi-bin/backpackinglight/search.html?q=john+muir+trail&x=0&y=0)
- [http://www.backpackinglight.com/cgi-bin/backpackinglight/search.html?q=jmt&x=0&y=0](http://www.backpackinglight.com/cgi-bin/backpackinglight/search.html?q=jmt&x=0&y=0)
- [http://www.nps.gov/yose/planyourvisit/jmt.htm](http://www.nps.gov/yose/planyourvisit/jmt.htm)
- [http://www.onthetrail.org/jmt.html](http://www.onthetrail.org/jmt.html)
- [http://www.trailjournals.com/journals/john_muir_trail/](http://www.trailjournals.com/journals/john_muir_trail/)
- [http://www.yosemite.ca.us/forum/](http://www.yosemite.ca.us/forum/)

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Still more book recommendations are available on my Amazon Wish Lists

- [Backpacking in the High Sierras](http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Daps&field-keywords=high+sierras)
- [Thru-Hiking List](http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Daps&field-keywords=thru+hike)

The JMT Yahoo Group Crib Sheet is reproduced on the next two pages

This vital (prints on one sheet of paper, back-to-back) information is available from [http://climber.org/data](http://climber.org/data).
Lone Pine<->Reno  
Southbound Depart Times  
Lone Pine Statham Hall 6:15am (depart)  
Mammoth McDonalds 8:20am  
Reno Airport 12:00pm (arrive)  
Bishop Crest Station 201 S Warren St 8:30am  
Independence, CA Motels:  
www.backpack45.com/johnmuirtrail.html  
John Muir Trail Links:  
http://groups.yahoo.com/group/johnmuirlinks.html  
http://groups.yahoo.com/group/johnmuirtrail/  
http://www.backpack45.com/johnmuirtrail.html  
http://alumni.caltech.edu/~rbell/JohnMuirTrail.html.gz  
http://www.kevinaston.com/JohnMuirLinks.html  
http://www.whitneyportalstore.com/data/EWenk_JMT.htm  
http://www.mammothcarrentals.com/  
Mammoth Car Rentals Reservations: 760-934-8111 (town), 3218 Main St  
Mammoth Lakes, CA 93546 (located inside Kittredge Sports).  mammothcarrental@gmail.com  
Airport Car Rentals - Commercial/Private (760) 934-2271, Enterprise Rent-a-Car, 85 Airport Road, Mammoth Lakes, CA (760) 924-1094 (Confirm if U-Save or Enterprise still in bus.)  
Best Western Frontier  
Mt Whitney Motel  
Best Western Frontier  
http://tinyurl.com/yhyu6w2  760-876-5571  800 S.Main St.  
The Trails Motel  
www.trailsmotel.com  760-876-5555  800-862-7020  633 S.Main St.  
M2 Independence/CA Motels:  
Mt Williamson Motel  
Ray’s Den Motel  
“The Williamson Motel in Independence will shuttle hikers to Onion Valley for $60/trip if they stay a night at the motel.” www.backpack45.com/johnmuirtrail.html  
P1 Yosemite NP: 8:00 am to 4:30 pm Pacific Time (closed for lunch) at 209/372-0200; press 3 then 5 to speak to a ranger. For Emergencies call 911; or for Yosemite, call 209-379-1929, the 24/7 emergency number for the park daily.  
P2 Sierra National Forest - High Sierra Ranger District Office 559-855-5355 or 559-855-5360, 7 days/week; 8am-4:30pm (Sierra National Forest contains Ansel Adams Wilderness and John Muir Wilderness area); High Sierra Supervisor’s office 559-297-0706 www.fs.fed.us/r5/sierra/recreation/wilderness/areas.shtml  
P3 From John Ladd 8/13/2009 (Moderator)  
http://groups.yahoo.com/group/johnmuirtrail/  “For the middle 1/4, you will be passing thru multiple different jurisdictions and your family will not likely know exactly know what jurisdiction you are in. So call the Fresno County Sheriff’s Office 24/7 dispatch line 559-488-3111. They coordinate all search and rescue operations with the applicable National Forest / Wilderness and the Sheriff. If you aren’t in the FS numbers I listed. Most of the Yosemite-to-tow was stretch is in Fresno County and if you are outside the County, Fresno dispatch will help hand you off to the right agency. For the last 1/2 of the trip, call the 24/7 dispatch line at Sequoia and Kings Canyon National Parks 1-559-565-3341, then at the message, press 0 then press 1 for 24/7 park dispatch office”. From John Ladd 6/8/2009: “For the stretch between Yosemite and Kings Canyon, the best emergency numbers are: *Sierra NF — High Sierra Ranger District* Prather, CA 93651 (559) 855-5355  TTY: California Relay Service 711 (Hearing impaired); *Open: 7 days a week: Hours: 8:00am-4:30pm. I called them to ask if the had an after hours number and they said they did not.” From Karpani Devi, 2/2013, “Call 911, Fresno County Sheriff office at 800-522-0086, or 559-488-3111 for an
off-hours emergency.”

P4 Devils Postpile National Monument; http://www.nps.gov/dep/contacts.htm 760-934-2289

P5 Inyo National Forest http://tinyurl.com/6y3k7ng 760-873-2400

P6 Sequoia & Kings Canyon National Park: Visitor’s Center 559-565-4212, or 559-565-3341 automated. Call 911 from any telephone within the park in an emergency. Wilderness Permit Office 559-565-3766. 24-Hour Dispatch - emergency only 559-565-3195. Comprehensive Information 559-565-3341.

PK1 Pine Creek Pack Station, PO Box 968, Bishop, CA 93515 (aka Sequoia Kings Pack Train; servicing Shepherd, Kearsarge, Sawmill, Taboose Passes, plus Woods Creek and points nearby). The numbers are the same, 760-387-2797 pack station up at Pine Creek Canyon, Bishop, CA; 800-962-0775 for reservations; 760-387-2627 winter office/home. Owner: Danica Berner at pinecreek8@aol.com or bernerspack@yahoo.com. You can use this packer to ship your food supply to the Onion Valley Trailhead for pickup or you can pay cash and have them pack it in. Meet us at Kearsage Pass, east side of the road. Office/home. Owner: Danica Berner at pinecreek8@aol.com or bernerspack@yahoo.com.

PK2 Dennis Winchester, Cottonwood Pack Trains, at Horsethief Meadows provides the dunnage, spot trip & continuous hire trips to the Cottonwood Lakes, Crabtree Lakes, Rock Creek and the Golden Trout Wilderness. His phone number is 760-878-2015. 910 Gibson Ranch Rd Independence, CA 93526 http://www.manta.com/coms2/dnbcompany_jr3qv1

PK3 ROCK CREEK PACK STATION, Craig and Herbert London, PO Box 248, Bishop, CA 93515, (760) 872-8331. Rock Creek Pack Station, operating as Mt. Whitney Pack Trains originate trips primarily from Horseshoe Meadows but occasionally serve the public from the Sage Flat, Sawmill, Taboose, Shepherd and Kearsarge Pass trail heads.

http://tinyurl.com/ygd76qk


PK5 Cedar Grove Pack Station services JMT hikers at Woods Creek. 559-565-3464 (summer), 559-337-2413 (off season). Winter address is 49709 Stagecoach Drive, Badger, CA 93503.


R1 Ranchers Meadow General Store between 7 a.m. and 7 p.m. ONLY. http://www.ranchersest.com/7607395981ることができるものがあります。Packages may be picked up at Red’s Meadow General Store between 7 a.m. and 7 p.m. ONLY.

R2 Vermilion Valley Resort at Edison Lake http://edisonlake.com/site/ 559-259-4000 info@edisonlake.com Our ferry, the Edison Queen, runs 7 days a week, w/special departures upon request: The boat dock at the mouth of Mono Creek is less than a mile from the main PCT/JMT trail. Offers Shuttle Service to Fresno. 9:00 am... Leave Vermilion Valley Resort; 9:45 am... Leave Mono Creek Landing 1:30 pm... Leave Mono Creek Landing 4:00 pm... Leave Mono Creek Landing 7:00 pm... Leave Mono Creek Landing

R3 Mammoth Shuttle System 876-934-6588; Mammoth Shuttle 760-934-6588; Mammoth Taxi LLC 760-347-4867. They list private shuttle service of Dave Sheldon (Lone Pine), (760) 876-9340. Also among others listed here, Shuttle and Taxi Services: Mammoth Shuttle 760-934-6588; Mammoth Taxi LLC 760-347-4867. They list private shuttle service of Dave Sheldon (Lone Pine), (760) 876-9340.


S02 Shuttle Services for High Sierra Trailheads: http://climber.org/data/shuttles.html. Among others listed here, they list private shuttle service of Dave Sheldon (Lone Pine), (760) 876-9340.


S05 East Side Sierra Shuttle. http://www.eastsierraserrashuttle.com/ 760-878-8047, paul@inyopro.com, “We can take you anywhere in the Sierra Nevada or the Death Valley country.”

S06 Todd's shuttle service: Tuolumne Meadows Shuttle bus 7a-6p (between Tuolumne Meadows and Olmsted Point every 1/2 hr) www.nps.gov/yose/planyourvisit/bus.htm also www.yosemitepark.com/glacier-point-tour.aspx Also www.yosemitepark.com/bus-tours.aspx

S07 Yarts Bus Schedules (Mammoth to Tuolumne Meadows, www.yarts.com/schedules.html YARTS@yosemite.com, YARTS (877) 989-2787 or (209) 388-9589. For 2011 (schedule not published yet, Yarts is changing their schedule to enable Crest Bus from Lone Pine that arrives at Mammoth’s McDonald’s at 8:20am to be able to catch their departing 8:30am from across the street from McDonalds and about 100 feet east down the street. Crest bus only runs Mon,Tue,Thu, Fri.

S08 EAST SIDE: Yosemite Area Rapid Transit (YARTS) 800-626-6684 or 800-MAMMOTH; Mammoth tourist center brokers tickets from Mammoth and Lee Vining; In Yosemite, purchase advance tickets at the DNC information kiosk or at Yosemite Lodge; Tickets can also be purchased directly from the bus driver; Bus goes from Mammoth to Yosemite Valley in the morning, back in evening, with stops at Tuolumne, White Wolf and Crane Flat. http://climber.org/data/shuttles.html

S09 Mammoth Shuttle System 8am-10pm: (760) 934-6588, After hours: (760) 914-2678; also 760.934.9030 http://originalmammothshuttle.com/; Mammoth Chevrin/Hertz Car Rental 760.934.8111; Enterprise Car Rental (Mammoth Airport) (760)924-1094.

SH1 Showers: Whitney Portal Store, $3.40 no towel; Whitney Portal Hostel (Lone Pine) $5 w/towel/no timer; Subway/Chavez Chevron, Independence (right in town), $5 (towel, soap incl.), 6a-10p M-F, 7a-10p Wkends; Reds Meadow Campground, nr Devils Postpile; RV Park 760-934-3822 across from Mammoth Lakes Welcome Center, 10a-5p $6 no soap/towel; Mammoth Mountain Inn $5 (towel, soap incl.) 24 hours daily, ask at front desk http://climber.org/data/shuttles.html (Updated Jan 2013).

SF Mono County Sheriff 760-934-0466; Bishop Sheriff 760-873-7887; Independence Sheriff 760-878-2441 Lone Pine Sheriff 760-876-5606 "If someone is concerned because you are running late returning from your trip, they should call the local Sheriff’s office" (Thanks BK!). Note: Sheriff offices exist in multiple cities in the county (reason for multiple numbers listed above). Inyo County Emergency Services (operated out of Independence CA): 760-878-0395 or 760-878-0235; 760-878-0383 (24-hr. dispatch. Tulare County Search and Rescue SAR Coordinator: 559-733-6218; Tulare County Sheriff's Department: 559-733-6220.)