
UTAH DEAF CAMPERS

Deaf & Wilderness Camping | Snowshoe at Spruces Campground

What to bring for Snowshoe at Spruces Campground

Its only a a week before we all meet at Spruces Campground to go Snowshoeing on the trails near this campground. It will be exciting and a lot of energy to move around in the soft snow. Here are some things you need to bring for this event:

1. Layered clothing is critical in cold environments. Start with thermals, shirts and pants, warm socks, snow proof warm jacket, snow proof pant, and snow boots or waterproof hiking boots. It may not be a bad idea to bring hand or foot warmers, just in case.



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I asked my dad to drop me and my laser sailboat off at a remote lake in Arizona many years ago. I told him I would stay for a couple of nights on an island in the middle of this lake. All I can say about this is WOW! It was very intimidating to be in the middle of a lake all alone and not be able to hear what bumps during the night. What made it worst were the shadows dancing on the tent caused by the flickering campfire. It scared the crap out of me.

I did learn a few things about wilderness camping from those nights alone on the lake island. It is my hope you can pick up a few important things that I learned about wilderness camping as a deaf person. Wilderness Camping does not need to be scary for someone who is deaf . Heres some hints below for a deaf person or friends wanting to camp in the wilderness. (Continued on 2nd page)

2. Because layered clothing do get wet! Bring extra dry clothing, socks, and shoes.
3. Snowshoes and poles, either bring your own or rent from Ski Stores. Make sure they are in good shape and can support your weight in snow.
4. Snow shoeing is a very strenuous activity, you will need something to keep your energy up. At least bring bottled water, electrolyte energy drinks, granola bars, snacks, or trail foods like nuts and fruits.
5. Snow Shoes is a big part of this fun activity. Be sure to get the one that fits your weight and height. Bring your own, rent a pair from a ski shop, or borrow from a friend that has a pair of snow shoes that fit. Also don't forget the ski poles to help you stay upright. :)



Tips for camping with hearing loss

1. COME UP WITH A PLAN - Do research on the internet, look at trail maps, look at maps, amenities offered by campground where you want to stay at, create food, clothing, and camping gear checklist.
2. CREATE SAFE SPACES FOR HEARING TECHNOLOGY - Wet hearing aids do not work! :) Find a dry container that can keep valuables dry such as wallet, key fob, electronic items, watch, and don't forget, hearing aids and extra hearing aid batteries.
3. LET PEOPLE KNOW WHERE YOU'RE GOING - Too many people get lost in the wilderness and their friends or family members could not find them. Be sure to let someone, friends, parents, or neighbors know where you plan to go and how long you plan to stay in the wilderness before going on the exciting wilderness camping trip.
4. PAY MORE ATTENTION TO YOUR WORKING SENSES - Even though you don't have any hearing, use your other senses that works. Its amazing what you can see, feel, taste, and smell. See land marks, smell the trees, flowers, plants, taste the wild berries, touch the cold river all while you're hiking, to your campground. Use the gps to track your progress or return to the campground or your car.
5. READ INFORMATIONAL SIGNS AND TALK TO RANGERS - Forest Service or department for wildlife resources are good places to go for additional information about location you want to visit.
6. TAKE A FURRY COMPANION - This is a plus for anybody that do not have hearing. Its amazing to see what your furry companion can hear beyond the tent walls or while you're hiking down the trail among thick vegetation. I think Ive seen more animals with my dog walking along side with me. :)
7. OVER LOAD ON FLASHLIGHTS AND LAMPS - This absolutely a must! Bring several light options like flashlights, lamps, propane lamps, matches for campfires, lanterns, glow sticks, and anything else you can find. My favorite were the 12" mag lights. They're so bright that it makes everything visible in the dark.
8. HAVE FUN - If you follow some of the suggestions above, hearing loss should not prevent you to walk through the wilderness area, through the trees, see the deer meandering in the meadows, sampling native mint plants going along the cool stream banks, and breath the fresh pine scented air.

Snow Conditions

Spruces Campground - It was reported today (2/15/2025) that all areas along Big Cottonwood Canyon Road, SLC, Utah received 35" of snow so far. Whats really nice is Spruces Campground is situated far enough away from the avalanche dangers areas that are located further east on Big Cottonwood Road near the ski resorts.

More snow is expected this coming week. As much as 15" or more snow will add to the existing snow. The expected temperatures by February 22 will range between 18 degrees low and up to 35 degrees for high. In other words, the snow could be as deep as 40 to 50 inches and is ideal for snow shoeing.

