

Starting the dinner fire

In the woods

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away from the body. This exposure can lead to chills, drowsiness, irrationality and even unconsciousness.

Sherwood had a near bout with hypothermia on a 4-H outing. She had been canoeing through a damp, cold drizzle.

"The group became immobilized. Several people were on the verge of hypothermia. We just stood around in the cold, doing nothing, instead of putting up our tents. It could have been very serious. We finally got into our tents and into some dry clothing."

Despite days of "unremitting rain and cold," Sherwood has never cut a trip short because of bad weather.

The Sherwood clan has backpacked four times in the Smokies, in North Carolina's Linville Gorge, in Canada's Algonquin Provincial Park, three times on Isle Royale, on Mount Desert in Maine and twice in Shenandoah National Park.

With friends, she's climbed down the Grand Canyon in Arizona, up the White Mountains, hiked the North Country Trail in the Upper Peninsula and backpacked the remote Pukaskwa Provincial Park in Canada.

She puts Isle Royale on the top of her "must return to" list because of the island's allaround beauty and wildlife.

"I'd like to go back to each one because each has a beauty all its own. But the scenery is spectacular, gorgeous on Isle Royale. Moose and wolves call at night. The birds are tame.

"There, you can gorge yourself on berries in the summer. And it's well patrolled. There's enough people that if you have problems, there's someone to help you."

As do most backpackers, Sherwood has stories to tell.

- Marie Chestney



