

Ritt Kellogg Memorial Fund – Proposal Evaluation

Proposal Title: _____

Applicants: _____

*previous grantee

Reviewer: _____

General Criteria

- ☐ Minimum 12 days in field
- ☐ Wilderness-based
- ☐ WFR of each team member will be current prior to trip departure
- ☐ Start of trip no later than 8 months after graduation
- ☐ Expedition team is made up of at least two CC students
- ☐ Expedition will occur in US or Canada
- ☐ First aid kit
- ☐ Maps

Proposal Completeness

- ☐ Emergency contact information
- ☐ Insurance
- ☐ Medical release
- ☐ Applicant questionnaire
- ☐ Relevant experience resume
- ☐ References provided
- ☐ Certificates and other proof of training
- ☐ Participant acknowledgement and assumption of risks & release and indemnity agreement
- ☐ Ritt Kellogg Fund Agreement
- ☐ Complete proposal as per web site

Proposal Elements

Relevant Experience of Team Members

- ☐ Members have relevant experience in the activity
- ☐ Members have relevant experience in the venue
- ☐ Members have relevant experience in backcountry conditions, including inclement weather
- ☐ Members have relevant hazard evaluation skills
- ☐ Members have taken additional classes or training for the activity
- ☐ Members have relevant decision-making/route finding experience
- ☐ Overall, team members will solidify skills on the expedition rather than “cut their teeth”
- ☐ References and certifications

Risk Management Plan

- ☐ Proposal identifies thorough list of hazards associated with the activity

- ☐ Proposal identifies thorough list of hazards associated with the venue
- ☐ Proposal identifies thorough hazard evaluation plan
- ☐ Proposal identifies sensible steps to avoid incidents
- ☐ Proposal identifies a sound management plan if incidents occurs
- ☐ Proposal includes reliable emergency communication plan
- ☐ Proposal includes well-planned emergency evacuation plan
- ☐ Proposal lists the first aid kit contents which are appropriate for activity, venue, size of group, and participant health conditions

Logistical Considerations

- ☐ Proposal states dates of expedition and total days in field
- ☐ Proposal includes reasonable travel plans to and from the trail head
- ☐ Proposal details a sensible, day-by-day itinerary including elevations, distances, and camps
- ☐ Proposal provides a detailed route description, including maps
- ☐ Proposal provides minimum impact techniques
- ☐ Proposal provides cultural considerations (if applicable)
- ☐ Proposal provides appropriate gear list for activity and venue
- ☐ Proposal provides appropriate food list for activity and venue and considers re-rations
- ☐ Proposal includes a service component

~~COVID-19 Preparedness~~

- ~~☐ Proposal includes an analysis of the current COVID situation in the proposed location~~
- ~~☐ Proposal includes a realistic pre-expedition plan for reducing COVID likelihood~~
- ~~☐ Proposal includes realistic travel considerations~~
- ~~☐ Proposal includes an appropriate planned response for managing COVID in the field~~

Budgetary Considerations

- ☐ Proposal provides itemized budget
- ☐ Proposed budget does not include capital equipment purchases
- ☐ Proposal includes reasonable travel costs
- ☐ Expedition cap per person is \$1,500 (12+ days) or \$2,500 (21+ days)

Reviewer's Conclusion

Should the expedition be funded? _____

What are the total funds requested by the team? _____

How much funding do you believe the team should be awarded? _____

Is anyone on the team requesting additional financial support for a WFR course? _____



Ritt Kellogg Memorial Fund Registration

Registration No. 33H6-MX3XZ

Submitted Jan 18, 2025 8:55pm by Toby Fried

Registration

Aug 26, 2024-
Jan 22, 2025

Ritt Kellogg Memorial Fund

RKMF Expedition Grant (2025 Group Application)

Event Aug 26, 2024-Jan 22, 2025

This is the group application for a Ritt Kellogg Memorial Fund Expedition Grant. In this application you will be asked to provide important details concerning your expedition.

In addition to this Group Application, **each team member must submit an Individual Application**. All Group Applications and Individual Applications must be received by 1st Wednesday of Block 5 at noon.

For more information, example applications, proposal writing tips, and further guidance, please visit
<https://www.coloradocollege.edu/other/rittkelloggfund/grants/expedition-grants/overview.html>

If you have any questions please email Kate Nelson at
knelson@coloradocollege.edu

**Waiting
for
Approval**
Jan 18,
2025
8:55pm

Participant



Tobias (Toby) Fried



Consent



Toby Fried

Participant Agreement: Behavior and Expectations

Recorded (Jan 18, 2025 8:54pm, TF)

Expedition Summary

What is the name of your proposed expedition?

Backpacking Through the ANWR and Packrafting the Ivishak

If you have an alternate name for your expedition, please list it here.

Among the Brooks

Briefly describe the objectives of your expedition.

- Safely carry out a 21-day packrafting and backpacking trip in the Arctic National Wildlife Refuge in the central Brooks Range, Alaska
- Use previous outdoors experience to navigate obstacles that will inevitably transpire during our journey
- Challenge our comfort level with extended backcountry trips by completing a trip that is feasible given the distances and times we have set for ourselves, but tests and pushes our hiking, rafting, planning, communication, and backpacking skills
- Cultivate a positive experience for all group members both physically, mentally, and emotionally by listening to and carefully considering fellow group members' concerns regarding safety, their physical and/or mental health, and their own well-being
- Create a route that is both challenging and requires significant effort to stay on schedule but provides time to enjoy the beautiful, mountainous landscape that surrounds us
- Recreate in a part of Alaska that is unfamiliar to all group members, creating a unique shared experience
- Strengthen our friendship by completing an arduous journey with obstacles that will inherently test our trust in each other and ourselves
- Develop a sense of respect for the Indigenous peoples who have historically inhabited the land that we are traveling through, specifically the Koyukon, Tanana, Gwich'in, and Iñupiat communities https://www.uaf.edu/anla/collections/map/IPLA_simple_gray.pdf
- Appreciate the beauty of this rarely trodden route in the central Brooks Range by spending extra time at particularly scenic areas such as Seefar Glacier, all the while keeping safety in mind
- Uphold a high level of respect for wildlife for the duration of the expedition, making a concerted effort not to enter to personal space and/or immediate surroundings of wildlife as the ANWR is a protected area and calving ground for the Porcupine Caribou Herd that migrates through the Refuge annually
- This trek has amplified significance due to the variation in experiences that each group member carries with them; two group members have lived in Alaska for extended periods of time, one of whom is an avid wildlife photographer used to the flora and fauna of the Arctic, while one group member has never been to Alaska and had never been on an extended backpacking trip before attending Colorado College. This contrast has the potential to create a once-in-a-lifetime experience in which group members can be vulnerable with each other in difficult moments and feel supported even while being at or past their level of comfortability with the trials of this expedition.

Briefly describe the location of the expedition.

Our expedition will occur in Alaska's Central Brooks Range, with the bulk of the trip taking place in the Arctic National Wildlife Refuge. We plan to backpack eastwards in the ANWR for about 155 miles, taking us about two weeks, beginning just off of the Dalton Highway. The last week of the expedition will be the packrafting portion, where we will float along the Ivishak River outside of the wildlife refuge to the north for approximately 65 miles. The trip will conclude when the Ivishak meets the Dalton Highway where we will be picked up.

The Arctic National Wildlife Refuge is a scenic section of the Brooks Mountain Range in northeast Alaska. The Refuge is roughly the size of South Carolina, spanning 19,000,000 acres of uninterrupted wilderness. Towering gray peaks span tens of miles, spruce forests creep up their foothills and crevices, and glaciated river valleys comprise this landscape. This swath of remote tundra is filled with complex and beautiful ecological relationships that deepen one's relationship with and respect for the land we are taking up space in.

The region of Alaska that our expedition will take place is located on the ancestral homeland of the Gwich'in and Iñupiaq peoples. The Gwich'in community, who are known as the 'Caribou people', have subsisted on the Porcupine Caribou population for thousands of years. Salmon, beaver, and

moose are also integral parts of Gwich'in living, providing food and clothing. We will spend time on land that has been historically inhabited by Inupiaq peoples on our packrafting portion, who are known for their subsistence hunting of whales, seals, walrus, and other marine animals. Though we will not likely come across these mammals, it is still important for us to understand that this land has been known deeply by people for thousands of years and that we have only a surface level understanding of this landscape and its history. We plan to navigate this landscape in a way that is respectful and considerate, and will hold this same standard for ourselves when describing our expedition afterwards.

For more information:

Website with public + private land maps of ANWR: <https://www.fws.gov/refuge/arctic/visit-us>

"People of the ANWR"- This is where I found info on the Indigenous communities that live on the land we are traveling in <https://www.alaskawild.org/wp-content/uploads/2014/10/People-of-the-Arctic-National-Wildlife-Refuge.pdf>

Oil+gas drilling in ANWR + conservation:

<https://alaskaconservation.org/protecting-alaska/priorities/protecting-lands-waters/arctic/anwr/>

Fairbanks Alaska Public Lands Information Center: 907-459-3730

Date that travel to the expedition will start.

Jul 17, 2025

Date that your team will enter the field.

Jul 27, 2025

Date that your team will exit the field.

Aug 16, 2025

Date that the last team member gets to their home location.

Aug 18, 2025

How many days will your team be in the backcountry?

21

How does your planned destination provide a "wilderness experience," and how will your expedition offer solitude and promote self-reliance and grit?

Our expedition will begin just off of a highway, which does not seem very 'out there', however the Dalton Highway is remote in itself. Two group members will be taking a 10+ hour bus ride from Fairbanks to get to our put-in point, and the Dalton Highway is known for being a difficult road to travel on. The closest town is Coldfoot, which is at least 100 miles from our location, and has a population of only 270 people. Our destination will create an experience that is unconfined by human impacts and exposes us to the forces of nature at the moment we step off of the road. The Arctic National Wildlife refuge, where the majority of our expedition will take place, has no roads, trails, or any kind of facilities. This environment necessitates self-reliance because there is no human-created guidance during our route whatsoever other than what we have planned for ourselves. Rather than using marked trails as our guide, we will be navigating with digital and physical maps, and physical features of the landscape, making as little impact on the land as possible. Beyond navigation, simply traveling on this landscape demands grit. We'll do two major river crossings within our first three days of backpacking and countless smaller river crossing every day from then on. The weather can change at any moment regardless of how often we've checked weather updates. This level of isolation requires that we are prepared to deal with

unforeseen circumstances that are inevitable.

Another aspect of our expedition that will add to the feeling of solitude while traveling is the absence of other people. The route we are taking does not go through the more popular areas of the Brooks Range such as the Arrigetch peaks or Anaktuvuk Pass. Instead we are venturing into less commonly traveled territory to the east of the Dalton Highway. Our group combed through trips reports from the area to compile our route, and we were very fortunate to be able to talk extensively with Dusty Cassidy who has spent years planning and conducting extended backpacking trips in the Brooks Range. All of this to say that the route we are taking is not well known and we will not see many, if any, other travelers. This will contribute greatly to the feeling of solitude while on the trip; it will feel like it is just us out there, because it is. We will have to rely on our own skills and each other's knowledge that there is no other support, which is the level of self-reliance and isolation that we seek in choosing a location so far from modern technology. We feel that the remoteness of our expedition will strengthen the bonds between group members, create a once-in-a-lifetime outdoors experience, and result in significant personal growth.

In saying that we are traveling in the 'wilderness', we would like to clarify how that term has been used and what that means for our trip. Western society has used the term wilderness as a way to separate humans from the natural world with the illusion that a pristine wilderness is one devoid of human inhabitants. This misconception is beneficial in the sense it has contributed to the protection of places like the Arctic Refuge from significant human alteration. However, the pristine wilderness fallacy does not acknowledge the history of people who have lived and currently live on this land.

There are multiple Indigenous communities living in the Arctic Refuge, a place that we call 'remote' and 'wilderness'. These settlements include Kaktovik, an Inupiat village close to the Beaufort Sea, and Arctic Village, a Gwich'in village on the southern border of the Refuge. The Gwich'in and Inupiat peoples have thrived on this land for thousands of years, yet we call this area 'wilderness' and this land is not seen as 'productive' enough for western society to develop on. Above all else, we will hold a high level of respect for the Gwich'in and Inupiat communities who have historically lived in what is now the Arctic National Wildlife Refuge in an attempt to expand on our own preconceptions of what wilderness means to us.

Participant Qualifications

Expedition team member information

Ian Hauver-Radloff- May 2026

May 19-23 NOLS Wilderness Medicine at Colorado School of Mines, Golden, CO

Toby Fried- May 2026

WFR Expiration: June 7, 2027

Theo Ollier- May 2026

May 19-23 2025, NOLS Wilderness Medicine at Colorado School of Mines, Golden, CO

Does your team have adequate experience?

Yes

Describe your team's training plan to solidify or improve technical skills, physical conditioning, and team dynamics prior to the start of the expedition.

We plan to hike about 130 miles in 15 days and paddle 90 miles in 6 days. Both of these forms of travel are sure to prove difficult physically and mentally. The terrain of the Brooks is highly variable

for hiking with some areas having smooth and easy walking while others are dimpled with tussocks and scree. Extended paddling trips are new to us and the day in day out paddling will surely have its challenges as well. We've accounted for all of these hurdles in our training plan.

Conditioning: Spring Semester 2024

All three of the group members will be studying abroad this semester, making it challenging for us to work on conditioning as a group. That being said, each team member has extensive plans for building up physical and mental fitness for this expedition.

Ian plans to lift weights 4-5 times a week at a gym in Puerto Natales where he is staying for the semester, hike multiple times a week for field work during this time, and rock climb when he has time.

Toby will be studying abroad in New Zealand and will be biking or running 4 times a week. On weekends, he will take 1-2 night overnight trips in the Arthur's Pass region or further away from Christchurch when time allows. Trips will alternate in focus from weight training with a heavily loaded pack to distance challenges going fast, light, and far. The rainier the better.

Theo is planning to lift weights 3-4 times a week and run multiple times a week during his study abroad to stay in shape. Theo is also embarking on several backpacking trips during his time away, allowing ample opportunity to hone his gear selection and comfortability with equipment.

May-July 2024

Beginning in May-June when group members are back from their respective study abroad programs, we plan to increase our hiking intensity and frequency. We will start hiking with heavier and heavier packs, increasing our weekly frequency and pack weight as the summer goes on so that we are prepared for 2 weeks of backpacking during our trip. Additionally, we will still be lifting weights multiple times a week and some group members will be rock climbing and running multiple times a week as well.

-Ian will be hiking almost every day for his field research position in Toolik, which will help with endurance during our backpacking section. He will also go on short 1-2 backpacking trips with a heavy pack when he is able, and go for short runs.

-Theo will be working in Colorado and getting out to summit 14ers or do multi-day rock climbing trips to improve general fitness throughout the summer.

-Toby will continue his NZ outdoor outings and will transition to hiking in the Adirondacks once back in the United States.

Skills:

All three group members will take a 2 day swiftwater rescue course prior to the trip's start date. This course will familiarize us with the dangers of rivers, and teach us basic rescue principles that will allow us to mitigate risk and address dangerous situations while packrafting.

Ian and Theo also plan to take one or two 1-day packrafting trips on clear creek, blue river, or the Arkansas river on more challenging class II water to gain experience in the packrafts we are bringing and work on our water rescue skills.

Ian will be working on his navigation skills during the summer at Toolik Field Station in Alaska, which is in the vicinity of our put-in point. Gaining experience with navigation to field sites in this area for the second summer in a row will be beneficial for navigation skills during the expedition.

Toby will have ample time to further develop navigational skills while abroad in NZ. A month-long field course in geology will be spent utilizing and creating maps based on geomorphological features. Understanding how to interpret maps as they relate to topography will be critical for our route finding in the Brooks. In addition to the water safety course, Toby will embark on practice packraft floats around the Anchorage area. Floating from Spencer Glacier or on Campbell Creek are on the agenda.

Group members will have an occasional group call to go over any uncertainties about the trip that arise so they can be addressed as soon as possible. If we identify any shortcoming in our preparedness in the coming months, we will have ample time to design additional practice and research sessions to fill those gaps. We do not expect for any of this to be necessary, but it is important to address this as a possibility for an expedition of this intensity.

All group members will thoroughly review the principles learned in our WFR courses, using the handbooks given to us as well as review our packrafting safety procedures once we are all together.

Expedition Logistics, Equipment, and Food

Briefly describe how each expedition member will travel from home to the trailhead and back again.

This section is outlined similarly in the day to day itinerary.

July 17th- Toby flies to Anchorage from Newark Airport, arrives late on the 17th and stays with relatives who live there. Toby travels to Anchorage early in order to take the packrafting safety course with Luc Mehl from July 18-19. Luc has hiked and rafted extensively in the area of ANWR where our expedition will take place so class with Luc will be a great opportunity to learn about his experiences in the area.

July 24th- Theo picks up rental gear from Outdoor Ed before departing Colorado and checks two bags with equipment. Theo flies from COS to Fairbanks airport, arriving in the evening of the 25th. He stays one night at Sven's Hostel, located in Fairbanks.

July 25th- Toby flies to Fairbanks with all food for the trip to meet Theo where they both do a thorough check of all their equipment (make sure they have everything, and that nothing was damaged in transit). Give Toolik people in Fairbanks our resupply food / equipment to be taken up to Toolik when the next truck drives up. Theo and Toby spend the night at Sven's Hostel.

July 26th- Board the Dalton Express shuttle at 6am, arrive at Galbraith lake at 7pm. Camp across the road from Galbraith lake at the campsite.

August 4th- Ian will have been working at Toolik up until August 2nd or so, so he will be departing from there. Ian is given a ride by someone at Toolik up to Happy Valley to meet our pilot from Silvertip Aviation. Ian is flown in to meet Theo and Toby at our Resupply 1 point. IAN WILL NOT FLY IF THEO AND TOBY ARE NOT AT RESUPPLY 1. The route intentionally has Theo and Toby arriving at Resupply 1 on day 8, so they are ready to receive Ian at any point on day 9.

August 17th (Sunday) - Dalton Shuttle Back to Society!

The shuttle picks us up from our take out area around 10:00 AM. We are driven down to Fairbanks, arriving at 12:00 AM on August 18th. We arrange to spend the night at Sven's Hostel ahead of time so we can go straight to bed when we arrive.

August 18th

Ian, Theo, and Toby fly out of Fairbanks to DIA, Cleveland Hopkins International Airport, and Newark International Airport, respectively. They are each picked up by relatives and driven home where hot chocolate awaits.

Upload a detailed day-by-day itinerary, beginning when the first team member leaves home.

[RKMF Alaska Daily Itinerary .pdf](#) (9.7MB)

Uploaded 1/16/2025 8:46pm by Toby Fried

Please paste a URL to your complete digital expedition map.

<https://caltopo.com/m/C1BL9LB>

If you have plans to re-ration during the expedition, describe the plan below

Our re-ration will be dropped 7 days up trail of us at the Ivishak Barrel point on our map. This will occur during the same flight where Ian is dropped off with us at Resupply 1 point. Silvertip Aviation has agreed to let us utilize a 55 gallon barrel or two in order to safely cache our food and paddling equipment while we hike to it. These barrels are bear and rodent proof. Silvertip is picking the barrels up as a part of our flight expense. This 2 for 1 resupply flight saves us thousands, lowers our emissions, and reduces flying risks for pilots by avoiding two full length flights for separate resupplies. It will also allow us to handoff the packrat, two pfd's, and paddle we will have been carrying for the first leg of the trip.

Describe how you will protect your food from wildlife.

Anything that remotely has a smell (ChapStick, toothpaste, sunscreen) will be kept with food in Ursack bear bags lined with a smell proof OPsack in the food prep/storage area. There likely won't be trees where we're camping so bear bags will need to be closed extra tight with a surgeons knot before being tied to woody shrubbery. This system has proven effective at withstanding curious bears as well as arctic squirrels and other small animals.

Upload a detailed food list with budget numbers and show hoe it meets the caloric needs of the expedition.

[Ration_20Planning_20-_20B....pdf](#) (123KB)

Uploaded 1/17/2025 1:13pm by Toby Fried

Upload a thorough equipment list.

[Gear List - Alaska Trip.pdf](#) (126KB)

Uploaded 1/17/2025 9:14am by Toby Fried

Upload a first aid kit list.

[First Aid Kit List - RKMF....pdf](#) (63KB)

Uploaded 1/16/2025 9:22pm by Toby Fried

How will you limit and leverage your impact on this trip?

We will leverage and limit the impact of the expedition through thorough planning as outlined by previous sections of our application. As stated in the travel section, Theo and Toby will be taking a transcontinental flight. We recognize that emissions from these flights to and from Alaska are

significant and sadly there isn't any way for us to avoid them. Ian will already be in Alaska which helps to reduce our emissions. In an effort to lessen our impact, we're buying the emission offsetting credits to cover the emissions of all of our flights, including the bush plane resupply, and our shuttle transport on the Dalton highway.

Another way that we are limiting our impact is by strict adherence to the LNT principles. This includes:

Plan Ahead and Prepare- We have carefully planned out our flights to limit our carbon footprint, with transcontinental flights and one bush plane flight accruing the most emissions. We planned our route around using only one bush flight, allowing Ian to join the group and supplying us with two resupplies. This was the most efficient way that we could realistically plan the trip, and we are glad that Ian did not have to book extended flights solely for the purpose of this trip. We have also prepared a section on safety concerns and evacuation plans to limit our impact in the event of an emergency.

Travel and Camp on Durable Surfaces- We plan to camp on dirt surfaces whenever possible to avoid trampling plant and fungal life. There are no trails in the ANWR, but we will limit our damage to the natural landscape by avoiding particularly delicate surfaces.

Dispose of Waste Properly- We will adhere to LNT waste standards, specifically in reference to digging catholes 6-8 inches deep, 4-6 inches wide, and at least 200 feet away from the nearest body of water and camp.

Leave What You Find- Although we will likely come across many interesting things like caribou antlers, rocks, etc., they belong to themselves, not us. We will not take anything from the landscape and leave it as close to how we found it as possible.

Minimize Campfire Impacts- We plan to have occasional, small campfires for warmth/getting dry throughout the expedition. Fires will only be made on rocky surfaces, during safe (not windy) conditions. Fire pits will be constructed of rocks, and the fire will be thoroughly smothered with water and scattered before leaving.

Respect Wildlife- We will maintain a significant distance between wildlife during our expedition to avoid disrupting the daily lives of other organisms. We will be travelling through the home of caribou, moose, bears, dall sheep, muskoxen, wolves, foxes, porcupines, weasels, and many migratory birds, and we will be thoughtful visitors in their space. This includes not approaching wildlife, maintaining at least 100m distance from larger mammals, never feeding wildlife or leaving food scraps or trash behind, and being mindful of the habitats that we are walking through. This is particularly important in wetland areas, which often house migratory bird nests.

Be Considerate of Others- We plan to leave the spaces that we travel through as close to as we found them out of respect for the landscape, the animals, plants, and fungi living there, as well as future travelers and the original inhabitants of the landscape.

Carbon Footprint- This trip will create roughly 7.2 tons of CO2. We plan to buy \$36.21 in carbon offsets to leverage this trip.

Risk Management

What are the main objective hazards of the expedition?

The majority of hazards on this expedition will be caused by or increased by the back country setting. Our route will start around 100 miles from the closest town, Coldfoot, and continue further to the north and east. When we return to the Dalton Highway at the end of our route, we will be

approximately 50 miles from Deadhorse. Due to the remote location of our route, it is unlikely that we will run into any other people. This isolation increases the objective hazards significantly, because even small injuries such as a sprained ankle or an infection can have serious consequences because of the distance to medical care. This is further compounded by the unforgiving weather of the Brooks Range, which can change quickly to freezing temperatures, rain, snow, and wind.

Because of this danger, the most important aspect to staying safe in the backcountry is mitigation. Not taking unnecessary risks, and taking steps to avoid hazardous situations is of the utmost importance. To do this, we have created a list of all risks that we expect. For each risk, we have outlined steps we can take to mitigate the risk, and what we will do in the event of an injury. The potential risks of each day of our route are listed. In addition, honest communication between all members of the group multiple times a day will ensure that no one unnecessarily develops blisters, gets sick, or overworks themselves. In the event of a serious emergency, we have outlined an evacuation plan, including varied responses depending on our location.

Risks & Mitigation Plans:

Back country setting

Travelling in a remote setting such as ANWR carries increased risk as a result of distance from rescue resources. Careful risk management will be very important. We will be carrying 2 Garmin InReach Devices for emergency communication (see above for more information).

Loss of gear

When backpacking, packs will be well packed and on breaks or after camping in an area, the area will be scoured for anything left on the ground (including microtrash) before we continue on. On the river, anything not stored inside the sealed compartment of the raft will be tied securely to the outside. Essential items will be stored inside the packsraft's sealed compartment.

Musculoskeletal injury

All participants are WFR trained; participants will triage and address issues with first aid, depart early if needed or coordinate the fastest possible evacuation if warranted.

Serious illness

Maintain a clean kitchen and wash hands prior to eating and after bathroom breaks. Use an InReach device which connects to the local search and rescue to initiate rescue/evacuation. Contact emergency backup team which includes a P.A. (John Radloff) for medical advice.

Dehydration and hyponatremia

Drink clean water regularly. Replenish electrolytes. Rest as needed.

Hypothermia

Prevention: dress in non-cotton layers that can be added/removed. Wear rain layers when there is precipitation and take advantage of dry/sunny times to completely dry out layers that have gotten wet. Dry bags and backpack liners will keep gear dry in storage. Look out for group members and make sure they are taking care of themselves and take breaks to make sure everyone is hydrated, alert, and warm enough. If someone presents with symptoms (shivering, slurred speech, clumsiness, drowsiness) follow the WFR protocol and move the person to a warm environment, remove wet clothing, and cover them with sleeping bags, focusing on warming the trunk first to avoid shock from warming the extremities too quickly. Place warm water bottles or another person next to the core of the affected individual.

Swift water

We will spend the last 6 days on a class II river, which carries the risks outlined in the next few sections. We will wear protective equipment at all times while on or near the river, including class III PFDs, helmets, and cold weather paddling gear/splash accessories necessary to stay dry and warm. If the river swells because of precipitation or warm spells, we will take care to assess whether it is still safe to travel on the river. We will camp well above the high water mark. All participants are able to swim, and will complete a swiftwater rescue course.

Strainers/ sweepers, sieves

Strainers and sweepers are uncommon on the Ivishak as it is above treeline. However, identifying and avoiding these obstacles is important. We will line or carry our boats through those sections that are too choked with boulders or debris to navigate safely. All participants will also have taken a swiftwater certification class and will follow all procedures learned.

Foot entrapment

We will review what we learned during our swiftwater rescue courses before boating, including the principle of, "feet up, eyes downstream" in the case of swimming.

Immersion

Rivers north of the arctic circle are cold. We will use boats to do the initial crossing of the Sag. We will also be boating the last 4-6 days of the trip on the Ivishak. We will wear protective equipment including class III PFDs, helmets, and cold weather paddling gear. If anyone gets immersed in water, we will immediately stop and fully warm and dry the person including hot drinks, dry clothes, and a tent and sleeping bag if necessary.

Bears and other wildlife

Tents set up 100 yards away from the food prep and storage area. Anything that remotely has a smell (ChapStick, toothpaste, sunscreen) will be kept with food in bear bags/canisters in the food prep/storage area. Bear spray and whistles will be kept handy to all of us at all times, either on the belt of our packs or inside the tent. Any bears or other large wildlife we see we will avoid (keeping at least 100 yards distance). We will hike close to each other, particularly in areas with dense vegetation or limited visibility. We will also make noise when in areas with decreased visibility.

Blisters

Most commonly on feet, but can occur on legs and other areas of friction.

Pre-trip: ensure proper fit of footwear, socks, clothing, and pack.

During trip: If we experience hot spots, pain, or other signs of blisters, we will stop and address the issue. Prevention is the best mitigation plan.

Blisters can be treated by padding the area, or lancing (draining) as needed.

Cuts/infection

We will promptly clean any wounds, apply antibiotic ointment and cover with sterile dressings to keep the area dry and antiseptic. Continue to monitor cuts and change dressings when needed as well as monitoring for signs of infection.

Burns (hot water, fire sources)

It's easy to burn yourself with hot water from a camp stove. Follow the instructions on your camp stove and be attentive to your, and other people's, stove setup. Use caution when handling hot water and flame sources.

Sunburn

Wear clothing and a hat for sun protection. Apply sunscreen. Rest in the shade where possible.

Trench foot

Trench foot is a condition you can develop if you stand in a cold, wet environment for an extended period of time. Symptoms of trench foot include numbness, pain, redness and swelling. Completely dry feet every night and sleep in dry socks. Use camp shoes or a dry pair of shoes and socks when possible.

Water borne illness

Carry and use water purification devices. The 1st aid kit will have antibiotics, anti-diarrheal medications, and electrolyte replacements.

Mosquitos

An ever present menace in Alaska in summer. To minimize risk from bug bites, we will wear long socks, long pants and long sleeved tops, head nets, and tents that have a zippered closure to keep mosquitoes out. Some or all of us will have specifically-designed bug shirts.

Glaciers

Glaciers have hidden and treacherous crevasses, often covered with a thin crust. We will not, under any circumstances, get on any glaciers.

Late/lost/separation

Daily updates via our InReach devices with emergency back up team, and a plan in the case that they don't hear from us for a predetermined amount of time. Check in with pilot or flight staff, as well as Ian, about any delays on first resupply. We will have 2 Garmin InReach devices in the group. One will be carried by Ian, the second by Toby or Theo. The group will travel together at all times. We will carry a flare to signal overhead flights in the case of an emergency or evacuation. We will have printed maps with labeled routes, alternate routes, and important landmarks, as well as all of the possible air strips that we are aware of. We will also have printed itinerary, hazard mitigation, and emergency and evacuation plans.

Anaphylaxis

Our first aid kit will include 2 Epi-Pens. All participants will have Epinephrine Auto-Injector Certification through their WFR certification.

Personal morale and group dynamics

Time will be planned into our itinerary to allow for group check ins before setting out for the day as well as when setting up camp for the evening. We will plan enough time to take the time we need to care for any physical ailments that surface as well as to maintain a positive group process.

Describe your self-evacuation plan in the event of an emergency.

In addition to the following risk mitigation plans, we will have a communication plan with 2 Emergency Plan Responsible Parties. These parties will be in service and able to communicate with us throughout the trip. They will be programmed into both of our InReach devices. A pre-made message with a location pin will be sent to both parties every day in the afternoon/evening when we arrive at camp confirming that we are safe. If party 1 does not receive a message for a full day, they will attempt to contact both InReach devices the following morning. If there is still no communication after 4 hours, they will act on a predetermined emergency plan (see below). Party 2 acts as a backup for party 1, ensuring that someone is in communication with our group. Both parties will be well-informed about the expedition plan, including a detailed knowledge of the route and area, as well as access to all of our planning materials. This will include knowledge of our evacuation and emergency plans, our vehicle license plate, and the color of our tents and boats.

Evacuation routes:

The area in which we will be traveling sees visitors very infrequently. Ultimately, in the event of an evacuation, communications with rescue authorities will be the deciding factor in where a rescue would take place.

Day 1-5 Toby and Theo: Backpacking ~45 miles. Evacuation for this section would be to hike back down to the beginning on the Dalton Hwy.

Day 6-9 Toby and Theo: Backpacking ~31 miles. The best evacuation route on this section would be to hike to the nearest airstrip: 68.53748, -148.02206, 6W 0458268E 7603137N or the resupply area: 68.41177, -147.45220, 6W 0481432E 7588842N.

Day 9 (Ian joins group). Evacuation would be on the resupply plane, or hiking to the resupply airstrip 68.41177, -147.45220, 6W 0481432E 7588842N.

Days 10-14 Toby, Ian, Theo: Backpacking ~40 miles. Closest evacuation area would be at one of the two resupply areas: Resupply 1: 68.41177, -147.45220, 6W 0481432E 7588842N OR Resupply 2: 68.64440, -147.00380, 6W 0499846E 7614712N.

Day 15-16 Backpacking or packrafting depending on river level. Evacuate to nearest area, either Resupply 2 (68.64440, -147.00380, 6W 0499846E 7614712N) OR airstrip at 68.83255, -146.78627, 6W 0508613E 7635706N.

Day 17-21 Packrafting. Best evacuation option would be the Dalton Hwy at our takeout point.

Emergency Plan:

In the event that a non-emergent issue arises that we want a medical opinion on, we will use an InReach to contact Party 1. If an emergency requiring evacuation arises, we will use the SOS function of an InReach device, while using our WFR training to help to the best of our ability. Following using the SOS function, we will contact Party 1.

When contacting emergency services, we will include the following information:

Nature of the emergency

Injuries (life-threatening?)

Supplies/Equipment

Time window

Terrain/Landing zones

Special equipment the rescuers might need (e.g., glacier gear, hoist)

In the event that Parties 1 and 2 have not heard from our group for a full day and have not received any response the following morning, they will enact the following steps to contact emergency responders and initiate a rescue:

Contact the 11th Rescue Coordination Center, Alaska

Emergency Long Distance: 1 (800) 420-7230

Local Anchorage Number (emergency and non-emergency): 1 (907) 551-7230

Send an InReach message to both of our groups InReach explaining SAR has been initiated and what steps we should take.

Discuss any measures taken for teammates with medical histories which warrant special preparedness.



List the emergency and rescue resources available in the vicinity of your expedition.

911 (managed by the State)

11th Rescue Coordination Center, Alaska: 1-800-420-7230

Alaska Department of Public Safety, State Troopers. SAR Coordinator Lt. Endres: 907-269-5682

Fairbanks State Trooper Office: (907) 451-5100

Toolik Field Station Camp Manager (NOT an emergency contact): (907) 455-2511

Most evacuations in ANWR are carried out via private air taxis. The ones serving this part of ANWR are as follows:

Coyote Air: 907-687-3993

Wright Air: 907-474-0502

Yukon Air Service June-Sept: 907-662-2445

Silvertip aviation Matt: 907.676.0421 Emily: 907.676.0471

List the emergency communication devices you will be carrying on your expedition. If none, explain why.

We will have two Garmin InReach Mini 2 satellite devices. InReach devices are small satellite phones that can send and receive messages, and have an SOS function. We will use the InReach in a number of ways:

- In the case of an emergency, we will use the SOS function, or contact other relevant authorities. We will also use it to message our Emergency Plan Responsible Parties.

- We can use it to message our Emergency Plan Responsible Parties to ask non-emergent medical questions.

- We will send a pre-made message with a location pin to our Emergency Plan Responsible Parties every afternoon/evening as a part of our safety plan.

- We are able to get a weather forecast sent to our InReach daily, which will help us plan daily mileage, and make safe decisions regarding the packrafting section of our trip.

- We will use the two InReach devices to communicate between Toby & Theo, and Ian because Ian will be joining on the 9th day with a resupply. This communication is vital, so that Ian can ensure that Toby and Theo will be at the resupply on August 4th when he arrives.

- We are purchasing Garmin SAR 100 Search and Rescue Insurance for each member of the team. This will cover \$100,000 of SAR expenses in the event we need an evacuation. This insurance is essential given the remote nature of the Brooks Range and the likelihood of a helicopter flight being necessary for any urgent evac.

Climate change is affecting how we recreate outside. Please list any expected hazards associated with climate change and how you might address rapidly changing conditions.

Climate change is a global phenomenon that is affecting ecosystems and causing human suffering worldwide. Arctic regions are experiencing global warming at twice the global rate, causing dramatic changes to the environment. Particularly significant effects include deeper thawing of permafrost layers and more unpredictable weather patterns. This could create further hazards to our expedition in the form of landslides and unstable ground, dramatic weather shifts, and river flooding. To mitigate these risks, we will make sure to camp on stable ground away from river banks and not below any cliffs or potential rockslides. We will make sure to monitor the weather and avoid being on the river, or any passes in inclement weather. If we do find that unexpected weather is rolling in, we will assess our environment and make a decision to seek safer terrain or shelter in place. Low mileage days have intentionally been factored into our itinerary to allow for unexpected zero mileage days. We will utilize weather updates from the Garmin to assess travel safety for the upcoming day.

Budget

Upload a detailed and complete expedition budget.[Screenshot 2025-01-17 atpdf](#) (317KB)

Uploaded 1/17/2025 1:21pm by Toby Fried

What is the total funding request for your trip?

6500

What is the funding request per person?

2500 for Theo and Toby, 1500 for Ian

Describe what measures you have taken to minimize expenses for your expedition.

Our largest cost saving measure is minimizing bush plane flights. Examining previously funded trips in this region, other groups have utilized more than the entirety of our budget just for bush flights. We designed our route to start and end at the road to cut down on the number of flights necessary, and communicated extensively with pilots of different flying groups to find the best rates. We also designed our two resupplies to be executed in one flight. This saves thousands of dollars.

Additionally, while not intentional, Ian will already be in Alaska for work this summer. This saves us the cost of his flights to and from Alaska, and the cost to shuttle him up to Toolik Lake.

For food, we plan to shop at Costco for bulk items, as well as dehydrate our own vegetables. This will save us a significant amount of money compared to buying dehydrated food and non-Costco quantities of regular food.

Expedition Agreement

The Expedition Agreement must be printed, read, and signed in ink by each member of the expedition team. Once the Agreement is filled out, it should be scanned into PDF format and uploaded here. The group application will not be considered complete until this form is submitted

[Expedition Agreement.pdf](#) (1.1MB)

Uploaded 1/17/2025 9:57am by Toby Fried

RKMF Expedition Daily Itinerary

July 17th- Toby flies to Anchorage from Newark Airport, arrives late on the 17th and stays with relatives who live there. Toby travels to Anchorage early in order to take the packrafting safety course with Luc Mehl from July 18-19. Luc has hiked and rafted extensively in the area of ANWR where our expedition will take place so class with Luc will be a great opportunity to learn about his experiences in the area.

July 24th- Theo picks up rental gear from Outdoor Ed before departing Colorado and checks two bags with equipment. Theo flies from COS to Fairbanks airport, arriving in the evening of the 25th. He stays one night at Sven's Hostel, located in Fairbanks.

July 25th- Toby flies to Fairbanks with all food for the trip to meet Theo where they both do a thorough check of all their equipment (make sure they have everything, and that nothing was damaged in transit). Give Toolik people in Fairbanks our resupply food / equipment

to be taken up to Toolik when the next truck drives up. Theo and Toby spend the night at Sven's Hostel.

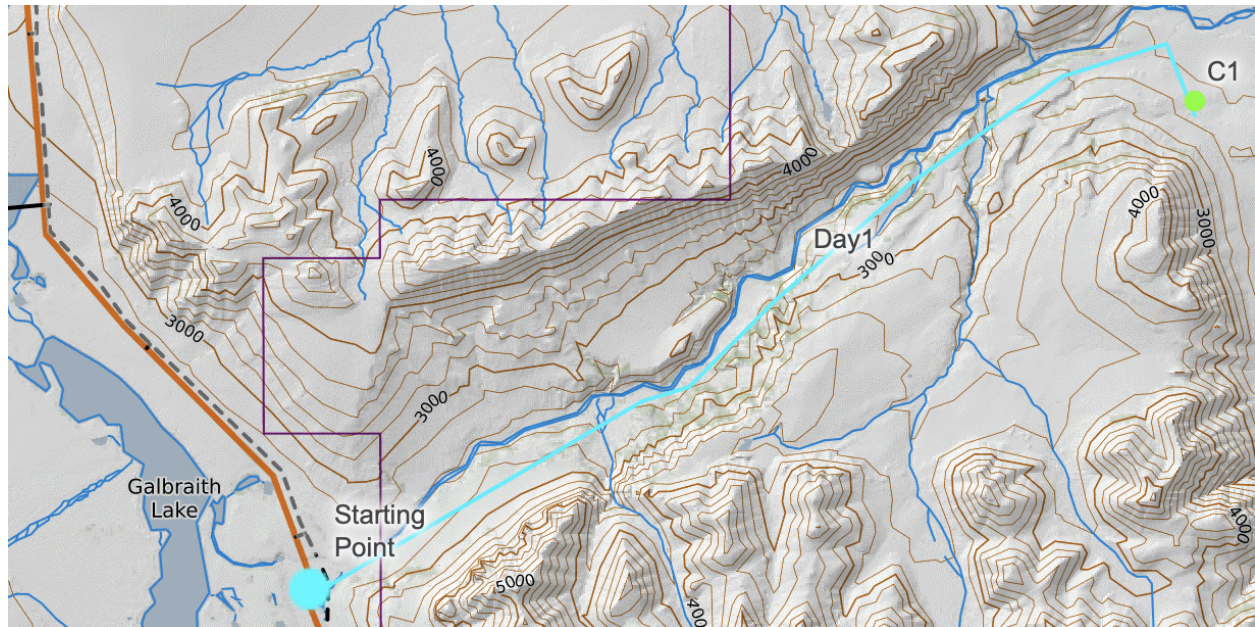
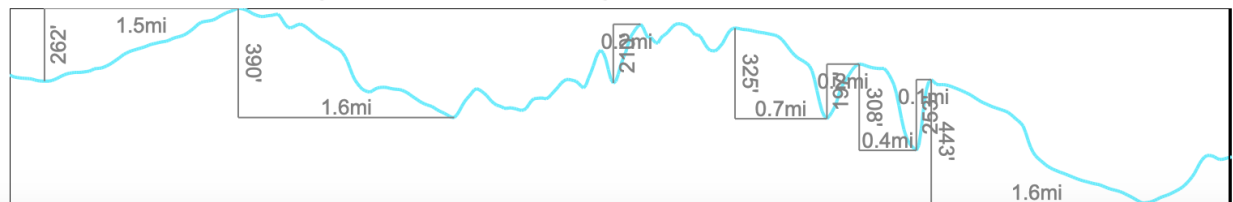
July 26th- Board the Dalton Express shuttle at 6am, arrive at Galbraith lake at 7pm. Camp across the road from Galbraith lake at the campsite.

July 27th – Day 1

The first day on the trail consists of fairly mellow walking along a tundra ramp on the south, southeast side of the Atigun River for 9 to 10 miles. Hiking will start just on the south side of the Atigun Gorge bridge, and proceed east from the road, staying relatively low and close to the river. While travel and route-finding should be relatively straightforward, the key will be to pick the best elevations to proceed down the valley efficiently. There are several terraces and picking the most continuous one will just prevent needing to backtrack to gain higher ground. Our first campsite will be just before the Atigun joins the Sagavanirktok River, on flat riverbank deposits with abundant access to water.

Day1

distance: 9.3mi range: 2177' to 2876' gross: +1651' -1946' time: n/a sample 100' w/ 11.2x vert. exag.
cursor: 2340' at 9.28mi linear grade: 50.5% elevation change: +1646' -1946'



July 28th – Day 2

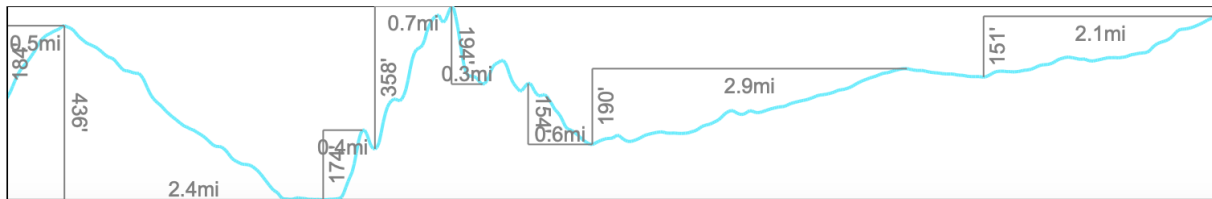
After a wonderful night's rest, day 2 will bring a packraft shuttle crossing of the Sagavanirktok before continuing east along an eastern tributary/form of the Sagavanirktok. The defining component of the day is certainly the crossing of the Sagavanirktok. Based on conversations with multiple people who have done this crossing and spent time in the area, water levels can vary dramatically on the Sag depending on time of year and seasonal rainfall. At their recommendation, the crossing will occur about 2 miles south (upstream) from the confluence with the Atigun. The river is far wider and slower flowing at this point, which will ensure an easy, safe crossing via packraft at any water level. We will have one packraft, one paddle, and two PFDs to shuttle across the river to the eastern side. We will use a ferry technique if necessary, where you aim upstream at a 45 degree angle as you paddle, allowing travel directly across the river despite the strong downstream current. Travel by foot will continue, first a couple miles to the north along the Sag and then back to the east to join the next valley along a tributary/fork of the Sag. This walking will be quite flat and straightforward. We cross said tributary/fork at the end of this day, which should be quite wadable, but we will remain equipped

with the packraft if necessary. Camp 2 will be on the east side of this tributary near the small stream valley we continue up on day 3.

Day2

distance: 11.07mi range: 2090' to 2574' gross: **+1212'** **-1006'** time: n/a sample 100' w/ 19.2x vert. exag.

cursor:

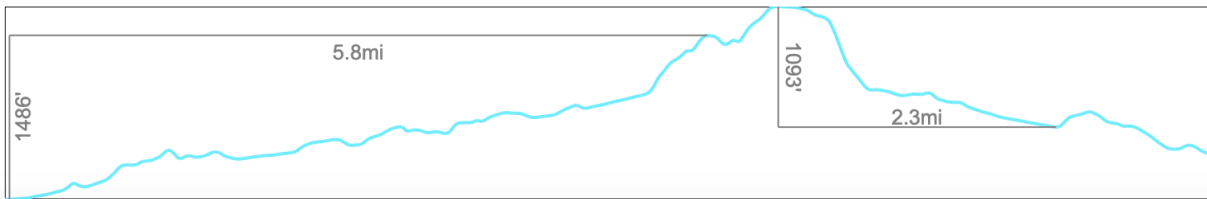


July 29th – Day 3

Our third day on the trail will be our first day with appreciable vertical gain, with classic travel up a smaller stream valley, to a small pass, and down a stream valley on the other side. The climbing and descending are both at relatively mild grades, with nothing too steep, and a gentle pass between the headwaters of these two small streams. This day takes us west to east through a small band of mountains and ends just on the other side, at Accomplishment Creek (Camp 3).

Day3

distance: 9.98mi range: 2548' to 4296' gross: +2475' -2047' time: n/a sample 100' w/ 4.8x vert. exag.
cursor: 2966' at 9.94mi linear grade: 2.6% elevation change: +2464' -2045'

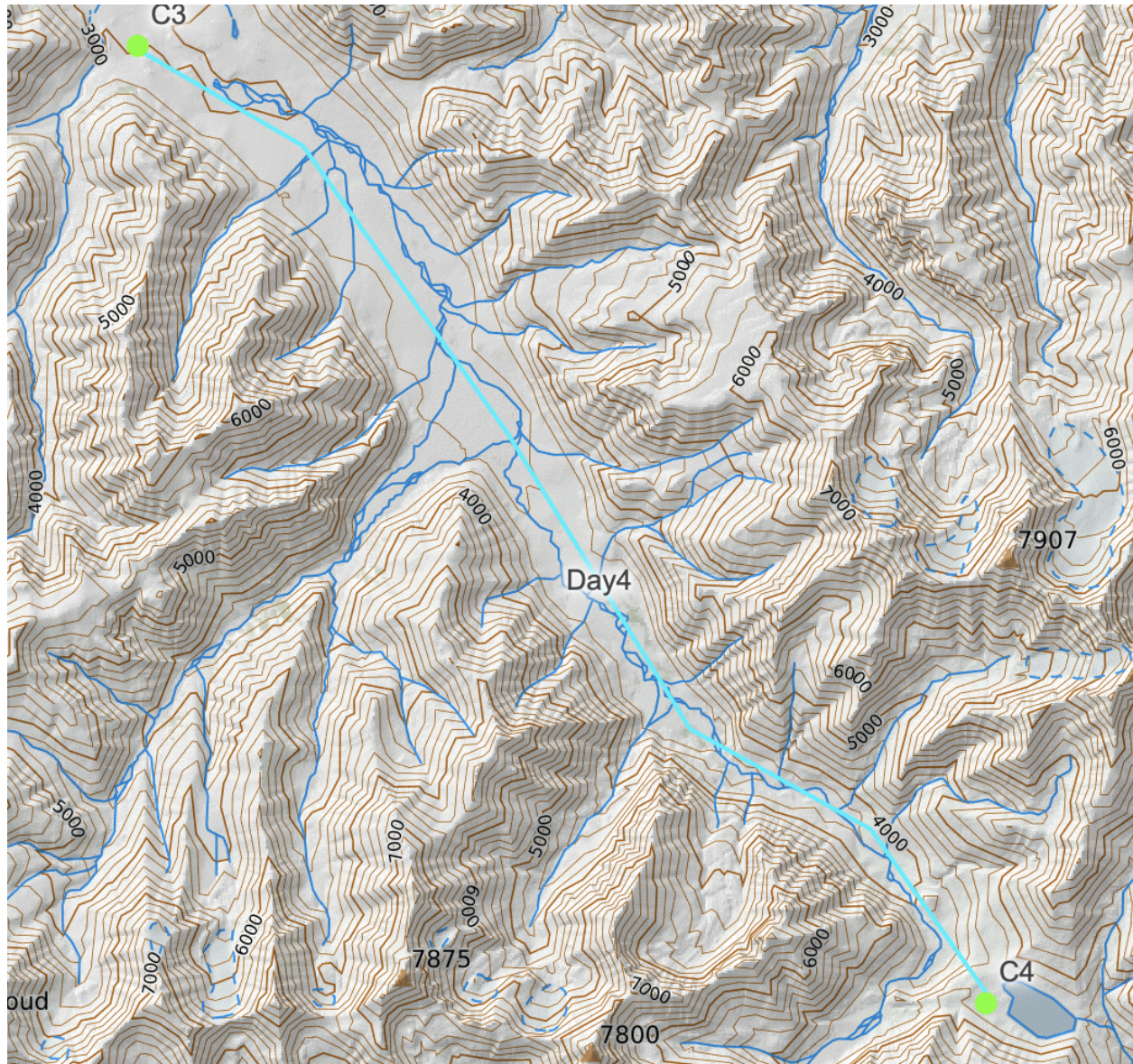
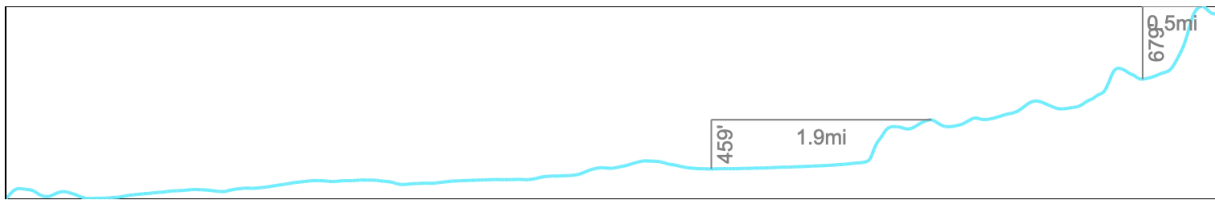


July 30th – Day 4

Day 4 will be an easy day of steady gradual climbing up the Accomplishment Creek river valley. There will be nothing too challenging or unique about this day of travel, picking our way along the wide river valley. The slope will kick up slightly as we get up-valley, nearer the headwaters. We will jog slightly to the east to Camp 4 at a nice lake near the base of Accomplishment peak.

Day4

distance: 10.43mi range: 2977' to 4777' gross: +2392' -661' time: n/a sample 100' w/ 4.9x vert. exag.
cursor:

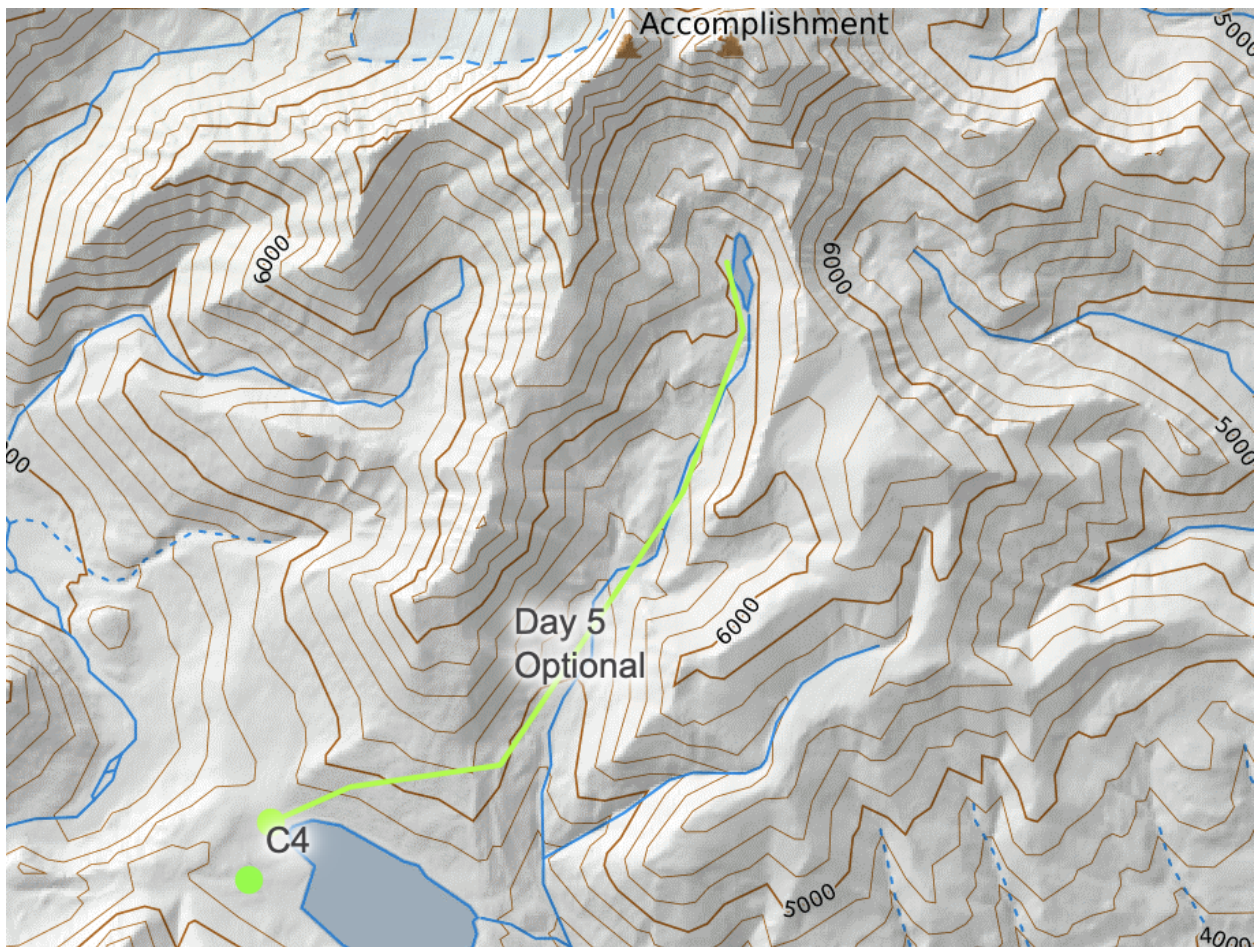
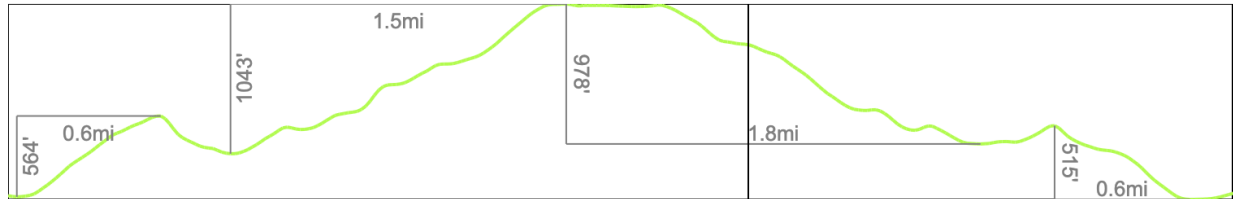


July 31st – Day 5

Built-in rest day, with the option to hike up to the base of Accomplishment peak. This optional side hike would entail traversing along the north side of the lake and then following a small stream to the north for several miles. Out and back.

Day 5 Optional

distance: 5.31mi range: 4627' to 5990' gross: +1852' -1834' time: n/a sample 100' w/ 3.3x vert. exag.
cursor: 5706' at 3.21mi linear grade: -5.1% elevation change: +1642' -585'

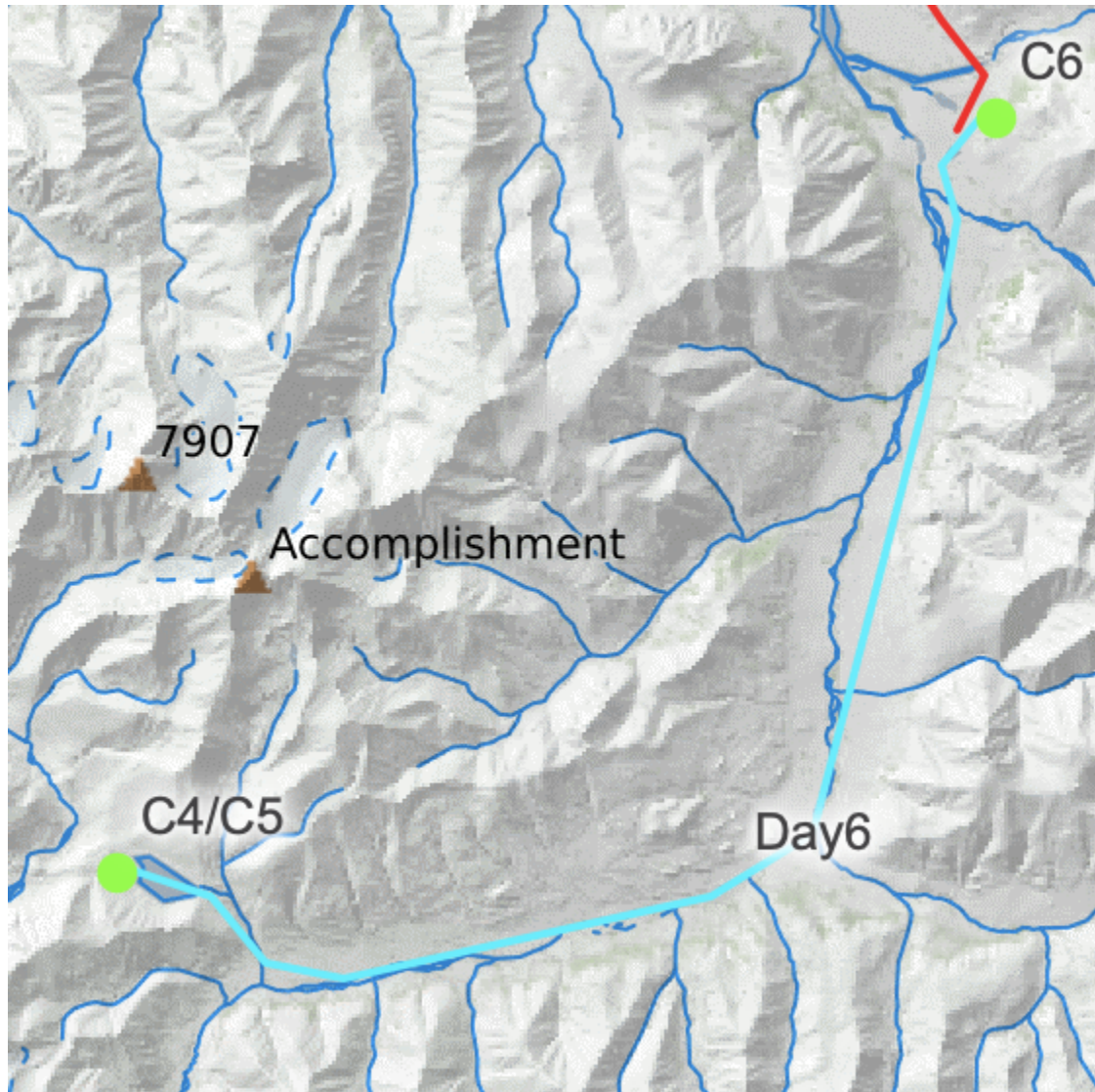
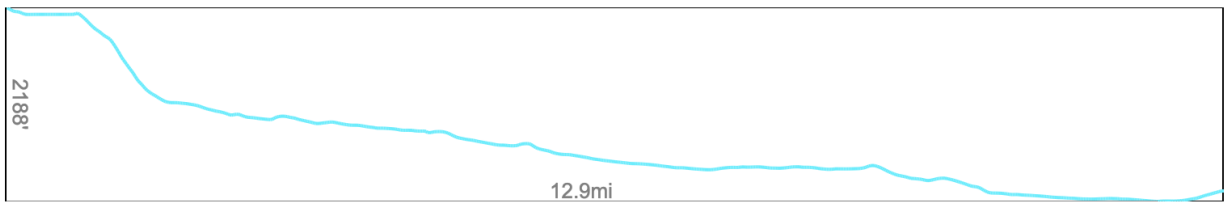


August 1st – Day 6

Day 6 is a long descent, initially along a smaller, steeper stream valley before connecting to a bigger river valley that wraps east and then north around an impressive block of high, glaciated mountains. This valley is fairly broad, which should make for easy walking the whole way before arriving at Camp 6 near the confluence of several tributaries to the Ribdon River.

Day6

distance: 13.64mi range: 2519' to 4708' gross: +371' -2441' time: n/a sample 100' w/ 5.2x vert. exag.
cursor:



August 2nd – Day 7

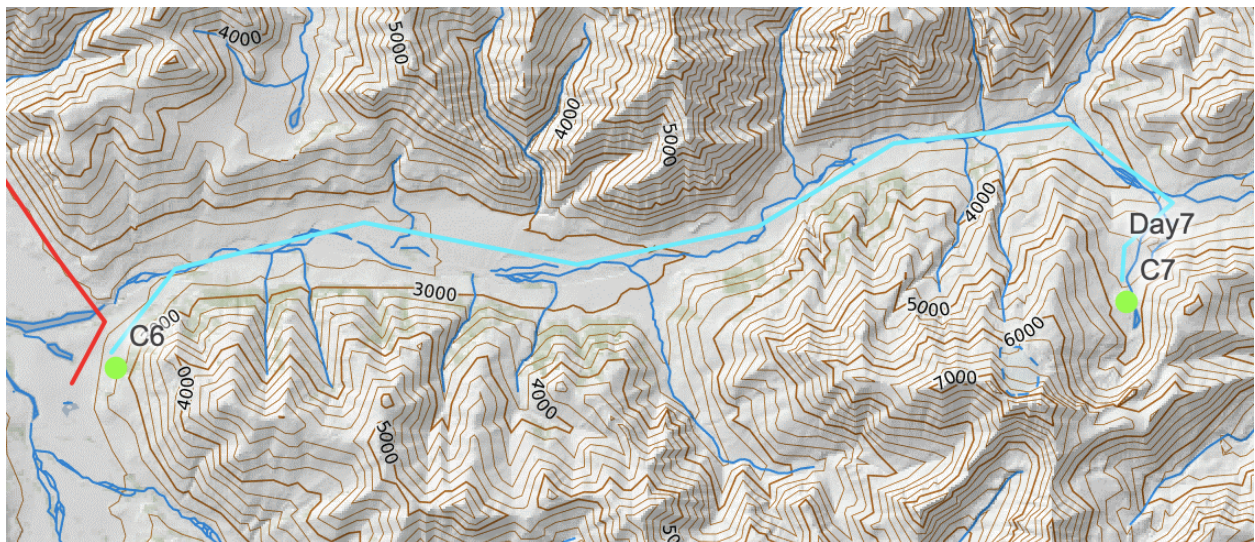
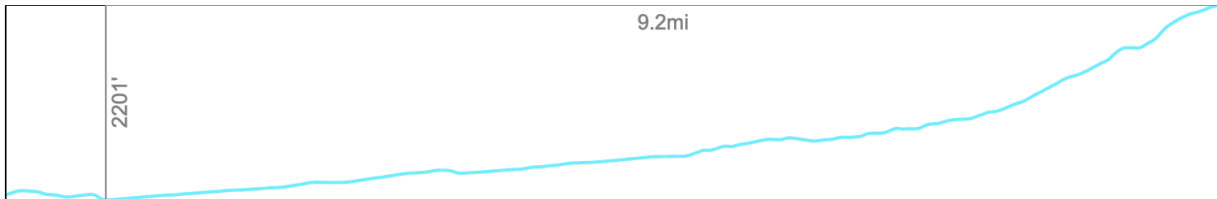
Day 7 will leave this wider north-south river valley and follow a tributary to the east, back towards the Continental Divide. Naturally, the broader, flatter river valley walking will give way

to a slightly steeper, tighter stream valley as we approach Camp 7 near a headwater lake – setting us up for a morning pass crossing on Day 8.

Day7

distance: 10.03mi range: 2581' to 4783' gross: +2389' -244' time: n/a sample 100' w/ 3.8x vert. exag.

cursor:



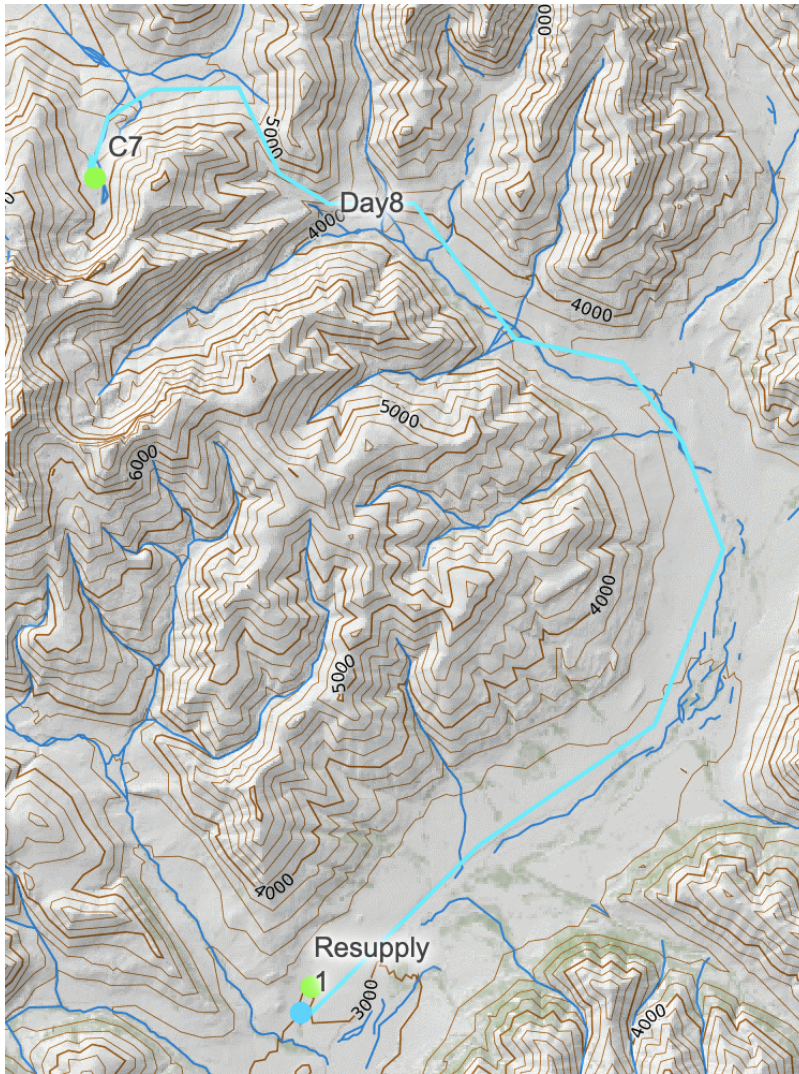
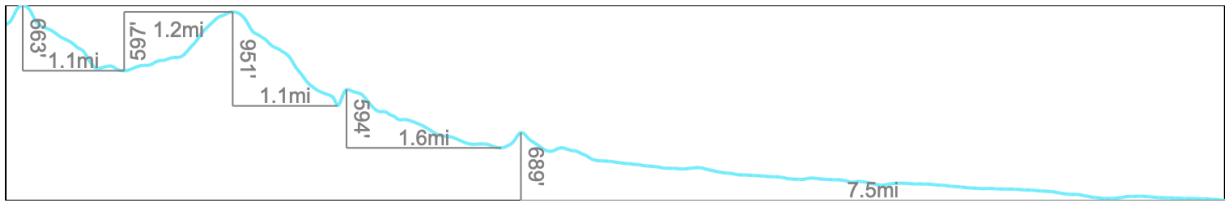
August 3rd – Day 8

Day 8 will start with a morning ascent to a north-south pass at just under 5000', before descending down the other side and to Resupply 1. The descent from the pass looks to be loose scree, which will require careful footing on the steeper sections, but should be quite do-able and preferable to talus. Once down from the steeper initial descent, the rest of the day should be easy cruising down to our Resupply spot and Camp 8.

Day8

distance: 12.98mi range: 3004' to 4981' gross: +1291' -3071' time: n/a sample 100' w/ 5.5x vert. exag.

cursor:



August 4th - Day 9

Day 9 is our second rest day and it sees Ian being dropped off to us at Resupply 1 point. We are spending the night at this point and planning day 9 as a zero in order to maximize our flexibility with receiving Ian. If the weather is only adequate for flying late on day 9, that's just fine. We'll

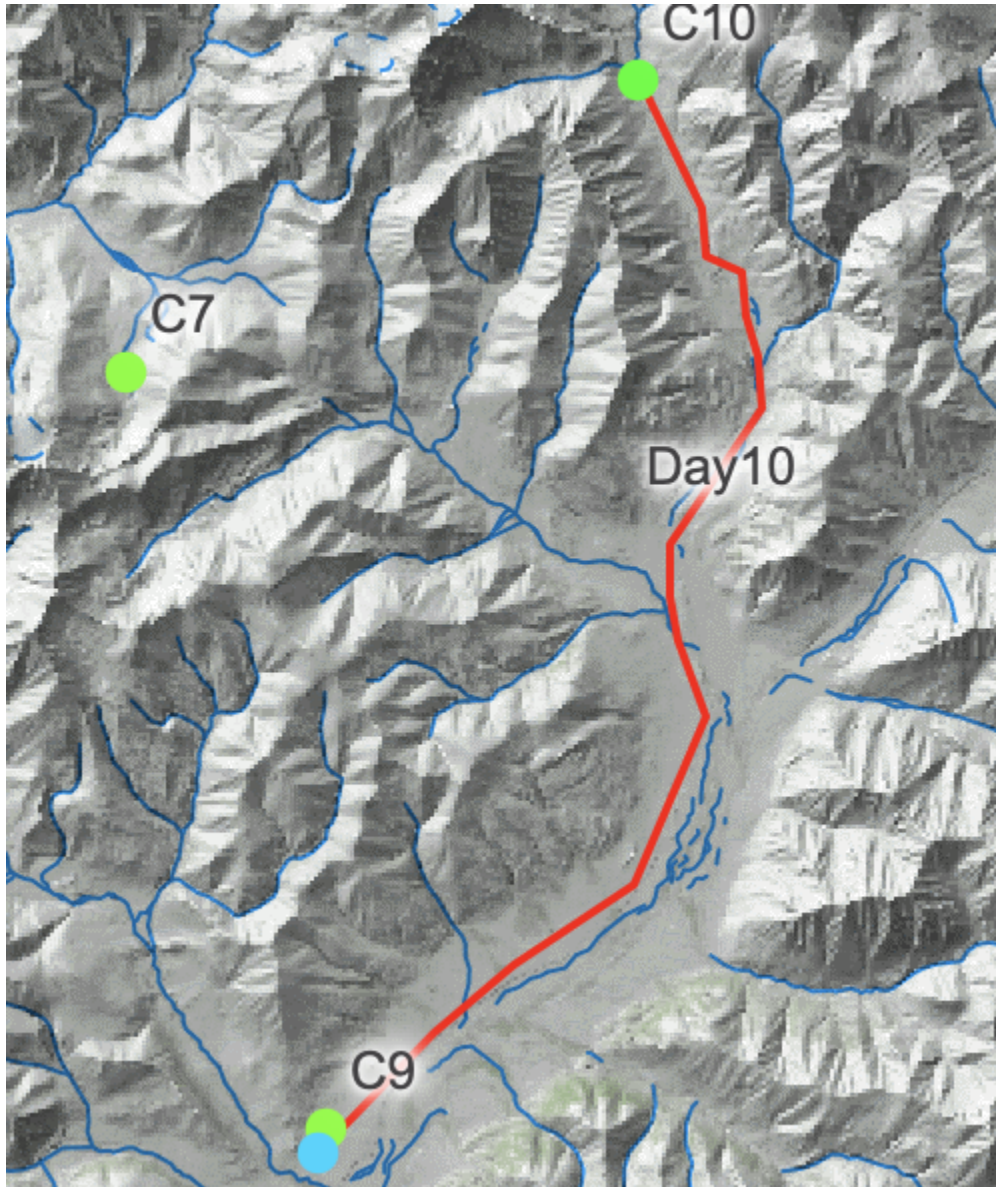
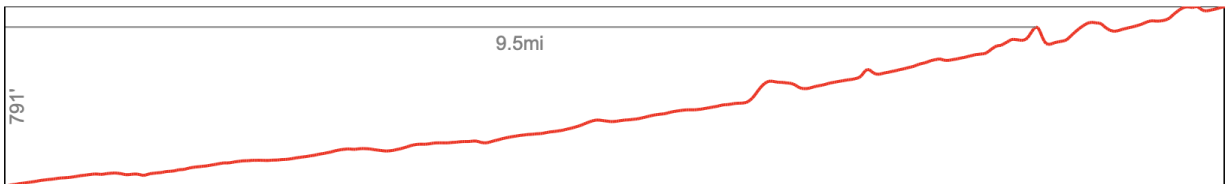
refill our food bags with the food dropped with Ian, and will offload the packraft, paddle, and two pfd's to the pilot to be placed into the Resupply 2 barrel. This barrel is dropped at the Ivishak Barrel point on the map and is our second resupply.

August 5th - Day 10

Day 10 and we're back on the move, first retracing our steps up the valley from the resupply. We split to the north east to the headwaters of the Wind River. Elevation gain is moderate and occurs gradually throughout the day of hiking. We make camp just before the intersection of the valleys of Windy Glacier and Seefar Glacier.

Day10

distance: 11.24mi range: 3002' to 3896' gross: +1175' -282' time: n/a sample 100' w/ 9.8x vert. exag.
cursor:

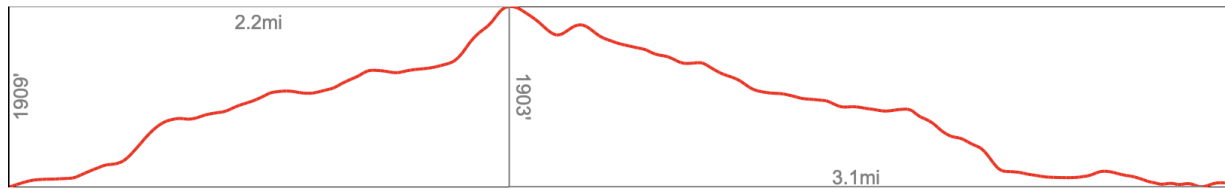


August 6th - Day 11

The day begins with a 2.2 mile stretch climbing to the top of Seefar Glacier pass. People who've traveled up to this saddle describe the slope as challenging but doable with good scree management. We expect loose footing but all of our team members have adequate experience to feel confident in their own abilities to stay safe and composed in this terrain. We don't expect large blocky talus which would make this saddle more challenging to reach. From the saddle, we descend into a northwest/southeast running valley. Global imagery suggests the river running through the bottom of this valley may be deeply incised for a short period. We have ample room on the east side of the river to walk until this deep incision flattens out. We find our camp after losing about 2,000' from our high point of the day. Day 11 is short in mileage to allow for extra time navigating the scree field and the elevation gain. Water in this area may be very silty so we plan to utilize a bandana as a preliminary water filtering mechanism to avoid clogging our water filters.

Day11

distance: 5.38mi range: 3894' to 5804' gross: +2241' -2198' time: n/a sample 99' w/ 2.2x vert. exag.
cursor:

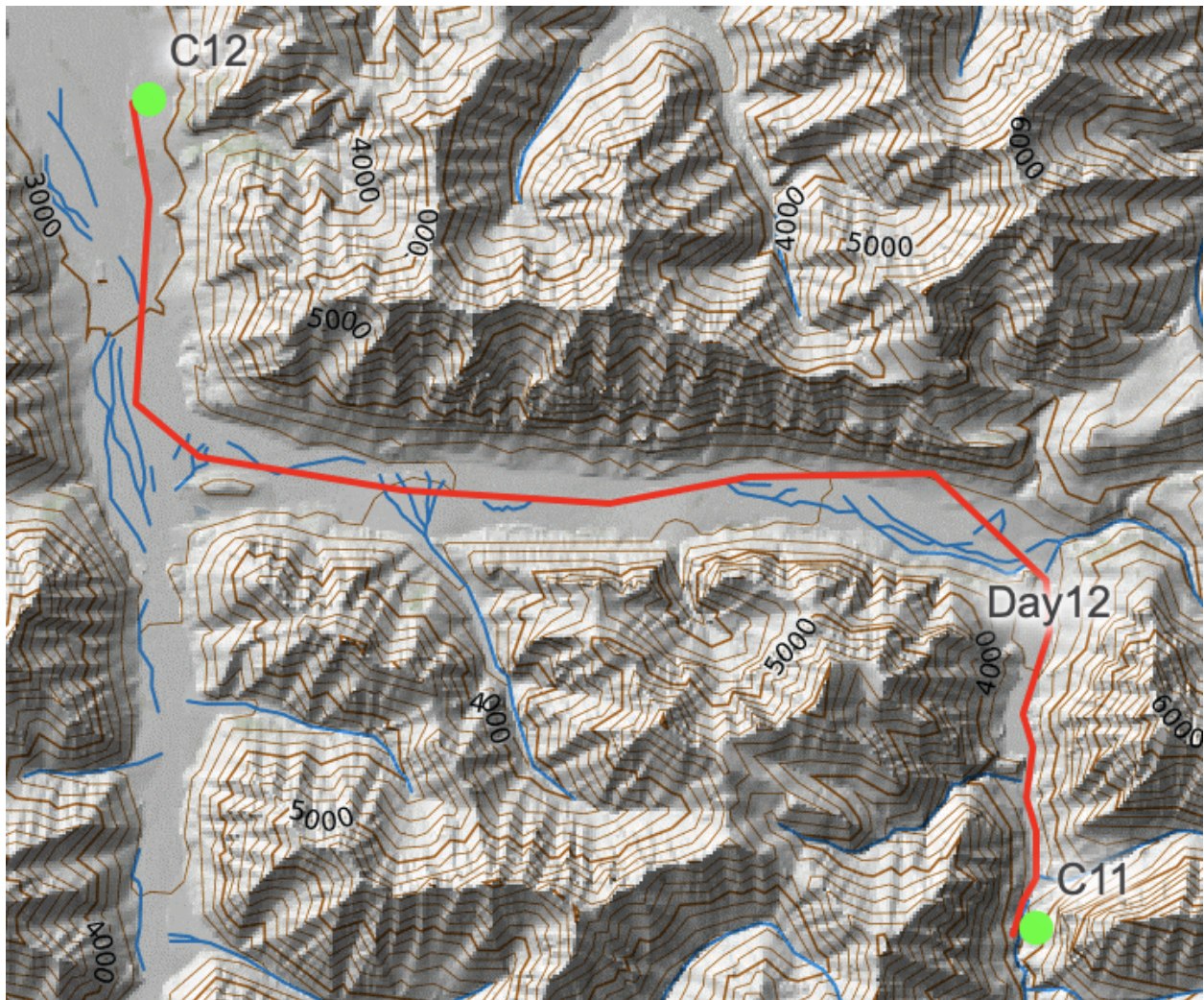
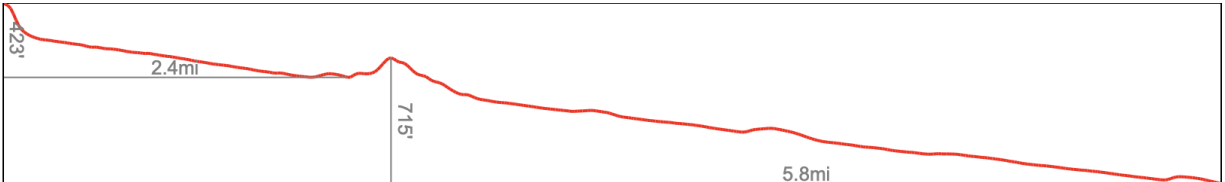


August 7th - Day 12

Day 12 is one for the books. We spend most of the day cruising down the backside of the mountains we hiked up to on days 10 and 11. Over 8.5 miles we gain 186', allowing our legs to rest. The bottom of the valley is wide throughout this day so routefinding should be straightforward. We turn sharply west and then north, nearing the Ribdon River. We camp on lightly vegetated ground a short walk from the water.

Day12

distance: 8.55mi range: 2909' to 3937' gross: **+186'** **-1214'** time: n/a sample 100' w/ 6.5x vert. exag.
cursor:

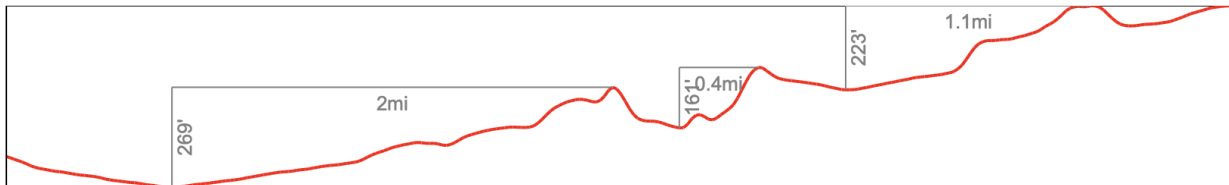


August 8th - Day 13

Day 13 is a relaxing day of walking alongside the Ribdon River. We soak in the scenery, admiring the tall peak on either side of the valley we're travelling through. We make camp next to the river, protected by a north / south valley slightly to the south of the river.

Day13

distance: 5.57mi range: 2825' to 3311' gross: +740' -339' time: n/a sample 99' w/ 8.9x vert. exag.
cursor:

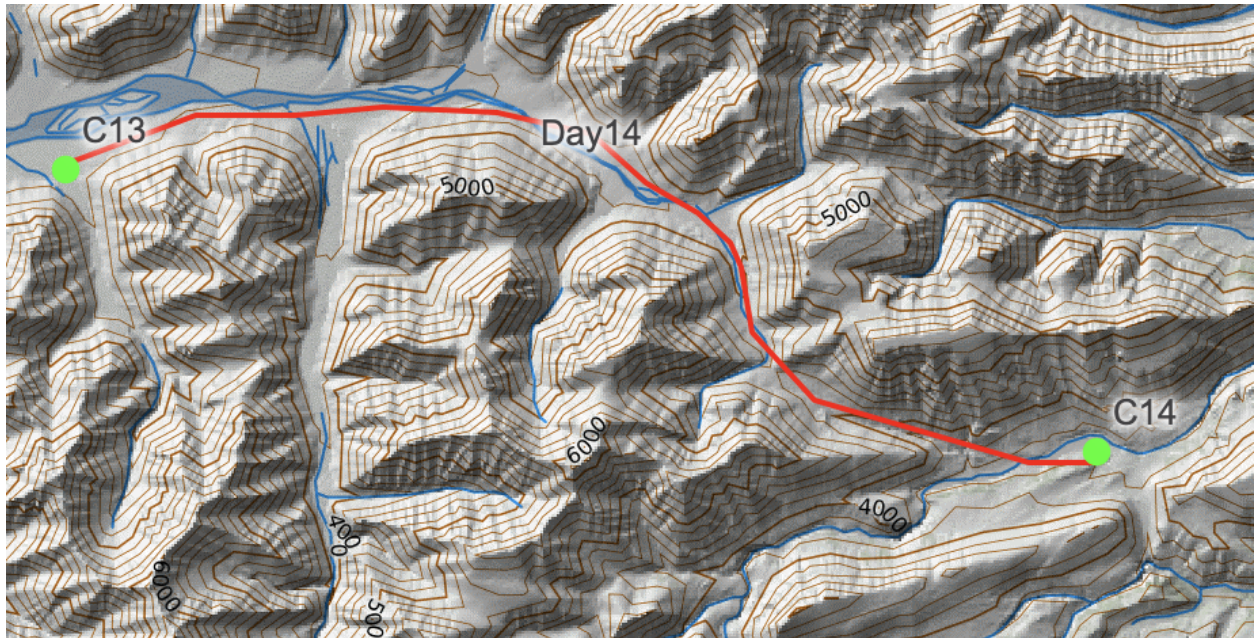
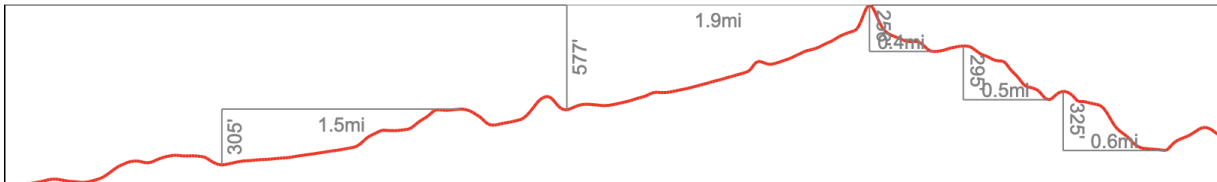


August 9th - Day 14

We continue walking upstream alongside the Ribdon River. As we gain elevation, the river peters out and we find the top of the saddle. We descend for 5.5 miles until we reach camp in a wider section of the valley. A different river runs on this side of the saddle and is an ample water source. There are some rock formations on our path near where we reach the valley that we plan to camp in. There is a gap in the rock a few hundred feet wide that doesn't have any cliff features that will allow for easy walking. We camp in the wide valley.

Day14

distance: 7.6mi range: 3309' to 4297' gross: +1467' -1198' time: n/a sample 100' w/ 6x vert. exag.
cursor:

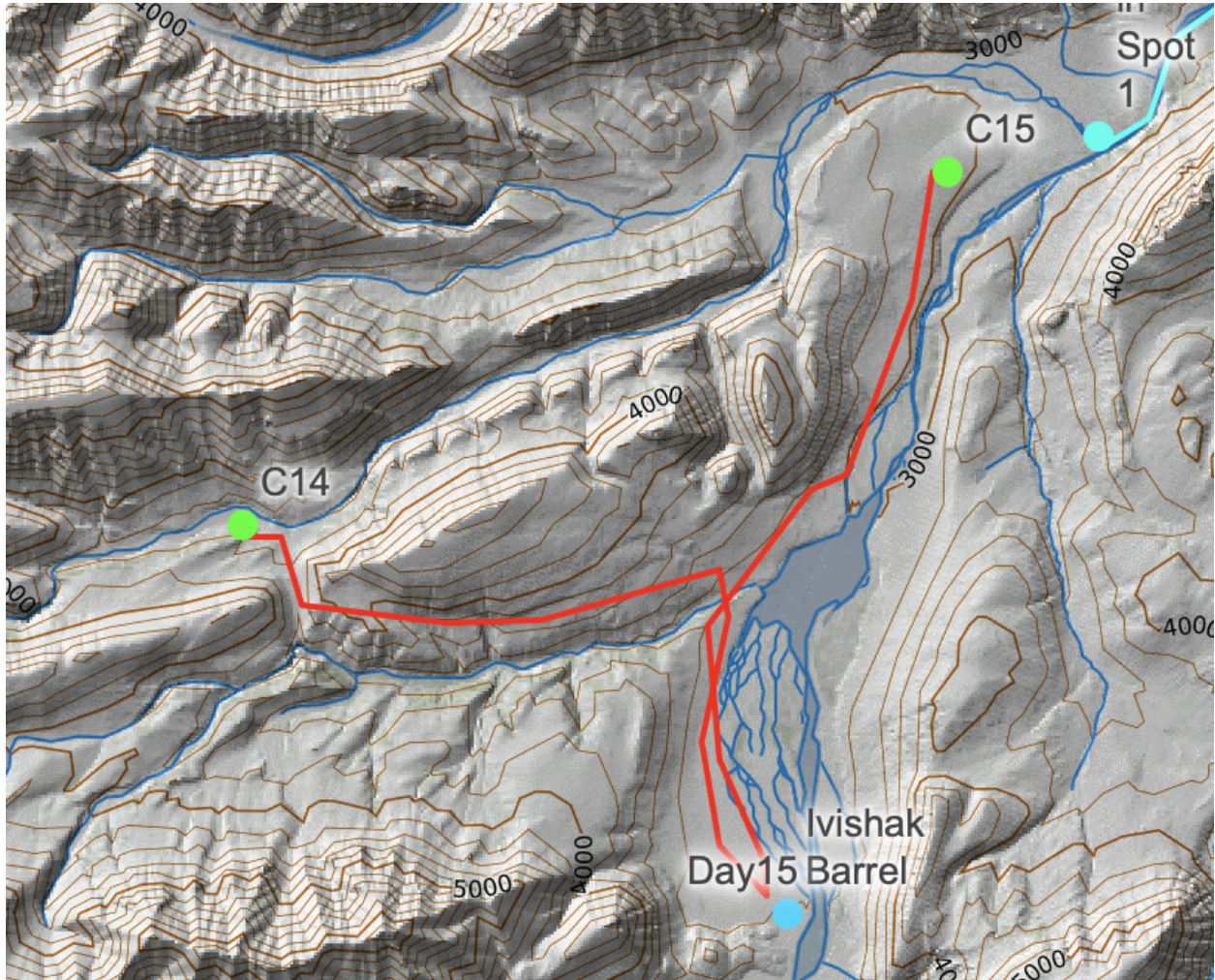
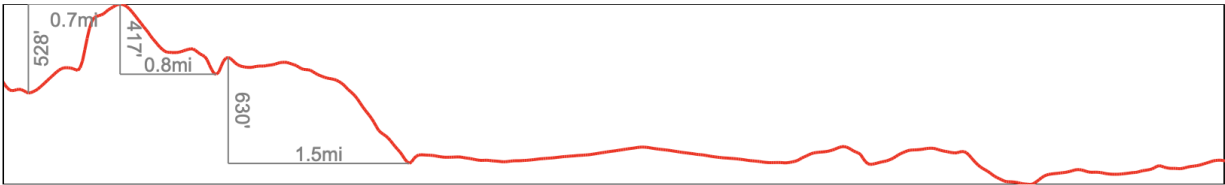


August 10th - Day 15

We climb out of the valley we slept in the previous night, cresting a small saddle to begin the day. We then descend into the Ivishak River valley, heading south to locate our resupply barrel. We go through the barrel, transferring food for the next week and all of our paddling gear into / onto our packs. We hike north, following the Ivishak River, keeping our eyes peeled on water level and channel depth. We make camp where a tributary joins the Ivishak, hopefully making water levels sufficient for paddling the following morning.

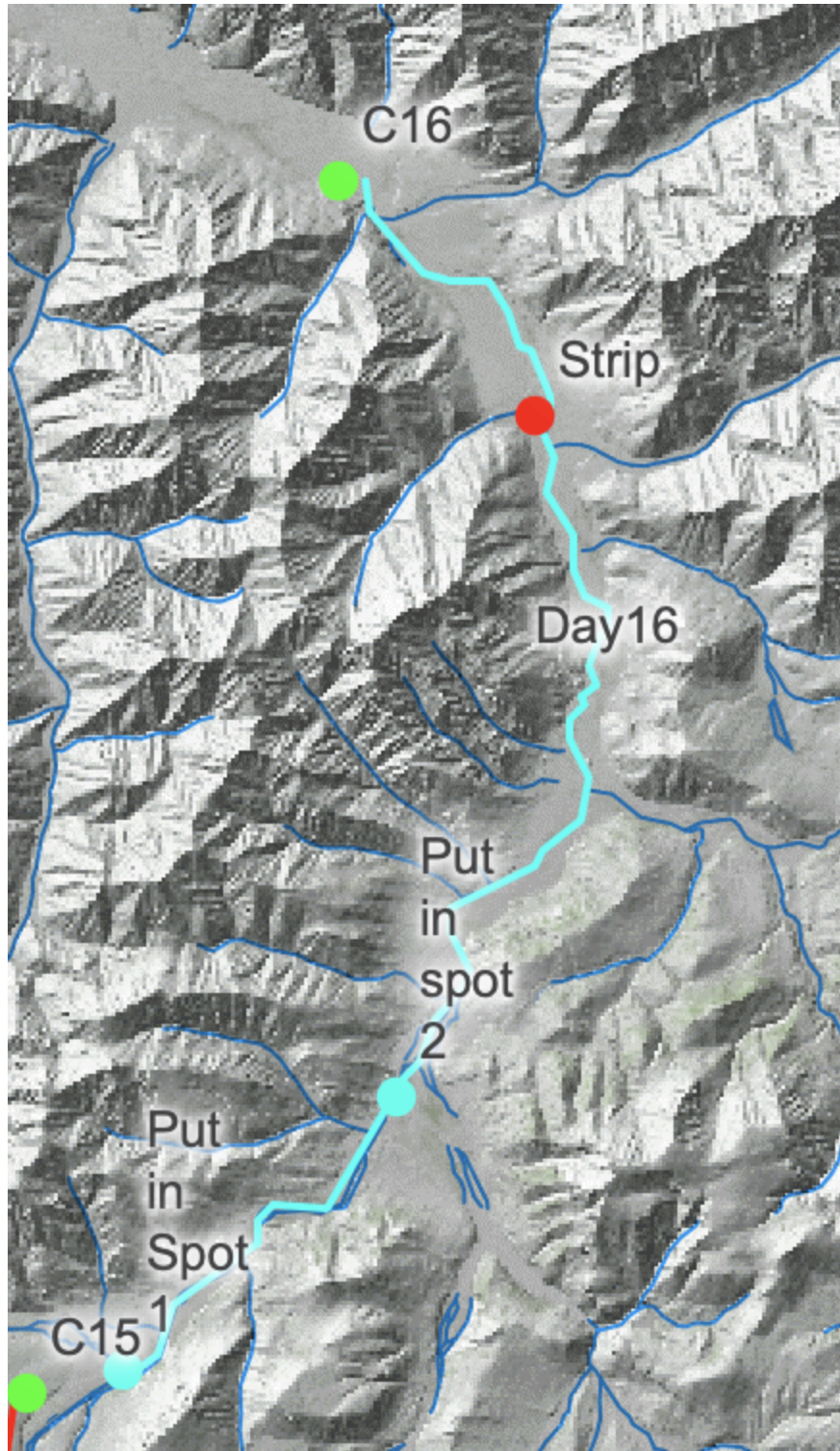
Day15

distance: 9.84mi range: 2967' to 4036' gross: +1240' -1713' time: n/a sample 100' w/ 7.2x vert. exag.
cursor:



August 11th - Day 16

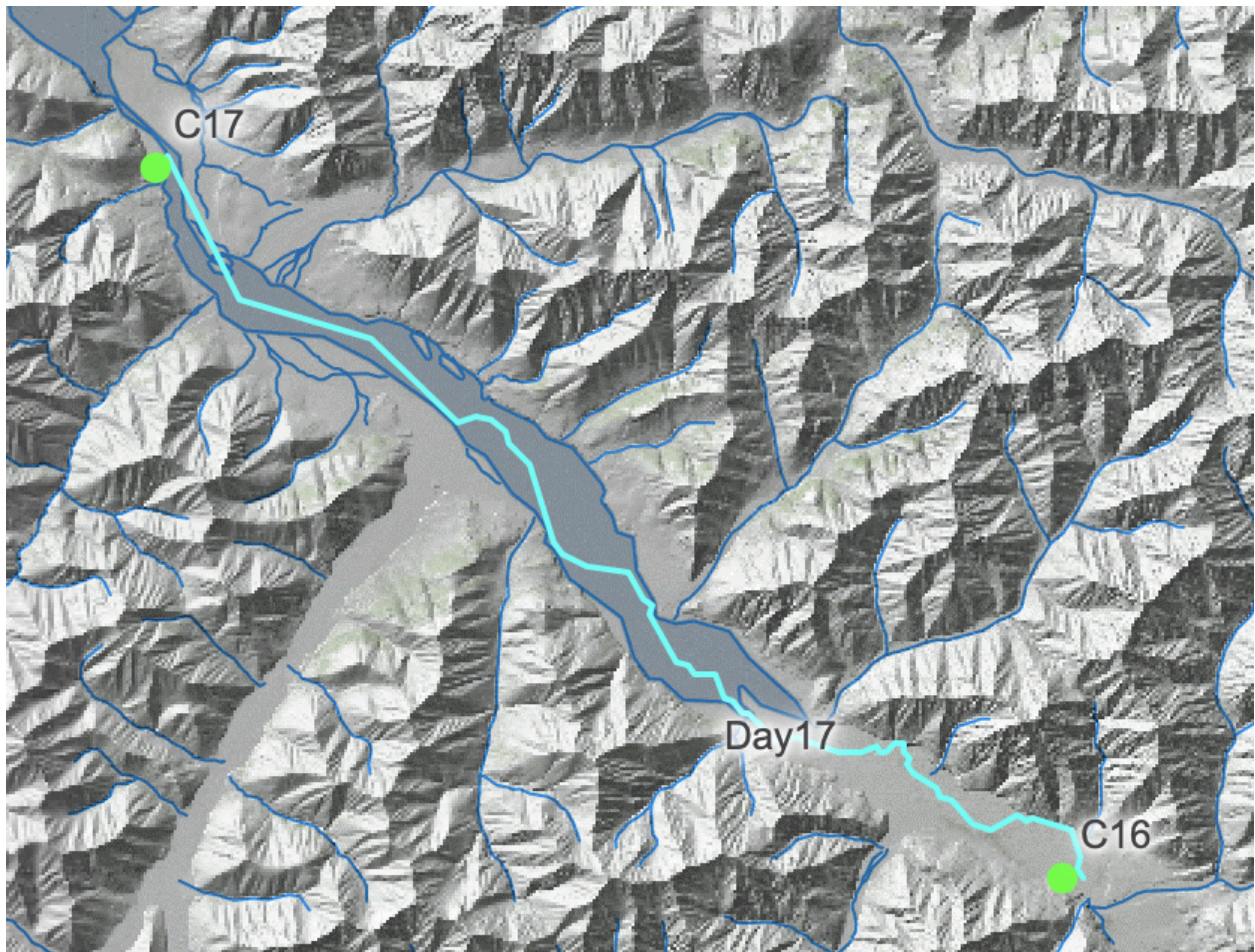
Ideally, day 16 begins with blowing up our packrafts and floating the headwaters of the Ivishak River. If water levels are too low to float, we will continue hiking for 4 or so miles until another major tributary joins with the Ivishak. Imagery suggests these channels are wide and deep enough for our boats so we're confident that we can raft from this point on. We float for the remaining 10 miles until making camp on a gravel bar. (14.35 miles total)



August 12th - Day 17

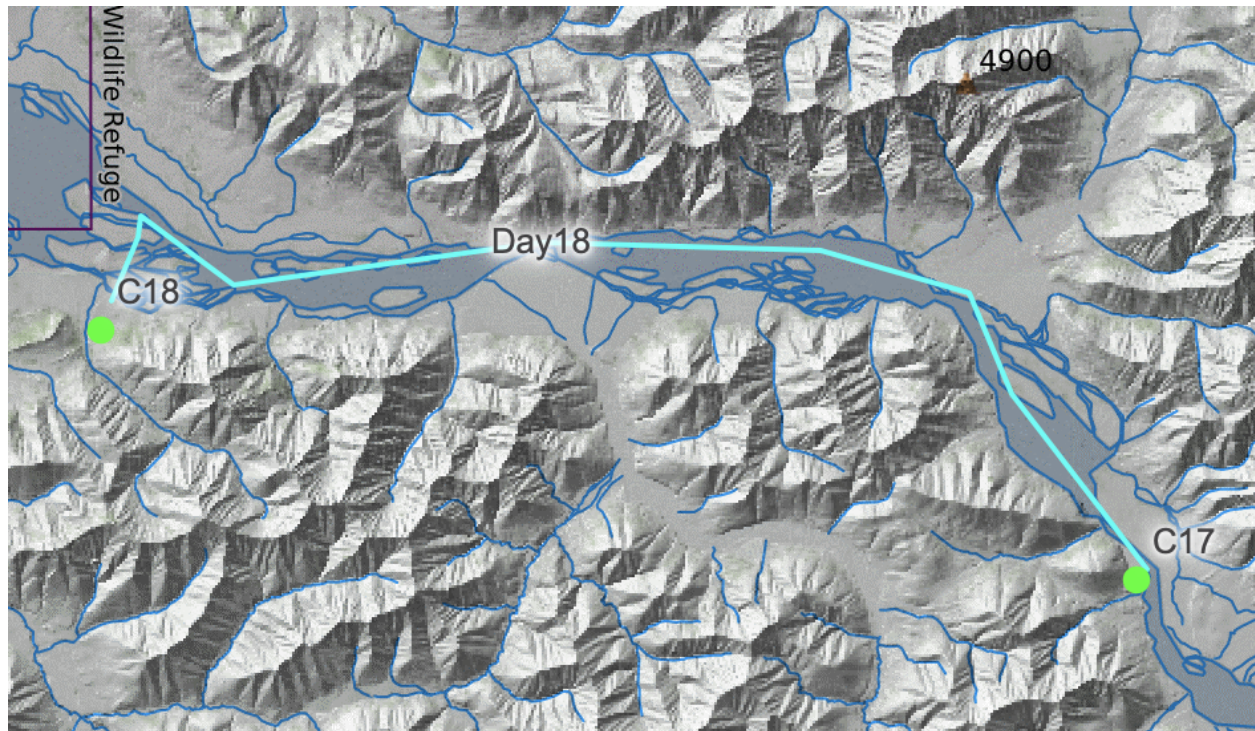
On day 17, we continue down the river for 15.3 miles. We are all adjusting to the transition from hiking to boating, giggling with glee as the weight of our gear is carried by the current. The

mountains slowly decrease in height as we travel north. We make camp on a high spot on the west side of the river.



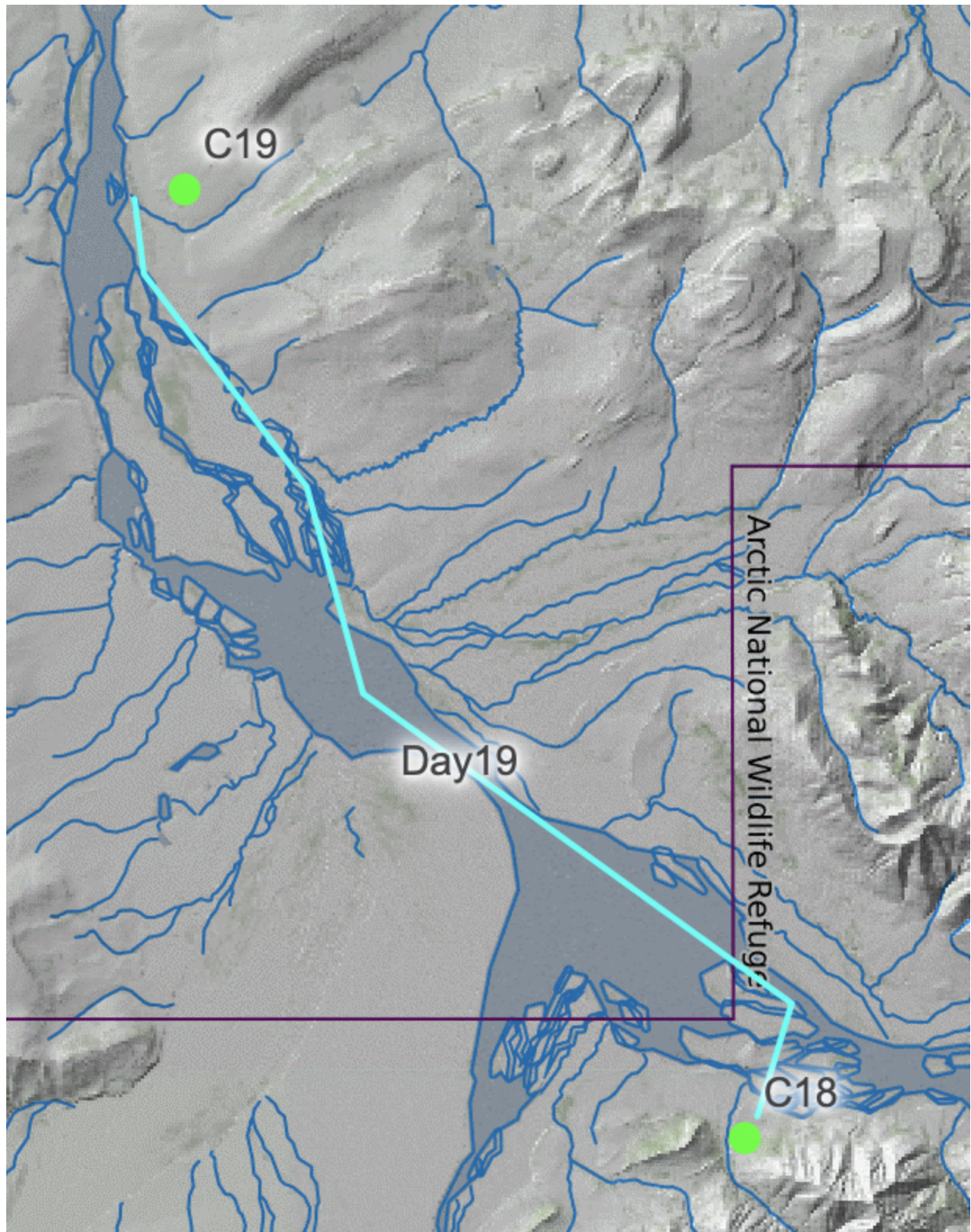
August 13th - Day 18

We continue paddling for 16.5 miles down the Ivishak river. At the end of our day, we just reach the extent of the Brooks Range mountains and look out onto the expansive flats of the north slope. We camp on the edge of the mountains, savoring our last night of uplifted topography. (Total mileage 16.3 miles)



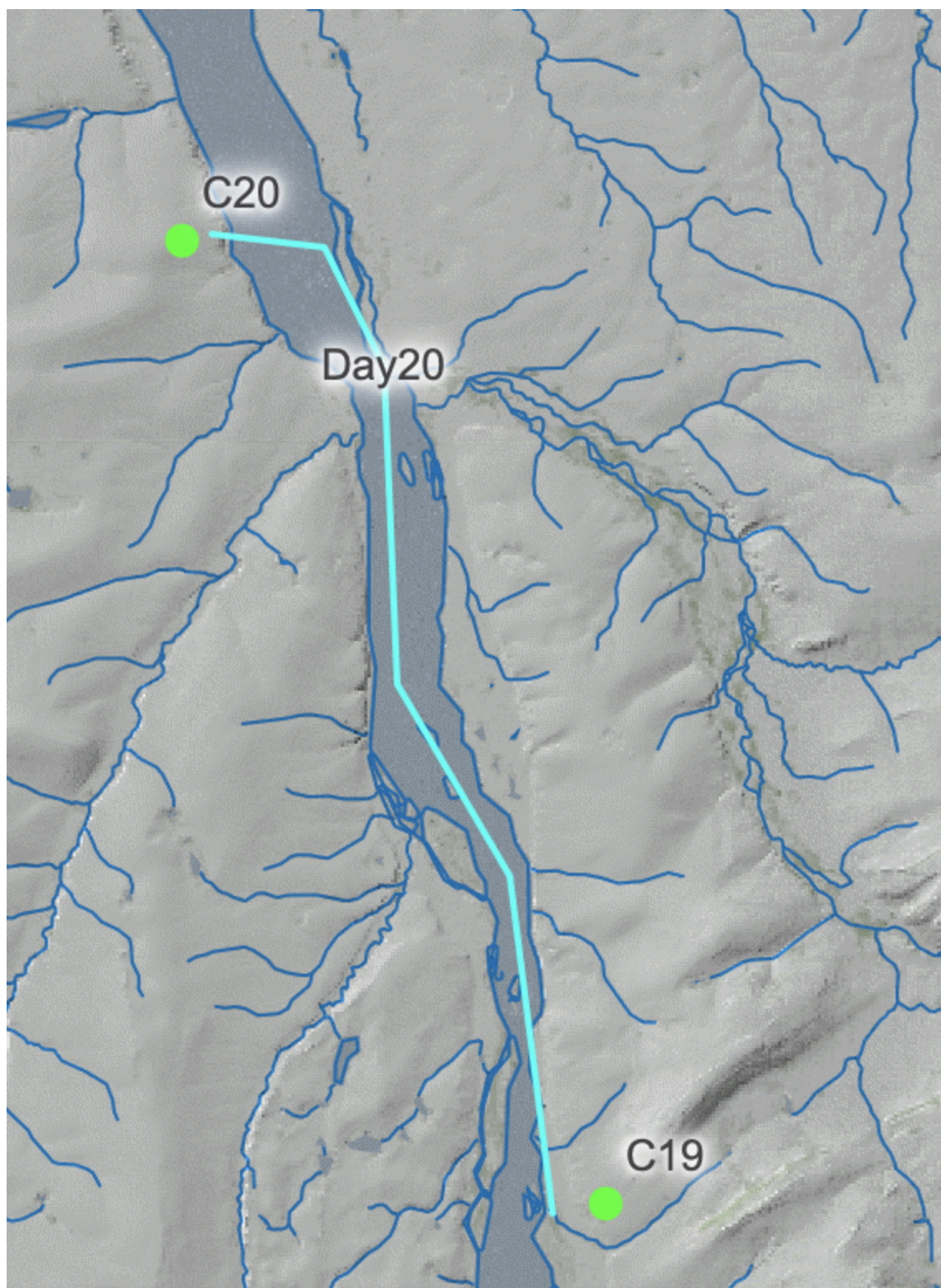
August 14th - Day 19

Day 19 is a short 13 mile paddle. We are now in exposed terrain and expect winds to be whipping. Fingers crossed for sunny skies. We have left the Arctic National Wildlife Refuge so may now begin to see jet boats on the river. We'll wear our brightest uniforms to differentiate ourselves from the caribou herds. We make camp between some oblong features to the northeast of the river.



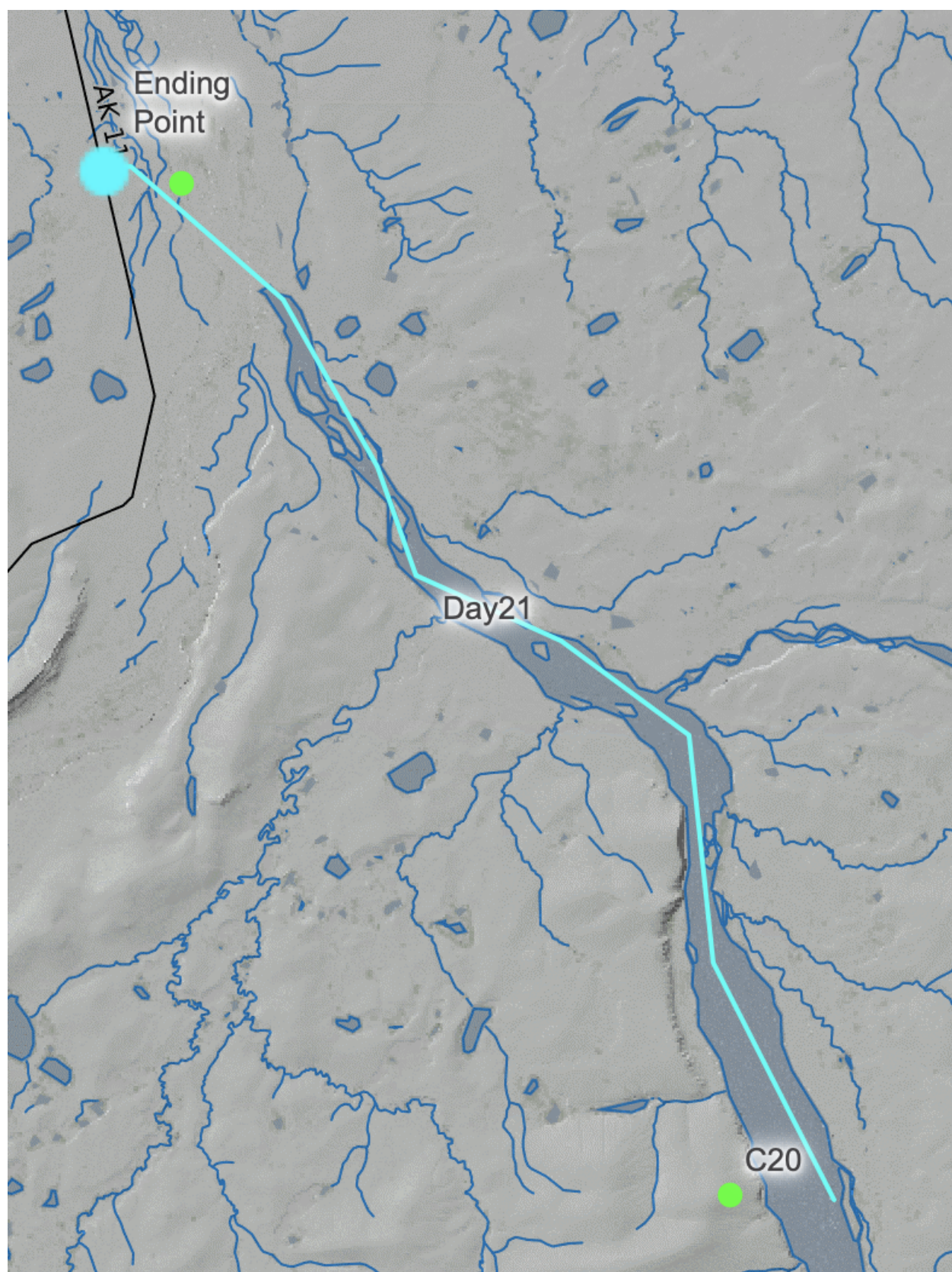
August 15th - Day 20

Day 20 is also a short 11.5 mile paddle. We've built in these short days to allow us to hang out at camp at the end of the paddling day if the weather is nice, or hunker down for a zero if weather is poor. We should be able to make up the distance of a missed day if weather stops us from paddling.



August 16th - Day 21

Our final day on the water and the last wilderness day of our trip. We paddle the remaining 18 miles to reach our takeout point near the road. We remain about a half mile from the road and setup camp. We await the Dalton Express pickup at midday the following day, reminiscing about our trip.



August 17th (Sunday) - Dalton Shuttle Back to Society!

The shuttle picks us up from our take out area around 10:00 AM. We are driven down to Fairbanks, arriving at 12:00 AM on August 18th. We arrange to spend the night at Sven's Hostel ahead of time so we can go straight to bed when we arrive.

August 18th

Ian, Theo, and Toby fly out of Fairbanks to DIA, Cleveland Hopkins International Airport, and Newark International Airport, respectively.

Gear List - Alaska Trip

Gear	Amount
Packrafts	3
Paddles	3
Packraft repair kit	1
Tiedowns	
Dry bags that fit inside packraft internal storage	6
Large, light-weight drybags for outside of packraft or during the backpacking sections	3
small throw ropes	3
PFDs*	3
River knives & whistles	3
Drytops *	3
Waders*	3
Paddling gloves	3
Water shoes (optional if not wanting to use hiking shoes)	
Helmets*	3
Backpacks with waterproof liner-bag	3
Tents	2
Lightweight large tarp/tent for cooking	1
Trekking poles	3
Sleeping pad	3
Sleeping Pad repair kit	1
Sleeping bag (rated to 20 degrees)	3
Headlamps	3

Bug spray	1
Bear spray	3
Backpacking stoves (canister style)	2
8oz Isobutane Fuel	9
Lighters	4
medium sized lightweight pots with lids	2
pocket knife	1
Small wooden spatula	1
Small lightweight frypan	1
Small soap (dr. Bronners or biodegradable)	1
Small sponge / pot scraper	1
Pot grip	1
Large light metal or plastic mugs with lids	3
Small plastic bowls	3
Spoons / sporks	3
Lightweight multitool with pliers	1
Tenkara rod + flies, line, pliers	1
Inreach	2
Water bottles (1 liter capacity)	2/person
Clothes: sunhat, sunglasses, rain jacket, rain pants, warm gloves, glove liners, warm hat, neck gaiter, hiking boots, camp shoes (tennis shoes/ crocs etc), 4 pairs warm socks, 3 underwear, 1 fleece layer top, 1 fleece layer bottom, down coat, bug shirt and/or headnet, latex gloves (for bugs), long underwear top + bottom, extra pair for sleeping, sunshirt, hiking pants	
Toiletries: Sunscreen (could be shared) Chapstick with spf, glasses, contacts, eye drops etc., toothbrush, small toothpaste and floss (could be shared), personal medications, OTC pain meds (could be shared in the first aid), lotion etc.	

Gaiters	3
Toilet paper	1
1 quart ziplocks	10
Small plastic trowel	2
Water filters + Bottle of iodine/chlorine water purification pills	2
Bear-proof bags	5
First aid kit	2
Flare	1
Compass	1
Printed topographic map(s) in a sealed bag with printed emergency plans and contacts	
Small roll of duct tape	1
3 phones, at least 2 with downloaded GPS maps (GAIA / Caltopo). All phones will also have emergency contacts and the Wilderness Medicine Reference app.	
Backup Battery packs with charging cord for a phone and InReach	2

Notes on Gear for Paddling:

We're opting for a lightweight / less intense kit for our paddling gear selection. Specifically, we plan to use climbing helmets instead of whitewater helmets, a drytop paired with waders with a tight wading belt, or dry bottoms if OE decides to purchase them before our expedition, instead of full drysuits, and lightweight throw ropes but not a complete pin kit. These choices stem from extensive research on the section of river we're floating. This river is rated to not exceed class II, and from what we've read the rating of class II is largely due to the backcountry setting of the river and not the intensity of rapids. Additionally, we will be far enough north that there will be very few if any trees growing near the rivers, reducing if not eliminating strainer risk. Calm water and the lack of strainers makes us confident that we won't swim during this float. If we do come upon an unexpectedly difficult section of river, we will walk our boats around the features and put them back in after. If we do swim, we have plans to respond outlined in our risk section. The drytop / wader combination has been our greatest point of uncertainty, but we feel a tight wading belt paired with a drytop that seals against the waders will not put us at risk for filling up the waders in the calm water we'll be traveling through. If these choices are not acceptable, we are open to dipping into our personal funds to rent more expensive dry equipment.

First Aid Kit List

* We will have 2 kits spread out among participants, this is the list for each kit - things that are highlighted will only be in one kit

Wound Care/Burn/Blister

- ☐ 4 Dressing, Gauze, Sterile, 4" X 4", Pkg./2
- ☐ 4 Dressing, Gauze, Sterile, 2" X 2", Pkg./2
- ☐ 3 Dressing, Non-Adherent, Sterile, 2" X 3"
- ☐ 3 Bandage, Conforming roller Gauze, Non-Sterile, 3"
- ☐ 1 Bandage, Stockinette Tubular, 1" X 4"
- ☐ 2 large Island wound dressing, 4" x 8"
- ☐ 2 med island wound dressing, 4" x 4"
- ☐ 2 petroleum gauze Xeroform dressings, 1" x 8"
- ☐ 8 Bandage, Adhesive, Fabric, 1" X 3" or mixed sizes
- ☐ 5 Bandage, Adhesive, Fabric, Knuckle
- ☐ 2 Opsite transparent dressings 2' x 4'
- ☐ 1 Tape, 1" X 10 Yards - white athletic tape
- ☐ 1 K-Tape 2" x 12"
- ☐ 1 3" COBAN roll
- ☐ 1 1 inch COBAN roll
- ☐ 2 Cotton Tip Applicator, Pkg./2
- ☐ 1 Syringe, Irrigation, 10 cc with 18 Gauge Removable Tip
- ☐ 3 Wound Closure Strips, 1/2" X 4", Pkg./6
- ☐ 2 packages Povidone Iodine or Chlorhexidine cleansing swabs/pads
- ☐ 3 Moleskin, 2" x 3" sheets, 1 pre-cut sheet
- ☐ 1 mole foam 2 " x 3"
- ☐ 2 Dressing, GlacierGel, Rectangle, 2.5" X 1"
- ☐ 2 second skin rectangular pads 1" x 1"
- ☐ 3 antiseptic wipes
- ☐ 3 Triple Antibiotic Ointment, small packets
- ☐ 3 Skin-Tac Topical Adhesive Wipes

Bleeding

- ☐ 2 Gloves, Nitrile (Pair)
- ☐ 1 Trauma Pad, 8" X 10"
- ☐ 1 Trauma Pad, 5" X 9"
- ☐ 2 anti-clotting gauze pads
- ☐ 1 tourniquet
- ☐ 1 CPR Breathing Barrier

Fracture/Sprain

- ☐ 1 Bandage, Elastic with Velcro Closure, 3"

Medications

- ☐ 20 Ibuprofen (200 mg), Pkg./2
- ☐ 20 Acetaminophen (325 mg), Pkg./2
- ☐ 10 Antihistamine (Diphenhydramine 25 mg)
- ☐ 6 Diamode (Loperamide HCL 2mg), pkg.
- ☐ 2 After Bite Sting and Itch Relief Wipe
- ☐ 2 ginger tea
- ☐ 2 smooth move tea (senna)
- ☐ 2 oral rehydration packets
- ☐ (15 cephalexin 500 mg tablets - antibiotics)*
- ☐ (5 azithromycin 250 mg tablets - antibiotics)*
- ☐ *(medications with prescription and order from Medically Licensed Physician Assistant - trip medical advisor).
- ☐ epi pen 2-injection pack

Instruments

- ☐ 1 EMT Shears, 4"
- ☐ 1 Splinter Picker/Tick Remover Forceps
- ☐ 1 Bag to contain first aid stuff, ideally waterproof.

1,175,299.00		2025-2026 calendar year summary		New cost from:		1947.96		\$1,180.81	
Amount	Reservings	Breakfast	Ingredient	amount/person (cups)	weight (g)	calories	cost/serving (\$)	total cost (\$)	total cost (\$)* 50%, accounts for having to buy in normal quantities
10	29	cereal				475			
			rolled oats (quickcooking/instant)	0.5	40	150	\$0.20	\$5.80	\$5.96
			PB	0.125	32	200	\$0.28	\$8.12	\$8.74
15	37	dried fruit	dried fruit	0.25	50	125	\$1.00	\$26.00	\$34.80
4	11	granola w PB + milk				708			
			granola	0.66	66	280	\$0.75	\$9.25	\$9.50
			powdered milk	0.125	16	100	included in cost		
			PB	0.125	32	200	\$0.28	\$3.08	\$3.70
15	37	dried fruit	dried fruit	0.25	50	125	\$1.00	\$11.00	\$13.20
3	8	dehydrated hash browns, cheddar cheese, olive oil	made with cheese and oil for additional calories	0.5	28	165	\$0.75	\$6.00	\$7.20
					28	120	\$0.50	\$4.00	\$4.80
				0.0625	13.75	120	\$0.25	\$2.00	\$2.40
2	6	Pancakes	pancake mix - Kodiak Cake Protein Pancakes	0.5	65	220	\$1.00	\$6.00	\$7.20
			powdered milk	0.125	16	100	below		
			PB	0.125	32	200	\$0.28	\$1.68	\$2.00
2	5	curry cheese bagels				305			
			bagel		98	240	\$1.00	\$5.00	\$6.00
			cheddar cheese		28	120	\$0.50	\$2.50	\$3.00
			brown sugar	0.0625	10	35	below		
			curry powder						
			Other breakfast items to have in supply						
			brown sugar	2 cup on trip			\$2.50	\$2.50	\$3.00
			Coconut flakes	1 cup on trip			\$7.50	\$7.50	\$9.00
			chocolate chips	3 cups on trip			\$5.00	\$5.00	\$6.00
			powdered milk/coconut milk	2 cups on trip			\$5.00	\$5.00	\$6.00
			total					\$115.42	\$136.50
								total cost (\$)* 20%, accounts for having to buy in normal quantities	
Amount	Reservings	Lunch	Ingredient	amount/person (cups)	weight (g)	calories	cost/serving (\$)	total cost (\$)	total cost (\$)* 20%, accounts for having to buy in normal quantities
3	8	lunchbox powder	3 lunches			220	\$2.40	\$19.20	\$23.04
8	22	mini sandwich, meat, sticks	4 mini sticks	56	240	\$1.50	\$33.00	\$39.60	
18	46	cheese	10 lunches	50	250	\$0.68	\$30.38	\$36.43	
18	46	PB	0.125x28lbs	32	200	\$0.28	\$12.88	\$15.46	
			PB powder	1 container			\$9.99	\$9.99	
10	26	nuts	10 lunches	0.5/day	75	400	\$0.40	\$10.40	\$12.48
			cheddars	2 Costco bags			\$9.99	\$9.99	
8	20	bottles	8 lunches	1	100	210	\$0.44	\$8.80	\$10.56
			some kind of cheaply snack	2 big bags sesame sticks and chips			\$15.88	\$15.88	
5	15	lunch packets w olive oil bottle	5 lunches	75	70	\$1.25	\$18.75	\$22.50	
5	15	chicken packets	5 lunches	75	80	\$2.25	\$33.75	\$40.50	
18	46	bars	everyday	1/day	150-300		\$1.50	\$46.00	\$55.20
10	26	dried fruit	10 lunches	0.25/day	50	125	\$1.00	\$26.00	\$31.20
18	23	chocolate/candy bars	10 lunches	0.5/day/person	140	140	\$1.00	\$23.00	\$27.60
			12a near sandbar/river swimmer candies	3 bags			\$12.00	\$12.00	
2	6	instant faster (Taco)	2 packages from T.A. or similar	0.33	50	220	\$7.00	\$7.00	\$8.40
			total					\$132.44	\$156.40
3	9	dehydrated rice	dehydrated rice	0.75	150	300	\$0.75	\$6.75	\$8.10
3	9	dehydrated beans	dehydrated beans	0.33	33	135	\$1.00	\$9.00	\$10.80
			spices						
			total					\$132.44	\$156.40
								total cost (\$)* 10%, accounts for having to buy in normal quantities	
Amount	Reservings	Dinner	Ingredient	amount/person (in cost)	weight (grams)	calories	cost	total cost	total cost (\$)* 10%, accounts for having to buy in normal quantities
3	7	total				870			
7	7	dehydrated rice	dehydrated rice	0.75	150	300	\$0.75	\$5.25	\$6.30
7	7	carrots	carrots	0.33	50	300	\$4.00	\$28.00	\$33.60
7	7	dehydrated veggies	dehydrated veggies	0.33	8.33	80	\$2.00	\$14.00	\$16.80
7	7	bulion cube					\$0.25	\$1.75	\$2.10
7	7	spices					included in previous cost		
7	7	coconut milk powder		0.0625	50		60 costs		
7	7	dehydrated chicken		0.5	27	130	\$2.70	\$18.90	\$22.68
			total					\$72.9	\$87.48
3	8	rice and beans with cheese and veg				1110			
8	8	dehydrated beans	dehydrated beans	0.75	75	300	\$2.00	\$16.00	\$19.20
8	8	dehydrated rice	dehydrated rice	0.75	150	300	\$0.75	\$6.00	\$7.20
8	8	dehydrated chicken	dehydrated chicken	0.5	27	130	\$2.70	\$21.60	\$25.92
8	8	cheddar cheese	cheddar cheese	28	120	\$0.50	\$4.00	\$4.80	
8	8	olive oil	olive oil	0.0625	13.75	120	\$0.25	\$2.00	\$2.40
8	8	Fritos chips	Fritos chips	14	80	\$0.50	\$4.00	\$4.80	
8	8	dehydrated veg	dehydrated veg	0.25	6.25	60	\$2.00	\$16.00	\$19.20
			included in spices cost						
			total					\$69.60	\$83.52
3	8	beef, cheese with cheese				780			
8	8	pasta	pasta	1 125 g		425	\$1.25	\$10.00	\$12.00
8	8	dehydrated beans	dehydrated beans	0.33	33	135	\$1.00	\$8.00	\$9.60
8	8	coconut milk powder	coconut milk powder	0.25	6.25	80	\$2.00	\$16.00	\$19.20
8	8	dehydrated veggies	dehydrated tomato sauce	0.33	10	20	\$1.00	\$8.00	\$9.60
8	8	cheddar cheese	cheddar cheese	28	120	\$0.50	\$4.00	\$4.80	
			included in spices cost						
			total					\$46.00	\$55.20
3	8	Mac and Cheese with Chicken				750			
8	8	pasta	dehydrated veggies	1 125 g		425	\$1.25	\$10.00	\$12.00
8	8	dehydrated veggies	cheddar cheese	0.25	6.25	80	\$2.50	\$16.00	\$19.20
8	8	something like link, I think you can dehydrate it if home out of 8 canned chicken too	dehydrated chicken	0.5	27	130	\$2.70	\$21.60	\$25.92
			total					\$51.60	\$61.92
8	8	bulion and veg				800			
8	8	dehydrated rice	dehydrated rice	0.75	300	\$0.75	\$9.00	\$7.20	
8	8	dehydrated lentils	dehydrated lentils	0.3	250	\$1.50	\$12.00	\$14.40	
8	8	olive oil	dehydrated veggies	0.0625	120	\$0.25	\$2.00	\$2.40	
8	8	dehydrated veggies		0.25	6.25	80	\$2.50	\$16.00	\$19.20
8	8	spices					included in spices cost		
8	8	bedouined vegetable protein	bedouined vegetable protein	0.125	11.75	50	\$1.20	\$9.60	\$11.52
			total					\$46.80	\$54.72
3	8	beef, chicken				1000			
8	8	pasta	pasta	1 125 g		425	\$1.25	\$10.00	\$12.00
8	8	PB	PB	0.125	32	200	\$0.28	\$2.24	\$2.69
8	8	coconut milk powder	coconut milk powder	0.0625	60	\$0.28	\$2.24	\$2.69	
8	8	dehydrated veggies	dehydrated veggies	0.25	6.25	80	\$2.00	\$16.00	\$19.20
8	8	peanuts	peanuts	0.125	110	\$0.50	\$4.00	\$4.80	
8	8	olive oil	olive oil	0.0625	120	\$0.25	\$2.00	\$2.40	
8	8	bedouined vegetable protein	bedouined vegetable protein	0.125	11.75	50	\$1.20	\$9.60	\$11.52
			included in spices cost						
			total					\$46.08	\$56.30
3	8	instant meat potatoes, protein powder and olive oil, chicken type meat				850			
8	8	instant meat potatoes	instant meat potatoes	0.5	40	250	\$0.50	\$4.00	\$4.80
8	8	instant soup mix	range depending on choice 150-300 calories			200	\$1.25	\$10.00	\$12.00
8	8	different soup mix, meat	cheddar cheese	28	120	\$0.50	\$4.00	\$4.80	
8	8	dehydrated veggies	dehydrated veggies	0.25	6.25	80	\$2.00	\$16.00	\$19.20
			included in spices cost						
			total					\$34.00	\$40.80
			lower total					\$102.74	\$123.94
EXTRAS									
2		Good to-go meals: backup, order from "warehouse" on website	8 "emergency" meals						
		Customize how, divide between, 6 pack for \$77 in "warehouse"				1080	\$12.83	\$77	\$77
		lower kitchen divide, emergency				280	\$16.43		
all		Spices	mix of spices for cooking meals on trail and pre-made dehydrated mix of tea				\$20	\$20	\$20
18	5	Tea					\$15	\$15	\$15
		hot chocolate					\$10	\$10	\$10
all	2	hot sauce	powdered hot sauce				\$6	\$6	\$6
		brownie mix					\$10	\$10	\$10
								\$10	\$10

itinerary	# ppl	breakfast	lunch	dinner
7/27	2	packed	packed	curry rice
7/28	2	oatmeal	mix of lunch items	rice and beans
7/29	2	curry bagels with cheese	mix of lunch items	taco pasta
7/30	2	granola	mix of lunch items	mac and cheese with chicken
7/31	2	hash browns	mix of lunch items	lentils rice
8/1	2	pancakes	mix of lunch items	pb noodles
8/2	2	oatmeal	mix of lunch items	instant mash and soup mix
8/3	2	oatmeal	mix of lunch items	curry rice
8/4	3	oatmeal	mix of lunch items	rice and beans
8/5	3	granola	mix of lunch items	taco pasta
8/6	3	hash browns	mix of lunch items	mac and cheese with chicken
8/7	3	curry bagels with cheese	mix of lunch items	lentils rice
8/8	3	oatmeal	mix of lunch items	pb noodles
8/9	3	oatmeal	mix of lunch items	instant mash and soup mix
8/10	3	oatmeal	mix of lunch items	curry rice
8/11	3	granola	mix of lunch items	rice and beans
8/12	3	hash browns	mix of lunch items	taco pasta
8/13	3	pancakes	mix of lunch items	mac and cheese with chicken
8/14	3	oatmeal	mix of lunch items	lentils rice
8/15	3	oatmeal	mix of lunch items	pb noodles
8/16	3	oatmeal	mix of lunch items	instant mash and soup mix
8/17	3	granola	mix of lunch items	back to civilization

Budget									
		Cost	Quantity	# of Days	base fee	Total		GRAND TOTAL=	\$7,249
Flights and Travel									
	Toby Flight (EWR to ANC)	\$462	1	na		\$462			
	Toby Flight (ANC to FAI)	\$110	1	na		\$110			
	Theo Flight (COS to FAI)	\$330	1	na		\$330			
	Checked bags to AK	\$200	1	na		\$200			
	Sven's Hostel Total Nights	\$25	6	na		\$150			
	Shuttle North	\$262	2	na		\$524			
	Ian drop / Ressupply Flight	\$2,500	1	na		\$2,500			
	Shuttle South	\$280	3	na		\$840			
	Toby Flight (FAI to EWR)	\$260	1	na		\$260			
	Theo Flight (FAI to CLE)	\$211	1	na		\$211			
	Checked bags from AK	\$40	3	na		\$120			
					Total=	\$5,707			
Rental Items from CC									
	Packrafts (with dry bags, etc.)	\$0	3	21	\$0	\$0			
	Paddles	\$0	3	21	\$0	\$0			
	PFD's	\$0	3	21	\$0	\$0			
	Packraft Repair Kit	\$0	3	21	\$0	\$0			
	Throw Ropes	\$0	1	21	\$0	\$0			
	PFDs	\$0	1	21	\$0	\$0			
	Drytops	\$2	3	21	\$3	\$129			
	Waders	\$2	3	21	\$3	\$129			
	Neoprene Pogies	\$1	3	21	\$1	\$64			
	Climbing Helmet	\$0	3	21	\$0	\$0			
	Sleeping pad	\$2	1	21	\$3	\$45			
	Sleeping bag	\$2	1	21	\$3	\$45			
	Ursack Bag	\$0	4	21	\$0	\$0			
					Total=	\$412			
Rental Items not from CC & Miscellaneous Purchases									
	Fuel (8oz Isobutane)	\$7	9			\$63			
	SAR Insurance	\$40	3			\$120			
	Carbon Emmisions Offset				Total=	\$183			
FOOD									
					Total=	\$947			