

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. 5C74-X81KP

Submitted Jan 22, 2025 9:16am by Skye McCrimmon

Registration

Aug 26, 2024- Ritt Kellogg Memorial Fund

Jan 22, 2025 **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 22,
2025
9:16am

Participant



Sk e McCrimmon



Consent



Skye McCrimmon
Resort Ski Leader

Participant Agreement: Behavior and Expectations
Recorded (Jan 22, 2025 9:16am, SKM)

Expedition Summary

What is the name of your proposed expedition?

Gudy's Girls: A Journey Beyond our Backyards

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

Thru-hiking the Colorado Trail

Briefly describe the objectives of your expedition.

We intend to hike the entirety of the Colorado Trail, which spans roughly 500 miles over 33 segments from Denver to Durango. We will travel northbound starting on the West side of the state in Durango and make our way towards Denver over the trek. Our goals for this expedition is to explore the wide length of the state that we have both called home for our entire lives. As we will have just graduated from CC in May, this trip will serve as a reflective experience of our time in college and we hope that it will allow us to take a pause before we move forward to our next prospective chapters. Colorado provides an extreme and beautiful diversity of landscapes that both of us are eager to further explore and challenge ourselves as we hike. Both of us grew up near the start and end points of the CT, and as Colorado natives, this trip will provide the opportunity to explore our backyards to an extent we never thought we would. We both have a deep appreciation and gratitude for the outdoors and the experiences it provides. We intend to explore these unique sections of wilderness while challenging ourselves to hike longer distances. We aim to embrace the beauties and challenges that come with thru-hiking and to push ourselves to new heights that we have not reached before. We intend to support each other in the goals that we not only set as a team, but also in ones that we set individually.

Briefly describe the location of the expedition.

The Colorado Trail spans from Denver to Durango, Colorado, beginning South in the San Juan Mountains and ending the South Platte district outside of Denver. Since we will be trekking later in the summer and into early fall, we are choosing to hike the northbound route as the weather will be more favorable on the front range later in the season. The trail crosses through the Lost Creek, Holy Cross, Mt. Massive, Collegiate Peaks, La Garita, and Weminuche wilderness areas. Covering a large portion of the mountainous state, the trail gains roughly 89,000 feet in elevation. Throughout the trip, we will also be crossing through multiple towns for our re-ration locations including Silverton, Creede, Salida, Leadville, and Frisco.

Date that travel to the expedition will start.

Aug 25, 2025

Date that your team will enter the field.

Aug 26, 2025

Date that your team will exit the field.

Sep 29, 2025

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

Sep 30, 2025

How many days will your team be in the backcountry?

34

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

The Colorado Trail is a very popular trail, especially through the summer months after the snow has melted and higher elevations can be accessed safely. While we will encounter other people adventuring on the trail, we acknowledge that many segments of this thru-hike will provide us with ample opportunities to explore more remote and serene areas for longer periods of time.

Thru-hiking will provide moments of solitude for both of us, even though we will be traveling together. Having the opportunity to connect with the outdoors for this amount of time is something that requires resilience, patience, and determination, but also the preparedness for developing a new routine fully rooted in traveling by foot. Although we both have spent countless

hours in the backcountry, we will get into a new flow and routine, as we will fully be able to focus on this hike for an entire 5 weeks. This expedition will provide us with the opportunities for growth not only in our wilderness and backcountry skills, but also as people, friends, and enthusiasts and advocates for the outdoors.

Completing this expedition will come with many challenges and barriers that we will have to overcome. We know that this hike is not an easy feat and it is going to be something that pushes us both physically and mentally. We believe that putting ourselves in situations that may be uncomfortable at times will promote the most growth and enhance the value of this unique outdoor experience. As recent graduates, we will appreciate the opportunity to take an entire month to devote ourselves to being outside which will additionally allow us to be present and have moments of personal reflection.

Participant Qualifications

Expedition team member information

Skye McCrimmon: Graduating May, 2025
WFR Expiration Date: January 19th, 2027

Cassidy Craige: Graduating May, 2025
WFR Expiration Date: January 15th, 2027

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.

Both of us have extensive prior backpacking and hiking experience. Cassidy has completed multiple shorter trips in the San Juan Mountains, Bears Ears National Monument, and Canyonlands area in Southeastern Utah and completes day hikes frequently. Skye has completed multiple backpacking trips around Colorado and the greater Southwest area as well as a month-long thru-hike completing a section of the Great Divide Trail. Skye has also led multiple OE trips through CC and is a certified backcountry leader through Outdoor Ed. Cassidy is a certified OE leader and has additional experience guiding day hiking trips in the San Juan Mountains.

In order to prepare our bodies physically, we will train to enhance our strength and stamina for the months leading up to the expedition over the spring and summer. Building up stamina is going to be key, especially with carrying more weight over longer distances. Over the months leading up to the trip, we plan to complete at least 3 day hikes a week, complete smaller overnight backpacking training trips when possible, and strength train frequently. Additionally, we will be participating in other cross training recreational activities such as running, mountain biking, and swimming.

Training trips will assist in getting our bodies used to longer distances with larger packs, fine tuning equipment, and making any adjustments that might be needed.

For group dynamics, we will do any training that we can together to gain the best understanding of how we respond to those environments as a pair. We have completed numerous outdoor activities together, but we will discuss our strengths and limitations as thru-hiking partners to ensure we have a strong and safe team dynamic for the trip. We will be sure to listen to each other's needs, concerns, and questions prior to and during the trip to set up successful communication for the rest of the expedition. We understand that this trip is long and that spending that much time together in the backcountry is a unique experience. If any challenges arise between us, we will be

sure to acknowledge and work through them early before they progress.

Expedition Logistics, Equipment, and Food

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

To get to the trailhead, we will be meeting in Denver on August 25th, 2025. Skye's parents will drive us to the Denver airport, where we will fly to Durango. Once arriving in Durango, Cassidy's friends will pick us up at the airport and we will go into town before they drive us to the trailhead that afternoon so we can get sorted for an early first morning. In Durango, we will be purchasing items like fuel at a local gear store since we won't be able to fly with that. When exiting the field, Skye's family lives in Denver so they will pick us up from the trail on September 29th. To ensure our safety, we will be taking rides from people we know to and from the trailhead. When we need to stop for resupply, we will use trail angels rather than hitchhiking.

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

[Colorado Trail day-by-day....pdf](#) (46MB)

Uploaded 1/22/2025 9:14am by Skye McCrimmon

Please paste a URL to your complete digital expedition map.

<https://caltopo.com/m/4RBMSJ5>

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

Throughout the trip, we are planning to re-ration in towns along the way. We will re-ration 5 times in Silverton, Creede, Salida, Leadville, and Frisco. In each of these towns, we will pick up the ingredients needed listed in our meal plan. We will also restock on fuel and any other additional supplies that may be necessary. To get to and from the resupply towns, we will be using trail angels who are registered through the Colorado Trail Foundation. These individuals have detailed availability that align with our timeline and will provide a safe and free ride for us into and out of towns.

For each of the towns described below, distances from the trailhead splits are described, as well as our anticipated plan for transportation and zero days.

Silverton: Distance from the CT: Approx. 6 miles north of Molas Pass on U.S. Highway 550, which the CT crosses at the split between Segments 25 and 24. As the town is just 6 miles from the CT, we will get a ride from a local trail angel, Melissa Heron to and from Silverton. We will get a ride into Silverton in the morning and be back on trail by early afternoon to hike 5 more miles to our next campsite.

Creede: Distance from the CT: Approx. 10 miles from San Luis Pass at the intersection of Segments 21 and 20. This resupply is coming after a series of longer days on the trail, so we will take a near zero day. We will be catching a ride from trail angel Keith Koepsel. We will get to town early, and once we get back on trail, we will only have 1.5 miles to our next camp.

Salida: Distance from the CT: Salida is approx. 22 miles from where the Collegiate West routes crosses Highway 50. We will be getting a ride from a free local trail angel, Julia Thomas. We plan to take a zero day in Salida to regroup, do laundry, and rest for a day before beginning the Collegiate West Route. During this time, we will also be assessing as a group how the weather looks to make sure it is safe to take the Collegiate West Route. It will be at this point where we could make the decision to hike the alternative route of Collegiate East.

Leadville: Distance from the CT: Approx. 16 miles from junction of CW and Segment 11. We will be leaving camp relatively early to get a ride from Twin Lakes to Leadville to resupply. We will be getting a ride from a local trail angel, Rudolf Schut. We will want to be back on trail by late morning as we will still have around 7.7 miles to hike to our next campsite.

Frisco: Distance from the CT: Frisco is approximately 5 miles northwest of the trailhead, between Segments 6 and 7. We will be getting a ride from a free and local trail angel, Travis Hildebrand to and from the trail junction.

We acknowledge that coming into town 5 times will impact the remoteness of our trip. In an ideal scenario, we would not have to go into towns so we could remain out in the wilderness for the full 5 weeks. During our resupply days, we will limit our time in town and will remain focused on returning to the trail.

Describe how you will protect your food from wildlife.

We will carry two, large bear canisters to store our food. To limit odors, we plan to store food away from camp. We will also be sure to remove any food wrappers or scraps from our packs at the end of the day to prevent any risk of animals getting into them. In addition, we plan to use two Opsak odor-reducing bags in conjunction with our bear cans. These will help minimize our scent and potentially reduce interactions with any wildlife including smaller rodents. While bear canisters are not required along the route, they are highly recommended and due to the nature of the trail and much of it occurring above treeline we decided it was important to be cautious.

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

[Colorado Trail Budget - F....pdf](#) (50KB)

Uploaded 1/22/2025 7:52am by Skye McCrimmon

Upload a thorough equipment list.

[Colorado Trail Budget - G....pdf](#) (39KB)

Uploaded 1/22/2025 7:54am by Skye McCrimmon

Upload a first aid kit list.

[Colorado Trail Budget - F....pdf](#) (32KB)

Uploaded 1/22/2025 7:54am by Skye McCrimmon

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

We recognize how big a privilege going on this trip would be. In order to offset impacts from travel, we have calculated our offset and included it in our budget. We will be trying to support local food and gear companies here as we prepare. Specifically, we may try to buy from smaller retailers to assemble our initial ration and kit. As we travel we will be conscious of the, sometimes, bloody history of conservation and reflect on the Native peoples who have lived in the areas we will travel through.

As Outdoor Education certified trip leaders, and having done many backpacking trips by ourselves, we recognize the importance and effectiveness of implementing LNT principles. We will attain all the necessary permits so that we do not enter any parks or wilderness areas without permission. In creating a day-by-day itinerary for our trip, we will be prepared to handle and adapt to any obstacles or surprises that may come our way. We have done extensive research to ensure that we are prepared for hazards and have planned areas where we anticipate will have good camp locations. We will travel and camp on durable surfaces, by hiking on trails where they exist and minimizing impact where they do not. While there are no specific permits to camp along much of the Colorado Trail, we will aim to select locations where others have camped before to minimize

our impact on the land. On the trail, we will leave our campsites better than we found them by packing out all waste, including toilet paper. In the evenings, we will not start a campfire unless there are designated fire rings and the fire danger in the area is very low. Lastly, we will respect all visitors and wildlife by speaking at an appropriate volume and hiking with respect and awareness when crossing through natural habitats.

Finally, we believe this trip will have enormous impacts on who we are. As two Colorado girls, we feel that having the opportunity to complete this trail as we complete our time at CC will offer us with incredible opportunities for growth, reflection and sense of place as we embark on the next part of our lives.

Risk Management

What are the main objective hazards of the expedition?

Weather:

As we know from living in Colorado our entire lives, the weather here can change rapidly. As a result we are going to come prepared for anything. When hiking on high ridges or above treeline we will need to watch for lightning storms. If we plan on having long stretches above the treeline, we will get an alpine start and always know our nearest evacuation options. Choosing to hike this trail in the late summer into early fall, the usual Colorado monsoon will not present as much of a problem. Thunderstorms tend to be less frequent starting in September. But as we know climate change is causing constant flux to weather systems. As a result we will pay careful attention to weather cues and reports when we plan to be above treeline.

Rain is likely during our time on the trail. Both Cassidy and I have good rain gear, but we will need to be prepared to dry gear including socks, parts of the tent, and other clothing on the sides of our pack during the day. Because rain can quickly worsen and cause discomfort and other freezing or non-freezing injuries and problems, we will make sure to put rain jackets and pants on quickly, as well as protect gear using pack covers/trashbags. We have noted in our itinerary spots with particularly high exposure to the elements due to being above treeline for prolonged periods of time. Before recreating in these areas we will specifically recheck weather to make sure that we have a safe way out of each route if weather were to roll in. As outdoor enthusiasts and leaders for OE we understand it is better to stop and solve an issue early rather than waiting for it to worsen.

Snow is possible at high altitudes and during the month of September. As we described above, we will have extra warm layers if we receive snow. Due to the time of year, we will already be traveling with 0 degree sleeping bags as well. We also intentionally are hiking North to decrease the risk of running into snow.

Finally, we will be using our inReach satellite messenger to receive a 7-day weather report for the trail to help prepare for storms and plan ahead.

Wildlife:

The Colorado Trail is a habitat for hundreds of species of wildlife. While it is exciting to see wildlife in their natural habitat, we will focus on avoiding encounters with bears and other Colorado animals. In addition to focusing on avoiding larger, more dangerous animal encounters, we will also be aware of smaller rodents that could get into our packs and food storage.

While walking, we will avoid surprising wildlife by making our presence known with some noise, however not enough to disturb them. We will stick together as a team.

The main way to avoid wildlife encounters is to keep a clean camp. We plan to cook meals before arriving at camp or at a sufficient distance from our sleeping area, giving ourselves adequate separation from food odors. We will have nothing with a smell in the tent. We are using critter safe food storage methods that will minimize unwanted interactions with critters along the trail.

Water/Food:

Contaminated water can pose a large threat to hikers who do not take the necessary measures to purify their drinking/cooking water and can result in serious illness, such as Giardia. We will reduce our risks of contracting Giardia by properly purifying our water using a filter, collecting water from fast moving sources, and using proper techniques to bottle our water. We will carry both a filter and backup Aquamira for chemical water treatment. While in some sections we will struggle to find fast moving water, we trust our system of purification. We will also carry with us a bandana or further cloth in order to initially filter any larger particles. We will have the capacity to carry 2 liters of water each and will fill up as often as needed. In addition we will both be carrying a dromedary for additional water storage due to the time of year we plan to hike. We will consult our map and carefully planned itinerary for distances between water sources. We also will reference FarOut for up to date information about the presence of water on trail.

Altitude:

Due to the nature of this trail following sections of the Continental Divide Trail and traversing numerous mountain ranges this trail is at high altitudes. Thankfully we both have lots of experience at altitude and are prepared to recognize the signs and symptoms of altitude sickness. In general we will make sure we are staying hydrated. We will also be bringing electrolytes for each day on the trail so that we can get enough sodium and important minerals in our diet which will make us feel better. We will give ourselves plenty of time to move slower at the altitude. We also will plan to check in with each other to make sure that we are feeling ok throughout. Specifically Skye knows that she has issues with some mild altitude sickness usually only above 13,500 feet but as an added precaution she will be carrying acetazolamide which can be used for the day we summit a 14er and any other prolonged nights at very high altitudes.

A secondary impact of the altitude is the opportunity for storms including cold rain, hail, lightning or even snow given our timeframe. We will be carrying rain gear and monitoring weather. However, it is inevitable that we run into this weather and we will be prepared to find spots to wait out the weather safely, reconsider our itinerary as needed, make sure that we are protecting ourselves and staying warm. Both of us were raised in Colorado and have gotten stuck in storms above treeline so we are mentally prepared to make the decisions to ensure that we are safe and as comfortable as possible.

Terrain:

The Colorado Trail has notoriously gorgeous terrain across the whole state crossing numerous different mountain ranges and forest areas. There is also a lot of change in elevation with lots of ups and downs. Terrain is difficult in sections with extended ridge walks, river crossings and walking on uneven surfaces. It will be very important to come to the trail in good shape and never push ourselves into exhaustion. We will check in with each other regularly to ensure that we are feeling good to continue forth. While hiking the trail Northbound does mean that we start with some substantial elevation gain. We are going to give ourselves time to gain our hiking legs by taking into consideration both mileage and elevation. Sections of the trail will be muddy, or overgrown. Given the consequences of a fall in the backcountry, we will exercise caution and hike at a pace that promotes comfort and safety for both of us. We have marked other alternate trails that we intend to do on maps. In some cases, these higher elevation tracks are more exposed and if necessary we can instead pivot our plans to the lower option. This is specifically applicable for the Collegiate section. We will take it slow on any steep, loose descents and use trekking poles to aid in balance.

Activity Level and hiking injuries:

While small injuries like sprained ankles and blisters are common causes of evacuation in the backcountry, we will take care to 1) act proactively and prevent the initial injury and 2) prevent the injury from worsening over time by remaining cognizant of recovery times and adjusting our itinerary to promote a faster healing process. With WFR certifications, we can confidently treat small injuries and assess a person for any further treatment. We will prevent blisters by wearing proper footwear and treating blisters as soon as they begin to form. We can prevent severe sun burns by wearing sunscreen, sun shirts and hats consistently. If more serious injuries do occur, such as infections from open wounds or cold-related injuries (hypothermia), our training and planning will prepare us to make a call and evacuate as necessary.

As thru hiking is newer to both of us but especially, Cassidy, we will ensure the success of this proposal by starting with more attainable mileage and then progressively increasing our mileage and elevation as we obtain our "trail legs." We will be in constant communication with each other to ensure the success of the trip and our overall safety.

Wildfires:

Wildfires have become more and more common in Colorado with worsening drought conditions. We will remain fire-safe by using a stove with an on/off valve and only cooking in areas free of flammable materials. While using fire we will use tried-and-true methods, like not touching hot pots.

Because of the danger of encountering a wildfire, we will be in contact with other hikers, land managers, and family from home to check on fires that could interfere with our route. By using an inReach and observing conditions, like smoky or hazy air, and always knowing the closest evacuation path, we can mitigate fire danger.

When there are no fire restrictions in place, campfires are permitted on some sections of the Colorado Trail. However as drought conditions have worsened in recent years many section fires are completely banned. We follow the directions of local jurisdiction in regards to fire safety and mitigation. If we do have a fire in a designated area, we follow the following guidelines to ensure safety:

Remove easily flammable material like twigs, leaves, etc and scrape down to the dirt in the desired fire area.

Maintain distance from all wood like trees or other structures

Maintain only small fires

Keep means of extinguishing a fire nearby (smothering it or water)

When we go to bed we will ensure that the fire is properly extinguished: soak it, stir it and soak it again

Use only down timber for firewood to minimize impact on living trees

We will avoid burning garbage

We will not leave fires unattended

Snow:

We will monitor snow conditions this winter by looking at the levels of snow in basins and by talking with other hikers who start earlier than us via the Facebook Group. There is also a small chance of snow at any time of the year especially due to our decision to hike later in the season. We will be prepared for this by carrying sufficient warm and waterproof layers.

We will also monitor snowpack using the SNOTEL and Community Collaborative Rain, Hail, and Snow Network information. There is also a series of webcams and overlays on mapping softwares that we can use as we prepare to depart. Due to the nature of our timing, we likely will not have to consider snowpack in advance of leaving and will instead focus more time on ensuring that we have access to accurate weather information while hiking.

Navigation:

Although the Colorado Trail is well maintained by the Colorado Trail Foundation and U.S. Forest Service, we acknowledge that there are parts of the trail that require additional navigation, attention to detail and skills trail navigation. Especially sections of alternate routes where trail conditions and signage are often more minimal. We will practice and hone our navigation skills prior to the trip, so as to further reduce the likelihood of getting lost. We will stick together and stay within each other's eyesight to reduce the possibility of getting separated, even while on an established trail. Lastly, we plan to only travel during daylight as navigation in the dark is much more dangerous. In addition to detailed physical maps and compasses, we will have a GPS with waypoints programmed, and offline navigation on our phones. Our navigation system has multiple back ups to ensure that we always have a reliable option.

Subjective Hazards:

Group Dynamics

Given the length of our hike, we will need to be cognizant of giving each other space, while maintaining group safety. Cassidy and I have extensive backpacking experience and have participated in many outdoor activities together. We know the importance of finding a pace that works for both of us, as well as switching off who does which chores. That way we prevent burnout and ensure a successful relationship on the trail. On long stretches where we can see each other, we can plan to hike further apart or give each other time alone at camp. If group dynamics shift, we will plan to sit down and discuss issues before they worsen. We are both very communicative and feel confident in our ability to address challenges as they arise. But since we have spent long trips and time together, we don't foresee many issues arising.

Mental Fatigue

Thru-hikers often claim that hiking is 90% mental. This is a long hike that will challenge us physically and mentally. Cassidy and I will support each other, and we have tried to mitigate mental fatigue by thinking long and hard about why we want to spend part of our summer doing something so difficult. We have also planned days to give ourselves lower miles and incorporated a few zero/near zero mile days.

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

In the case of a self-evacuation, we both have our Wilderness First Responders certifications, and we are prepared to treat injuries to our best abilities, assess the situation, and execute an evacuation if needed in an emergency. As many segments of the trail begin and end on larger roads/more populated areas, if there is the capability to walk out, we will follow our planned evacuation routes that correspond to the nearest exit points from the trail as well as the closest towns.

If an injury prevents us from self-evacuation, we will extend our measures to using the SOS button on our InReach to contact Search and Rescue for help. While waiting for help to arrive, we will remain in place, continue to support injuries and plan for any environmental changes like nightfall, weather, or any trail changes.

In the event of a life threatening injury, we will use the InReach and press the SOS button and notify help of the severity of the situation. In this situation, we will stay together, continue best safety practices, and monitor changes in injury until a response team arrives.

Evacuation routes:

Evac 1: (37.33072, -107.90162)

Evac 2: (37.35230, -107.93527)

Evac 3: (37.43338, -107.97029)

Evac 4: (37.45052, -107.98413)
Evac 5: (37.45169, -108.01170)
Evac 6: (37.50455, -108.03878)
Evac 7: (37.59104, -108.02247)
Evac 8: (37.64992, -107.95732)
Evac 9: (37.71615, -107.92497)
Evac 10: (37.72599, -107.86334)
Evac 11: (37.73946, -107.69807)
Evac 12: (37.71832, -107.53607)
Evac 13: (37.79444, -107.54602)
Evac 14: (37.81419, -107.52465)
Evac 15: (37.85649, -107.36810)
Evac 16: (37.92890, -107.25077)
Evac 17: (37.94027, -107.15927)
Evac 18: (37.97140, -106.97182)
Evac 19: (38.02570, -106.83597)
Evac 20: (38.13135, -106.69703)
Evac 21: (38.15930, -106.62060)
Evac 22: (38.29674, -106.51670)
Evac 23: (38.29091, -106.37860)
Evac 24: (38.39527, -106.24743)
Evac 25: (38.49574, -106.32577)
Evac 26: (38.56364, -106.31214)
Evac 27: (38.63816, -106.36139)
Evac 28: (38.69228, -106.41405)
Evac 29: (38.82786, -106.40918)
Evac 30: (38.89394, -106.46833)
Evac 31: (38.99484, -106.40345)
Evac 32: (39.09386, -106.36439)
Evac 33: (39.15131, -106.41894)
Evac 34: (39.28422, -106.44559)
Evac 35: (39.35056, -106.35015)
Evac 36: (39.36254, -106.31126)
Evac 37: (39.36254, -106.31126)
Evac 38: (39.49255, -106.13593)
Evac 39: (39.53811, -106.04223)
Evac 40: (39.53903, -105.97225)
Evac 41: (39.51652, -105.93485)
Evac 42: (39.41266, -105.75800)
Evac 43: (39.36239, -105.68745)
Evac 44: (39.34834, -105.61659)
Evac 45: (39.33835, -105.40154)
Evac 46: (39.35597, -105.24756)
Evac 47: (39.40032, -105.16753)
Evac 48: (39.49093, -105.09403)

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

N/A

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

Day 1 and 2 → Segment 28

Emergency phone numbers:

La Plata County Sheriff: 970-247-1157
Nearest town: Durango
Closest Hospital: Common Spirit Mercy Hospital +19702474311

Day 2, 3, and 4 → Segment 27
Emergency phone numbers:
Montezuma County Sheriff: 970-565-8452
Nearest towns: Cortez
Closest Hospital: Southwest Health Systems +19705656666

Day 4 → Segment 26
Emergency phone numbers:
San Juan County Sheriff: 970-387-5531
Dolores County Sheriff: 970-677-2257
Nearest towns: Silverton, Telluride
Closest Hospital: Durango Urgent Care at Purgatory Lake City Medical Center +19709442331

Days 5, 6, 7, 8, 9 → Segments 25-23
Emergency phone numbers:
San Juan County Sheriff: 970-387-5531
Nearest town: Lake City, Silverton, Telluride
Closest Hospital: Lake City Medical Center +19709442331, Telluride Regional Medical Center +19707283848

Days 8, 9, 10 → Segments 23-22
Emergency phone numbers:
Hinsdale County Sheriff: 970-944-2291
San Juan County Sheriff: 970-387-5531
Nearest towns: Lake City, Silverton
Closest Hospital: Lake City Medical Center +19709442331

Day 10 → Segment 21
Emergency phone numbers:
Saguache County Sheriff: 719-655-2525
Mineral County Sheriff: 719-658-2600
Nearest town: Creede
Closest Hospital: Heart of the Rockies Regional Medical Center (Salida) +17195302200, Rio Grande Hospital +17196572510, Creede Family Practice of Rio Grande Hospital +17196580929,

Day 11, 12, 13, 14 and 15 → Segments 20-16
Emergency phone numbers:
Saguache County Sheriff: 719-655-2525
Nearest town: Saguache
Closest Hospital: Heart of the Rockies Medical Center (Buena Vista) +17193956641, Heart of the Rockies Regional Medical Center (Salida) +17195302200

Segment CW05
Land manager/ranger station: Gunnison Ranger District / 970-874-6600 & Salida Ranger District / 719-539-3591
Chaffee County Sheriff: 719-539-2596

Nearest town: Salida (15 miles from CT), Gunnison (39 miles from CT)
Nearest hospital: Heart of the Rockies Regional Medical Center (Salida), 719-530-2200, Gunnison Valley Health Hospital, 970-641-1456

Segment CW04-CW02

Land manager/ranger station: Leadville Ranger District, 719-486-0749, Gunnison Ranger District / 970-874-6600

Chaffee County Sheriff: 719-539-2596

Nearest town: Buena Vista

Nearest hospital: HRRMC Buena Vista Health Center, 719-395-9048

Segment CW01, Segment 11-9

Land manager/ranger station: Leadville Ranger District, 719-486-0749

Lake County Sheriff: 719-486-1249

Nearest town: Twin Lakes Village, Leadville

Nearest hospital: Saint Vincent Health, 719-486-0239

Segment 8

Land manager/ranger station: Dillon Ranger District / 970-468-5434 & Holy Cross Ranger District / 970-827-5715

Summit County Sheriff: 970-453-2232

Nearest town: Copper Mountain (>1 mile from CT), Leadville (8 miles from CT)

Nearest hospital: CommonSpirit St. Anthony Summit Hospital, 970-668-3300

Segment 7

Land manager/ranger station: Dillon Ranger District / 970-468-5434

Summit County Sheriff: 970-453-2232

Nearest town: Breckenridge (4 miles to the CT), Frisco (5 miles to the CT), Copper Mountain (<1 mile to the CT)

Nearest hospital: CommonSpirit Emergency and Urgent Care Breckenridge, 970-453-1010

Segment 6 & 5

Land manager/ranger station: South Park Ranger District / 719-836-2031 & Dillon Ranger District / 970-468-5434

Summit County Sheriff: 970-453-2232

Nearest town: Breckenridge (4 miles to CT, S6), Jefferson (4.5 miles to CT, S5)

Nearest hospital: CommonSpirit Emergency and Urgent Care Breckenridge, 970-453-1010

Segment 4-1

Land manager/ranger station: South Platte Ranger District / 303-275-5610 & South Park Ranger District / 719-836-2031

Park County Sheriff: 303-838-4441

Nearest town: Bailey (S4), Buffalo Creek (S3), Conifer (S2), Denver (S1)

Nearest hospital: Conifer Medical Center (S4-S2), 303-647-5300

If we have cell service, we will plan on communicating to these resources with our phones. However, a majority of the trail is out of cell range, so it would be likely that we would use the InReach for extended communication if we need to get in touch with any of these emergency and rescue resources.

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

We will each have our cell phones as well as an InReach for emergency communications. In any

case of emergency, we will contact the resources in the vicinity of our expedition (listed under emergency and rescue resources). For minor injuries with the ability to self rescue and evacuate, we will assess based on the situation and follow our proposed evacuation routes for the applicable segment. In the case of a greater emergency, we will use the InReach and the SOS button to call for help and follow through with an assisted trail evacuation.

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.

We acknowledge that the areas around us are constantly changing due to climate change. One potential hazard that we could encounter could be limited water sources due to drought and it being later in the season. In order to be prepared for this, we will have water sources marked on our maps and be planning our daily mileage accordingly. If there are stretches with less water to resupply, we will be prepared to carry extra from the previous source to ensure that we are each getting enough water to stay hydrated and have enough to cook our meals. An additional hazard is sun exposure and heat. Summers are becoming warmer and we will be prepared to be in these conditions. To protect ourselves from the sun and heat exhaustion, we will both stay hydrated, reapply sunscreen every few hours, and will wear protective sun clothing like sun shirts and hats. An additional hazard we need to be aware of is wildfires. With climate change, summers are becoming more unpredictable. In the case of a wildfire near us, we would take a series of steps to ensure our safety. We would first attempt to get in contact with local rangers to receive any trail updates and information about the fire and its location. We would assess as a team to decide on our re-route or potential evacuation plan. We will follow the closest marked alternative routes that would avoid the fire, and if it makes sense, we would completely turn around and evacuate the trail at a developed trail junction. Circumstances like these are possible, and the unpredictability of wildfires is something that we are very aware of. In the event of a wildfire, we will be sure to stay calm, work together, and ensure that we are taking the safest route. Other hazards we could encounter may include forms of erosion. The Colorado Trail is well maintained, but we are aware that segments of the trail, especially above treeline, are more exposed, loose, and have the potential to be damaged or change through landslides and erosion. In order to address this hazard, we will stay up to date with any updates from the forest service.

Budget

Upload a detailed and complete expedition budget.

[Colorado Trail Budget - O....pdf](#) (52KB)

Uploaded 1/22/2025 7:57am by Skye McCrimmon

What is the total funding request for your trip?

2534.55

What is the funding request per person?

1267.28

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

In order to minimize expenses for our expedition, we will plan to travel together to and from the trailhead and use rental gear from the Gear House or gear from family rather than purchasing anything new. We plan to only purchase what is necessary during our trek. Additionally, before and after the trip, we will be staying with family or friends for the night rather than using hotels. Once on the trail, food and fuel will be our main purchases, as well as the very minimal expenses for zero days.

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

[RKMF_Expedition_Agreement....pdf](#) (230KB)

Uploaded 1/22/2025 9:16am by Skye McCrimmon

Colorado Trail Itinerary

Cassidy Craige and Skye McCrimmon

Expedition Dates: August 25th-September 30th, 2025

Date that travel to the expedition will start: August 25th, 2025

Date that your team will enter the field: August 26th, 2025

Date that your team will exit the field: September 29th, 2025

Date that the last team member gets to their home location: September 30th, 2025

How many days will your team be in the backcountry?: 34

Day by day Itinerary:

Link to map: <https://caltopo.com/m/4RBMSJ5>

Key to map:

Purple line: Main route

Purple dot: Camp

Green line/dot: detour/side hikes

Yellow Back up route

Blue: Water

Orange line: Evacuation route

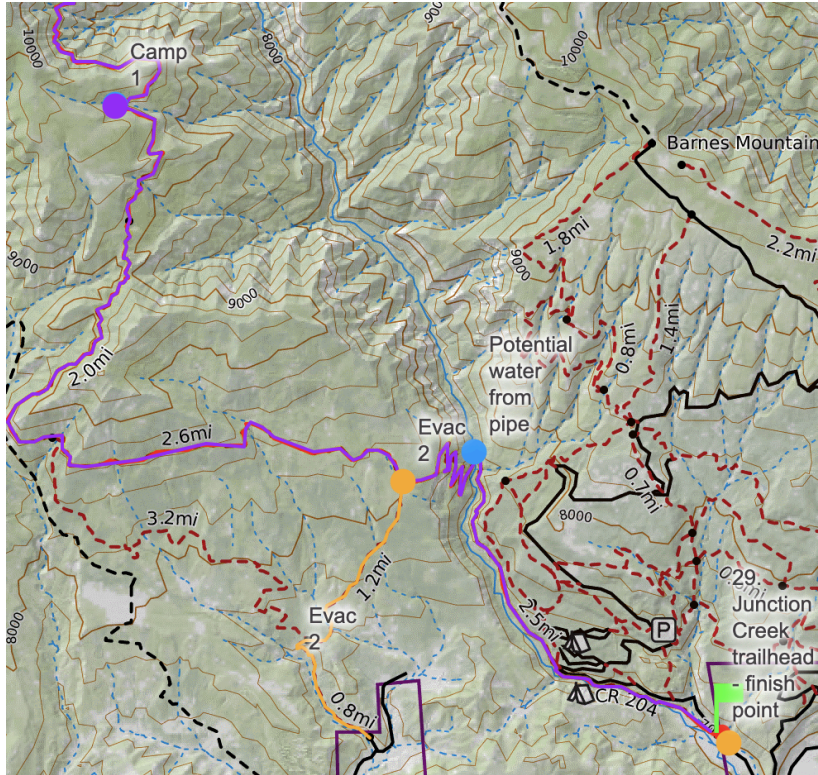
August 25th: fly Denver to Durango in the morning ideally

In the afternoon collect remaining gear that we were unable to fly with - ie cooking gas etc.

In the late afternoon, get a ride to Junction Creek Campground with Melissa Heron, a trail angel in the Durango/Silverton area.

Get all sorted so that we are ready for an early start on the first full day on trail.

August 26th Day 1: Segment 28



9.51 miles

+2,691'

-256'

Camp: At the sharp right hand bend between 9.7 and 9.8 miles from the Durango trailhead there is a small campsite on a “bench” slightly above the trailhead. We plan to camp here. There is water accessible at a stream 200 feet away.

Water:

- Start the day with full water in Durango
- Mile 3.3 - possible spring water from a pipe
- Mile 9.51 - seasonal stream – we will check information before departure to decide if we need to be prepared for a dry camp on this day

Hazards:

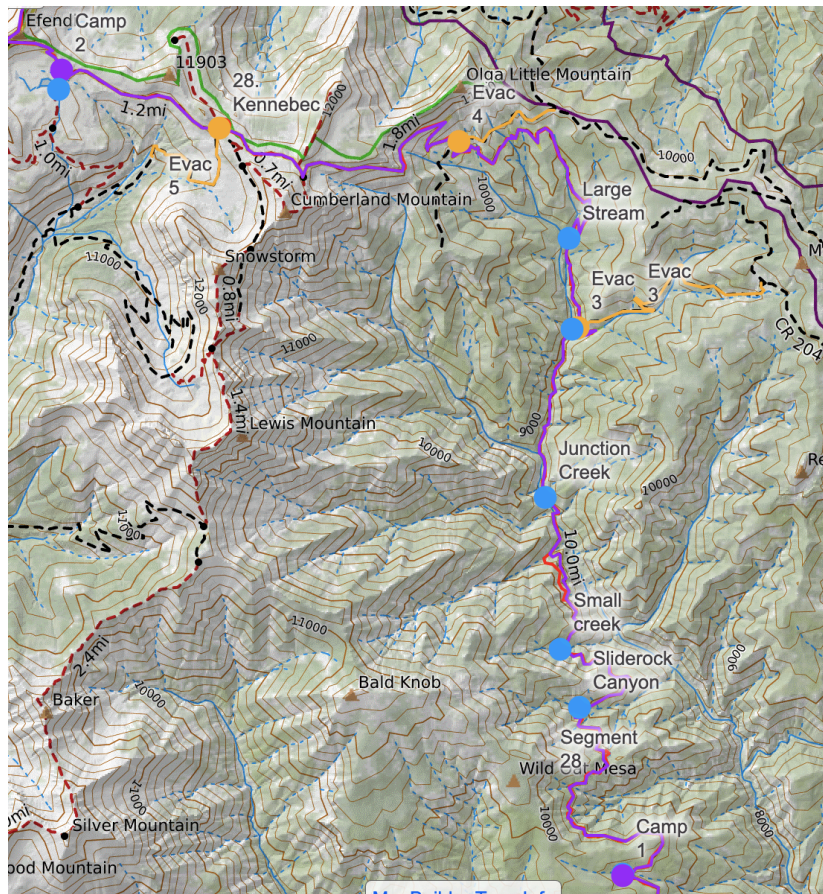
- Cattle usage
- Lack of water
- Lots of elevation gain
- Sun/heat

Evac Route: (37.35230, -107.93527) Our most logical evacuation for this segment would be returning back towards Durango on the trail. There is also a connection point to County Road 208 which we could access at mile 4.

Evac 1: (37.33072, -107.90162)

Evac 2: (37.35230, -107.93527)

August 27th Day 2: Segment 28 and part of Segment 27



12.61 miles

+3,502' (3389 from Segment 28 and 113 from 27)

-1772' (1696 Segment 28 and 103 Segment 27)

We plan to camp near Taylor Lake. At approximately mile 1.17 into Segment 27 we will see the Sharkstooth trail to our left with options to camp in the direction of Taylor Lake. This is an optimal spot because it is before we start an intense incline out of this campsite. Water is accessible at both a stream and the lake.

Water:

- Mile 2.4 - Sliderock canyon has reliable water
- Mile 3.4 - cross a small creek
- Mile 4.6 - Junction Creek
- Mile 5.8 - Flagler Fork of Junction Creek and Gaines Gulch waterfall
- Mile 6.8 - large stream
- Mile 12.61 - Taylor Lake

Hazards:

- Lots of elevation gain

- Loose hiking terrain including Talus/Scree
- Sun

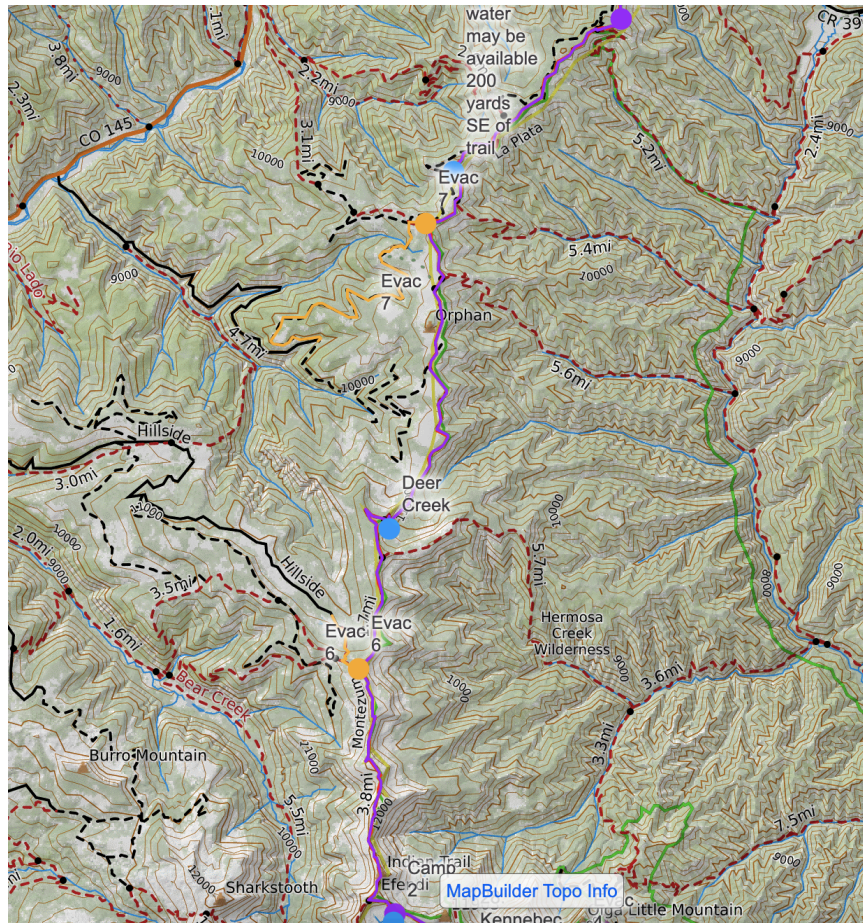
Evac Route: Evacuation route 3 would lead us to County Road 204 from mile 6.1. Evacuation route 4 at mile 9 would bring us higher up on the same county road. Finally, Evacuation route 5 is at Kennebec Pass and would connect to County Road 124.

Evac 3: (37.43338, -107.97029)

Evac 4: (37.45052, -107.98413)

Evac 5: (37.45169, -108.01170)

August 28th Day 3: Segment 27



16.9 miles

+2,557'

-3,316'

Approximately 15.8 miles into today's hike, we should cross forest road 564. After crossing this road and within the mile we will pass some scenic but dry campsites. We will plan to stay at one of these with the goal of making it close to the Corral Draw Trail. The last water stop will likely be 3.5 to 4 miles before camp. We will fill up our dromedary with enough water for our dinner, breakfast and the first part of the morning. The last official guaranteed water source will be at

Deer Creek which is about 8 miles into our hike. We will likely choose to fill our backup water here.

Water:

- Mile 6.9 - Seasonal Stream
- Mile 7.5 - Deer Creek
- Mile 13.5 - Big Bend Trail Junction - water may be available 200 yards SE of trail

Hazards:

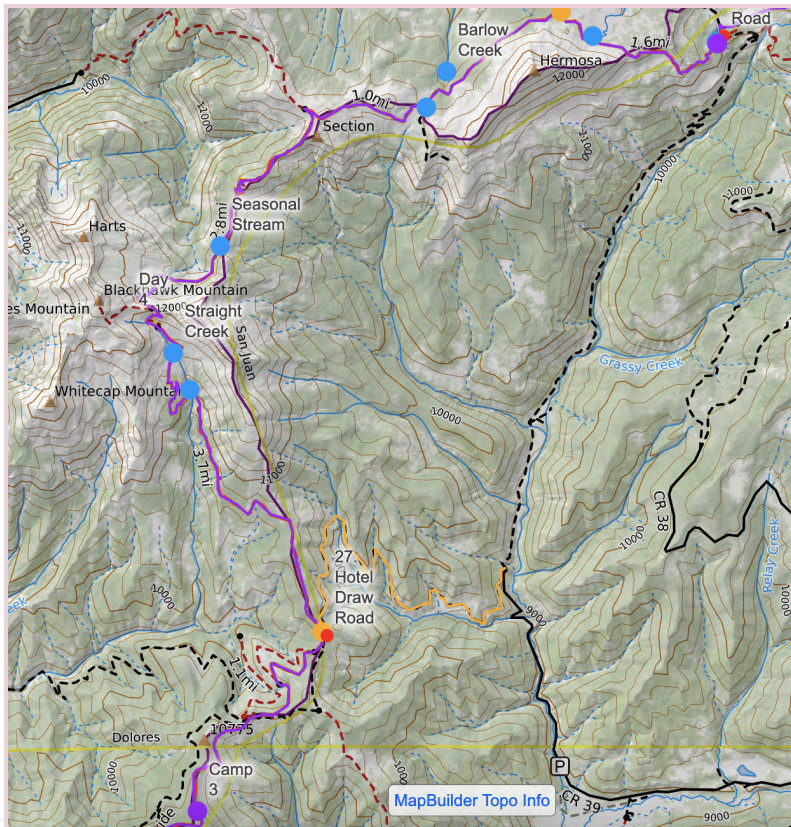
- First longer mileage day
- Dry Camp
- Sun

Evac Route: Two potential evacuation routes, the first at mile 4.2 leading to Hillside Road. The second at mile 12.3 to the Roaring Fork Road.

Evac 6: (37.50455, -108.03878)

Evac 7: (37.59104, -108.02247)

August 29th Day 4: Segment 27 and Segment 26



13.23 miles

+2669 (115 from Segment 27 and 2551 from Segment 26)

-2480 (653 from Segment 27 and 1827 from Segment 26)

We will be camping near Celebration Lake at the end of Segment 26. There is a stream outlet at the end South end of the lake and just before that and along Celebration lake there should be plenty of options to camp.

Water:

- Mile 4.9 - seasonal stream
- Mile 5.1 - seasonal stream
- Mile 5.4 - Straight Creek
- Mile 6.3 - Straight Creek
- Mile 7.6 - seasonal stream
- Mile 10.2 - pond below the trail
- Mile 11- small stream
- Mile 11.2 - Barlow Creek
- Mile 12.2 - Stream
- Celebration lake and associated creeks

Hazards:

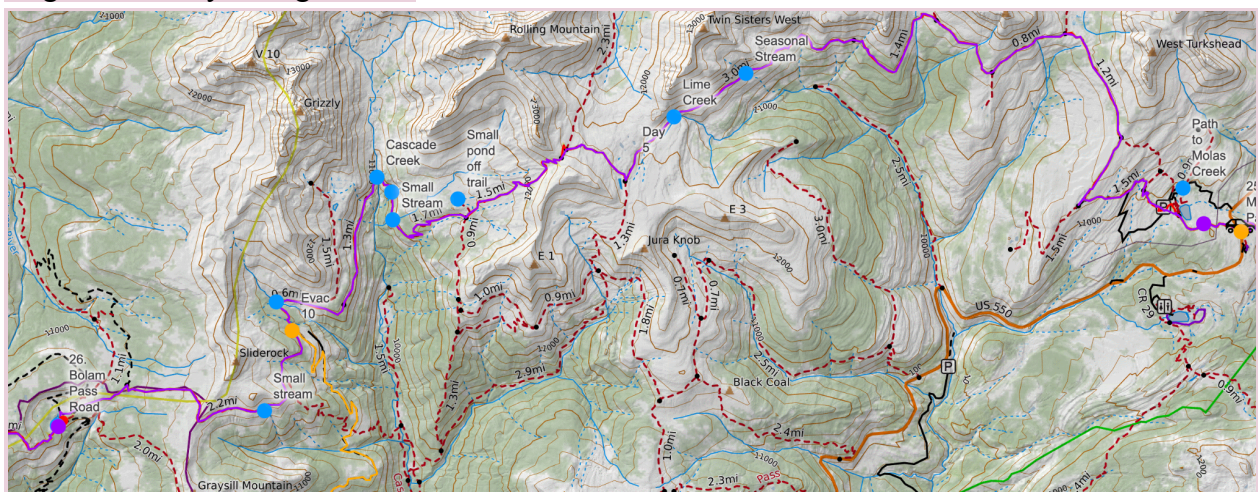
- Sun
- Decent amount of elevation gain and loss

Evac route: First route for this segment would bring us to Hotel Draw Road at mile 2.4. Evac route 9 would bring us to County Road 39 at mile 11.6 for the day.

Evac 8: (37.64992, -107.95732)

Evac 9: (37.71615, -107.92497)

August 30th Day 5: Segment 25

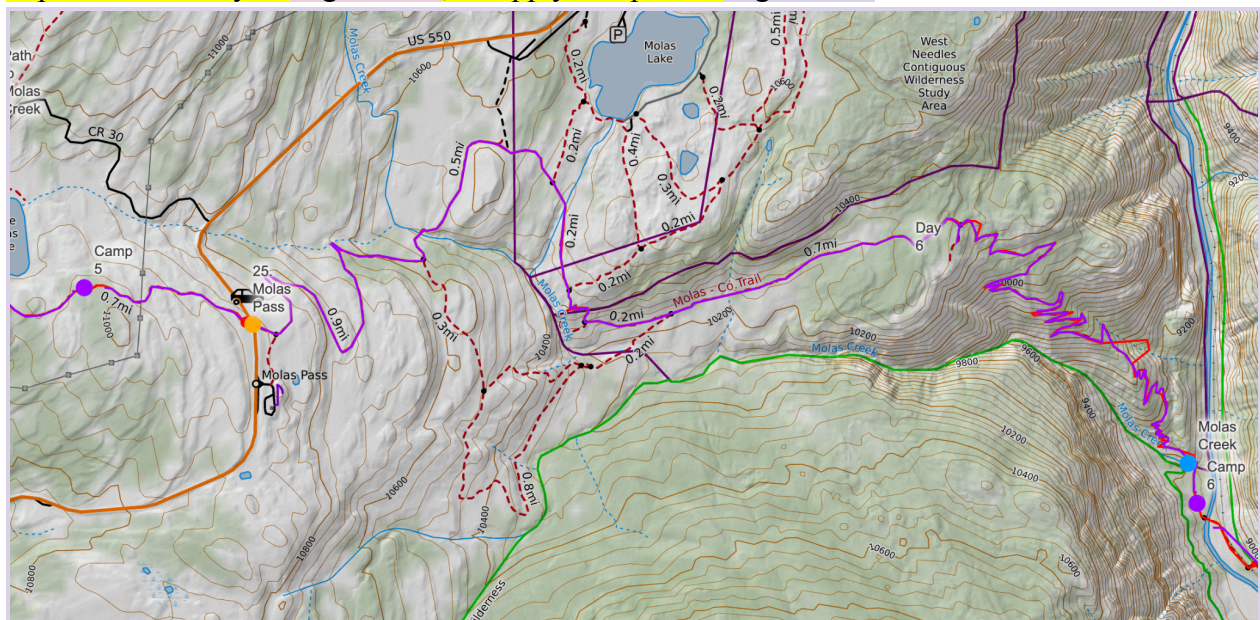


19.96 miles

+3367 ft

-3515 ft

We will be camping near Little Molas Lake. Long day but our packs should be lightweight because we will be resupplying the following day. The goal is to get as close to the resupply



5.54 miles (0.7 miles to the pass to get to Silverton and then 4.84 miles from the pass to our next campsite)

+332 (44 Segment 25 and 288 Segment 24)

-2350 (94 Segment 25 and 2256 Segment 24)

We will be getting an early start in order to leave time for our first re ration in Silverton. We will hike 0.5 miles and then get a ride into Silverton which is approximately 6 miles. We will then return to the trailhead and hike almost 5 more miles to our campsite for the night.

Water:

- Refill water in Silverton
- Mile 1 (of Segment 24) side stream and Molas Creek
- Mile 4.8 - Molas Creek Bridge and Animas River Bridge

Hazards:

- Road walking
- Sun
- Heavy packs after we resupply

Evac route: Today's evacuation route would be the same as the previous day, as we are not covering a lot of mileage this day.

Evac 11: (37.73946, -107.69807)

September 2nd Day 7: Segment 24



9.66 miles

+4252 ft

-663 ft

This Segment of the trail is thought to be one of the most gorgeous. But given the direction that we are moving it is also going to be one of the more grueling days in terms of altitude. As a result of the amount of elevation gain, we are choosing to do slightly shorter mileage. We will be camping near the junction between the Colorado Trail and the Continental Divide trail near a series of small ponds for water.

Water:

- Mile 3.7 - Pond and climbers trail to the right
- Mile 5.6 - stream ford with a waterfall upstream
- Mile 6.3 - Elk Creek access
- Mile 7.7 - Elk creek and waterfall
- Mile 7.9 - Elk Creek
- Mile 8.1 - Elk creek
- Mile 8.3 - headwaters of Elk Creek
- Mile 9.6 - a series of small lakes and streams

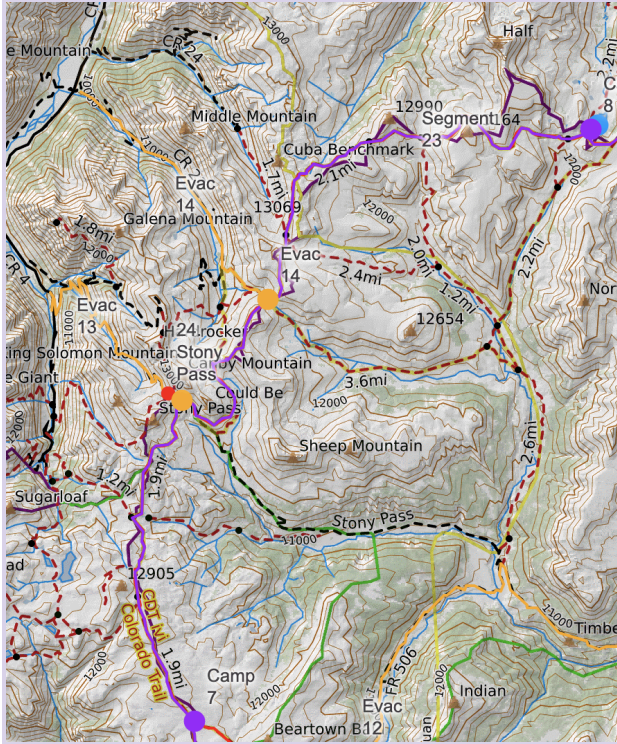
Hazards:

- Elevation gain
- Sun
- Heavy packs

Evac route: At mile 8.5 for the day, we near FR 506, which connects with FR 520, which eventually crosses County Road 18.

Evac 12: (37.71832, -107.53607)

September 3rd Day 8: Segment 24 and part of Segment 23



15.94 miles (5.45 miles S24 and 10.49 miles S23)

+3234 ft (2209 - S23 and 1025 S24)

-3526 ft (2594 S23 and 932 S24)

Segment 23 is also supposed to be a gorgeous Segment of the trail but a large portion of it will occur above treeline. One of the advantages to our itinerary of starting in late August is that for the most part monsoon season is beyond us. But in order to successfully execute this day, we will be sure to get an early start and carefully monitor our weather. We plan to camp at Cataract Lakes which are thought to be some of the most gorgeous along the Colorado Trail.

Water:

- Mile 2.6 - small stream
- Mile 4.7 - seasonal stream
- Mile 5.2 - small stream
- Mile 5.6 - small seasonal stream
- Mile 7 - creek
- Mile 7.9 - pond
- Mile 12.7 - small stream
- Mile 15.5 - stream
- Camping at Cataract creeks which offer a variety of streams and outlets for water

Hazards:

- Exposure above treeline
- Sun
- Longer mileage

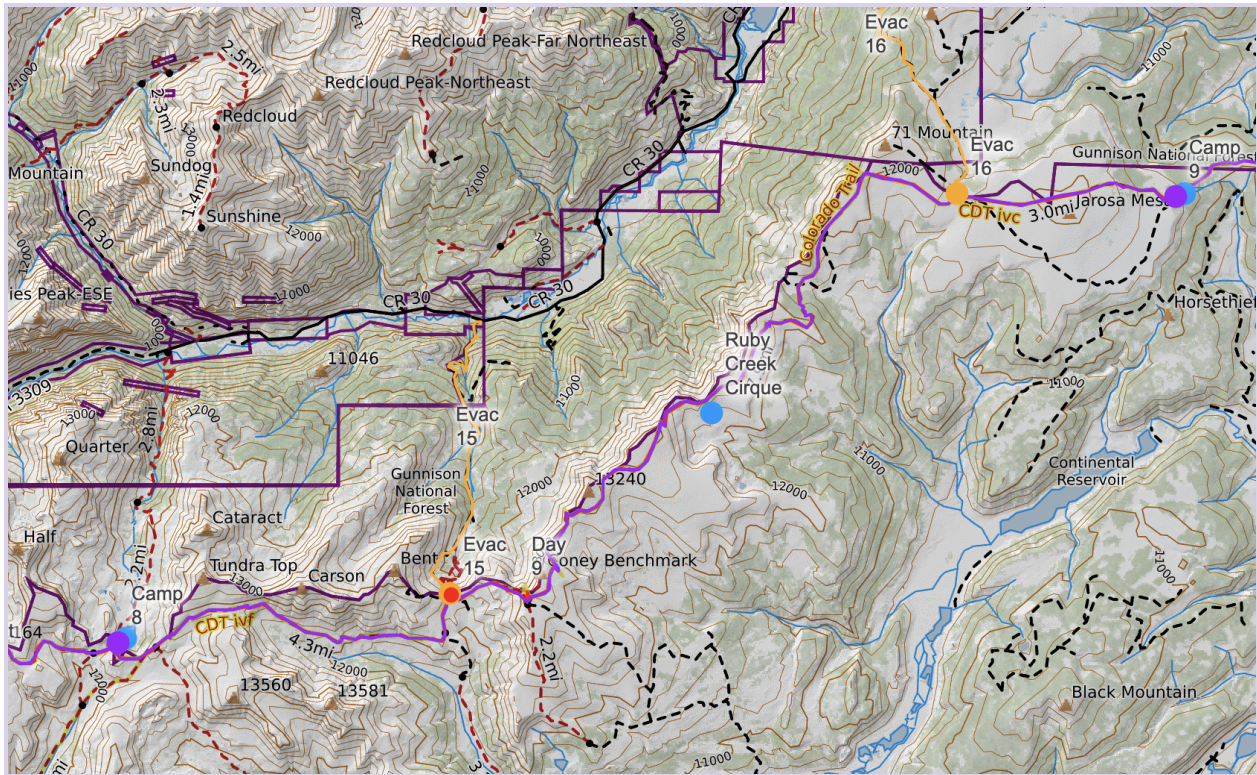
- High altitude
- Severe weather conditions
- Navigation with cairns
- Saddles
- Stream crossing
- Steep terrain

Evac route: At mile 5, we cross County Road 3 which connects to County Road 4, which follows the Silverton Northern Railroad. The second point of evacuation would be at mile 8.3 towards Country Road 23.

Evac 13: (37.79444, -107.54602)

Evac 14: (37.81419, -107.52465)

September 4th Day 9: Segment 23 and part of Segment 22



19.95 miles (14.35 S22, 5.6 miles S23)

+ 3453 (2243 S22 +1210 S23)

-4299 (3215 S22, 1077 S23)

Just after we leave single track trails, we will see some options for camping. A seasonal creek also crosses the road here which offers potential for water close to the campsite. As we get closer to our departure we will monitor water flow from the season. We will operate based on the assumption that this will be a dry camp meaning that we will collect water at the last readily available source which may be as far as 8 or 9 miles from camp.

Water:

- Mile 3.3 - small stream
- Mile 4 - seasonal stream
- Mile 4.5 - small stream
- Mile 11.4 - Ruby Creek Cirque – some limited options for water
- Mile 19.9 - Seasonal creek

Hazards:

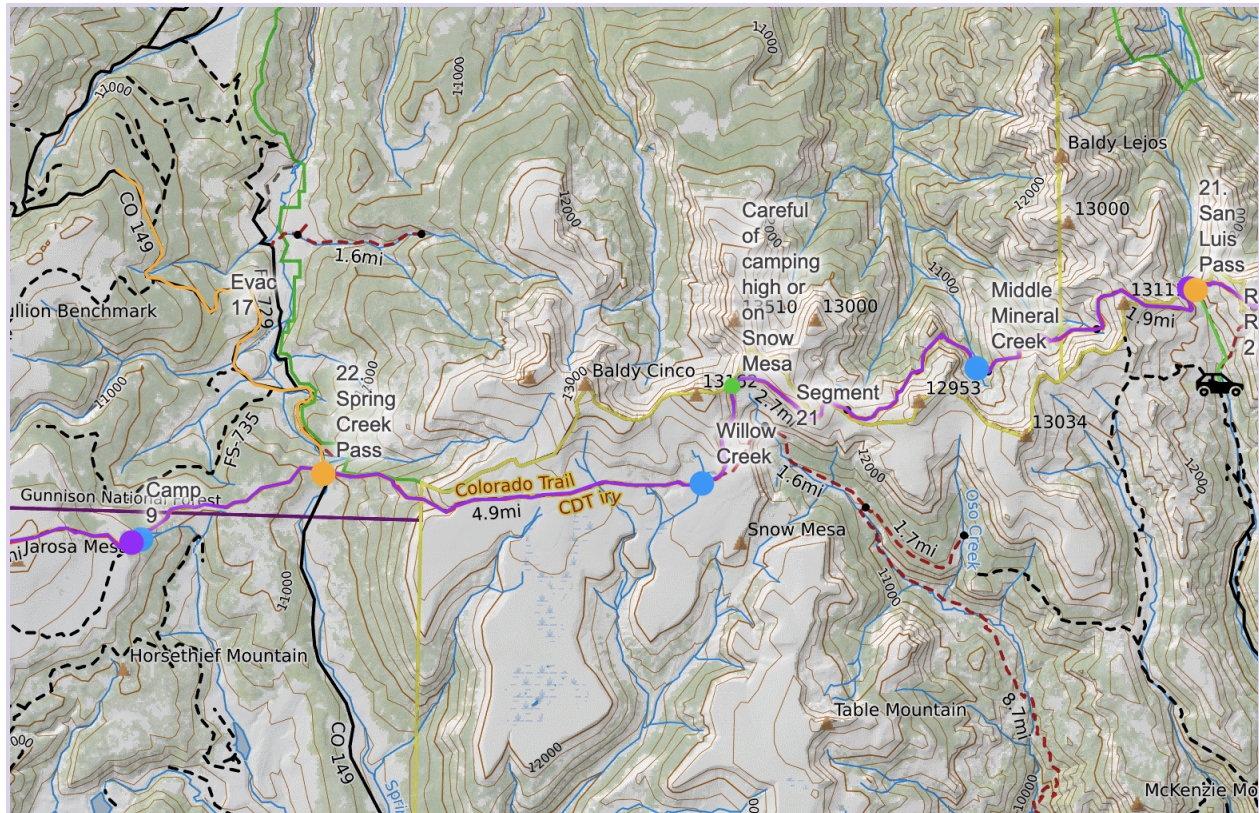
- Steep rocky terrain
- Narrow ridge
- High altitude (CT high point)
- Sun

Evac route: Our first break off point would be Carson Saddle at mile 5.4 towards CR 30 with the second point bringing us to road CO 149.

Evac 15: (37.85649, -107.36810)

Evac 16: (37.92890, -107.25077)

September 5th Day 10 Segment 22 and Segment 21



17.05 miles (14.43 miles S21 2.62 miles S22)

+4275 feet (+4153 S21 +122 S22)

-3715 feet (-3112 S21 -603 S22)

Today is another day on the trail with nearly 8 miles of highly exposed Segments that can be challenging and dangerous if the weather is not good. In order to account for this we will start the day early. We will be camping at the intersection of San Luis Pass and Cascade Creek.

Water:

- Mile 7.5 crossing of Willow Creek is more accessible but sometimes dry
- Mile 8 pond that is reliable water but often there are mud flats
- Mile 11.8 - some seasonal water but not super reliable
- Mile 13 - Cross Middle Mineral Creek
- Seasonal water between miles 14 and 15 - East Mineral Creek Tributaries

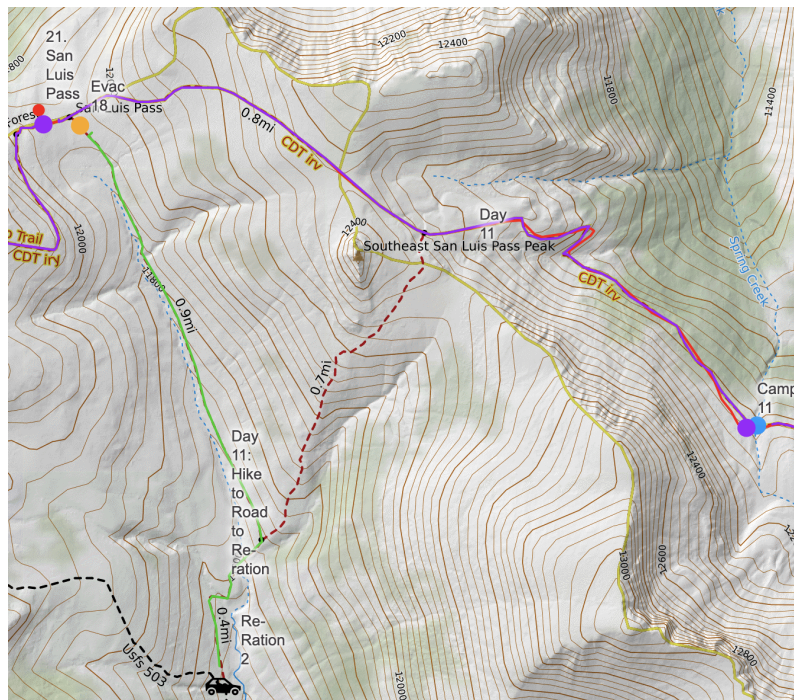
Hazards:

- Exposure
- Very remote
- Moose in the area – keep an eye out and respect wildlife and their habitat
- Motorcycles and bikes on trail
- Tough start to the day with chance of no water – we will need to be especially careful about planning ahead

Evac route: At mile 2.6, we cross Road CO 149 again. This is the last evacuation route for this segment.

Evac 17: (37.94027, -107.15927)

September 6th Day 11 Re-ration and part of Segment 20 (nero)



3.4 miles

+438 feet

-483 feet

Description: We will start the morning catching a ride into Creede where we will be resupplying and collecting any materials that we need from town. The trail to get to the road is 1 mile long, adding 2 miles to our day round trip. We aim to get to town early so that we can get back on the trail later that afternoon. But given the series of three days over 15 miles with decent elevation we wanted to take a near zero day. When we get back on the trail we plan to hike approximately 1.5 miles to camp near a stream bed. In this area we will be especially careful about picking our campsite because there are a number of trees that blow down in the wind.

Water:

- Water at camp
- Refill in Creede
- Mile 3.4 or near campsite

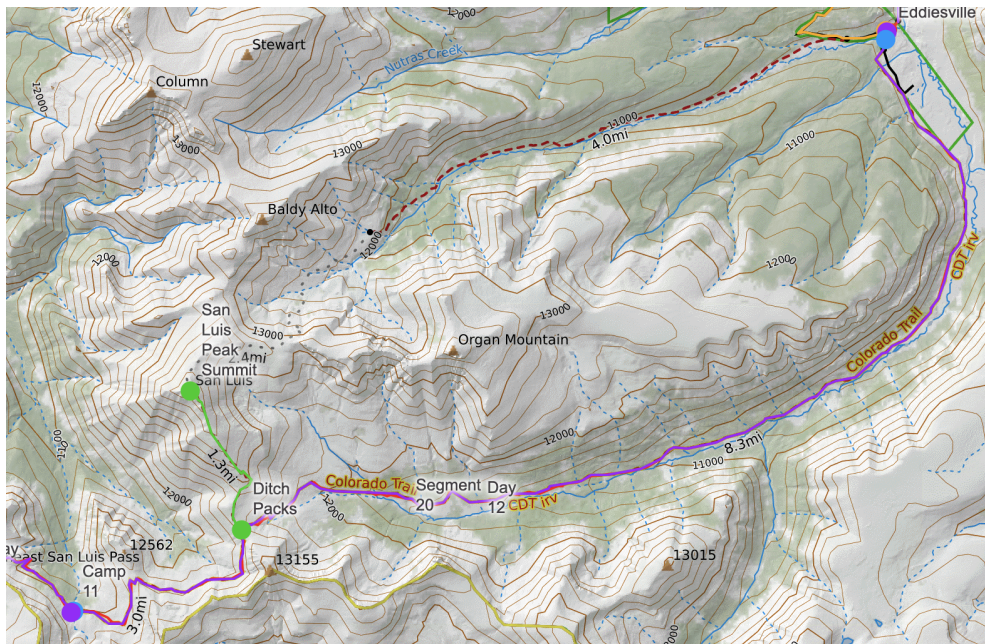
Hazards:

- Dead timber or tree blow down
- Road walk to get to town

Evac: This evacuation route is marked with a green line on the map, as it is the detour we will be taking to get to Creede for our resupply.

Evac 18: (37.97140, -106.97182)

September 7th Day 12 Segment 20 and 14er Sidequest



13.6 miles

+2354 feet

-3927 feet

Description: On this day we will be taking the option to summit San Luis Peak. We will start by hiking 2.1 miles from our campsite to the saddle where we can ditch some gear and then we will take a 2.8 mile round trip (1400 feet) to the summit. Then we will descend back to the saddle and finish hiking the rest of Segment 20 where there is a vault toilet, camping available and Stewart Creek that will provide us with water. While this is no different than our other above treeline days, we will once again be sure to get an early start.

Water:

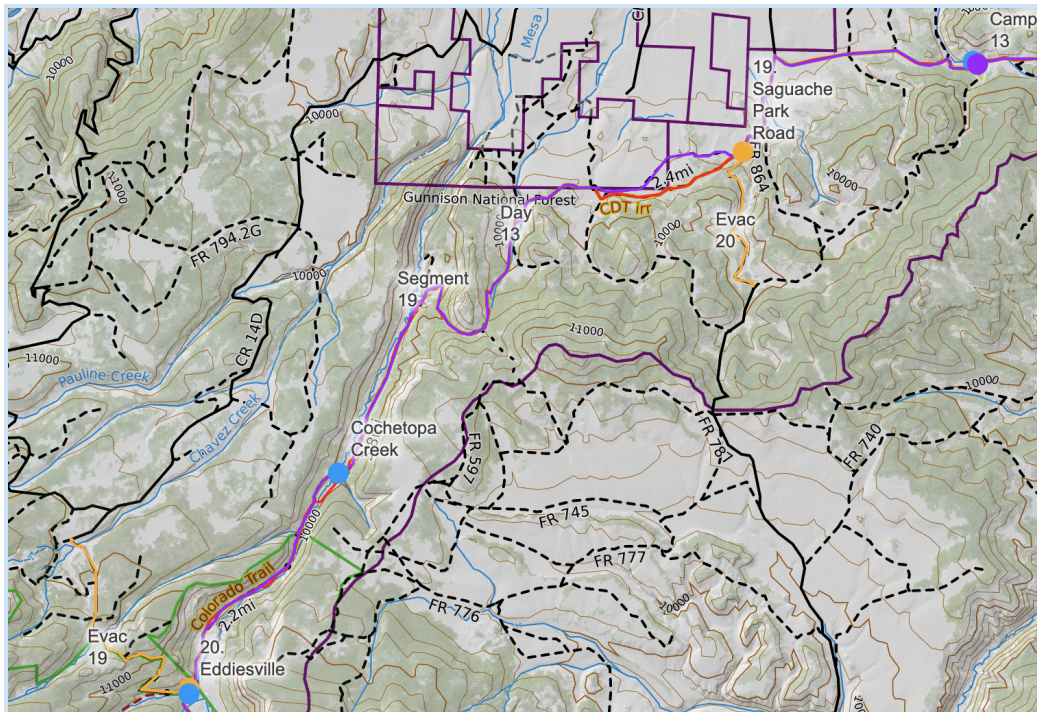
- Start of the day we will fill water to get us through the 14er and then have the opportunity to fill up after the summit side quest
- Mile 5-9 have good access to water
- Mile 13.6 - Stewart Creek

Hazards:

- Exposure Summiting a 14er
- Lots of elevation and gain and loss

Evac route: This route is right between Segment 20 and 19 and connects to County Road 14D
Evac 19: (38.02570, -106.83597)

September 8th Day 13 Segment 19 and part of Segment 18



18.3 miles (13.7 miles S19 and 4.6 S18)
+2002 feet (+1442 feet S19 and +560 S18)
-2647 feet (-2239 S19 and -408 S18)

Description:

Camp: Shortly after the junction with FS 7872A road we should come to some good camp spots that are up the hill on Lost Creek Road. We likely should be able to find water here.

Water:

- **Stewart Creek starting the day**
- **Mile 3.9 Cochetopa Creek**
- Mile 10.2 Van Tassel Gulch with a seasonal spring protected by fence
- Mile 11.3 Seasonal Quemado Creek
- **Mile 18.3 - camp reliable water**

Hazards:

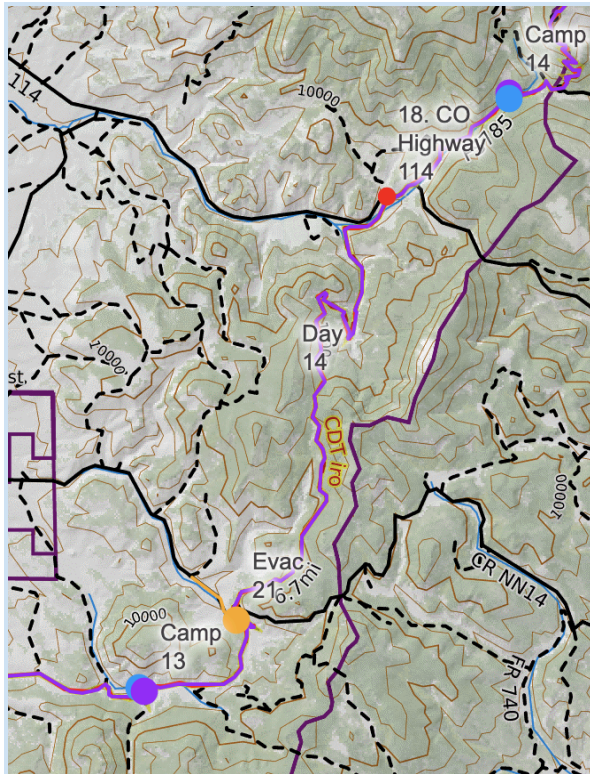
- River crossing
- Super remote
- Multiple junctions which require paying special attention to location
- Road travel and potential for motorized vehicles

Evac route: This route crosses numerous FS roads but has a clear crossing FR 787 at mile 13.5 for the day.

Evac 19: (38.02570, -106.83597)

Evac 20: (38.13135, -106.69703)

September 9th Day 14: Segment 18 and part of Segment 17



11.4 miles (9 miles S18 left and 2.4 miles S17)
+1652 feet (+1058 S18 +594 S17)

-1146 feet (-1112 S18 -34 S17)

Description: This should be an easier day mileage and elevation wise which will be a nice break after a longer day. Segment 17 doesn't have the best water access. With this in mind, we will be careful with our selection of water along the trail. Our camp spot about 2 miles into Segment 17 is just before where we cross Lujan Creek. This area is also particularly commonly used by cattle in the area. So when collecting water we will select water from moving areas if possible but we can also use the bandana trick as a way to filter larger particles from our water before we use a Sawyer squeeze and or Aquimira for purification

Water:

- **Start day at Los Creek (most reliable)**
- Mile 1.3 there may be water in grass 50 feet upstream of the crossing but often dry
- Mile 9 we cross a bridge where there may be water in Lujan Creek but it is often dry
- **Mile 11.4 water at Lujan Creek**

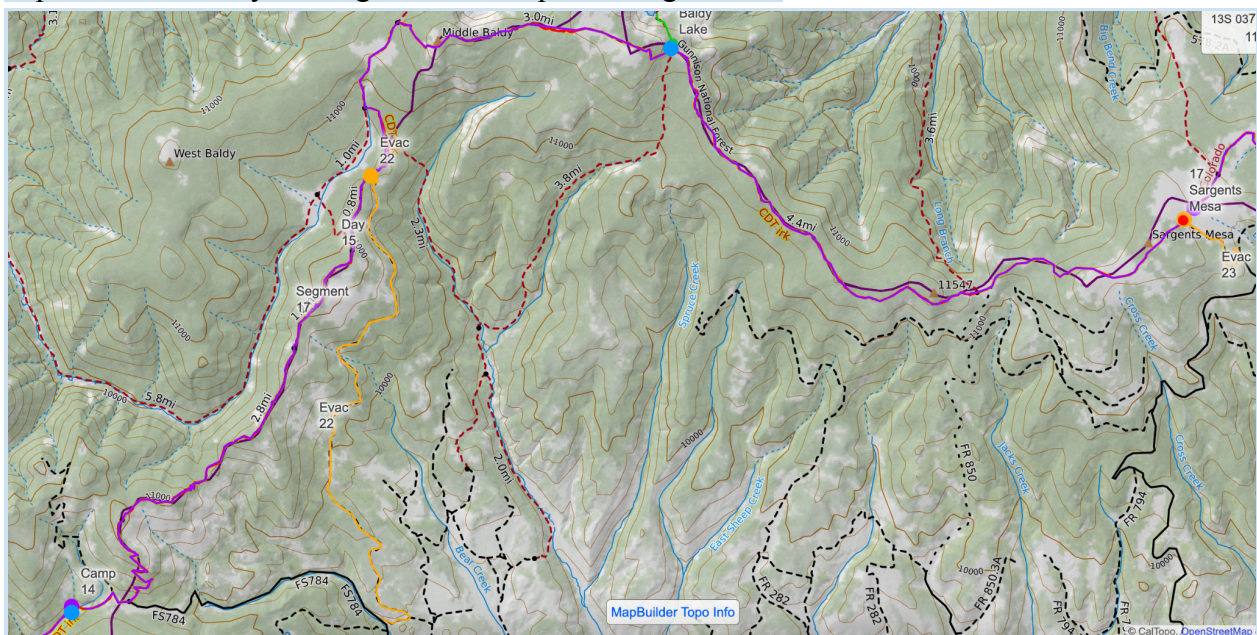
Hazards:

- Sun exposure
- Trail exposure
- Lack of water
- Navigation with a series of roadwalking we should make sure to pay careful attention that we are in the right location

.Evac route: At mile 1.6, we cross CR NN14.

Evac 21: (38.15930, -106.62060)

September 10th Day 15: Segment 17 and part of Segment 16



18.8 miles (18.5 S17, 0.3 S16)

+4381 (S17)

-3064 feet (-2926 S17 -138 S16)

Description: As stated on the previous day this area of the trail is especially bad for access to water. We will essentially fill up water any time we have access to it. But we intentionally picked our campsite based on access to theoretical water. At our camp location there is supposed to be a metal stock tank 800 feet to the left of the trail. If there is no water present here then we can continue to hike one more mile where there is a potential source of water south of the trail. We will evaluate as a team as we approach the camp in regard to how much water we have left and the safest decision for us.

Water:

- Water at camp in the morning should be available (highly impacted by cattle)
- Mile 7.8 cross Razor Creek but this is typically dry and due to the season that we are hiking we likely will not be able to collect water here
- **Mile 11.3 junction between Baldy Lake Trail and East Sheep Creek Trail there is access to Baldy Lake which is 0.4 miles North and the only reliable water in Segment 17**
- Mile 18.8 (camp) should have water in a cattle stock tank

Hazards:

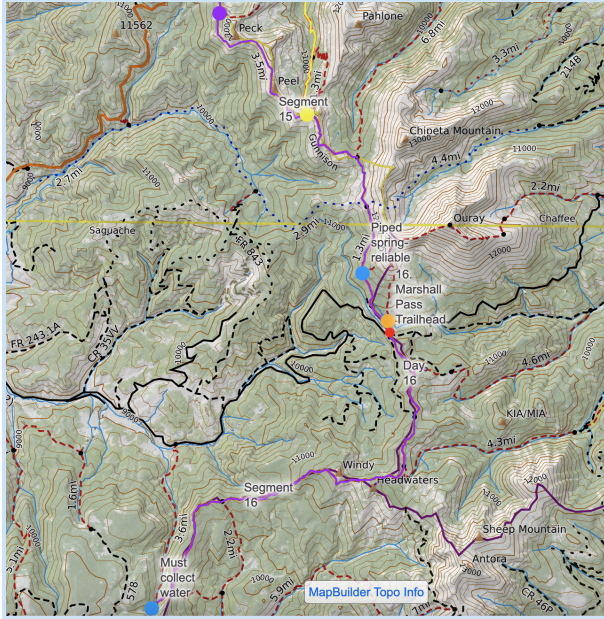
- Exposure and elevation change hiking up and over some saddles
- Water access will be challenging and is often impacted by cattle

Evac route: At mile 6.9, we can connect the trail to get to FS 784. At mile 18.4, we will also cross FR 850 at Sargents Mesa.

Evac 22: (38.29674, -106.51670)

Evac 23: (38.29091, -106.37860)

September 11th Day 16: Segment 16, part of Segment 15, start of Collegiate West Route



23.66 miles (14.3 S16 5.9 S15 3.46CW)
 + 3846 feet (+ 2281 S16 +1447 S15 118CW)
 -3701 feet (-2875 S16 -411 S15 415CW)

Description: This day we will be transitioning onto the Collegiate West Route. If for some reason our anticipated weather for the next week is looking really bad, we will reconsider going the Collegiate East route (seen marked in yellow). The CER is the traditional CT route that is generally lower while the CW route offers stunning views but is a bit more exposed. We will utilize the tools of a weather report on our Garmin and general observation. However we anticipate that because we are hiking later in the season the odds of bad lightning storms are a bit lower which makes the potential for CWR more plausible. In terms of our selection for campsite the end of the CW route is on a ridge that is highly exposed. Unless the weather looks perfectly clear, we will be continuing to hike about 3.5 miles of the Collegiate west route to get to a pocket of trees and more minimal exposure. This is likely a dry camp so we will carry sufficient water.

Water:

- **Mile 3.3 we need to collect water here - junction with Tank Seven Creek Trail - likely our first reliable source of water for the day**
- Seasonal stream at mile 10 but high cattle usage so we will avoid if we can
- Mile 14.3 water available 0.25 miles beyond restroom at Marshall Pass
- Mile 14.5 water may be available, season dependent
- **Mile 16 – There is a piped spring here that flows reliably throughout the season. Due to the reliability we will plan to fill up here.**
- If we need more water in Segment 15, water can be found close to the end of Segment 15. This is at mile 19 of our hike near the rustic Green Creek Shelter. Water is specifically located 0.3 miles North and below the Green Creek Trailhead.
- If we are feeling good we can push on to the 1.5 miles listed for tomorrow so that we could make it to the Monarch Crest Store and Tram which would have water access.

Hazards:

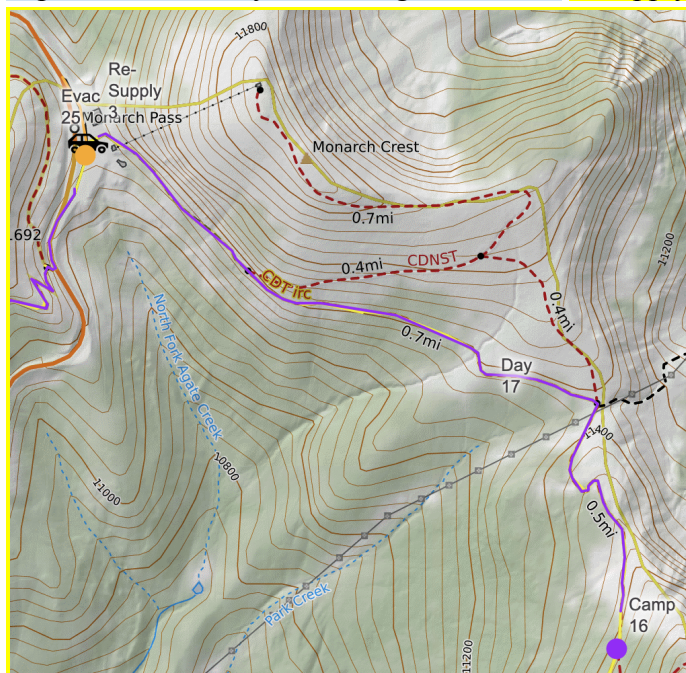
- There are a few areas of this day where motorcycles and bikes are allowed on the trail. We will stay alert to other trail users to ensure safety of ourselves and other users.
- Exposure on the collegiate west route and the end of Segment 15 hopefully we will have good weather for this Segment
- Long day of hiking

Evac route: At mile 14.6, we cross Marshall Pass road, which eventually connects to County Road 200.

Evac 24: (38.39527, -106.24743)

Note that specifically for the Collegiate Weste sections there is some discrepancy in the total mileage. We took into account the Colorado Trail Website information about distances and also our CalTopo map. They aren't always in agreement. For example CW04 segment is listed anywhere between 14.1-17.0miles – so we ended up averaging trying to consider a variety of explanations

September 12th Day 17: Collegiate West to Resupply (nero)



~ 1.5 mile

+18 feet

-379 feet

Description: This day will be a very short hike to Monarch Pass. At Monarch pass we will be getting a ride into Salida. When we arrive in Salida we will be resupplying and camping one night near town to then return well rested and clean to the trail. On this day we will be collecting

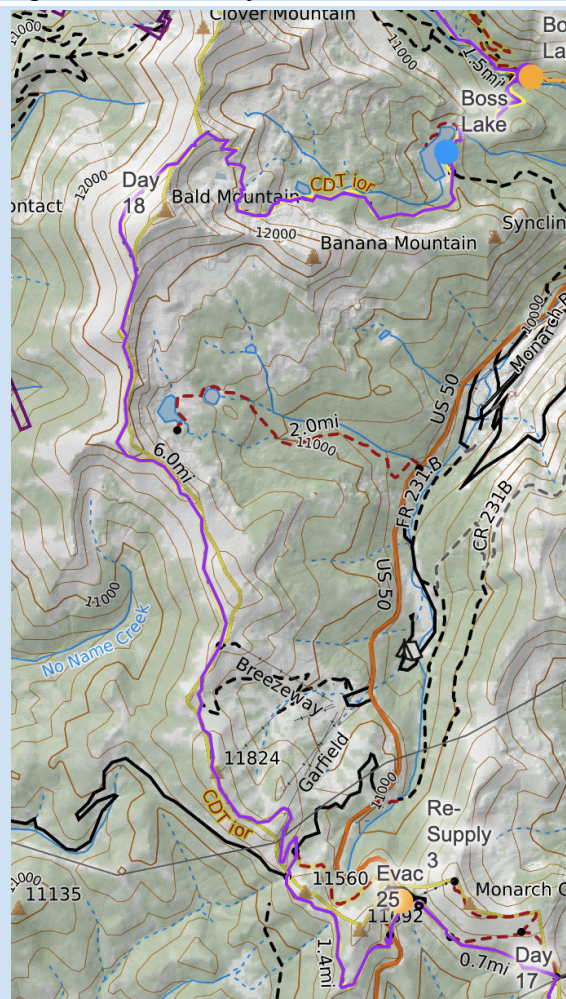
supplies, visiting a laundromat and we will camp near the Butterfly House hikers accommodation which will provide us easy transportation back to the trail the following day.

Hazards/Water: Start the morning off with no water so make sure we have sufficient water for the short jaunt to Monarch Pass.

Evac route: On this day, we will be resupplying in Salida, so our evacuation route is the same as our resupply route on Monarch Pass which is on Hwy 50.

Evac 25: (38.49574, -106.32577)

September 13th Day 18 CW05: CW05 to Boss Lake



14.3 miles (10.72)

+2,256'

-3,737'

Description: After re-rationing in Salida, we will start on the Collegiate West route (CW05). A majority of this Segment is above treeline and is very exposed. We will get an early start to ensure we can take our time on more technical areas of the trail and to avoid potential afternoon

weather. Most of the elevation gain is in the first 4 miles, and then there is a nice gradual descent towards Boss Lake, where we will plan to camp.

Water:

- Start morning off with water before getting dropped off at the trail
- Mile 7 - options near hunt lake and a small lake 0.6 miles before that
- Boss Lake and surrounding outlets will have water

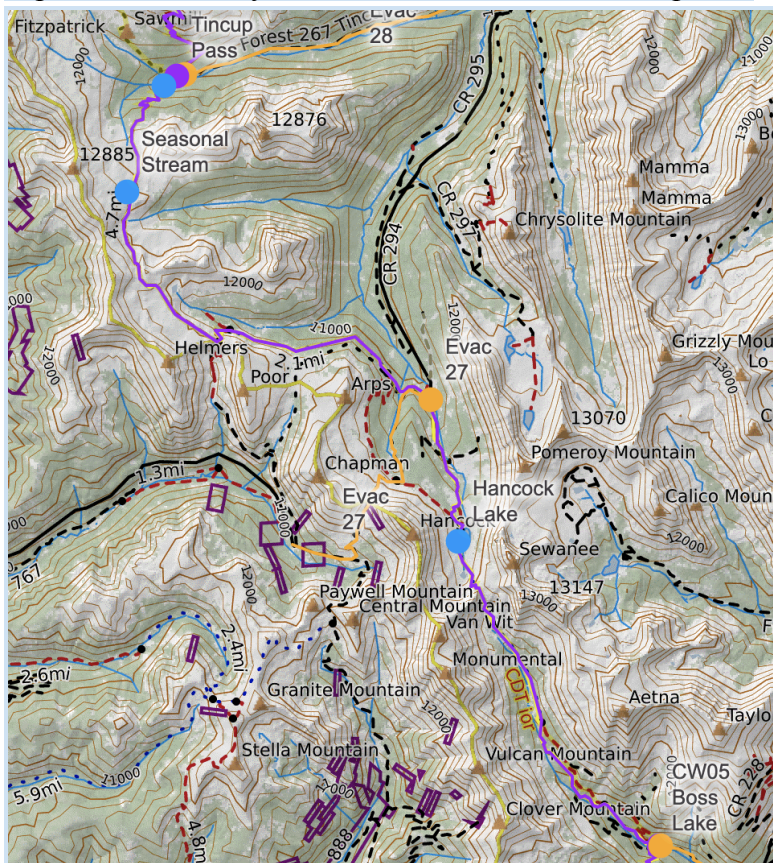
Hazards:

- Location near Monarch Ski Mountain and Highway 50 present need to be aware of other users and motorized vehicles
- Exposure on ridges and above tree line
- Sun
- Uneven terrain

Evac route: Getting to our camp for the night at Boss Lake, we are right on County Road 230, which connects back to Hwy 50.

Evac 26: (38.56364, -106.31214)

September 14th Day 19: CW04: Boss Lake to Tincup Pass



15.9 miles

+3,277'

-2,632'

Description: This segment has a large elevation gain within the first 3 miles climbing up to Chalk Creek Pass. We then descend into a basin where we will pass Hancock and Upper Hancock Lakes. As we follow Chalk Creek down, we will have plenty of water to re-supply as we need. We will camp near the trail junction with TinCup Pass Road. Today we will also see the remnants of the highest railroad tunnel and longest narrow gauge tunnel ever constructed.

Water:

- Mile 3.4 pond
- Mile 4.4 small stream
- Mile 5.3 after passing a left hand turn to Hancock Lakes there should be a stream
- Mile 6.3 Stream
- Mile 9.2 stream
- Mile 10.1 after a right turn up some switchback there should be seasonal streams in the next 0.5 miles
- Mile 12.3 some small streams near the high point of Wildcat Gulch
- Mile 14.6 some streams near bridges over tributaries of a variety of creeks

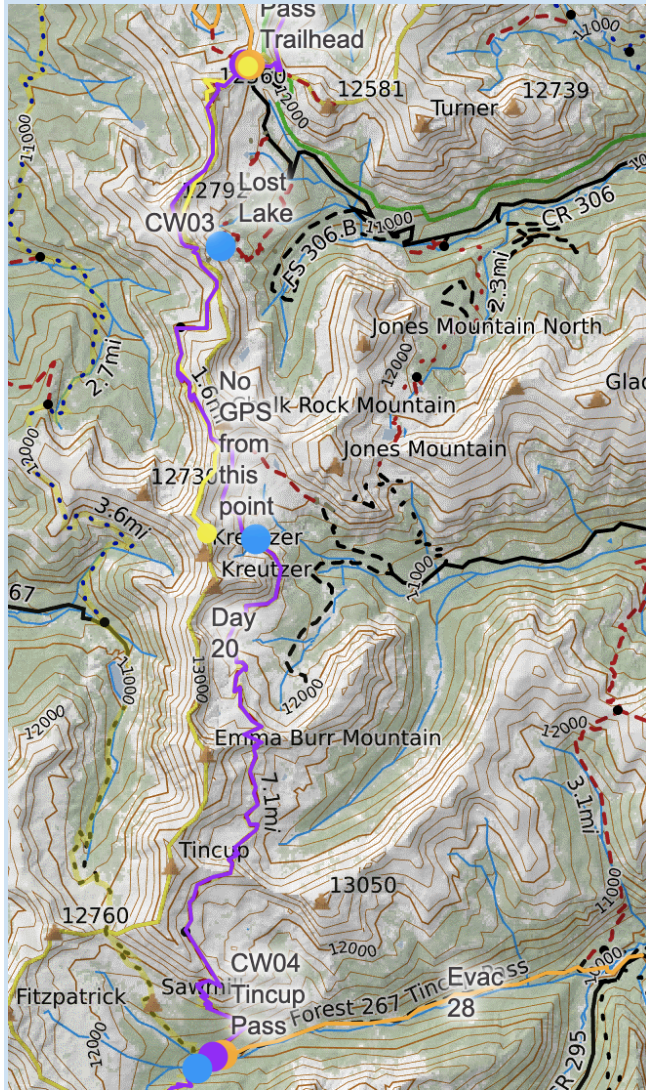
Hazards:

- Some steep eroding sections - in recent years some of these have been repaired
- Exposure above or near treeline
- Road walking - some of this has been rerouted in recent years but if not we will exercise increased caution
- Sun
- Weather/elements
- Small stream crossings
- Loose footing with some scree surfaces

Evac route: At mile 6.7 we cross CR 299.

Evac 27: (38.63816, -106.36139)

September 15th Day 20: CW03: Tincup Pass Road to Cottonwood Pass Trailhead



15.9 miles

+4,591'

-3,532'

Description: Today will be a high exposure day as we follow many ridgelines north towards Cottonwood Pass. There is limited water on this Segment since we are so high above treeline. We will be cautious of scree fields on this Segment and hike carefully to avoid ankle injuries or falling. We should find water just past Cottonwood Pass Trailhead.

Hazards/Water:

- Mile 7: Potential stream
- Mile 8.7: Stream leading to South Cottonwood Creek
- Mile 12.5: 0.3 mile detour to Lost Lake if we need water
- Numerous climbs over passes, loose scree and high exposure above treeline
- We will be traversing below peaks above treeline. We will be cautious of loose rocks and any potential rock slides above us

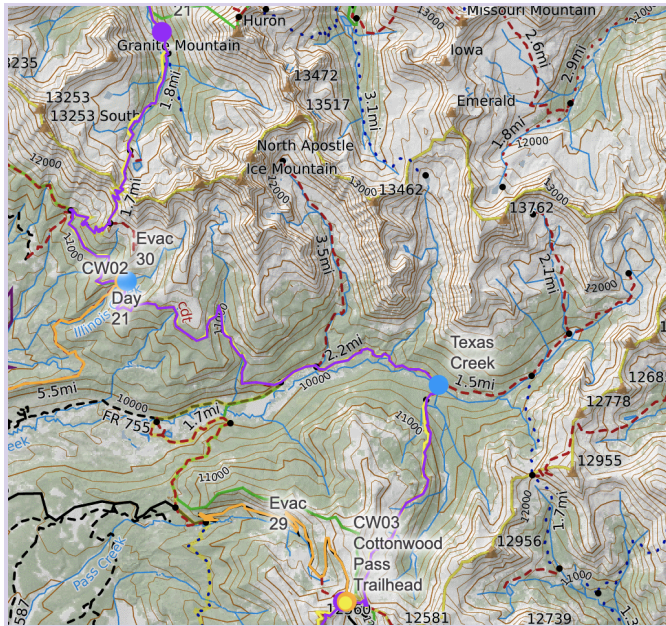
- Ridgeline walk
- Camp is above treeline

Evac route: On our 19th night, we will be camping on Tincup Pass, which is on Forest Road 267. This road then leads to CR 162. The next most accessible evacuation point is at our camp for the night at Cottonwood Pass, where we will be on CR 209.

Evac 28: (38.69228, -106.41405)

Evac 29: (38.82786, -106.40918)

September 16th Day 21: Segment of CW02 from Cottonwood Pass Trailhead



18.4 miles

+3,831'

-5,282'

Description: This is going to be a big day on the trail. Because we are hiking the route in the opposite direction that is typically done, spreading out some of these days will be tricky with how much elevation we will need to gain and lose in order to get to a safer campsite at a lower elevation. We will be sure to get an early start on this day and take many breaks to make sure we are conserving energy as we tackle this difficult Segment. We will camp near the creek on the west basin of Granite Mountain.

Hazards/Water:

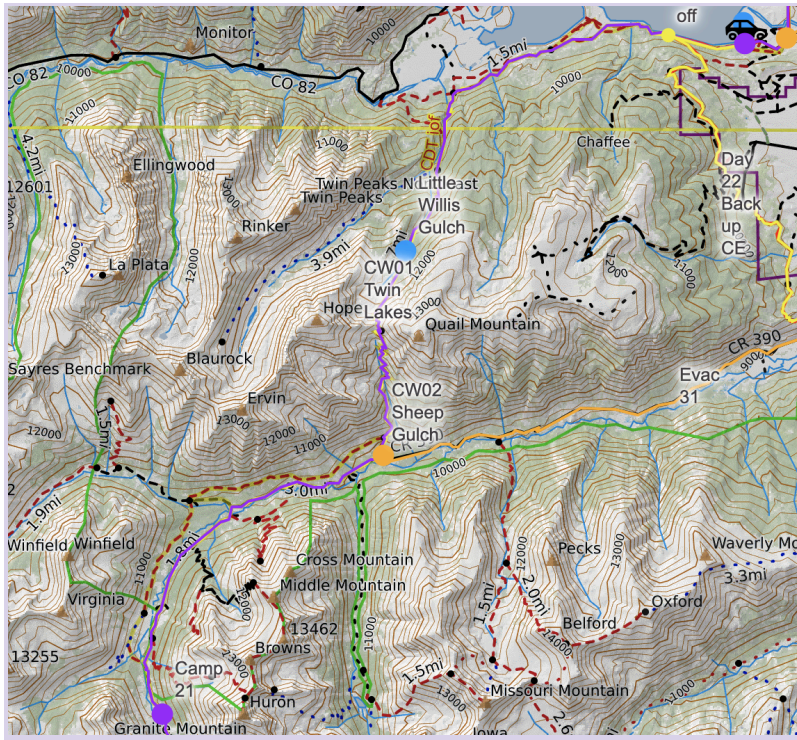
- Long mileage day
- Above treeline exposure
- Mile 4.3: Cross Texas Creek
- Mile 11.8: Illinois Creek

Evac route: At this point of the CW route, we are covering extremely exposed trails that are far from any county roads. In this Segment, in case of an emergency, we will backtrack towards Cottonwood Pass to get to Evac point 29 (38.82786, -106.40918). Later in the day, at mile 11.8,

we will cross a point where we could take the Texas Ridge Trail 5.5 miles down to FR 755 to Road 756.1A.

Evac 30: (38.89394, -106.46833)

September 17th Day 22: Complete CW02 and CW01 to Twin Lakes



16.1 miles (5.5 miles (CW02) + 9.6 miles (CW01) + 1 mile (S11.)

+2,983'

-4,515'

Description: This is the last segment of the CW route. As we finish CW02, we will come to the intersection with CW01 at Sheep Gulch. Along most of CW02, we follow a water source to the junction. Moving towards CW01, the first 2.5 miles climbs up Hope Pass and we will have a long descent all the way to Twin Lakes.

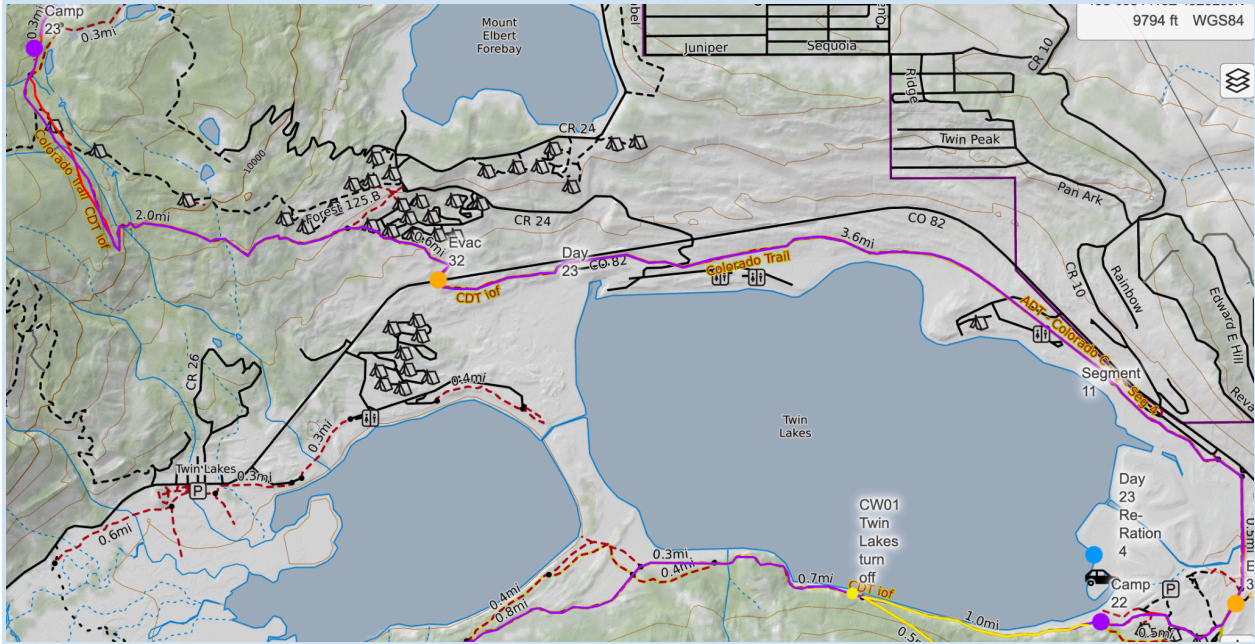
Hazards/Water:

- We will be camping at Clear Creek and will fill up water for the day
- Steep trail, exposure, above treeline for Hope Pass. We will pace ourselves getting over this milestone as we get close to Twin Lakes.
- Mile 9-10 : Little Willis Gulch runs down the trail from Hope Pass

Evac route: The last half of today's mileage connects with CR 390, which brings us all the way down to Sheep Gulch and then the road continues to Hwy 24.

Evac 31: (38.99484, -106.40345)

September 18th Day 23: **Re-ration** in Leadville and Begin mid Segment 11



7.7 miles

+973'

-242'

Description: This morning we will catch a ride into Leadville to resupply. We will have a shorter milage day as it will take the morning to go into town and back. Once we get back to the trail at Twin Lakes, we will continue north starting partially into Segment 11. We will camp near where Bartlett Gulch feeds towards Twin Lakes, not too far up the trail from the lakes.

Hazards/Water:

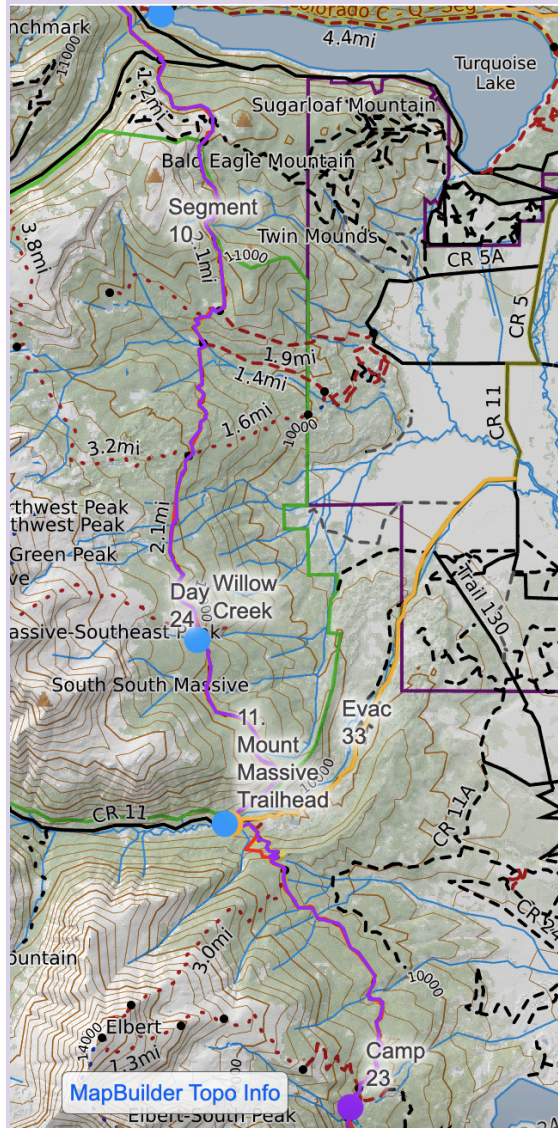
- Today's route circles Twin Lakes, so we will have ample amounts of opportunities to get water.
- We will be camping near Lily Pond/Bartlett Gulch and will have lots of options for water at camp that night
- During re-rations and getting to and from the trail, we will maintain safety precautions getting on and off the roads and getting to town.

Evac route: At the end of CW01, we will be at the campgrounds surrounding Twin Lakes at the intersection of Segment 11. Our route leads us right to Hwy 24. As we move around Twin Lakes that day after our re-ration, we will remain close to the road that connects Hwy 24 to Twin Lakes Village.

Evac 31: (38.99484, -106.40345)

Evac 32: (39.09386, -106.36439)

September 19th Day 24: Complete S11, S10 to Timberline Lake Trailhead



18.3 miles (5.8 S11, 12.5 S12)

+3661'

-3764'

(S11 +1123 -1212)

(S12 +2538' -2552')

Description: Today we will finish Segment 11 and Segment 10. We will pass through the Mount Massive trailhead which has a few vault toilets in the parking areas/campgrounds. We will continue through all the way to the end of Segment 10 to Timberline Lake Trailhead. The junction between Segment 10 and 9 is also near Turquoise Lake and other water sources to camp near. There is also a vault toilet at May Queen Campground at Turquoise Lake.

Hazards/Water:

- Mile 5: Mount Massive Trailhead: Halfmoon Creek
- Mile 7.2: Cross South Willow Creek
- Mile 7.8: Cross Willow Creek

- Mile 9: North Willow Creek
- Mile 11.5: Rock Creek
- Crossing multiple roads/trail junctions: We will be sure we are staying on trail and on the right path

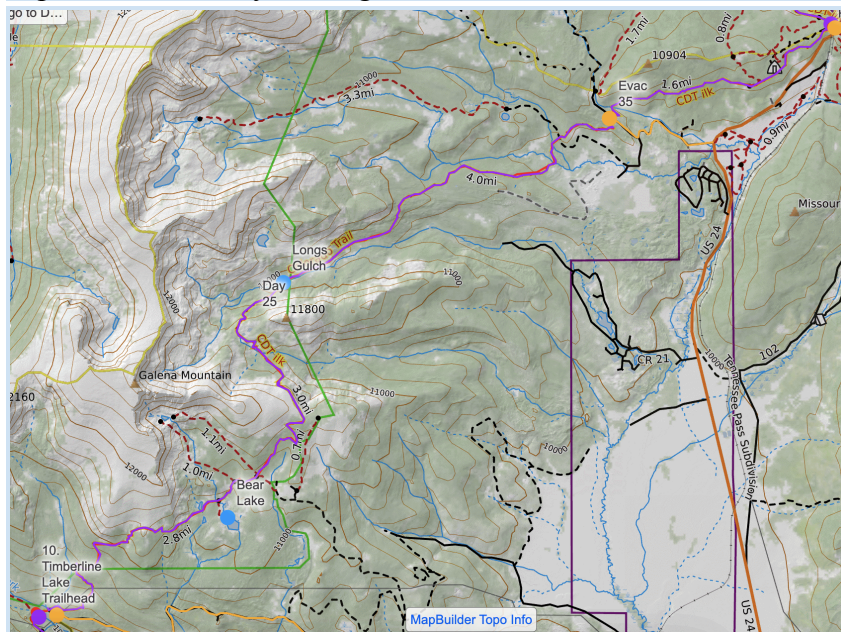
Evac route: Similar to yesterday, we will be very close to Hwy 24. The trail follows CO 82 towards Hwy 24. For the miles before the Mount Massive Trailhead, we will move towards Evac route 32. Once closer to the Mount Massive Trailhead, we will be able to take Halfmoon Creek Road to CR 11. We are camping at Turquoise Lake, which is also on CR 9 just west of Leadville.

Evac 32: (39.09386, -106.36439)

Evac 33: (39.15131, -106.41894)

Evac 34: (39.28422, -106.44559)

September 20th Day 25: Segment 9 Timberline Lake to Tennessee Pass



12.9 miles

+2506'

-2880'

Description: Segment 9 provides great views of the Mosquito Range and follows frequent water sources along the way. We will end at Tennessee Pass, where there are numerous places to camp close to the trail.

Hazards/Water:

- From Mile 2.4-2.8: Bear Lake and other small ponds for water
- Mile 5.5: Potential creek/pond
- Mile 6.3: Cross Longs Gulch
- Mile 9.5: North Fork West Tennessee Creek

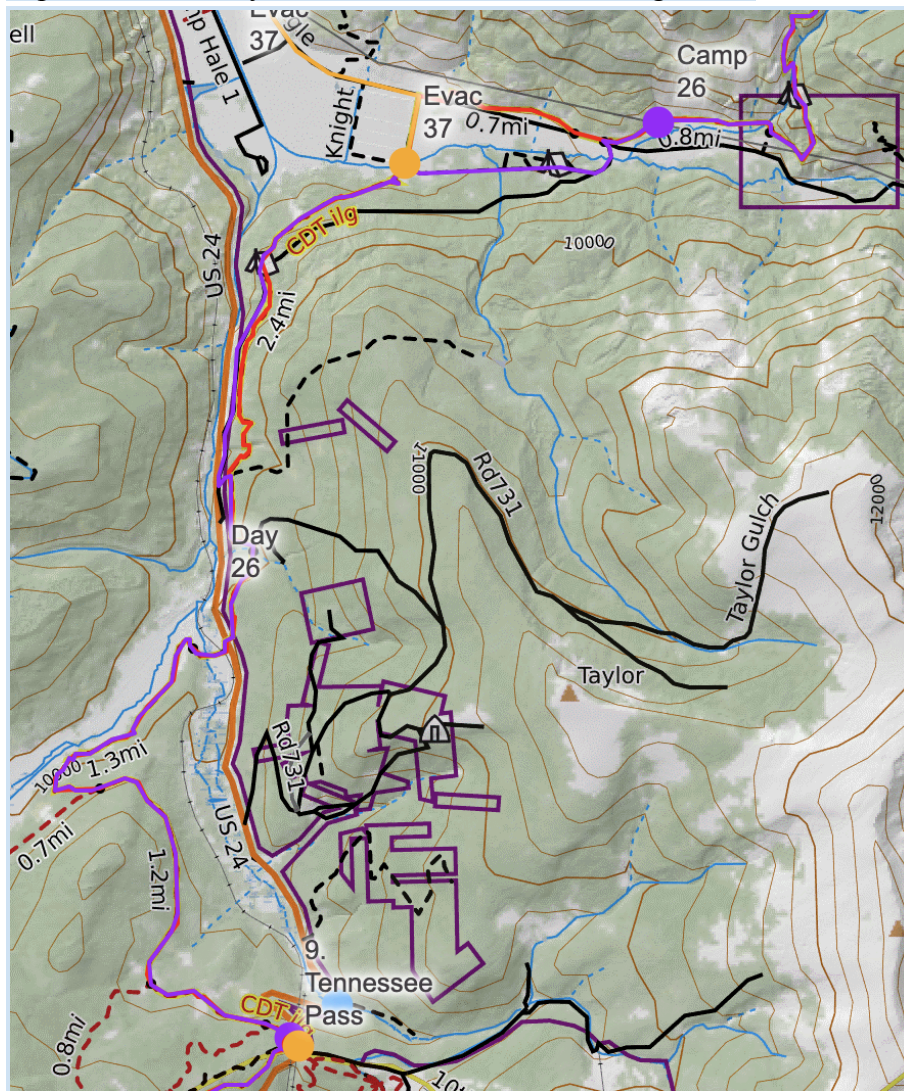
Evac route: At mile 10.4, we cross Wurts Ditch Road, which travels 1.23 miles East to Hwy 24. Tennessee Pass also meets at a junction with Hwy 24.

Evac 34: (39.28422, -106.44559)

Evac 35: (39.35056, -106.35015)

Evac 36: (39.36254, -106.31126)

September 21st Day 26: Tennessee Pass to mid-Segment 8



7.8 miles

+373'

-1359'

Description: Today will be a shorter hiking day. We will camp just south of the East Fork Campground so we can be on public land for free camping. Due to old army training grounds and possible debris, camping is prohibited between miles 4 and 7, which should not be an issue for us. There is plenty of water along this Segment, even late in the season. This segment has a good amount of hiking through the woods, which will be a nice change from high exposure.

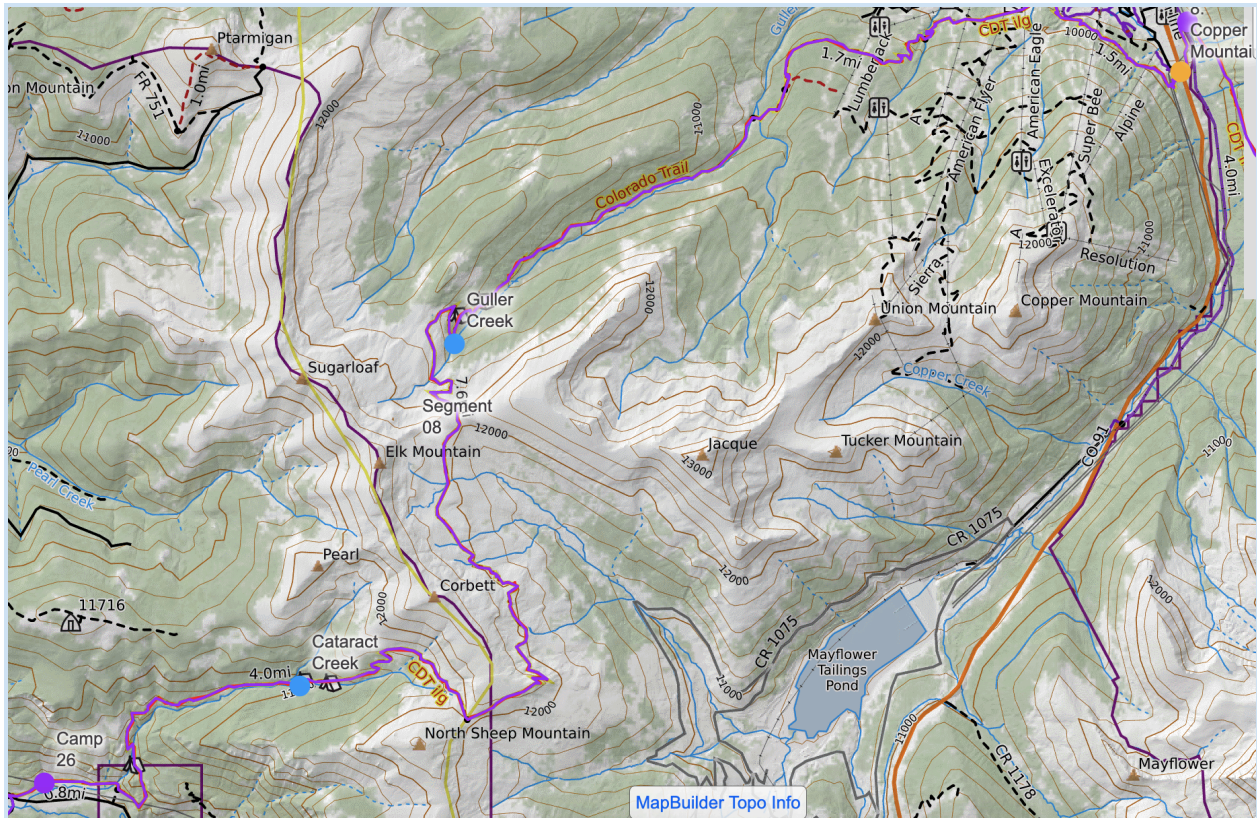
Hazards/Water:

- Plenty of water for the day
- Trail follows Mitchell Creek following Tennessee Pass
- Crosses South Fork Eagle River following Hwy 24
- We will be cautious of old debris from army training grounds on trail

Evac routes: We will be camping right off of East Fork Eagle Road, which is right off of Hwy 24.

Evac 37: (39.36254, -106.31126)

September 22nd Day 27: Complete Segment 8 to Copper Mountain



17 miles

+3637

-3245

Description: The trail follows Cataract Creek so we will have plenty of water. This will be a big day climbing over both Kokomo and Searle Pass. We will camp just onto Segment 7 right after the junction as it is close to water and away from the recreation areas of Copper Mountain.

Hazards/Water:

- Cataract Creek follows the trail from our camp to about 3.5 miles into the day
- Mile 7.5: Potential stream crossing
- Mile 8.4-12.2: Trail follows Guller Creek

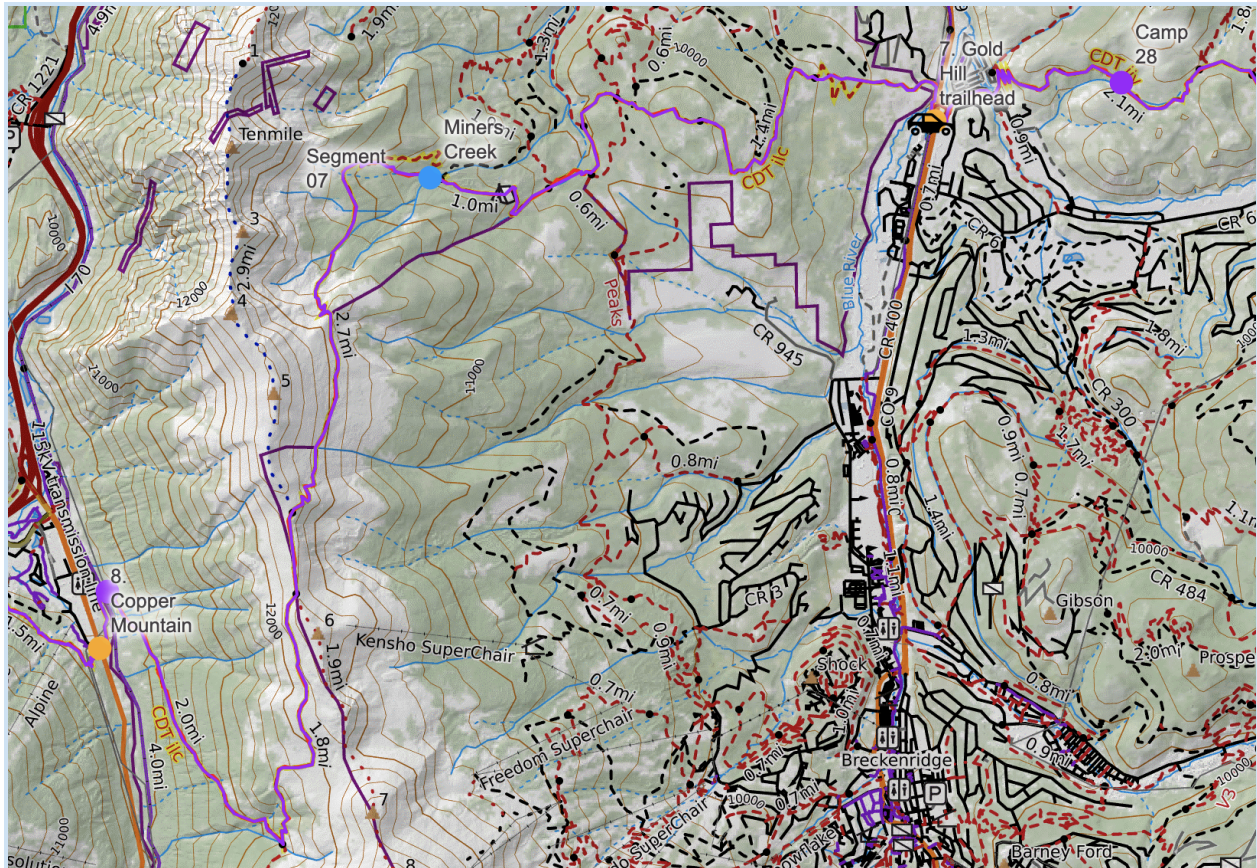
- High exposure on Kokomo Pass
- Long day of hiking

Evac route: At the end of the segment, we will be right at Copper Mountain. The trail crosses CO 91 which connects to I-70.

Evac 38: (39.49255, -106.13593)

Evac 39: (39.53811, -106.04223)

September 23rd Day 28: Segment 7 to Goldhill Trailhead and **Re-ration**



14.7 miles

+3181'

-3791'

Description: We will get an early start today to get into Frisco by the late afternoon. We will hike to the Goldhill Trailhead. We will catch a ride into Frisco, which is about 5 miles NE of the trailhead. We will re-ration and return to camp just near the junction between Segment 7 and 6.

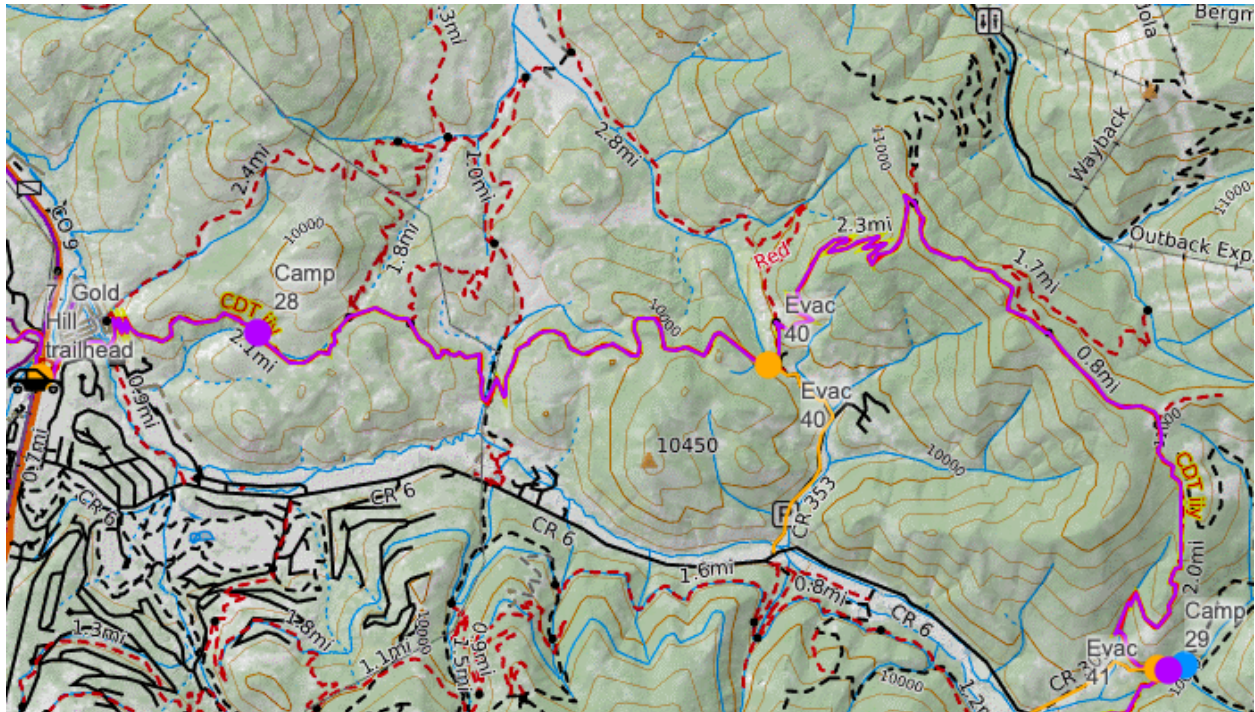
Hazards/Water:

- Fill up at camp at Tenmile Creek
- Mile 6.2 & 7.5: Cross Miners Creek
- High exposure areas, being sure to start early and check weather forecasts to avoid being in high exposed areas during potential weather.

Evac Route: This segment will be ending on CO Hwy 9. This is the same point in which we are stopping for our re-ration and will be right between Breckenridge and Frisco.

Evac 39: (39.53811, -106.04223)

September 24th Day 29: Partial S6



10.7 miles

+2,709'

-1,944'

Description: Today we will do a Segment of Segment 6 beginning at Goldhill Trailhead. This segment crosses through numerous water sources. We will camp in the basin before climbing Georgia Pass in the morning.

Hazards/Water:

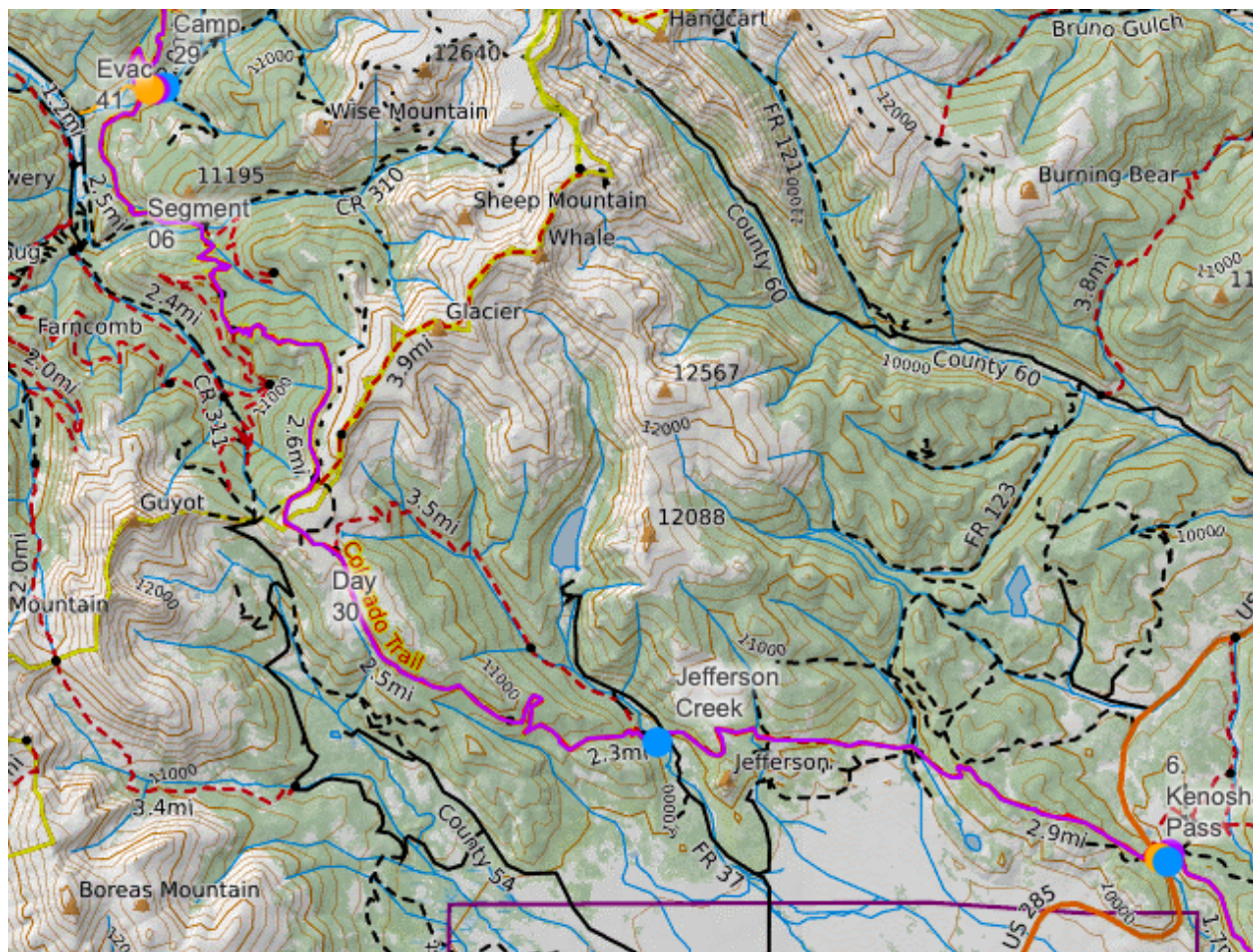
- Mile 1.7: Swan River
- Mile 4: Cross near Soda Creek, Reliable water source

Evac Route: At mile 4.2, we can hike 0.1 miles to CR 360, which leads to CR 6. Our camp tonight is just after the junction with CR 309, which also leads to CR 6.

Evac 40: (39.53903, -105.97225)

Evac 41: (39.51652, -105.93485)

September 25th Day 30: Finish Segment 6 to Kenosha Pass



18.5 miles

+3,270'

-3,230'

Description: This segment, although has many challenging climbs, has some extremely rewarding downhill Segments with beautiful aspen groves along the way, which in September should be gorgeous! We will camp between S6 and S5 at Kenosha Pass. There is a vault toilet at Kenosha pass.

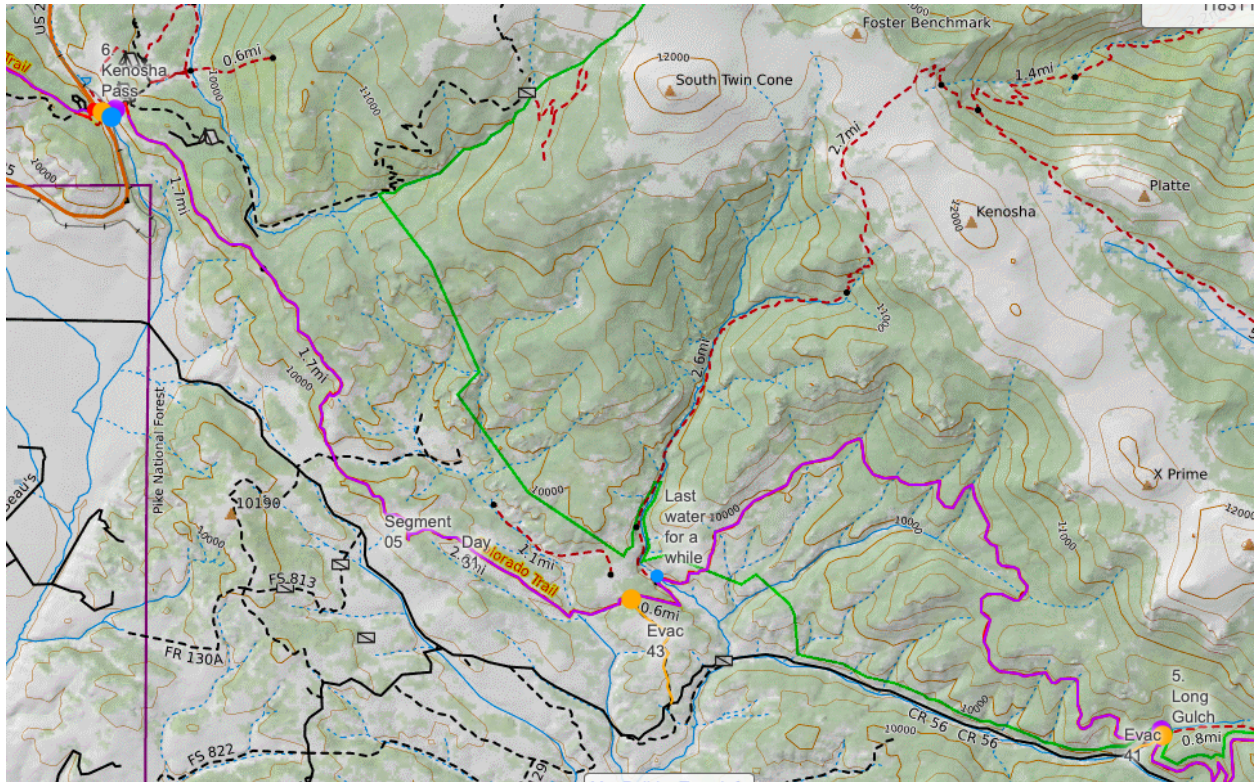
Hazards/Water:

- We will be camping at the North Fork Swan River , so morning of, we will fill up water
- Mile 2.3: Cross Middle Fork Swan River
- High exposure above tree line
- Mile 12.75 Cross Jefferson Creek

Evac Route: Kenosha Pass crosses over Hwy 285. Should we need to evacuate, the quickest way on this Segment would be to follow the end of Segment 6 to Kenosha Pass.

Evac 42: (39.41266, -105.75800)

September 26th Day 31: Segment 5 to Long Gulch



14.4 miles

+2,255'

-2,092'

Description: At mile 7.2, we will reach Beaver Ponds, which is a known reliable water source. Up until that point from Kenosha Pass, there is no water. This segment enters the Lost Creek Wilderness, where there are mandatory self-serving permits. There are no fees. We will camp at Long Gulch, which is the junction between Segments 5 and 4.

Hazards/Water:

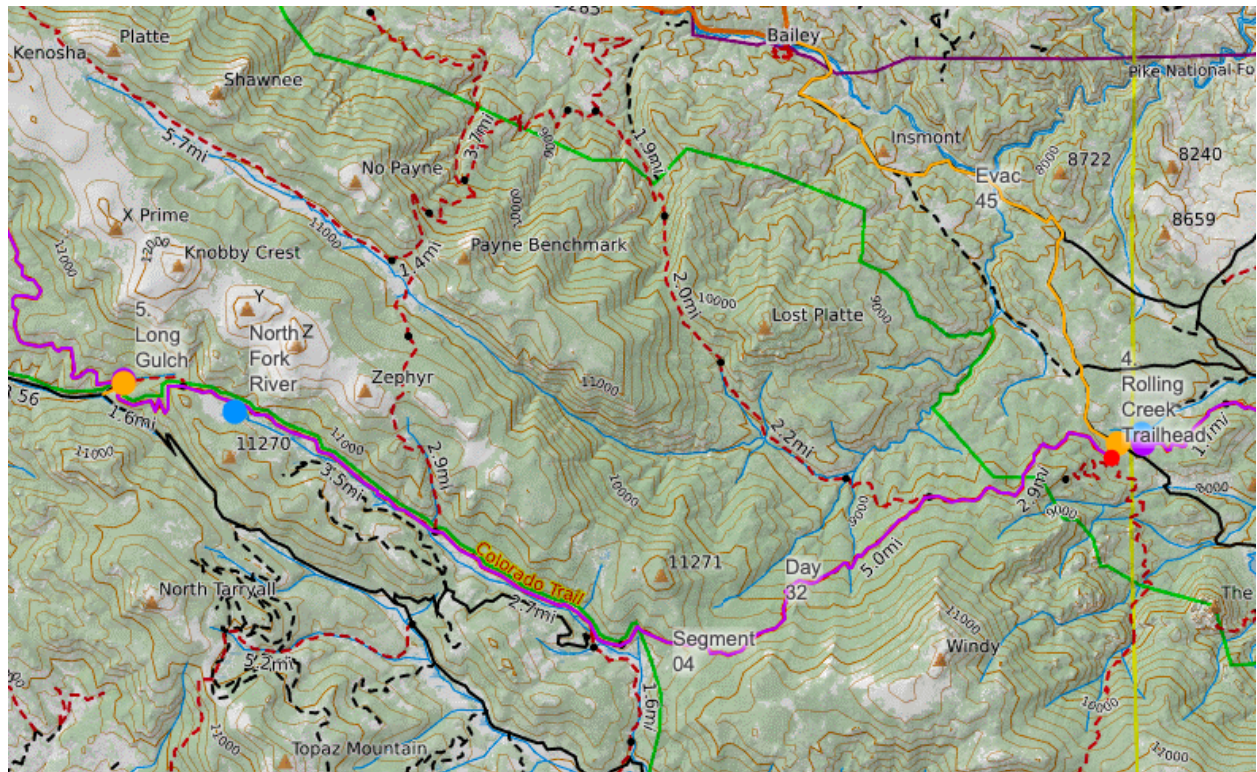
- Dry for first 7 miles of segment until we reach Beaver Ponds
- Water sources on this segment are cow affected. We will be sure to add all necessary precautions to purify the water properly.

Evac Route: At mile 6.2, the trail crosses Rock Creek FR 133 which connects with CR 56. At this point, we are also getting close to Long Gulch, where we are camping. This site sits slightly north of CR 56

Evac 43: (39.36239, -105.68745)

Evac 44: (39.34834, -105.61659)

September 27th Day 32: Segment 4 to Rolling Creek Trailhead



15.7 miles

+1,510

-3,314'

Description: This segment will start out relatively flat but it is very exposed. Later in the trail when it gets more coverage in the trees, the trail has been known to be slightly challenging to navigate due to fallen trees. To ensure we are staying on trail, we will be checking our maps frequently.

Water: Segment 4 follows the North Fork river and we should be able to fill up on water for the day

- We will be camping just near Redskin Creek and will have plenty of water

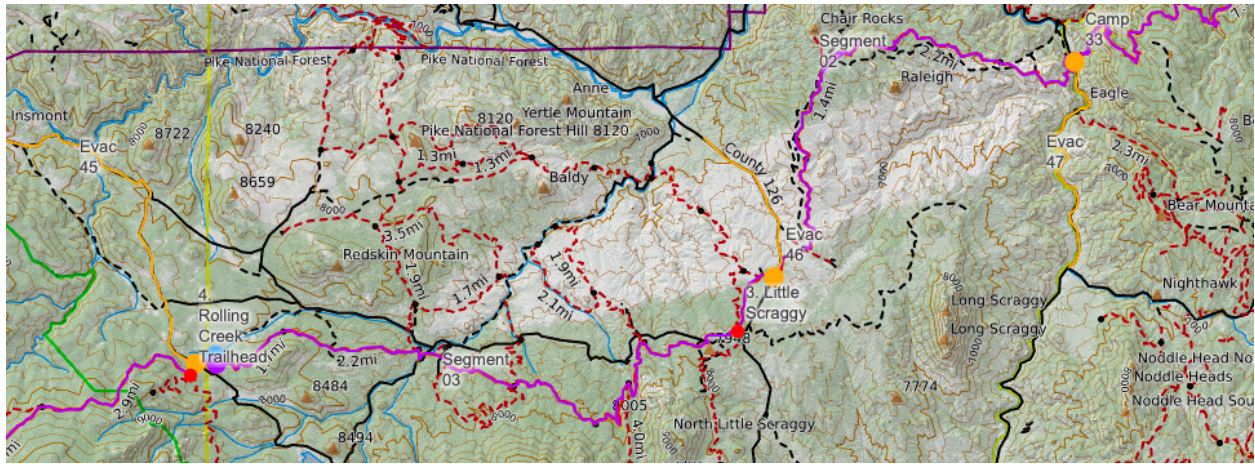
Hazards:

- Marsh makes for uneven trail
- High exposure: Start early in the day to prevent getting stuck in weather

Evac Route: At the Rolling Creek Trailhead, the trail merges with CR 68, which goes 7.7 miles into the town of Bailey.

Evac 45: (39.33835, -105.40154)

September 28th Day 33: Segment 3 & 2, Rolling Creek to South Platte River Trailhead



23.2 miles (S3: 12.1, S2: 11.1)

+2,254

-4,495

(S3 +1977' -1451')

(S2: +2518' -803)

Description: By this point, we are reaching the end of the trip and will have strong trail legs.

Combining Segments 2 and 3 will be a big day, but because we are hiking northbound, we get to descend a lot of long sections, which will make miles go by quicker. There is very limited water on Segments 2 and 3. We will be camping near water on both ends, but we will fill up extra that morning to make sure we have enough to get us to camp that evening. We will camp at the South Platte River Trailhead, which is right beside the Platte River.

Water:

- From Rolling Creek to mile 10.8, the trail crosses over numerous streams
- Mile 10.8 into Segment 3 should cross a stream that additionally runs through campsites 550-3 and 550-4 on Forest Road 550.
- Segment 2 has very limited water. Potential water at Evac point 46 moving East on Spring Creek Road.

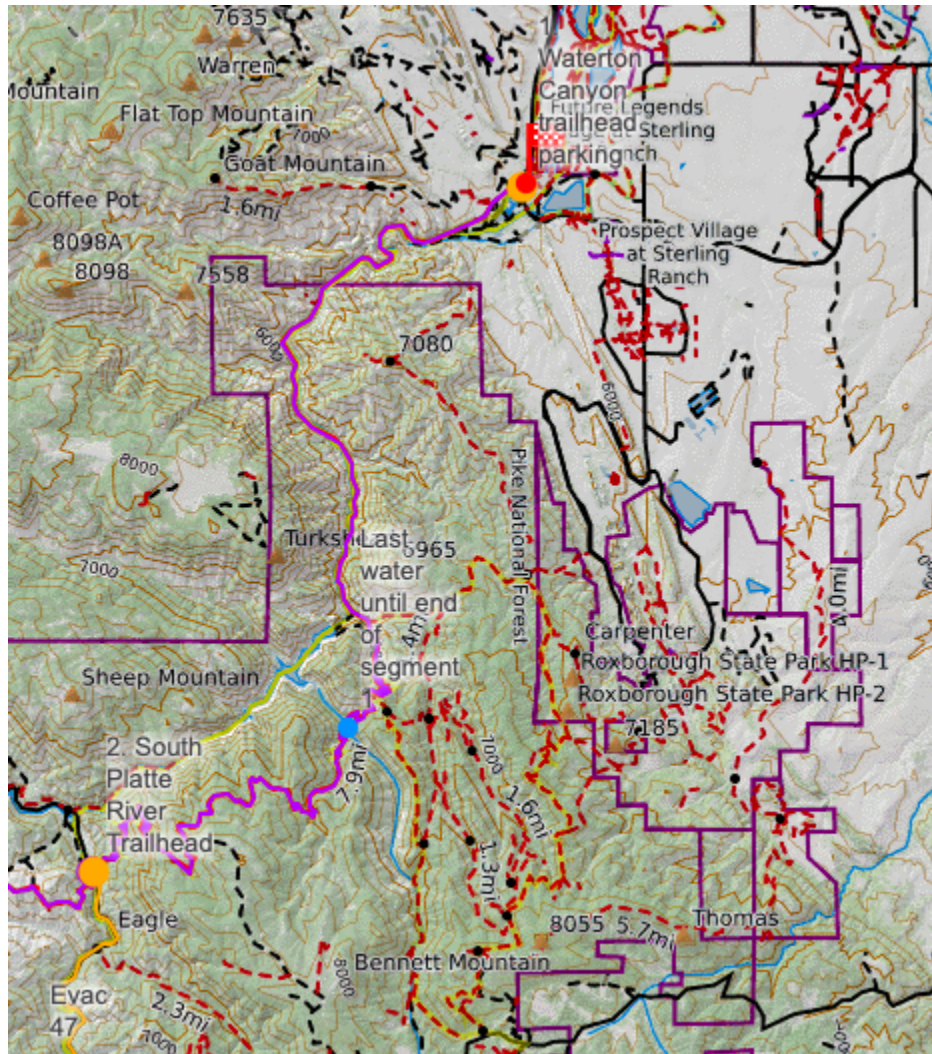
Hazards

- Lack of water
- Sun exposure and heat: This section is extremely dry and has no coverage from the trees. Even though it will be late September, we will be cautious of staying hydrated and keeping cool.

Evac route: Segment 3 crosses over Forest Road 550, which is a very popular spot to camp. Later on Segment 2, the trail crosses over Highway 126, which leads to the town of Buffalo Creek.

Evac 46: (39.35597, -105.24756)

September 29th Day 34: Segment 1 to Waterton Canyon FINISH!!!



15.9 miles

+1,981

-2,607

Description: This will be our final day on the trail! Our morning will start with our final big climb and then we will descend down to Waterton Canyon following the South Platte River. There is no water for roughly the first 8 miles of the trail, but once we cross Bear Creek, we will be able to get enough to make it to the end of the trail which is 8.7 miles. We will be sure to fill up our 2 liters of water each here. Skye's family will pick us up and bring us back to Denver. We

will regroup in Denver for the night at Skye's house before splitting off, with the last person getting home on September 30th.

Water:

Mile 0: Camping at South Platte River, fill up

Mile 7.2: Water at Bear Creek

Hazards:

- This segment is heavily populated and has a lot of mountain bike users. We will be aware of sharing the trail.
- No water for the first 7.2 miles of the Segment.

Evac route: Between Segments 1 and 2, we cross CR 97. Since we will be extremely close to Denver at this point, in any emergency, we could follow the trail out towards Waterton Canyon.

Evac 47: (39.40032, -105.16753)

Evac 48: (39.49093, -105.09403)

Group Items		
Garmin in-reach rental		Items we will obtain from the gear house
1 First aid kit (See First Aid)		
2 lighters		
1 pot (with grip)		
1 spoon		
Printed Mapset		
Guidebook (databook)		
2 compass		
2 16 oz bottles of sunscreen		
1 biodegradable soap		
8 pack aaa bateries		
1 sponge		
3 2 oz hand sanitizer		
1 trowel		
1 2/3 Person tent		
1 backpacking stove		
3 8 oz Isobutane containers		
1 Sawyer Squeeze		
2 Packs Aquamira		
2 Bear cans		
1 leatherman		
1 bugspray		
1 external battery		
Personal Items		
1 pocket knife		
1 headlamp		
1 warm hat		
1 sun hat		
1 pair hiking shoes		
1 set camp shoes		
1 rain jacket		
1 rain pants		
1 pair light gloves		
1 bowl with utensils		
1 sleeping pad		
1 sleeping bag		
1 puffy jacket		
1 chapstick		
2 pair underwear		
1 synthetic t shirt		
1 synthetic long sleeve		
1 long underwear		
1 pair of hiking shorts/pants		
2 pair hiking socks		
1 pair sleep socks		
1 fleece jacket		
2 liters water capacity		

1 set toiletries		
1 pair trekking poles		
Book		
Journal/Pen		
First Aid		
Medication		
Acetaminophen- 15 doses, 30 pills		
Ibuprofen- 13 doses, 26 pills		
Benadryl- 10 pills, 5 doses		
Electrolyte tabs- 10 doses		
Anti-diarrheal- 4 doses		
Hydrocortisone- large tube		
Antibiotic Ointment 1 small tube		
Burn Cream- 3 packets		
Misc.		
ACE Bandage- 2		
Athletic tape, 1" roll		
Moleskin sheets- 3 thin, 3 thick		
Liquid Bandage- 1 pack (for blisters)		
Ziplock bags- 3		
Foil Blanket- 1		
N-95 masks- 2		
Tools		
Tweezers- 1		
Oral thermometer- 1		
Bandage scissors -1		
Irrigation syringe- 1		
Triangular bandage- 3		
Safety pins- 6		
CPR mask- 1		
SAM splint- 1		
Gloves- 4		
Wounds		
Band-Aids- 15 misc.		
Wound closure strips- 3 packs		
4" x 4" gauze pad- 6		
Non-adherent dressing- 5		
Gauze roll- 2		
Antiseptic wipes- 12		
Benzoin swab- 5		
WFR field Guide		

First Aid	
Medication	
Acetaminophen- 15 doses, 30 pills	We will restock on our reration days as supplies are used
Ibuprofen- 13 doses, 26 pills	
Benadryl- 10 pills, 5 doses	
Electrolyte tabs- 10 doses	
Anti-diarrheal- 4 doses	
Hydrocortisone- large tube	
Antibiotic Ointment 1 small tube	
Burn Cream- 3 packets	
Misc.	
ACE Bandage- 2	
Athletic tape, 1" roll	
Moleskin sheets- 3 thin, 3 thick	
Liquid Bandage- 1 pack (for blisters)	
Ziplock bags- 3	
Foil Blanket- 1	
N-95 masks- 2	
Tools	
Tweezers- 1	
Oral thermometer- 1	
Bandage scissors -1	
Irrigation syringe- 1	
Triangular bandage- 3	
Saftey pins- 6	
CPR mask- 1	
SAM splint- 1	
Gloves- 4	
Wounds	
Band-Aids- 15 misc.	
Wound closure strips- 3 packs	
4" x 4" gauze pad- 6	
Non-adherent dressing- 5	
Gauze roll- 2	
Antiseptic wipes- 12	

Benzoin swab- 5	
WFR field Guide	

Daily Caloric Intake Target: 3000-4000 calories.			*Based on our size and mileage				
Food	Calories	Price	Quantity	Total (34 Days)			
Breakfast						Example Daily Caloric Intake	
Instant Oatmeal Pack	160	5.99/18	4	\$23.96	Breakfast Option 1 (12 days)	480	oats
Poptarts	400	2.99/12	2	\$5.98	Extra calories for tough days	200	fig bar
Milk Powder	90	8.99/12 oz	2	\$17.98	Breakfast Option 2 (11 days)	290	protein bar
Granola	220	5.99/12 oz.	12	\$53.88		200	larabar
Grits	200	3.99/10	7	\$27.93	Breakfast Option 3 (11 days)	200	nuts/dried fruit
Snacks						150	gummy bears
Fig Bars	200	19.99/40	2	\$39.98	*assuming one per day - two of us 68 bars	160	beef jerky
Cliff Builder Bars	290	19.99/12	3	\$59.97	*one per day 34	220	almond butter
Lara Bars	200	13.24/18	3	\$39.72	*one per day - two of us 68 bars	280	tortillas
Pro Bars	350	22/12	3	\$66.00	*one per day 34	190	peanut butter
Nuts/Dried Fruit	200	5.99/lb.	4	\$23.96		60	honey
Gummy Bears	150	6.99/29 oz.	3	\$20.97		124	sweedish fish
Beef Jerky	80	9.99/8 oz.	6	\$59.94		440	mashed potatoes
Almond Butter Packets	220	11.90/10	8	\$95.20		20	gravy
Lunch						165	summer sausage
Tortillas	140	5.99/20	4	\$23.96		120	olive oil
Peanut Butter	190	4.99/28 oz.	2	\$9.98	Option 1 Lunch	3299	
						*this will obviously vary but we will be sure to consume more calories on longer days or days where it is especially cold	
Honey	60	4.49/12oz	3	\$13.47			
Swedish Fish	124	6.99/24 oz.	4	\$27.96			
Tuna Packets	70	\$26.35/24	2	\$53.98	Option 2 Lunch		
Summer Sausage	165	5.99/20 oz.	6	\$35.94			
Dinner							
Idahoan Potatos	440	2.50/8 oz.	4	\$10.00	Dinner Option 1: 8 nights		
Gravy	20	0.50/1	8	\$4.00			
Summer Sausage	165	5.99/20 oz.	6	\$35.94			
Parmesan Cheese	20	5.29/8oz	3	\$15.87			
Couscous	600	3.24/1 box	20	\$64.80	Dinner Option 2: 10 nights		
Chicken Ramen	570	2.39/6 packs	3	\$7.17	Dinner Option 3: 8 nights		
Chicken Packets	70	17.88/12 packs	2	\$35.76			
Dehydrated Beans	100	12.95/18 oz.	2	\$25.90	Dinner Option 4: 8 nights		
Instant Rice	340	1.79/14oz	4	\$7.16			
Olive Oil	120	8.07/48 oz.	2	\$16.14			
Misc							
Cholula			2	\$13.98			
Ultima Electrolytes		20.99/20	3	\$62.97			
Nuun Electrolytes		19.76	1	\$19.76			
Condiment Packets							
Spice Kit							
			Total Cost	\$1,020.21			
			Cost per persor	\$510.11			

RKMF Expedition Budget Proposal				
Gudy's Girls: A Journey Beyond our Backyards				
Skye McCrimmon and Cassidy Craige				
Item	Amount	Unit Price	Cost	Notes
PERMITS AND CAMPGROUNDS				
Miscellaneous Campground Fees for Resupply Days	2	\$28	\$56	28 to camp near Frisco by reserving on Recreation.gov , same rate near Salida if we need for resupply. While we don't have these reserved yet we suspect that it will be more convenient to camp near towns if our resupply will take longer.
TRANSPORTATION/TRAVEL				
Flight Denver to Durango	2	\$230.00	\$460.00	Average price based on Google Flights data
Flight Denver to Montrose	1	\$300.00	\$300.00	For Cassidy to get home to Telluride after we complete the trail. Based on average cost on google flights right now
Price of a Checked Bag	2	\$35.00	\$70.00	Based on cost of prepaid bag on United which offers many flights to Durango
Transportation to Trailhead	1	\$50.00	\$50.00	Based on need for Ubering around to various locations in Durango for needed gear
Carbon Offset	1	\$4.95	\$4.95	CC Carbon Offset
FOOD AND FUEL				
Total food cost	1	\$1,020.21	\$1,020.21	See food list for breakdown
Isopro fuel	6	\$7.00	\$42.00	We will buy fuel in Durango after our flight and each subsequent resupply
Food for Travel Days	4	\$15.00	\$60.00	Per diem for Travel Days
MAPS AND BOOKS				
Great Divide Trail	1	\$35.00	\$35.00	Guidebook with route descriptions
NatGeo Colorado Trail Map	1	\$24.95	\$24.95	Overview Maps 1:70,000
Printed maps	1	\$85.00	\$85.00	Printing Costs for 11*17 Maps for Navigation based on our CalTopo file - we found these print outs most helpful for daily navigation on our GDT trek two years ago
FarOut Offline Map	1	\$24.99	\$24.99	Backup offline GPS on phone for micro-navigation
EQUIPMENT				
Garmin in-reach rental	1	\$0.00	\$0.00	Rented from OE
Sunscreen	2	\$15.99	\$31.98	\$15.99/16 oz. bottle
Opsack smell-proof bags	4	\$7.50	\$30.00	Used in conjunction with bear cans for smell proof system
Baby Wipes	1	\$1.99	\$1.99	Personal Hygiene
Ziplock Bags	2	\$4.29	\$8.58	Used for for Packaging Resupply
Hand Sanitizer	12	\$1.75	\$21.00	2 oz bottles, \$1.75/bottle
Cookset	1	\$20.00	\$20.00	Rented from OE, \$1 + \$0.5 after
Aquamira	2	\$14.95	\$29.90	Water purification backup/alternate
Trekking poles	2	\$20.00	\$40.00	Rented from OE, \$1 + \$0.5 after
Tent	1	\$79.00	\$79.00	Rented from OE, \$3, + \$2 after
Biodegradable soap	1	\$3.50	\$3.50	Cleaning dishes and hands
AAA Batteries	1	\$15.50	\$15.50	Headlamp batteries
Bear Cans	2	\$0.00	\$0.00	Rented from OE, \$2 +\$1/per additional day
Trowel	1	\$20.00	\$20.00	Rented from OE, \$1 +\$0.5/per additional day
Total Funding Request			\$2,534.55	
Per Person Funding Request			\$1,267.28	