

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. DQR8-DRRXH

Submitted Jan 22, 2025 10:23am by Nathaniel Cutler

Registration

Aug 26, 2024-
Jan 22, 2025

Ritt Kellogg Memorial Fund

RKMF Expedition Grant (2025 Group Application)

Event Aug 26, 2024-Jan 22, 2025

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

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

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

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

**Waiting
for
Approval**
Jan 22,
2025
10:23am

Participant



Nathaniel (Nathaniel) Cutler



Consent



Nathaniel Cutler

Participant Agreement: Behavior and Expectations

Recorded (Jan 22, 2025 10:21am, NC)

Expedition Summary

What is the name of your proposed expedition?

Paddling the Snake and Peel Rivers in the Yukon

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

Nakey on the Snakey

Briefly describe the objectives of your expedition.

As three out of four of us near graduation, this trip signifies a transition, a parting, and a turning of a new leaf. It feels like a combustive moment of grief, excitement, fear, loss, opportunity, hope, and on, as we gauge the next steps in very different places. This trip, fundamentally, feels like an opportunity to return to a place bigger than ourselves, a sort of homecoming beyond the frameworks of institutions or the corporate world. Traveling north into the Mackenzie Mountains is an invitation to move slowly for a period of time, and to remember ourselves in this great turning. Beyond the hope to lean on one another in the wildness and beauty of the north, this journey feels exciting because of the potential to really get to know the Snake River. Different from the packrafting trips many members of this group have embarked on in recent years, this trip has a calmer and quieter intention: to stay with a single river for as long as possible. Traveling from the headwaters to its confluence with the Peel, we will engage in a deep relationship with the many parts of the Snake River, from the swift upper currents in the mountains and canyons to the meandering plains. Every member of this group is drawn to extended wilderness travel that defies notions of conquest, defeat, or triumph. This proposal intends to foster a journey of attention and care; to deeply understand a story of place that extends hundreds of miles across mountain rivers, tundra, and time. We hope to observe the patterns of wildlife and get to know the names of the flora. Despite the well-known attitudes that can accompany arctic wilderness expeditions, we hope that we can travel more gently, disarming the narratives of colonialism and displacement. While we challenge ourselves in deep wilderness, we are also welcoming peace and awe.

Briefly describe the location of the expedition.

The Snake River flows through the beautiful and rugged Wernecke Mountains, the westernmost section of the Mackenzie Mountain Range in the Yukon, Canada. The upper half of the Snake runs swiftly through mountains, canyons, and breathtaking alpine corridors until it slows and opens into the Peel River Plateau. The upper section offers endless hiking, with views of renowned mountain peaks such as Mount McDonald. The Snake flows north through the traditional territories of the Tetlit Gwitchin and the Na-cho Ny'a'k Dun First Nations until it confluences with the Peel River. The Peel then meanders, much slower and bigger in body, crossing the Arctic Circle into the Northwest Territories. High banks on the Peel River are home to about one-quarter of Yukon's 200 breeding Peregrine Falcons. Nearly obliterated by pesticides in the 1960s, they are making a strong comeback. The Peel River will take us to the shores of Fort McPherson, a small village in the NWT where we will end our trip.

Date that travel to the expedition will start.

Jul 8, 2025

Date that your team will enter the field.

Jul 15, 2025

Date that your team will exit the field.

Aug 7, 2025

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

Aug 15, 2025

How many days will your team be in the backcountry?

24

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

The Snake River is set in the remote alpine region of the Mackenzie Mountains, accessible only by float plane. The Snake is notorious for its remote nature along with its fellow rivers in the Peel

watershed. Due to its location, this trip requires diligent efforts to plan and prepare; once in the field, there is no access to human resources for hundreds of miles. One of the last intact mountain boreal ecosystems in the world, the Peel is home to moose, grizzly bears, dall sheep, caribou and wolves, offering rare wildlife sightings alongside an opportunity to experience an environment disappearing from our planet at an alarming rate. The Snake is among 3 rivers in the Peel River watershed, all known for their remote and pristine beauty. Due to its inaccessibility, fewer than 100 people paddle the Snake each year, which is evidence of the solitude we will experience as we paddle through this landscape. Although other groups will be few and far between, we will rely heavily on one another for knowledge, warmth, company, and safety while in grizzly country. Solitude is not our priority, as much as teamwork, comradery, and humor. As we alluded to in the objectives portion, grit is not our intention. We acknowledge that a trip like this will create many moments of challenging decision-making, inclement weather, and finding appropriate eddies, but our design for mileage, craft, and group dynamics are all in antithesis to bracing for hardship. Our expedition is located far from immediate care and requires a commitment to daily needs such as filtering water, assembling and disassembling our sleep systems, being aware of wind patterns and cloud formations, less convenient cooking amenities, and digging holes to use the bathroom. These realities necessitate a presence and understanding not required in day to day life for our group, but we hope that our days will not be spent exercising grit in the name of "getting through" something but rather in basking in the beauty that comes from such presence.

Participant Qualifications

Expedition team member information

Zinnia Voss, May 25'

WFR expiration: April 7, 2026

Skyler Williams, May 26'

WFR expiration: June 2026

Nathaniel Cutler, May 25'

WFR expiration: Jan 2026

Austin Jones, May 25'

WFR training provider and course date: NOLS Wilderness Medicine, 3/18/25 - 3/22/25

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.

Boating:

We will use the spring in Colorado to refine our paddling skills on a variety of single and multi-day trips. We are planning the following runs:

Note: some of these runs will be done in kayaks (Royal Gorge, slaughterhouse) or packrafts (Cataract Canyon) to practice general water skills whereas others (ruby horsethief, Waterton Canyon) will be undertaken in canoes to rehearse craft-specific techniques.

Waterton Canyon, South Platte - Class III (April/May, 1.5 miles)
Royal Gorge, Arkansas - Class III (April/May, 9 miles)
Numbers, Arkansas - Class IV (May/June, 6 miles)
Slaughterhouse, Roaring Fork - Class IV (May/June, 5 miles)
Cataract Canyon, Colorado - Class III-IV (late March [spring break], 7 days, 28 miles, hike in and out)
Ruby Horsethief and Westwater Canyons, Colorado - Class I-IV (mid-April [7th block break], 4 days, 42 miles)
During these trips, we also intend to rehearse key swiftwater rescue techniques like throwing ropes, Z drags, intentionally swimming safe rapids, fording, and in-boat swimmer rescue.

General fitness:

Every member of our group has an outdoor activity that they are particularly passionate about beyond paddling. We will use this excitement to curate an exercise schedule together to ensure optimal fitness. Austin is especially knowledgeable in yoga and mountain biking, Zinnia in mountain biking and trail running, and Skyler and Nathaniel are both accomplished climbers. In order to condition our bodies to an appropriate level of fitness for this expedition, we will adhere to a schedule akin to what follows:

Morning runs 2x/week to build stamina
Intermediate yoga class 2x/week for general strength and flexibility
Bouldering 2x a week to build upper body strength
Rotator cuff strengthening in the gym 2x/week for some shoulder love!
Open swim/ kayak roll sessions to upkeep comfortability in water

We are all active people on a day-to-day basis. Still, conditioning and strengthening specific muscles to prevent injury in paddling and hiking will be key to mitigate unnecessary risk. As for our dynamic, we spend a significant amount of time together and will easily be able to continue building our communication and teamwork skills.

Team Preparation:

Team preparation is one of the most important aspects of our training. Although being prepared with proper gear and fitness is crucial, the mental and emotional standing of the team going into the field is often overlooked. We are dedicated to caring for ourselves and one another in light of this, and intend to spend adequate time in wilderness spaces together this spring to understand the nuances of our cumulative needs. A combination of hikes, paddling trips, as well as simple shared dinners, and expedition-prep gatherings feel necessary to feel our collaboration in both easeful and demanding environments. We are all good friends and have varied pre-existing experiences in the backcountry together, so we feel confident that we will just be solidifying our teamwork the more we tend to it. Skyler, Zinnia, and Nathaniel shared 3 weeks in the Alaskan backcountry last year on a Ritt trip and found that teamwork, support, and humor were some of the greatest strengths of the group. We are excited to take that love and friendship onto another adventure!

Expedition Logistics, Equipment, and Food

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

Zinnia and Austin will fly into Whitehorse. Nathaniel and Skyler will drive from Colorado Springs to Whitehorse and pick up Zinnia and Austin. All four members will then drive to Mayo where we will leave the car and fly in a float plane to Duo Lakes.

The group will paddle into Fort McPherson and get a shuttle from Fort McPherson back to Mayo with Northwest Adventures. Gear will be loaded into the car and then the group will drive back to Whitehorse and say our final goodbyes before heading our separate directions. Nathaniel and Skyler will drive back to Colorado Springs. Zinnia and Austin will fly out of Whitehorse.

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

[Snake Itinerary 2025- Goo....pdf](#) (8.3MB)

Uploaded 1/22/2025 9:52am by Nathaniel Cutler

Please paste a URL to your complete digital expedition map.

<https://caltopo.com/m/1099B8T>

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

We will re-ration at "Taco Bar", a large sandbar used as an ending point for most paddlers on the Snake. The Taco Bar is at the confluence of the Snake and the Peel Rivers and is easily accessed by float plane. We will use this point as a re-ration location with Alkan Air, the same company that will fly us in, before we begin our final stretch to Fort McPherson.

DATE: 7/30/25

Describe how you will protect your food from wildlife.

For the duration of the expedition, we will be using BV500 bear canisters and Ursacks (Major XL). The Ursacks will be properly hung when trees are available, ideally 10 feet from the trunk and at least 15 feet above ground. The bear cans will be stashed in places hard to access by wildlife, such as wedged between rocks. We will ensure all food is stored a safe distance from our camp, the river, or any cliffs in case wildlife was to roll or move the containers.

We will use the triangle method as we have done before in grizzly country, setting up our camp, cooking area, and food storage area as the points of the triangle, with at least 200 feet between each point. The cooking area is always located downwind of the other two. In the case of rain, we plan on using a simple tarp tent for our cooking shelter, mounted with parachute cord and trekking poles. This tarp will be safely stored at night with the food. Any food or trash that is not being actively used or monitored in close range will be safely stowed in a canister or Ursack. Food, trash, or cooking gear will not be left unattended for any amount of time.

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

[Snake Food 2025- Google Docs.pdf](#) (59KB)

Uploaded 1/22/2025 9:59am by Nathaniel Cutler

Upload a thorough equipment list.

[Snake Equipment 2025- Go....pdf](#) (57KB)

Uploaded 1/22/2025 10:03am by Nathaniel Cutler

Upload a first aid kit list.[Snake First-aid 2025- Goo....pdf](#) (56KB)

Uploaded 1/22/2025 10:06am by Nathaniel Cutler

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

To leverage our impact we will be taking multiple steps including having 2 of our group mates drive to the start point, instead of flying. If we were all to fly we would increase cost and environmental demand significantly considering all of our gear. While in the backcountry, we will employ the Leave No Trace principles in order to avoid any negative impact to the landscape and ecosystem as a result of our presence. In addition, we will do our part to learn the history of these places, including the stories of the Indigenous peoples who still live in the surrounding lands to this day. We are excited to pay close attention to the flora and fauna and be slow in our travel. High impact is often predicated on a sense of rush or scarcity, we will do our best to be aware in our daily movements to be in reciprocity with our surroundings.

Lastly, based on the carbon emissions calculator, our trip will generate about 6.49 metric tons of CO₂e. The cost of offsetting this impact is \$32.46

Risk Management**What are the main objective hazards of the expedition?**

General Safety:

Wildlife:

Grizzly bears and black bears are both inhabitants of the Mackenzie Range. We are prepared to carry all of our food in hard-sided bear canisters or bear-resistant Ursacks for the duration of the trip. By traveling predominantly by river, we will be in open areas giving bears plenty of space to see us. On the river, but especially on any hikes where visibility could be compromised, we will be making plenty of noise to alert the bears and any other wildlife of our presence. We will avoid traveling during the early morning and late evening hours, when bears tend to be most active. We will do our best to avoid vegetated surfaces and camp above the river channel when possible to decrease the likelihood of a bear encounter in their fishing environment.

Ideally, our camps will be set up in widely visible spaces, away from any recent signs of bears (scat, tracks, carcasses, digging) and common foraging areas (sedge meadows, berry patches). When at camp, we will set up a triangle with our sleeping tent, cooking tarp, and food storage area forming the 3 points (separated by 300 ft.), and the cooking tarp placed downwind of the other two. Food will always be prepared and eaten in the cooking tent only, and stored in bear canisters or hung in Ursacks at least 15 feet off the ground and 10 feet from the trunk whenever possible. The tarp will be stored in one of our bear-resistant containers along with our food at night. Important gear like boats and drysuits will be tucked away from the food and smellables to avoid damage by any wildlife.

If we do encounter a bear at a safe distance, we will change course or navigate around the bear allowing it/us to pass undisturbed. It is recommended to speak calmly to the bear and slowly wave

your hands above your head. If the bear begins to focus on or approach us, we will move to stand together and shout, make noise, and wave our arms vigorously. Each of us will carry bear spray that will be kept immediately accessible at all times, as well as air horns to use as noisemakers. If we are charged, we will stand our ground together with packs on and deploy bear spray once the bear comes within 25 feet. If the bear makes contact, we will fight back aggressively. If we encounter a bear by surprise, remaining non-threatening and speaking calmly to the bear while moving backwards diagonally is advised. In this scenario, if a grizzly bear charges it is best to play dead, lying face down with hands clasped at the neck and legs spread apart, and then fight back aggressively if the bear makes contact. In the case of a black bear charge, playing dead is not advised; instead, we would use bear spray and fight back aggressively if contact is made.

All of us have experience traveling safely and properly storing food in bear country, and have extensive experience in grizzly country.

Bugs are an inevitable nuisance on the Snake but pose little threat aside from the bother. We will bring bug shirts/nets, khaki colored clothing, bug-spray, and an antihistamine to counter their presence to the best of our ability. We've found that bugs tend to taper off in the north after June, so hopefully we will be on the cusp of escaping the bulk of them.

Off-trail travel:

There are no maintained trails in this part of the Mackenzie range, but our plans to hike the foothills of mount macdonald and painted ridge, as well as any portages we do will be guided kindly by reported social/game trails that, from all research we've done, pose as established and reliable routes. For any sections where we will navigate using topography and compasses where necessary. We will be using 1:50000 topographic maps for all navigation throughout the trip and will bring these on any side-hikes along with the inReach as a backup.

All of us have substantial experience with off-trail navigation that is beyond anything we will encounter. Three of us were on a Ritt grant last summer in the Talkeetna Range where we ended up navigating 10+ days of challenging off-trail travel through thick bush and bogs, while our fourth member has navigated rugged mountain terrain off-trail in the marshy tundra of Northern BC and the Wind River Range.

Weather:

The Snake River is set in a northern mountainous region, making it notorious for rapidly shifting weather. We are preparing for temperatures anywhere from 0-30 degrees celsius, or 32-86 degrees Fahrenheit in July. The summer, particularly July, is well known for heavy rains and thunderstorms (typically occurring late afternoon-evening), which is a major hazard when paddling. We will be sure to be attentive to changing weather and get off the river immediately to seek a largely vegetated area with no particularly tall trees if any threat occurs. It is imperative that we respond quickly and know the signs of storms so that we don't have any close calls. We are all able to recognize clouds and weather patterns indicative of a thunderstorm, which will aid in making a safe call before any storm fully hits. If a considerable thunderstorm hits while at camp, we will assume lightning position on our PFDs to minimize contact with the ground or seek shelter in our tent to avoid excessive cold from rain.

The possible low temperatures bring concern to hypothermia in an off-river context (hypothermia in a whitewater context will be discussed below). Our biggest measure will be prevention; we will encourage each other not to tolerate any prolonged coldness or shivering, stay properly hydrated, eat enough calories, put on waterproof layers before rain, and take measures early to get warm—even if this means temporarily delaying our progress. We will stop and begin treatment as soon as any symptoms of mild hypothermia begin to appear. This includes getting to shelter, replacing damp clothing, providing wind and waterproof layering, warm liquids, calories, exercise, and a hypo wrap if necessary.

Flash floods are a possible occurrence. It is important to strictly avoid high-gradient or narrow tributary drainages during storms, or anytime when a storm seems remotely likely.

Another significant risk associated with rapid changes in weather is the delay of our food resupply. Float planes are unable to fly if visibility conditions are too poor, so although unlikely, being prepared for a delay is a worthwhile precaution. In order to be prepared we will carry an extra day of food for our first leg. We will also be in communication with Alkan air about the timing of our resupply via our Garmin InReach, so any delay will not come as a surprise.

Whitewater safety:

Rapids:

We will travel close together as we navigate rapids, communicating often about reading the water and determining the safest line. We will scout the significant class III rapid before running. We will take turns leading lines down rapids and the leader will always point positively to signal the other boater to navigate away from an obstacle. We will be ready to employ rescue skills to respond to a swim at any time. Throw bags will be kept in a location accessible to either paddler in a boat. All locations of significant rapids are marked on our map.

Strainers:

Strainers are an unlikely, but possible hazard. If a strainer is observed ahead, we will immediately exit our boats and scout to determine whether the strainer can be safely navigated around. If boats cannot be eddied out and exited safely in time before the strainer is reached, the boater in front will blow their whistle once to signify the presence of a hazard, and point positive away from the strainer, modeling aggressive paddling out of the hazard area. In the unlikely event of one of us getting caught in a strainer, the other will exit their boat as soon as possible and throw a rope to the victim. The victim should use their momentum to grab hold of the strainer and hoist themselves up on top of it. If that doesn't work, and a throw rope isn't yet present, the victim should swim aggressively towards the main river and away from the strainer, parting branches if necessary.

Strainers can become particularly prevalent after a high water or flooding event. After significant rainfall, we will exercise increased precautions with respect to the risk of strainers (i.e. scouting, portaging, paddling slowly, observing around bends).

Foot Entrapment:

Foot entrapment is a present hazard on the river. If any of us swim, we will assume the swimmer's

position with feet pointed downstream and not attempt to stand up in the river. Additionally, we will ensure there are no loose cords, straps, or other foot entrapment hazards present on our boats. If foot or other limb entrapment does occur, the other boaters will throw a rope to the victim from shore, then attempt to disengage the entrapment from their boat if the throw rope is unsuccessful.

Rising water levels:

Due to the potential increase of rain in the summer months, rapidly rising water levels on the Snake River are very possible. This means rapids can become somewhat more challenging as the volume increases. Rescue response time in case of a swim will have to be especially fast, since higher water levels can quickly carry boats, gear, and swimmers far downriver. Increased scouting and/or portaging will be used in these unpredictable high-water situations. The likelihood of this hazard being an issue is increased by climate change as storm precipitation volumes continue to increase globally.

If the water rises high enough, we will wait to continue downriver. This would be the case if we observe significant debris being carried downstream, water level rises over 2 feet, or if boating otherwise seems unsafe. On higher water mornings we will closely monitor changes in the river to assess the safety of continuing downstream.

In camp scenarios, rising water level means the river can quickly flood the camp area. To prevent this, we will always camp at least 4 feet above the river whenever possible. Vegetated areas above the river banks will be preferred, and high sand bars will only be selected as camp if there are no other options.

Hypothermia:

Typical water temperatures for the Snake during the summer season are in the 40s F. Combined with sub-60 F air temperatures, the threat of hypothermia becomes significant. We will be wearing drysuits, appropriately layered with warm synthetic tops and bottoms. We will also have pogies to keep our hands warm. We will be able to check the weather forecast on our inReach, so we'll be prepared to make most of our river miles earlier in the day if colder afternoon weather is expected, or vice versa. If any of us develop symptoms of mild hypothermia, we will get off the river and begin treatment. This would include removing dry suit and damp layers, replacing with dry, wind and waterproof layers, getting to shelter (likely a tent), exercise, caloric intake, warm liquids, and a hypo wrap if necessary.

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

Due to the remoteness of this river, our evacuation plan will depend on using our Garmin to contact a float plane. There is no ground transportation evacuation point until we reach the end of our trip at Fort McPherson.

In the case of an evac, we will assess the scenario. If it is life-threatening, we will use our SOS to contact a helicopter for a rapid evac. If the patient needs evacuation but it is not life-threatening, we will contact a float plane and paddle to the nearest possible landing point. Potential evac points are labeled and noted on the map and in the daily itinerary descriptions.

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.

Local Hospitals:

Fort Simpson - 867-695-7000 (sat phone only)

Watson Lake - 867-536-4444 (sat phone only)

Whitehorse: 867-393-8700

Fort McPherson VA Clinic: 404-329-2222

Mayo Health Centre: 867-996-4444

Alkan Air: 867-668-2107

Simpson Air (Fort Simpson):

(867) 695-2505 (sat phone only)

info@simpsonair.ca (inReach)

Parks Canada Emergency Line (SAR):

(250) 860-4187 (sat phone only)

inReach SOS button (will contact Parks Canada SAR)

Nahanni Duty Officer Line:

(867) 695-3732 (sat phone only)

Nahanni National Park Reserve offices:

Fort Simpson - (867) 695-7750 (sat phone only)

Nahanni Butte - (867) 602-2025 (sat phone only)

Nahanni.info@pc.gc.ca (inReach)

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

Zinnia and Nathaniel will have Garmin inreach sat phones, loaded with appropriate contacts.

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.

The rapidly changing climate poses and intensifies a number of objective hazards in the mountains. The hazards associated with climate change are those of increasing intensity and frequency of northern wildfires and intensification of storm events generally. To mitigate these

hazards we will monitor wildfire information as we travel to and from the field as well as while we are in the field via the garmin in-reach. If a fire is reported in our field area or on our route, we will communicate with firefighters to modify our route or request an evacuation if necessary. In the event of high water due to a climate change intensified storm, we will follow our high water procedures outlined in our hazard mitigation section.

Budget

Upload a detailed and complete expedition budget.

[Snake Budget - Google Docs.pdf](#) (64KB)

Uploaded 1/22/2025 10:15am by Nathaniel Cutler

What is the total funding request for your trip?

10,000

What is the funding request per person?

2500

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

We have made several decisions that will help us minimize expenses on this trip. First, by driving to the Yukon, we entirely eliminate the cost of shipping food, gear, and boats. In flying to our put-in point, we've gotten a quote from the only flight charter operating in the area, meaning prices are set. We have also arranged for Alkan Air to deliver our resupply for no additional cost as they will be picking up another group from Taco bar. By opting to take out at Fort McPherson, instead of the more common take-out at Taco Bar, we are able to substitute the cost of chartering a plane for the significantly cheaper cost of an over-land shuttle service. Up North Adventures is the only ground transportation operating from Fort McPherson, so their prices are set, too. . Finally, the choice to canoe the Snake River as opposed to any other in the Mackenzie Range will hugely reduce the cost of our expedition; all other rivers in the Mackenzie range are exponentially more expensive and unrealistic to get to within our proposed budget, aside from the Nahanni which Zinnia did in 2023 and is much more often paddled. Overall, we have outlined the safest and healthiest expedition possible within our budget capacities. Any outstanding expenses will be split and covered by our team.

Expedition Agreement

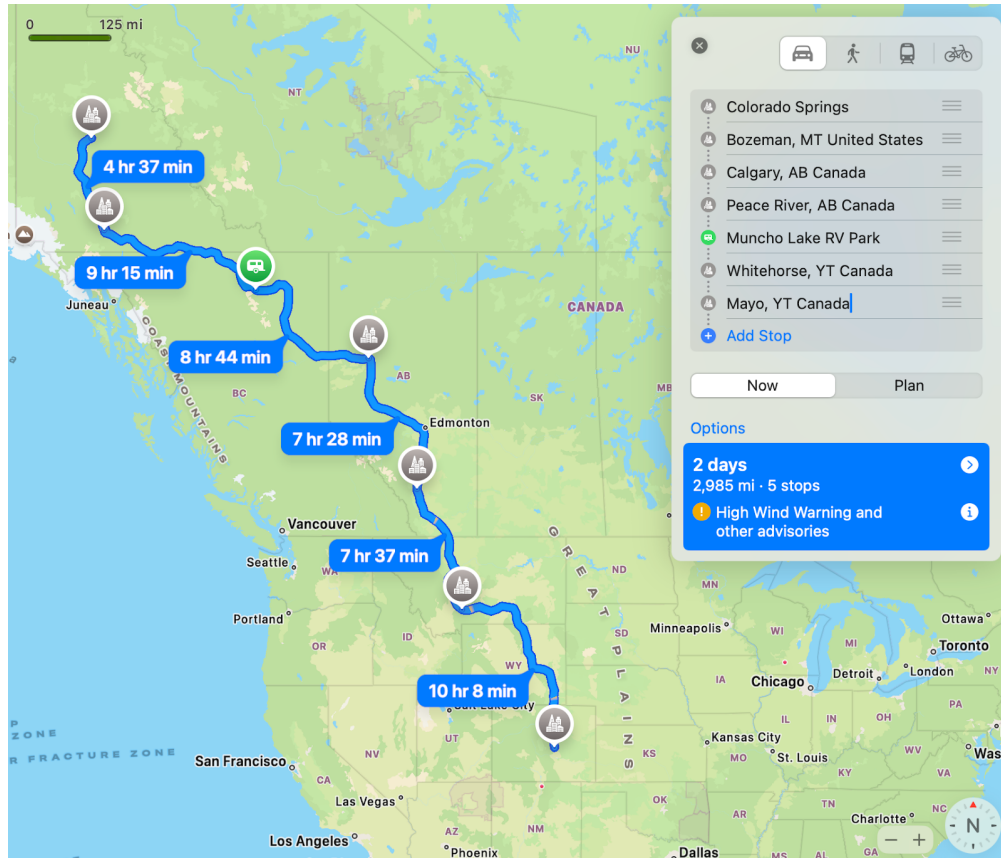
The Expedition Agreement must be printed, read, and signed in ink by each member of the expedition team. Once the Agreement is filled out, it should be scanned into PDF format and uploaded here. The group application will not be considered complete until this form is submitted

[RITT KELLOGG MEMORIAL FUN....pdf](#) (647KB)

Uploaded 1/22/2025 10:20am by Nathaniel Cutler

Itinerary:

Travel Itinerary 2985 Miles, 7 Days Car Camping



Day 1: drive time 10 hours CO Springs to Bozeman, MO. Stay with friends there.

Day 2: 7.5 hours Bozeman to Banff National Park Campground.

Day 3: 7.5 hours Banff to Peace River Natural Area, AB, CA.

Day 4: 9 hours Peace River to Muncho Lake, BC, CA. Camp in designated park camping.

Day 5: 9 hours Muncho Lake to Whitehorse, Yukon, CA. Motel.

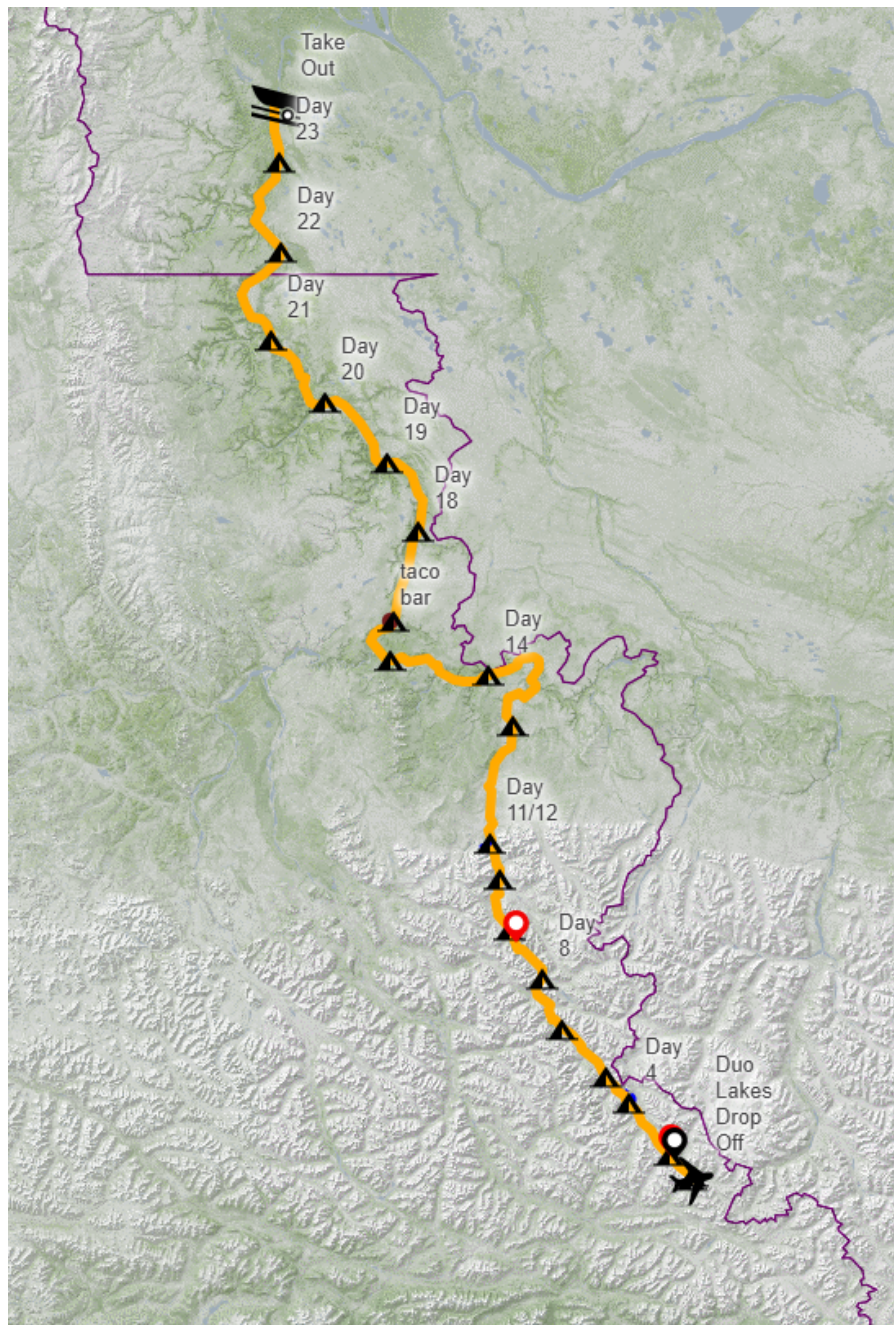
Day 6: Layover in Whitehorse to gather any last things, do final food and gear prep.
Zinnia will fly into Whitehorse from Madison, WI.
Austin will fly into Whitehorse from Golden, CO.

Day 7: 4.5 hours Whitehorse to Mayo, Yukon, CA. Arrive at Alkan Air.

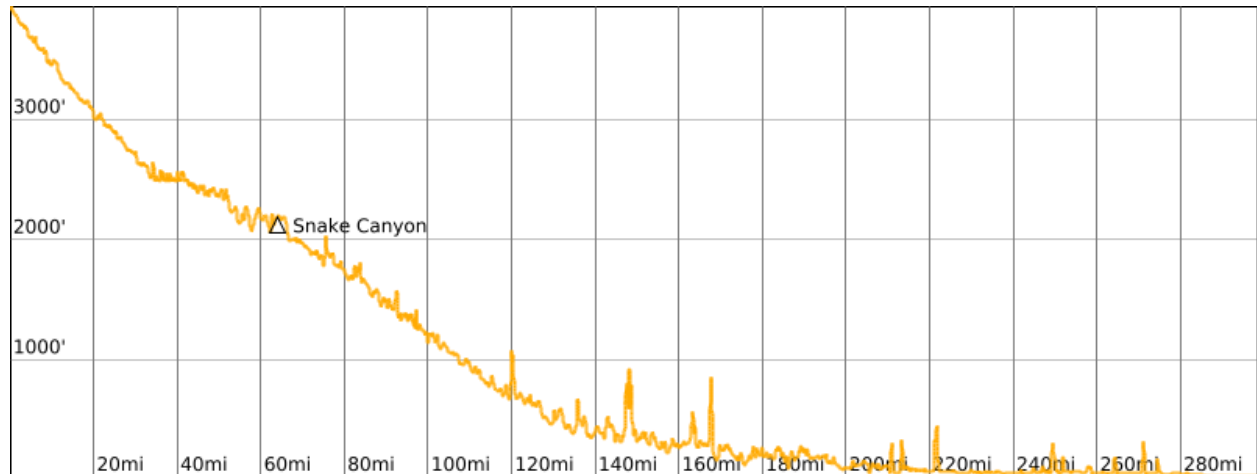
Evac Note: Throughout this document evacuation is in reference to the nearest float plane/bush plane evac option or fastest hike/paddle out option. However, if an emergency threatens life or limb, helicopter evacuation through our Garmin InReaches is our best option.

Map Note: Route, coordinates, and elevations are mapped and are according to caltopo.

Route Overview:



Elevation Overview:



*Slight elevation changes such as sudden and dramatic ups are due to imperfect mapping where the route crosses the shore versus staying perfectly on the river.

LEG 1:

Day 1 (7/15/25)

Locations: Mayo - Duo Lakes (3911')

Mileage: 0

Route: Fly with Alkan Air out of Mayo to drop off point on Duo Lakes. We will use this day to travel, organize gear and acquaint ourselves with our beautiful surroundings at Duo Lakes.

Hazards: Inherent risk of air travel.

Evacuation / notes: If any emergency takes place, we will either be with the pilot or at Duo Lakes, easily accessible by float plane

Day 2 (7/16/25)

Locations: Layover/ portage from Duo Lakes (3911') to Put in (3898')

Mileage: ~6-9 km (~13')

Route: There is a 1.5km social trail from Duo Lakes to the Put in of the Snake River, we will have to do multiple laps to get our gear to the bank before camping at the put in to the river that night.

Hazards: Backcountry travel comes with inherent risks. Wildlife, weather, and terrain all contribute to the possibility of injury, especially when portaging large quantities of gear.

Evacuation / notes: We will still be close to Duo Lakes. Our best option will be to hike back up and call a float plane from there.



Photo of portage trail from duo lakes to Snake River

Day 3 (7/17/25)

Locations: Put In (3898') - Reptile Creek (3563')

Mileage: 7.5 mi (-335')

Route: 7.5 mile paddle downstream to confluence with reptile creek. The river is narrow, meandering and shallow through this section.

Hazards: Swift water, Wildlife, Cold water.

Evacuation / notes:



River character at low water above Reptile Creek

Day 4 (7/18/25)

Locations: Reptile Creek (3563') to "Painted Ridge" (3010') (64.72089, -132.51177)

Mileage: 15 miles (-553')

Route: Downstream paddle to a “painted ridge.” Camping near where the mountain tributary runs into the river. Rapids are likely to be present on narrower sections of river as well as around bends (Class I-II).

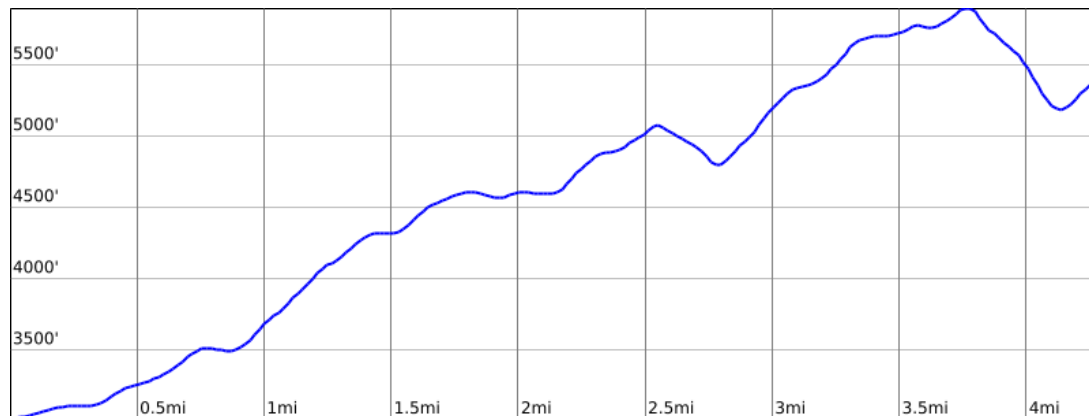
Hazards: Swift water, Coldwater, Wildlife.

Evacuation / notes: Minor evacuation would continue to paddle until Taco Bar at the confluence with the Peel River.

Day 5 (7/19/25)

Locations: “Painted ridge” (3010’) (64.72089, -132.51177) to MacDonald Mountain (2749’) (64.79907, -132.67427)

Mileage: Morning hike up Painted Ridge (4.2 miles, +3465’), followed by 7 river miles (-261’)



*Painted Ridge Elevation Map

Route: Hike along the tributary creek to the base of an ascending ridgeline. Then Follow the ridgeline up to the nearest peaks. (see map) Then paddling downstream.

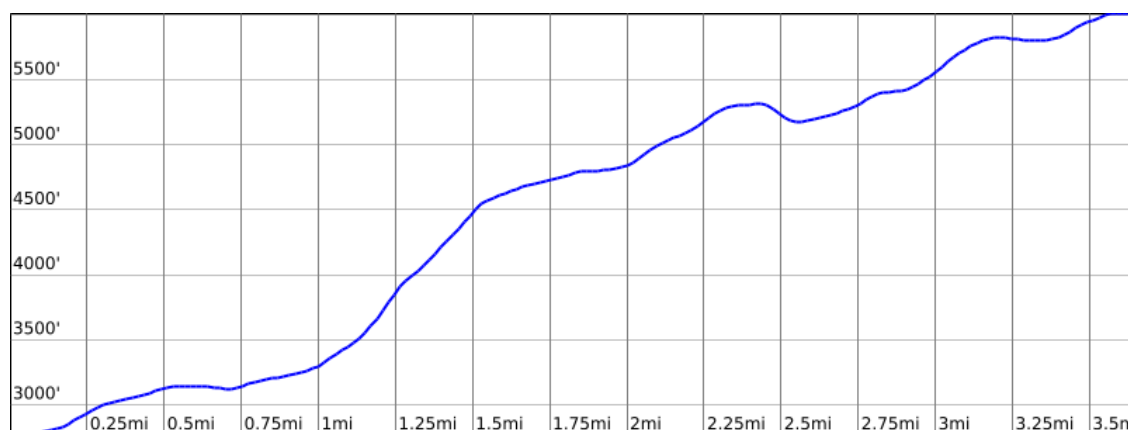
Hazards: Off trail travel risks, wildlife, rocky ground, swift water, cold water, Route finding

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.

Day 6 (7/20/25)

Locations: Layover day near MacDonald Mountain (2749’) (64.79907, -132.67427), potential day hike depending on energy levels

Mileage: 0 river miles and up to 8 land miles (+3456’, -190’)



Route: Follow tributary through dense brush to the terrace, follow low angle ridge line shown on map to get views of the striking MacDonald Mountain and surrounding glaciers.

Hazards: Wildlife, Terrain, Route finding

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.

Day 7 (7/21/25)

Locations: From MacDonald Mountain (2749') to Campsite (2523') (64.93413, -132.96392)

Mileage: 12 miles (-226')

Route: Downstream paddle from MacDonald Mountain to the location where two decent size tributaries come into the snake. The first is on the east side (river left) and ~ .5 mile later is a larger one on the west (river right). Likely swiftwater rapids (class I-II) where the river narrows as well as small rapids around the bends.

Hazards: Swift water, Cold water, Wildlife

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.

Day 8 (7/22/25)

Locations: From Campsite (2523') (64.93413, -132.96392) to the base of Colley Mountain (2142') (65.07819, -133.10430)

Mileage: 12.5 miles (-381')

Route: Downstream paddle from previous camp to the base of Colley Mountain. Here the river turns dramatically into a new valley as it flows past the mountain and a large tributary forms a delta on river right. Swiftwater rapids (class I-II) where the river narrows as well as rapids around the bends.

Hazards: Swift water, Cold water, Wildlife

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.

Day 9 (7/23/25)

Locations: Base of Colley Mountain (2142') (65.07819, -133.10430) to a wide section of river with islands (1987') (65.21664, -133.32270)

Mileage: 13 miles (-155')

Route: Downstream Paddle to where the river widens dramatically there we will find large established islands camp along the shore. This day we will encounter some of the most beautiful and enjoyable whitewater on our route as we navigate "Snake Canyon (aka. Punch and Run)." We will pay extra attention to maps and scout this section thoroughly. This section can be easily portaged on river left which we will do if we feel uncomfortable or the water levels are high.

Hazards: Swift water, Cold water, Wildlife, Larger rapids

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.



Biggest rapids on the river at "Snake Canyon (aka. Punch and Run)" class II-III, Easily portagable on river left

Day 10 (7/24/25)

Locations: Wide Section of River (1987') (65.21664, -133.32270) to large tributary at (1791') (65.35592, -133.38776)

Mileage: 10.5 miles (-196')

Route: Downstream paddle, this is a shorter day on the river so we can really savor our time in the mountains before entering flatter terrain.

Hazards: Swift water, Cold water, Wildlife

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.

Day 11 (7/25/25)

Locations: large tributary at (1791') (65.35592, -133.38776) to the edge of the mountains (1555') (65.45969, -133.45016)

Mileage: 8 (-236')

Route: Downstream Paddle. This will be another shorter day on the river so we can really savor our time in the mountains as we enter flatter terrain.

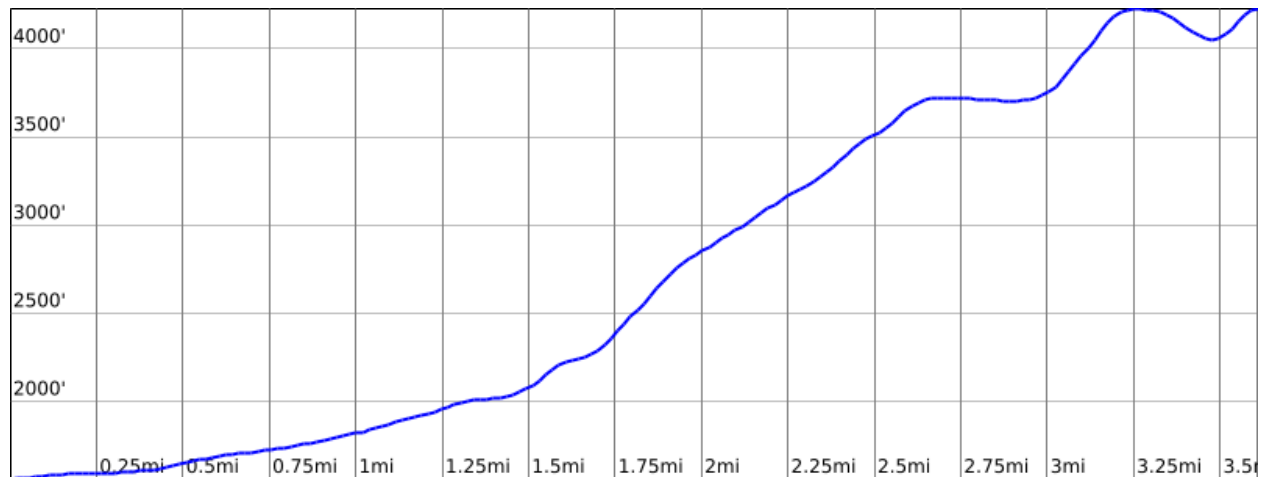
Hazards: Swift water, Cold water, Wildlife

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.

Day 12 (7/26/25)

Locations: Layover day (1555') (65.45969, -133.45016)

Mileage: ~7 miles of hiking



Route: follow a small tributary through the brush to the clear terrain higher up slope, follow low angle ridge up to small peak to get a high view of the arctic tundra stretching out in front of us. (see map)

Hazards: Wildlife, Terrain, Route finding

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.

Day 13 (7/27/25)

Locations: edge of the mountains (1555') (65.45969, -133.45016) to (886') (65.57948, -133.43857)

Mileage: 24 (-669')

Route: Downstream paddle. A longer day of paddling as we adapt to our changing environment and the tundra conditions. This section of the snake, to the confluence with the Peel, is marked by flat but relatively fast flowing water.

Hazards: Swift water, Cold Water, Wildlife

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.

Day 14 (7/28/25)

Locations: (886') (65.57948, -133.43857) to (408') (65.81066, -133.33145)

Mileage: 26 (-478')

Route: Downstream paddle as we adapt to navigating the braids of the tundra. This day has us traversing a long meandering S-bend section.

Hazards: Swift water, Cold Water, Wildlife

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River.

Day 15 (7/29/25)

Locations: (408') (65.81066, -133.33145) to (328') (65.92631, -133.46191) where two opposing tributaries meet.

Mileage: 21 (-80')

Route: Downstream paddle, all flatwater. River becomes wider and braided.

Hazards: Swift water, Cold Water, Wildlife, Braid Navigation

Evacuation / notes: Evacuation for non-life threatening injuries will be via bush plane pick up at Taco Bar at the confluence with the Peel River which we will be very close to.

Day 16 (7/30/25)

Locations: (328') (65.92631, -133.46191) to Taco bar (270') (66.06939, -134.10015)

Mileage: 12.5 (-58')

Route: Big day! We will reach the confluence of the Snake and Peel Rivers and arrive at Taco Bar, where we will receive our re-ration from Alkan Air.

Hazards: Swift water, Cold Water, Wildlife, Braid navigation, Delayed food re-ration

Evacuation / notes: Evacuation will take place at Taco bar.

LEG 2:

Day 17 (7/31/25)

Locations: Layover day at Taco bar (270') (66.06939, -134.10015)

Mileage: 0

Route: Rest, Recuperate, Organize food for the 2nd leg of the trip after our resupply

Hazards: Swift water, Cold Water, Wildlife, Braid navigation, Extended re-ration delay

Evacuation / notes: If needed a bush plain could easily pick us up from Taco Bar.

Day 18 (8/1/25)

Locations: Taco bar (270') (66.06939, -134.10015) to (194') (66.31545, -133.93295)

Mileage: 19.5 (-76')

Route: Paddle downstream. Enjoy the massive slow beauty of the Peel.

Hazards: Swift water, Cold Water, Wildlife, Braid navigation

Evacuation / notes: From here the nearest downstream help for a non-life threatening evacuation would be to continue to Fort McPherson.



Character of the Peel River to Fort McPherson

Day 19 (8/2/25)

Locations: (194') (66.31545, -133.93295) to (80') (66.50122, -134.14169)

Mileage: 17 (-114')

Route: Paddle downstream towards Fort McPherson.

Hazards: Swift water, Cold Water, Wildlife, Braid Navigation

Evacuation / notes: From here the nearest downstream help for a non-life threatening evacuation would be to continue to Fort McPherson.

Day 20 (8/3/25)

Locations: (80') (66.50122, -134.14169) to (66') (66.66332, -134.56055)

Mileage: 18.5 (-14')

Route: Paddle downstream.

Hazards: Swift water, Cold Water, Wildlife, Braid Navigation

Evacuation / notes: From here the nearest downstream help for a non-life threatening evacuation would be to continue to Fort McPherson.

Day 21 (8/4/25)

Locations: (66') (66.66332, -134.56055) to (49') (66.82544, -134.92447)

Mileage: 17 (-17)

Route: Paddle downstream. **Costume Contest.**

Hazards: Swift water, Cold Water, Wildlife, Braid Navigation

Evacuation / notes: From here the nearest downstream help for a non-life threatening evacuation would be to continue to Fort McPherson.

Day 22 (8/5/25)

Locations: (49') (66.82544, -134.92447) to (49') (67.06101, -134.85718)

Mileage: 21 (0')

Route: Paddle downstream. STILL!

Hazards: Swift water, Cold Water, Wildlife, Braid Navigation

Evacuation / notes: From here the nearest downstream help for a non-life threatening evacuation would be to continue to Fort McPherson.

Day 23 (8/6/25)

Locations: (49') (67.06101, -134.85718) to (26') (67.29326, -134.86816)

Mileage: 22 (-23')

Route: Paddle downstream. Enjoy the slow river as we near the end.....

Hazards: Swift water, Cold Water, Wildlife, Braid Navigation

Evacuation / notes: From here the nearest downstream help for a non-life threatening evacuation would be to continue to Fort McPherson, very close at this point.

Day 24 (8/7/25)

Locations: (26') (67.29326, -134.86816) to Fort McPherson (23')

Mileage: 10 (-3')

Route: Paddle downstream. Enjoy a short day on the water as we prepare to say goodbye to the river that has been the center of our lives for almost a month!!!!!!!

Hazards: Swift water, Cold Water, Wildlife, Braid Navigation, Sadness, Confusion, Grief, Loss, High gas prices

Pros: Burger

Evacuation / notes: We will arrive at Fort McPherson where we can seek help.

PERSONAL GEAR :	QUANTITY (per person for personal gear)
Sun Hoodie/Synthetic shirt	1
Long Underwear Top	1
Fleece/wool layer	2
Puffy	1
Rain Jacket	1
Mosquito head net	1
Sports Bra (where applicable)	1
Underwear	3
Long Underwear Bottoms	2
Fleece Pants	1
Rain Pants	1
Quick Dry Shorts	1
Hiking socks	4
Sleeping socks	1
Trail runners/hiking boots	1
Sun Hat	1
Beanie	1
Gloves	1
Sunglasses	1
Buff	1
SLEEPING GEAR :	
Sleeping Bag (~15 -20 degree)	1
Sleeping Pad	1

Stuff Sack	1
4p tent	1 (for the whole group)
Tent Repair Kit	1 (for the whole group)
GEAR BELOW IS TOTAL, NOT PER PERSON	
HIKING :	
Day packs	4
Trash compactor bag liner	4
PADDLING :	
Canoe	2
Canoe paddle	4
Emergency paddle	2
Bow and stern lines	2
Bailer	4
Dry Suit	4
Whitewater Helmet	4
Throw Bag	3
Type V PFD	4
River Knife	4
Tow Tether	4
Locking carabiners	4
Pin kit	2
Whistle	4
Boat Repair kit (fiberglass patch)	2
Personal dry bags	4
Large dry bags	2

Barrel	4
COOKING :	
Pocket Rocket Stove	3 (1 backup)
Pan & Lid	1
Pot Grips	2
Spatula	1
Big Spoon	1
1400 ML Pot w/cover	2 (shared)
Lighter	8
Pocket Knife	4
Sawyer Squeeze filter	2
Platypus filter	1
Gravity filter	1
Bleach	2 oz
Spoon	4
Collapsible bowl	2 (2 bowls will be pots to save weight)
8 oz MSR Fuel Canister	8
Tarp tent	1
Windscreen	1
TOILETRIES :	
SPF Lip Balm	4
Tooth Brush	4
Floss	2
Retainer	1
Insect Repellent	3
Sunscreen	3

Hand Sanitizer	3
Trowel	2
Toilet Paper	3 roll
Toothpaste	3
Hair Ties	10
Tampon	Few extra
Campsuds	4 oz.
Diva cup	2
Ziplocs	6 extra
MISCELLANEOUS :	
Waterproof Watch	4
Headlamp w/batteries	4
Extra AAA batteries	2 (it doesn't get dark)
1-Liter Water Bottles	8
Compass with mirror	3
50 ft. P-cord	3
8 ft. Duct Tape	3
Sewing Kit	2
12' Cam Strap	8
Bear Vault BV500 Canister (CCOE)	4
15L Ursack All-Mitey XL (CCOE)	4
Bear Spray	4
Air Horn	2
Maps & Waterproof bags	2 sets
Garmin inReach (personal)	2
Charging Bank	3

InReach Charging Cord	2
Journal/Pen	4
Bandana	4
First Aid Kit	2
Zip ties	10

This will be split up into 2 first aid kits

FIRST AID KIT:

Nitrile gloves (5 pair)
12 cc irrigation syringe
Ziploc bag (8)
Trauma shears 4" (1)
Medical waste bag (2)
Hand sanitizer (2)
Emergency blanket (2)
Tweezers (1)
Safety pins (4)
Guide to wilderness medicine (1)
SOAP note outline (1)

Acetaminophen 500mg (20)
Ibuprofen 200 mg (50)
Aspirin 325 mg (4)
Tums (10)
Antihistamine (diphenhydramine 25mg) (5)
Sting stop (1oz)
Loperamide HCL 2 mg (3)
Sam splint (1)
Sunscreen (2 tube)
KT Tape (4 strips)
Foam blister donuts (6)

Trauma pad 5" x 9" (1)
Non-adherent dressing 3x4" (4)
Sterile gauze dressing 2x2" (6)
Sterile gauze dressing 4x4" (5)
Wound closure strips 1/4" x 4" (10)
Triangular bandage (5)
Transparent dressing (5)
Adhesive bandages 1" x 3" (15)
Butterfly bandages (15)
3" conforming gauze (3)
Mole skin (10 pieces)
Medical tape roll 1" (5 yards)
Athletic tape roll (Leuko) (5 yards)
Antiseptic wipes (6)
Cotton tip applicator (3)
Antibiotic ointment (1 tube)
Benzoin tincture (2)
Iodine tincture (2)
Hand cream (2)
Vaseline (1)

Leg 1: Days 1-16 (16-day ration)

This ration includes potatoes in case the resupply is delayed

BREAKFAST	CALORIES	QUANTITY	
Granola	300 cal/ ½ cup	8 cups	6 break
Oatmeal	339 cal/cup	14 cups	7 break
Powdered Eggs	230/ 3 egg	37 eggs	3 break
PB	200 cal/ 2 tbs	2 jars	
Powdered milk	350 cal/ ½ cup	5.5 cup	
Dried/dehydrated Fruit	332 cal/ 1 cup	6 cup	
Pecans/walnuts	170/ oz	6 cups	
Coconut Flakes	185 cal/ oz	25 oz	
Tortillas	120 each	12	
Dehydrated veg	70 cal/.25 cup	2.25 cup	
Summer sausage	120 cal/oz	22.5 oz	
Apples	95 each	8	
Cinnamon, sugar, nutmeg mix	-	1 bag	
	Granola (x6)	Oatmeal (x7)	Breakfast Burritos (x3)
CALORIC VALUE PER MEAL:	920 cal	880 cal	1010 cal
LUNCH	CALORIES	QUANTITY	
Sausage	300-400 cal	12 sausages (45oz)	6 lunches
Tuna Packet	150 cal	32 packets	8 lunches

Cheese	115 cal/ oz	125 oz	
Flour Tortilla	300 cal	96 tortillas	
Cholula (travel bottle)	~5	2 bottles	
Mayo and Mustard (deli)	~100 calories	1 bottle each	
Dehydrated Hummus	45 calories/ tbs	6 cups	
Pepperoni	140 cal/ 14 slice	2 packages 20oz	
Chips (jalapeno)	300 cal/ 30 chips	4 bags	
	Various meat wrap		
CALORIC VALUE PER MEAL:	~1100 cal		
SNACKS	CALORIES	QUANTITY	
Trail Mix	700 cal/cup	12 cups	
Bars	200-300 cal	64 bars	
Jerky	160 cal/ 2 oz.	3 large bags 70oz	
Peanut M&M's	140 cal/ serving	4 bags	
Fruit snacks	80 cal/pack	32 packs	
	All Snacks		
CALORIC VALUE PER PERSON/DAY	~600-700 cal		
DINNER	CALORIES	QUANTITY	
1. Curry Rice			

(5)			
Rice	675 cal/cup (uncooked)	10 cups	
Turkey Jerky	70 cal/oz	35 oz	
Dried chickpeas	750 cal/cup	4 cups	
Dehydrated veg	70 cal/ .25 cup	3 cups	
Curry powder	0 cal	3 Tbsp.	
Bullion Cubes	16 cal/ cube	6 cubes	
Potatoes	100 cal/ med pot	10 potatoes	
2. Quinoa & Chili (4)			
Dehydrated black beans OR chili	662 cal/cup (uncooked)	5 cups	
Dehydrated quinoa	90 cal/oz	5 cups	
Spices for beans/chili	0 cal	3 Tbsp.	
Potato chips topping	120 cal/oz	1 bag (16 servings)	
3. Cheesy Couscous (4)			
Cous Cous	600 cal/ cup (dry)	8 cups	
Salmon	70 cal/ package	8 packets	
Cheese	120/oz	11 oz	
Dehydrated Pesto	100 cal/ ¼ cup	4 packs	
Bullion Cubes	16 cal/ cube	6 cubes	
Dehydrated Veggies	280 cal/ cup	2 cups	
4. Alfredo pasta (3)			
Ramen noodles	380/packet	12 packets	

Salmon	174 cal/ packet	3 packets	
Dry alfredo mix	15 cal/serv	3 packets	
Cheese	120 cal/ oz	2.5 oz	
Red pepper flakes	5 cal	A few servings!	
Parmesan crisps	100 cal/oz	A few servings	
Kale	20 cal/cup	1 bunch For beginning	
	Rice (x5)	Couscous (x4)	Alfredo (x3)
CALORIC VALUE PER MEAL	1120 cal	1050 cal	1230 cal
And..... Chili (x4)	1090 cal		
DESSERT			
Tony's Chokoloney Epic Yummy Bar	960 cal	x12 bars	
Costco brownie bites	110 cal/ brownie bites	1 bag	
Sour Patch Kids	100 cal/ 5 pieces	5 bags	
FATS (for entire trip)			
Olive oil		42oz	
Ghee		32oz	
EXTRA (incase of delay)			
Instant Potatoes	440 cal/ pack	4 packs	

LEG 2: Days 17-24 (8-day ration)

BREAKFAST	CALORIES	QUANTITY	
Granola	250 cal/ ½ cup	4 cups	3 break
Oatmeal	339 cal/cup	6 cups	3 break
Powdered Eggs	230/ 3 egg	32 eggs	2 break
PB	200 cal/ 2 tbs	1 jar	
Powdered milk	350 cal/ ½ cup	3 cup	
Dried/dehydrated Fruit	332 cal/ 1 cup	3 cup	
Coconut Flakes	185 cal/ oz	12 oz	
Mixed nuts	170/ oz	3 cups	
Tortillas	120 each	8	
Dehydrated veggies	70 cal/ .25 cup	2 cups	
Summer sausage	120 cal/oz	32 oz	
	Granola (x3)	Oatmeal (x3)	Breakfast burritos (x2)
CALORIC VALUE PER MEAL:	920 cal	880 cal	1010 cal
LUNCH	CALORIES	QUANTITY	
Sausage	300-400 cal	32 oz	3 lunch
Tuna Packet	150 cal	12 tuna packets	3 lunch
Cheese	115 cal/ oz	64 oz	

Flour Tortilla	120 cal	64 tortillas	
Hot Sauce (travel bottle)	~5	1 bottle	
Mayo and Mustard	~100 calories	Continued	
Dehydrated Hummus	45 calories/ tbs	3 cups	
Pepperoni	140 cal/ 14 slice	2 packages	2 lunch
Chips (jalapeno)	300 cal/ 30 chips	2 bags	
	Various meat wrap		
CALORIC VALUE PER MEAL:	700 cal		
SNACKS	CALORIES	QUANTITY	
Trail Mix	700 cal/cup	6 cups	
Bars	200-300 cal	40 bars (few extra as needed)	
Jerky	160 cal/ 2 oz.	2 large bags 36 oz	
Dried fruit	480 cal/ cup	11 cups	
	All snacks		
CALORIC VALUE PER PERSON/DAY	~600-700 cal		
DINNER	CALORIES	QUANTITY	
1. Curry rice (2)			
Instant rice	675 cal/cup (uncooked)	4 cups	
Turkey Jerky	70 cal/oz	16oz	

Dried chickpeas	750 cal/cup	2 cups	
Dehydrated veg	70 cal/.25 cup	2 cups	
Curry powder	0 cal	3 Tbsp.	
Bullion Cubes	16 cal/ cube	6 cubes	
2. Quinoa & Chili (2)			
Dehydrated black beans OR chili (2)	662 cal/cup (uncooked)	2 cups	
Dehydrated quinoa	90 cal/oz	2 cups	
Spices for beans/chili	0 cal	6 Tbsp.	
Potato chips topping	120 cal/oz	2 small bags (4 servings)	
3. Cheesy couscous (2)			
Couscous	600 cal/ cup (dry)	4 cups	
Salmon	70 cal/ package	4 packets	
Cheese	120/oz	8 oz	
Dehydrated Pesto	100 cal/ ¼ cup	3 packs	
Bullion Cubes	16 cal/ cube	6 cubes	
Dehydrated Veggies	280 cal/ cup	3 cups	
4. Alfredo pasta (2)			
Ramen noodles	380/ packet	8 packets	
Salmon	100 cal/oz	3 packs	
Dry alfredo mix	15 cal	3 packets	
Cheese	120/ oz	8 oz	
Red pepper flakes	5 cal	A few servings	

Parmesan crisps	100/ oz	A few servings	
	Rice (x2)	Couscous (x3)	Alfredo (x2)
CALORIC VALUE PER MEAL	1120 cal	1050 cal	1230 cal
And..... Chili (x2)	1090 cal		
DESSERT			
Tony's Chokoloney Epic Yummy Bar	960 cal	x6 bars	
Costco brownie bites	110 cal/ brownie	1 bag	
Sour Patch Kids	100 cal/ 5 pieces	2 bags	

Calories per person per day estimate (based on average total meals + snacks + fats + deserts):
4200-4500 cal

TRANSPORTATION- gas & flights:

CO Springs to Mayo (2985 miles -considering a loaded vehicle carrying 2 canoes): \$1,051 gas

Zinnia flight: Chicago to Whitehorse: \$700

Austin flight: Anchorage to Whitehorse: \$700

Road trip food and accommodations both ways: \$200

Float plane Mayo to Duo Lakes with Alkan Air: \$2,770

Vehicle shuttle Fort McPherson to Mayo with Up North Adventures: \$3332

Mayo to CO Springs: \$1,051 gas

TOTAL: \$ 9,804

FOOD & FUEL:

Resupply: Free through Alkan Air when picking up another group from Taco bar.

Fuel:\$5.59 x 6= \$33.54

Food: \$1,725.62

FOOD BUDGET:

Leg 1:

- Breakfast: \$230.2
- Lunch: \$292.32
- Snacks: \$222.12
- Dinner: \$368.48
- Dessert: \$61

Leg 2:

- Breakfast: \$95.50
- Lunch: \$122.71
- Snacks: \$115.08
- Dinner: \$139.11
- Dessert: \$34

Oil and Ghee: \$ 45.10

GEAR RENTALS:

Outdoor ed:

- first aid kits
- bear cans
- ursacks
- cam straps =\$54
- 4 med dry bags =\$100
- 2 large dry bags= \$98
- water purification= \$12.50
- cook set= \$37.50

OE Total: \$302

MAPS & BOOKS:

Wild Rivers of the Yukon's Peel Watershed: A Traveller's Guide, by Juri Peepre & Sarah Locke:
\$45

Snake and Peel River topo maps: \$130

PERMITS:

\$0

TOTAL TO OFFSET CARBON EMISSION: \$32.46 according to CC calculator

EXPEDITION TOTAL: \$12,039.52