



Ritt Kellogg Memorial Fund Registration

Registration No. V575-LWJD8

Submitted Jan 20, 2026 10:15pm by Toby Fried

Registration

Aug 25, 2025-
Jan 21, 2026

Ritt Kellogg Memorial Fund

RKMF Expedition Grant (2026 Group Application)

Aug 25, 2025-Jan 21, 2026

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 20,
2026
10:15pm

Participant



Tobias (Toby) Fried



Consent

USE THIS WAIVER



Toby Fried

USE THIS WAIVER

Recorded (Jan 20, 2026 10:13pm, *TF*)

Expedition Summary

What is the name of your proposed expedition?

Gandalf's Divine Traverse: Hiking Sections F & G of the Great Divide Trail

Briefly describe the objectives of your expedition. (100 word max)

- Safely carry out a 21-day backpacking trip traversing sections F and G of the Great Divide Trail in the Canadian Rockies
- Challenge and build on our current level of backcountry experience by hiking the most remote sections of the Great Divide trail, which often have no trails and require significant route-finding

skills

- Recreate in a part of Canada that is unfamiliar to all group members, creating a unique shared experience
- Cultivate a positive experience for all group members both physically, mentally, and emotionally by listening to and carefully considering fellow group members' concerns regarding safety, their physical and/or mental health, and their own well-being
- Bond with each other through a shared beautiful yet inevitably difficult experience, strengthening our friendship through time in the backcountry
- Maintain a high level of respect for wildlife throughout the trip, making an effort not to disturb animals or their habitats and adhere strictly to LNT principles
- Develop a sense of respect for the Indigenous communities that historically lived in the areas that we will travel through, specifically Jasper National Park, Mount Robson Provincial Park, Willmore Wilderness Park, and Kakwa Provincial Park, Kakwa Wildland Provincial Park. People who lived here before their forced removal include the Simpcw First Nation, the Lheidli T'enneh Nation, the Red Bluff Indian Band, the Mountain Métis, the Stoney Nakoda Nation, the Mountain Cree, the Beaver and Carrier First Nations, to name a few.
- This trek carries significance in the fact that all three group members are graduating from Colorado College this May. The uncertainty of life after college makes this trip feel all the more unique because we may not have the chance to do an extended backpacking trip like this for a long time. Considering this, we plan to make the most of our time together.

Briefly describe the location of the expedition. (100 word max)

Our trip will occur in the central Canadian Rockies, moving southbound through Kakwa Provincial Park, Kakwa Wildland Provincial Park, Willmore Wilderness Park, Jasper National Park, and Mount Robson provincial park. We plan to hike for 173 miles in 21 days, ending at Robson Meadows Campground. We will travel through remote areas with no established trail on section G, known for its ruggedness that has given it the name "The Heart of the GDT". We will be walking through floodplains, marshy meadows, willow thickets, bogs, spruce-fir forests, and mountainous sections with towering peaks. We will also be traveling through areas that are far more traveled, namely the Berg Lake Trail in Mount Robson Provincial Park at the southern end of Section F.

Date that travel to the expedition will start.

Sep 9, 2026

Date that your team will enter the field.

Sep 15, 2026

Date that your team will exit the field.

Oct 4, 2026

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

Oct 7, 2026

How many days will your team be in the backcountry?

21

How does your planned destination provide a "wilderness experience," and how will your expedition offer solitude and promote self-reliance and grit? (200 word max)

Our expedition will begin before we even step foot on the official Great Divide Trail due to the remoteness of the northernmost point of section G. We will begin our trip on Two Lakes Road, or Highway 666, near the town of Grande Prairie. We plan to walk this road because it is inaccessible by vehicle, and it is a 30-mile hike to the beginning of the official GDT at Kakwa Lake. The remoteness of our starting point alone is a testament to the remote wilderness experience that we plan to have. Additionally, the provincial and national parks we are walking through have

no facilities to speak of aside from our last couple of days in Jasper National Park and Mount Robson Provincial Park. Section G of the GDT is widely known as the most remote section of the GDT, followed by section F, with few marked trails. We will have to rely almost entirely on paper maps, digital maps, and physical features to stay on route, clearly requiring self-reliance and grit. We will have to deal with unforeseen circumstances as a result of the remote location, such as challenging river crossings, obstacles in our path, significant elevation changes, and weather that can change for the worse at any point.

We understand and are familiar with the challenges that such a remote location necessitates, and we chose this location because of the solitude that it offers. We want to do an extended trip in a place with no outside support because it requires us to fully rely on ourselves and each other. Not only are there few hikers who do sections F and G (numbers in the low double digits each year), but even fewer do it close to the end of the favorable weather window. It will require self-reliance and grit to complete a trip this remote, but that is the trade-off for the solitude that we seek.

Participant Qualifications

Expedition team member information

Theo Ollier- May 2026
WFR Expiration- May 23, 2027

Ian Hauver-Radloff - May 2026
WFR Expiration- January 17, 2026
Registered to recertify this half block (January 16-18).

Tobias Fried - May 2026
WFR Expiration - June 7, 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. (200 word max)

We plan to hike 173 miles in 21 days. The hiking will be on both maintained trails and unmaintained or nonexistent trails. There will be many stream and river crossings, and some slightly technical hiking through areas of deadfall or on mountain passes. Our major challenges will be the sustained length of the trip, the altitude, and the stream crossings.

Our conditioning for this trip will mostly be hiking or backpacking throughout the Spring and Summer. None of us are sure where we will be during the summer, but we are likely to be somewhere with access to high-altitude hikes, which will help a lot with our overall fitness for the trip. We will also maintain our fitness weekly through our preferred activities including running, biking, climbing, and lifting weights.

All three group members have taken WFR courses, and Ian has recertified this January. All group members will thoroughly review the principles learned in our WFR courses, using the handbooks given to us.

We will also develop our orienteering skills. Last summer we found the printed maps to be very helpful, so we want to be even more comfortable in our skill to navigate using only printed maps, with digital maps as a backup.

Expedition Logistics, Equipment, and Food

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

again. (100 word max)

Ian and Theo will drive from Golden to Calgary in two days, stopping for the night in Billings, MT. They will pick up Toby from the Calgary airport on the evening of the second day, and all will stay at a hotel in Calgary for 3 nights, giving us 2 days to organize food. On day 5 we will drive to Mount Robson Meadows Campground and leave one car there. We will continue on to McBride and drop off our second resupply to be taken to the Blueberry Lake lockers, staying the night in McBride. On day 6 we will drive up to Grande Prairie where we will drop off our first resupply with Elevation Helicopters in Grande Prairie, and stay the night. The next morning, we will drive the last 2.5 hours to the trailhead, and start our trip.

When we exit at Robson Meadows Campground, we will drive to Grand Prairie and spend the night there. We will then drive to the hiking starting point to pick up the second car, and then drive to Edmonton to sleep. The next day, we will drop Toby off at the airport in Calgary and continue driving south to Billings, MT. Theo and Ian will then drive back to Golden.

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

[Day-by-Day Itinerary GDTpdf](#) (16M)

Uploaded 1/20/2026 9:23pm by Toby Fried

Please paste a URL to your complete digital expedition map.

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

If you have plans to re-ration during the expedition, describe the plan below (100 word max)

We will have two resupplies. The first will be dropped by helicopter by Elevation Helicopters on day 7 in the hiking itinerary. The second resupply will be dropped by Robson Backcountry Adventures at the Blueberry Lake Trailhead, which has lockers for food storage. We will spend a day walking 4.5 miles along the Blueberry Creek Trail from our previous night's campsite at Blueberry Lake, pick up and redistribute our food, and walk 4.5 miles back to camp at Blueberry Lake again. We plan to drop off our food resupply at Robson Backcountry Adventures in McBride, BC prior to the start of the trip, who will then drop off our resupply at the lockers 1-2 days before we reach them.

Describe how you will protect your food from wildlife. (150 word max)

We primarily need to protect our food from bears, but porcupines, marmots, and mice can also be an issue on our route. We will primarily protect our food using bear bags rented from the gear house. Bear bags physically protect the food from larger mammals such as bears. To effectively use them, we will seal food in large plastic bags before putting it in the bear bags, and we will hang the bags from a tree, at least 300 ft from our camp, 12 feet above the ground, and 5 feet from the tree trunk. This will minimize the scent of food and effectively protect the food. We will cook away from our tents, and anything that has a scent such as toothpaste will be put into the bear bags prior to going to sleep. Food for our resupply will be kept safe from animals in a locker.

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

[RKMF_Food_2026GDT - Sheet1.pdf](#) (96K)

Uploaded 1/20/2026 9:39pm by Toby Fried

Upload a thorough equipment list.

[RKMF 2026 Equipment List.pdf](#) (79K)

Uploaded 1/20/2026 9:44pm by Toby Fried

Upload a first aid kit list.

[RKMF 2026 First Aid Kit List.pdf](#) (96K)

Uploaded 1/20/2026 9:46pm by Toby Fried

How will you limit and leverage your impact on this trip? (150 word limit)

We've made a few choices that will limit and leverage the impact of our trip. First, we plan to reuse all the plastic bags from our trip rather than throwing them out. This saves a significant amount of plastic waste due to the high number of bags used for food organization. Additionally, we've chosen to offset the emissions from our trip. All together, the flights and driving are expected to produce about 4 MT of carbon dioxide. We will offset these emissions by buying emission offset credits.

On the trail, we will limit our impact by practicing leave no trace principles, including walking on durable surfaces when possible. As discussed earlier, we will keep our food away from wildlife to eliminate the risk of habituating animals to human food. We will treat the landscape with respect, maintaining awareness that we are visitors in that area.

Risk Management

What are the main objective hazards of the expedition? (500 word max)

The backcountry setting will make relatively small injuries such as rolled ankles a real danger. The unpredictable weather of the Canadian Rockies at this time of year is also a serious concern. The most important aspect to staying safe in the backcountry is mitigation, so taking steps to avoid hazardous situations will be of the utmost importance. We outline steps we can take to mitigate risks below.

Loss of gear - Before leaving any area we will check for left-behind items, including micro-trash.

Musculoskeletal injury - We will address issues with first aid according to WFR guidelines and depart early or coordinate the fastest possible evacuation if warranted.

Serious illness - We will maintain a clean kitchen and wash hands with soap prior to eating and after bathroom breaks. We will carry prescribed antibiotics.

Dehydration and hyponatremia - We will drink water regularly and replenish electrolytes.

Hypothermia - Prevention: We will wear layered non-cotton layers, use rain layers when necessary, and take advantage of sunny times to dry out gear. Dry bags and backpack liners will keep gear dry. We will take breaks to make sure everyone is hydrated, alert, and warm enough. If symptoms occur, we will follow WFR protocols for drying and warming, including a hypowrap.

Frostbite - Frostbite is also a concern if it is cold, particularly with stream crossings. We will always have a dry pair of socks and shoes for camp, and another pair of dry socks for sleeping. If anyone experiences any sign of a cold injury, we will immediately stop and rewarm the area according to WFR protocols.

Bears and other wildlife - Tents will be set up 100 yards away from the food prep and storage area and our bear bags. Anything that has a smell will be kept with food in bear bags. Bear spray will always be kept handy to all of us. We will keep at least 100 yards distance from bears and other large wildlife. We will hike close to each other, particularly in areas with dense vegetation or limited visibility, and make noise when necessary.

Blisters - Pre-trip: ensure proper fit of footwear, socks, clothing, and pack. During the trip early signs of blisters will be addressed immediately by padding the area with mole skin, glacier gel, or medical tape, or by draining as needed.

Cuts / infection - All wounds will be cleaned and covered with antibiotic ointment and sterile dressings. We will watch for signs of infection and change dressings as needed.

Burns (hot water, fire sources) - We will follow stove instructions and remain attentive when cooking.

Sunburn - We will use sunscreen and wear long clothing and hats.

Trench foot - We will dry and warm feet in camp, use dedicated camp shoes, and keep sleeping-only wool socks stored in dry bags with our sleeping bags.

Water borne illness - We will use water purification devices and carry a backup and iodine tablets. We will carry antibiotics, anti-diarrheal medications, and electrolytes.

Late / lost / separation - We will use a daily check-in system with our emergency backup team using two InReach devices (described separately). The group will always travel together and carry

printed maps with routes, alternates, landmarks, and evacuation options.

Anaphylaxis - Our first aid kits will include Epi-Pens and quick-acting Benadryl. None of the participants have any known anaphylactic reactions.

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. (200 word max)

Climate change could impact our trip in a few different ways. First, climate change driven wildfires could occur before or during our trip. If a fire is happening before we begin our trip, we will need to assess if it is safe and/or wise to enter the field. If a fire occurs during our trip and we think it is unsafe to continue with our route, we will exit through our evacuation routes or call for rescue if immediate evacuation is necessary.

Early-season snowfall could also occur during our trip. Depending on the depth of the snow, we will decide if we can continue with our route or if we need to evacuate. If evacuation is necessary, we will have sufficient food and layers to safely self-evacuate in all but extremely deep snow (1.5 feet + of snow). If we find that the snow is unnavigable, we will call search and rescue for an evacuation.

Describe your self-evacuation plan in the event of an emergency. (200 word max)

We will have a communication plan with 2 Emergency Plan Responsible Parties. These parties will be in service and able to communicate with us throughout the trip. We will send a check-in text each day at or before 7:00 pm Mountain Time to Party 1 (Ian's dad, John Radloff) & Party 2 (Toby's mom, Elise Aronov) using Toby's Garmin messenger (Ian's InReach Mini as a backup). Party 1 will text Toby's messenger and Ian's Inreach Mini if they do not receive the nightly check-in by 8:00 pm MT. If Party 1 does not receive a response from Toby or Ian by the following morning, Party 1 will message Party 2 to confirm that they too have not received the daily check-in. Party 1 will then contact the appropriate emergency services following the next steps.

* Note: It is highly unlikely that we would be unable to activate the SOS call ourselves, so this SOS plan intentionally has some lag time to avoid unnecessary calls for emergency response.

The following steps will be used to contact emergency responders and initiate a rescue:

In Kakwa Wildland Provincial Park, contact 911, then Conservation Officer at 780-833-4369

In Kakwa Provincial Park, contact 911

In Willmore Wilderness Park, contact 911

In Jasper National Park, contact Parks Canada 403-762-4506

In Mount Robson Provincial, contact 911

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

* Note: the last scheduled Inreach communication from us will be at or before 7:00 PM MT on October 4th, when we exit the Berg Lake Trail onto the Yellowhead Highway where our car is parked. If this happens earlier, we will communicate that we have finished the trip. After that, both contacts will get a normal text as soon as we are in service.

In the event that a non-emergent issue arises that we want a medical opinion on, we will use an InReach to contact Party 1. If we decide to end the trip early or make a self-evacuation, we will follow the routes outlined below. If an emergency requiring evacuation arises, we will use the SOS function of an InReach device, while using our WFR training to help to the best of our ability. Following using the SOS function, we will contact Party 1.

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

Nature of the emergency

Injuries (life-threatening?)

Supplies/Equipment

Time window

Terrain/Landing zones

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

Evacuation Routes:

The area in which we will be travelling sees visitors relatively infrequently. Ultimately, in the event of an evacuation, communications with rescue authorities will be the deciding factor in where a rescue would take place (likely by helicopter).

From the beginning of the route to Surprise Pass (just past our camp on day 5), it is fastest to exit out the way we came, to Lick Creek Staging Area. There is also a landing strip at Lick Creek Staging Area.

From Surprise Pass to (53.72693, -119.88914, midway between Mt Featherstonehaugh and Mt Verdi), the fastest route out is along the Sheep Creek Trail to Grand Cache. It is 52.5 miles and 8830' gain from this point to Grande Cache.

From 53.72693, -119.88914 to Blueberry Pass is 45 miles and 12,598' gain. Depending on whether we feel more capable of more mileage or more elevation gain, we could decide to go to Grande Cache or to Blueberry Lake. From point 53.72693, -119.88914, to Wolverine North Campground (53.25723, -119.19725), the fastest route is to exit to Blueberry Pass Trailhead. From Wolverine Backcountry Campground (53.25723, -119.19725) to the end of our route at Robson Meadows Campground on the Yellowhead Highway, the closest exit to walk out is along our set route along the Berg Lake Trail to the Yellowhead Highway. This option also has the benefit of cabins and more established campgrounds and shelters that could give us more protection in an emergency or bad weather. An Alpine Club of Canada Hut is located near the Robson Pass Campground, and there is a ranger station at the head of Berg Lake, halfway between Robson Pass and Rearguard campgrounds.

Inreach Communication and Emergency Plans Doc that will be shared with outside parties:



Discuss any measures taken for teammates with medical histories which warrant special preparedness. (150 word max)



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

Police - 911 Listed online as the first line to call to coordinate rescues across most areas, aside from national parks, in which case contact Parks Canada - 403-762-4506

Note: nearby helicopters generally need to be dispatched by the local government for SAR, so calling through 911 or the Parks Canada number is the way to go.

Nearby Helicopter Companies:

Elevation Helicopters (Grande Prairie) - 780-933-3841

Jasper-Hinton Air - 780 865 6866

Yellowhead Helicopters (Valemount) - 888-566-4401

Rocky Heli Canada - 403-721-2100

Black Moose Outpost - 807-727-3461

Tech Helicopters - 250-963-8211

Gemini Helicopters - 780-539-4354

Bailey Helicopters - 250-561-0541

Robson Heli Magic (Valemount) - 250-566-4700

Crescent Spur Heli - 403-768-4501

Kenn Borek Air - 403-291-3300

North Cariboo Air - 866-359-6222

Range Helicopters - 780-542-8222
Ahlstromair Helicopters - 403-721-2203

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

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

In the case of an emergency, we will use the SOS function, or contact other relevant authorities.

We will also use it to message our Emergency Plan Responsible Parties.

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

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

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

We will use it to communicate with Elevation Helicopters, who are doing our first resupply. This resupply will be dropped off while we are present, so we need to know exactly when and where it will be dropped off, and be able to communicate with the pilot in case plans are changed.

We are purchasing Garmin SAR 100 Search and Rescue Insurance for each member of the team. This will cover \$100,000 of SAR expenses in the event we need an evacuation.

Budget

Upload a detailed and complete expedition budget.

[GDT 2026 Budget - For Gra....pdf](#) (76K)

Uploaded 1/20/2026 9:53pm by Toby Fried

What is the total funding request for your trip?

\$7500

What is the funding request per person?

\$2500

Describe what measures you have taken to minimize expenses for your expedition.(150 word max)

Driving both cars from Colorado to the hike area was a significant cost saving measure. This both saved us money on flights, and will allow us to do our own shuttling at the end of the route. If we did not bring our own cars out, we would need to pay for very costly shuttles or rent cars, which would be prohibitively expensive. We also diligently searched for the most cost effective helicopter service. Most helicopter charters quoted us above \$4500 dollars, so we are saving \$1500+ by using Elevation Helicopters for the resupply. Last, we are dehydrating much of our own meals. This saves lots of money (and reduces trash) when compared to buying pre-made dehydrated meals.

Expedition Agreement

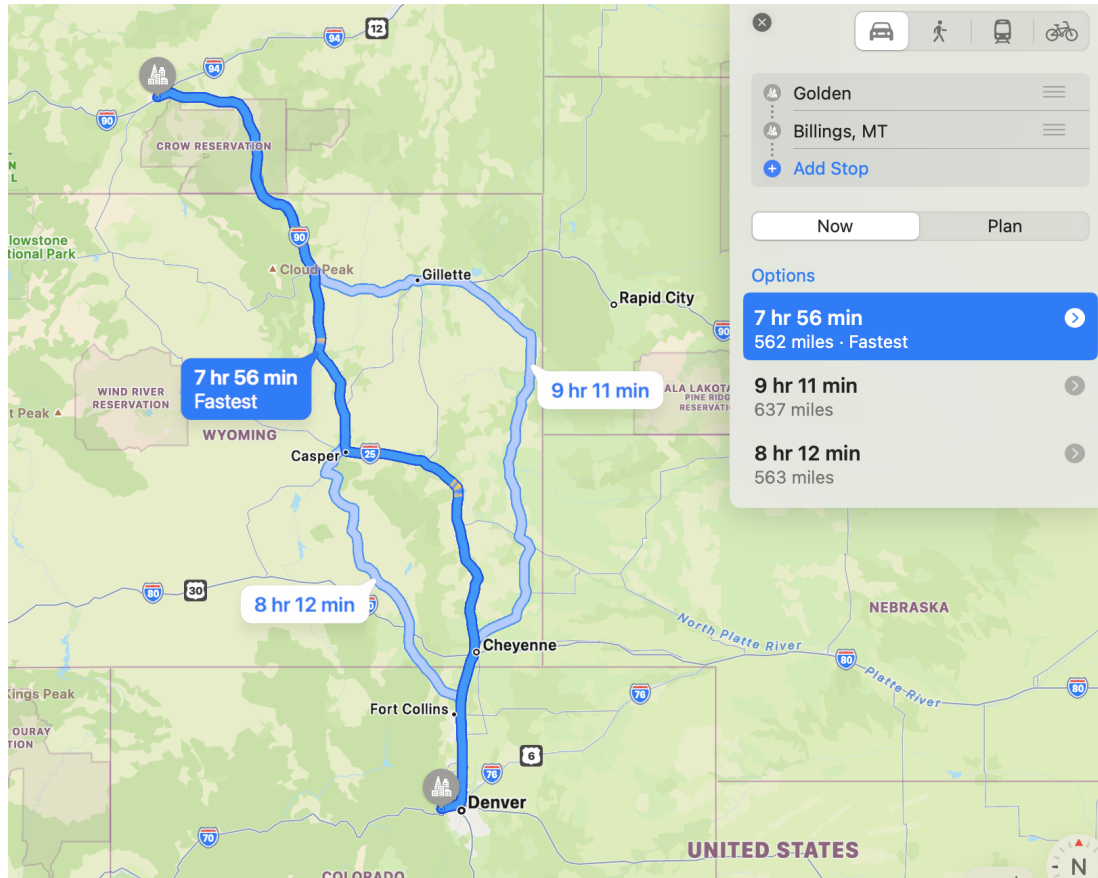
The Expedition Agreement must be printed, read, and signed in ink by each member of the expedition team. Once the Agreement is filled out, it should be scanned into PDF format and uploaded here. The group application will not be considered complete until this form is submitted

[RKMF_Expedition_Agreement....pdf](#) (287K)

Uploaded 1/20/2026 10:13pm by Toby Fried

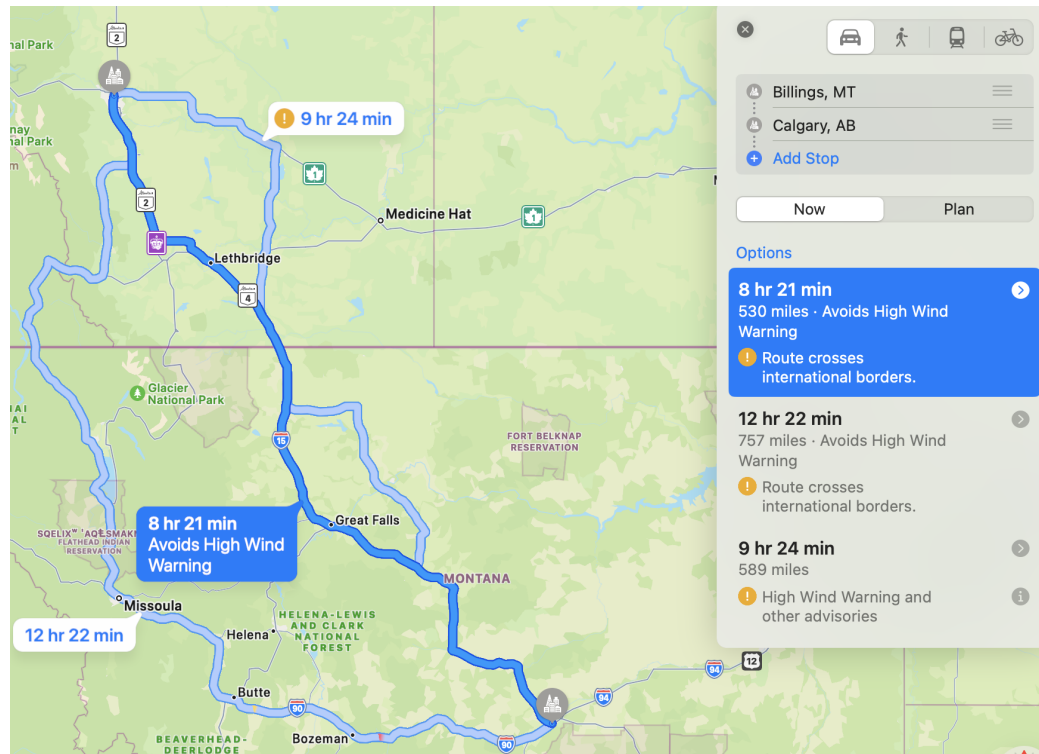
Day-By-Day Itinerary GDT RKMf

Day 1 (September 9):



Ian and Theo will leave from Golden, CO and drive to Billings, MT. They will drive for 562 miles and 8 hours and stay the night at Days Inn Billings.

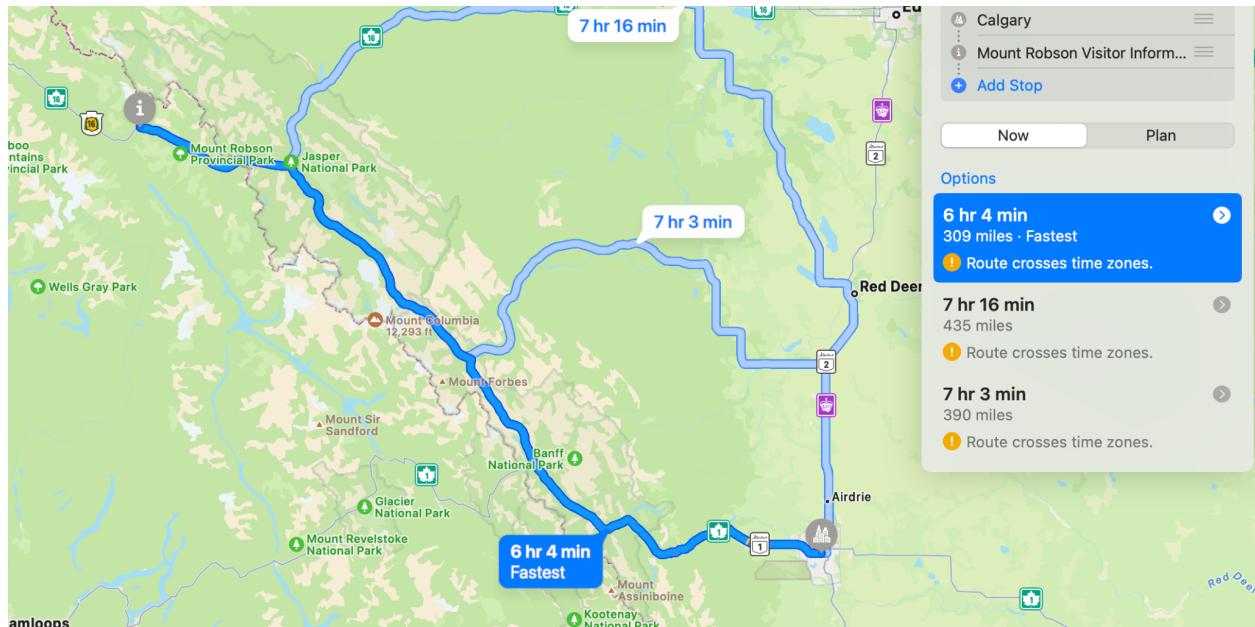
Day 2 (September 10):



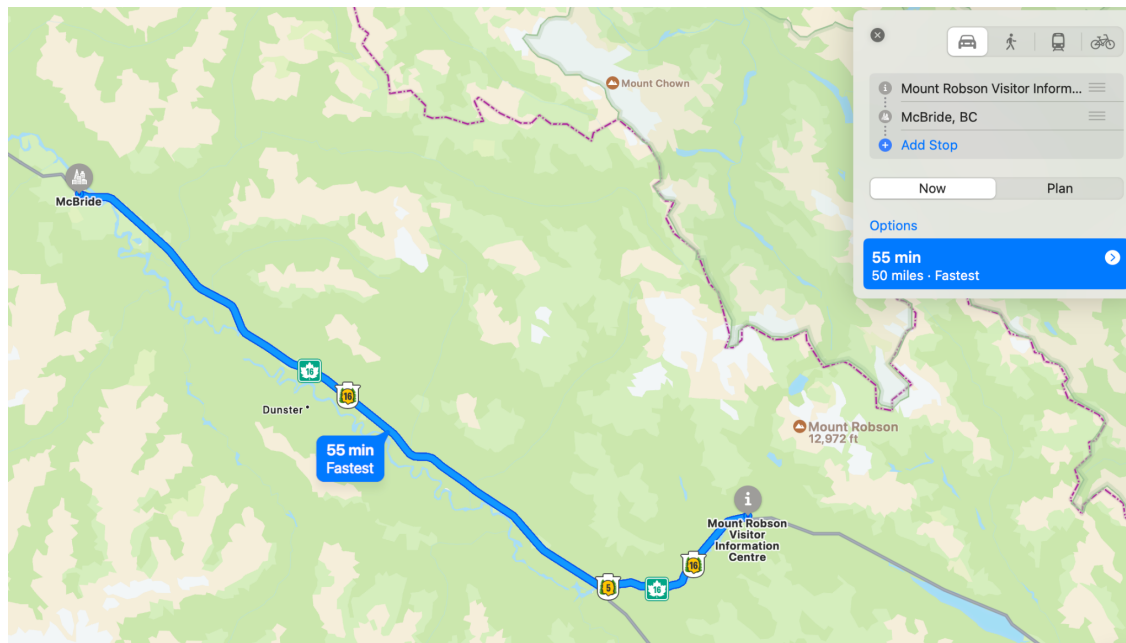
Ian and Theo will drive 530 miles and 8.5 hours from Billings to Calgary, AB, Canada. One of them will drive to the Calgary airport and pick up Toby, then head to Travelodge by Wyndham Calgary South, which was the least expensive lodging we could find and includes a stovetop so we can easily make our own meals for the next two days.

Days 3 & 4 (September 11-12): Days 3 and 4 will be food organizing days. We are giving ourselves a full two days because it takes a lot of time to properly prepare and separate our food, and we want to make absolutely sure that the food is all there and properly organized between resupply sections. As some group members will be coming directly from summer jobs, we will not be able to do all of this ahead of time. We will also use this time to buy anything else that we didn't drive with, such as fresh food and bear spray / camp fuel. We will continue to stay at Travelodge by Wyndham Calgary South through the night of the 12th.

Day 5 (September 13):

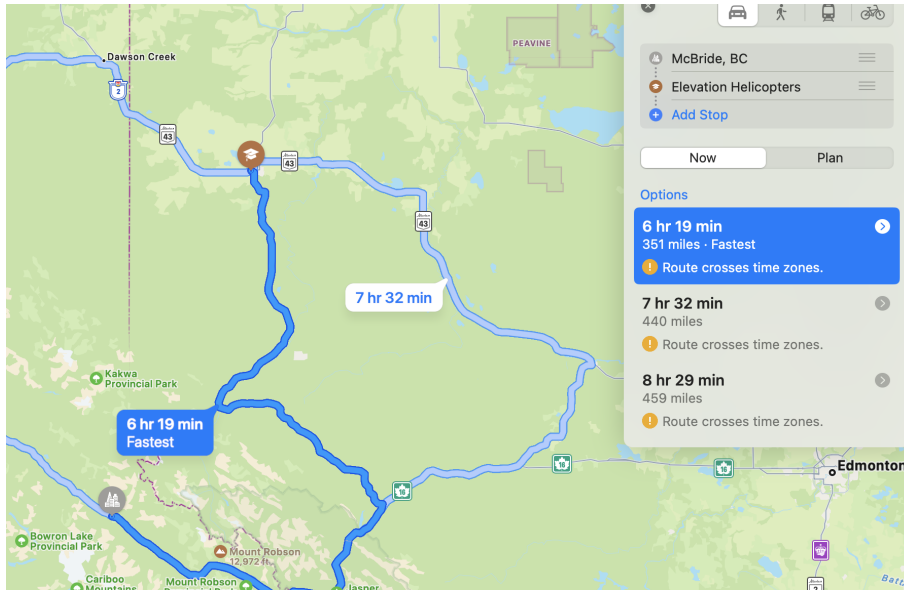


On day 5 we will begin the shuttle and drop off our resupplies. Both cars will drive from Calgary to Mount Robson Visitor Center. 309 miles, 6 hours.



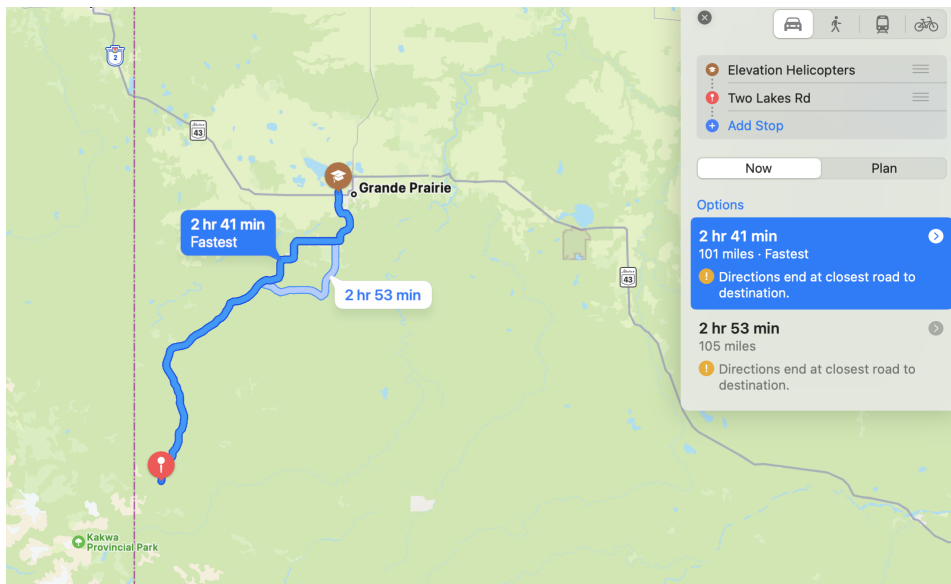
We will drive in one car from the visitor center to McBride to drop off our second resupply with Robson Backcountry Adventures. We will spend the night at Travelodge by Wyndham McBride. 50 miles, 1 hour.

Day 6 (September 14):



On day 6, we will drive from McBride to Elevation Helicopters in Grande Prairie, AB. 351 miles, 6.5 hours. We will drop off our first resupply with Mark from Elevation Helicopters, then drive to Howard-Johnson by Wyndham Grande Prairie and sleep the night. We will divide up food and organize gear on this night to allow us to quickly transition to hiking the following day.

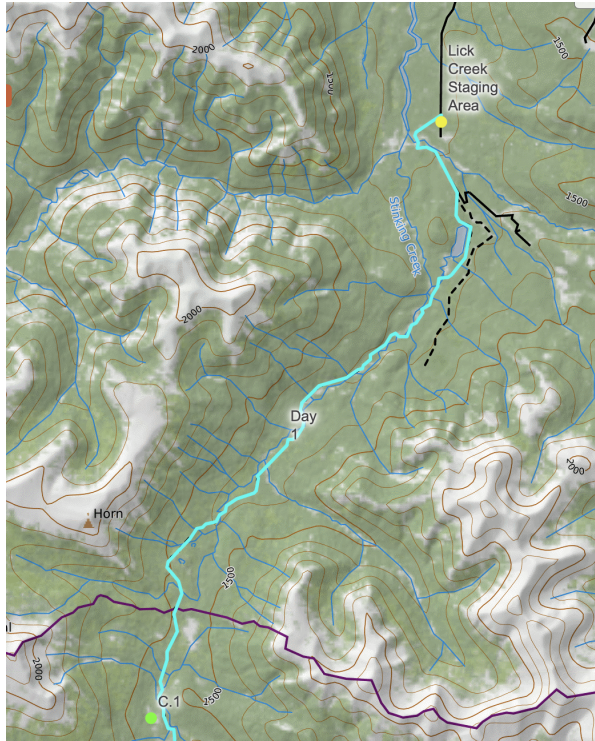
Day 7 (September 15):



On day 7, we will drive from Grand Prairie to Lick Creek Staging Area, where we leave our car and our hike begins. We will leave Grand Prairie early in the morning to ensure that we have plenty of time to hike to our first campsite. The day by day itinerary for the hiking trip begins below.

Leg 1 HIKING BEGINS

Day 1 (September 15):



Day 1

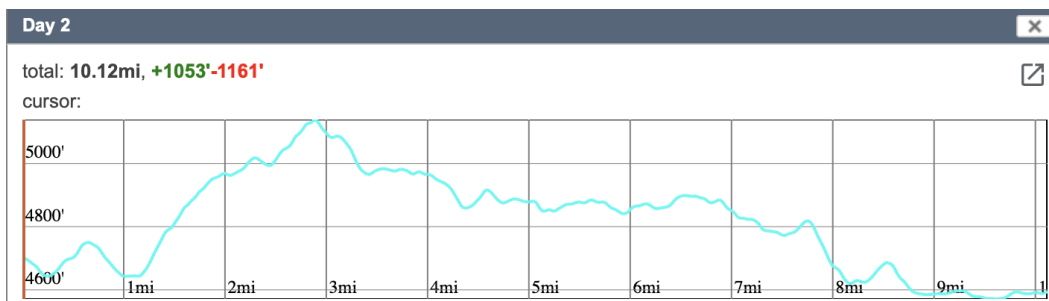
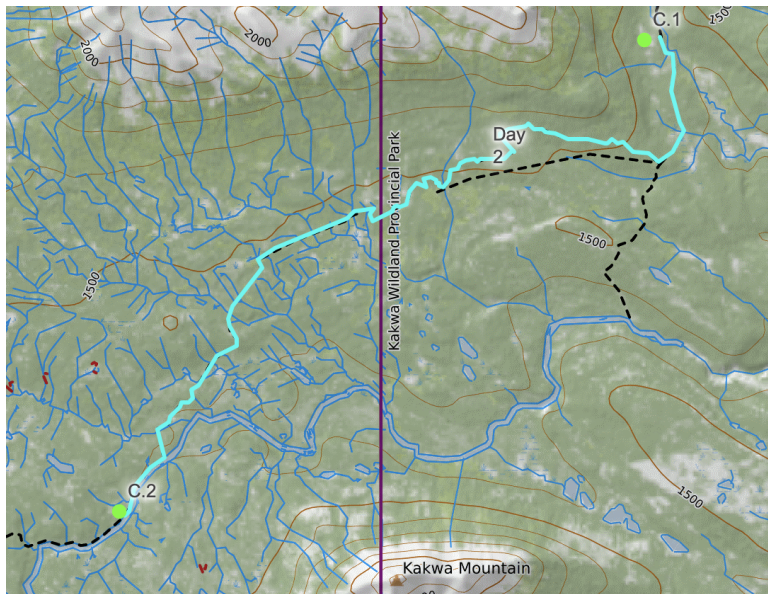
distance: 10.08mi range: 3853' to 4961' gross: +1556'-744' time: n/a sample 100'w/ 8.4x vert. exag.

cursor:



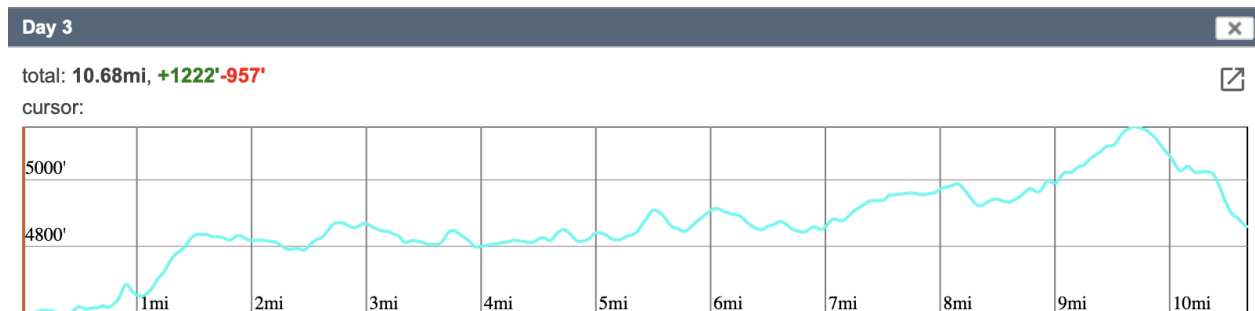
We begin day 1 of hiking after we arrive at Lick Creek Staging Area. It is a 10 mile day with 1556 feet of elevation gain on a mellow 4x4 road. This road is described as muddy after rain but we expect it to be easy walking. We will camp at a clearing near C.1 after cresting a pass and entering the Kakwa Wildland Provincial Park.

Day 2 (September 16):



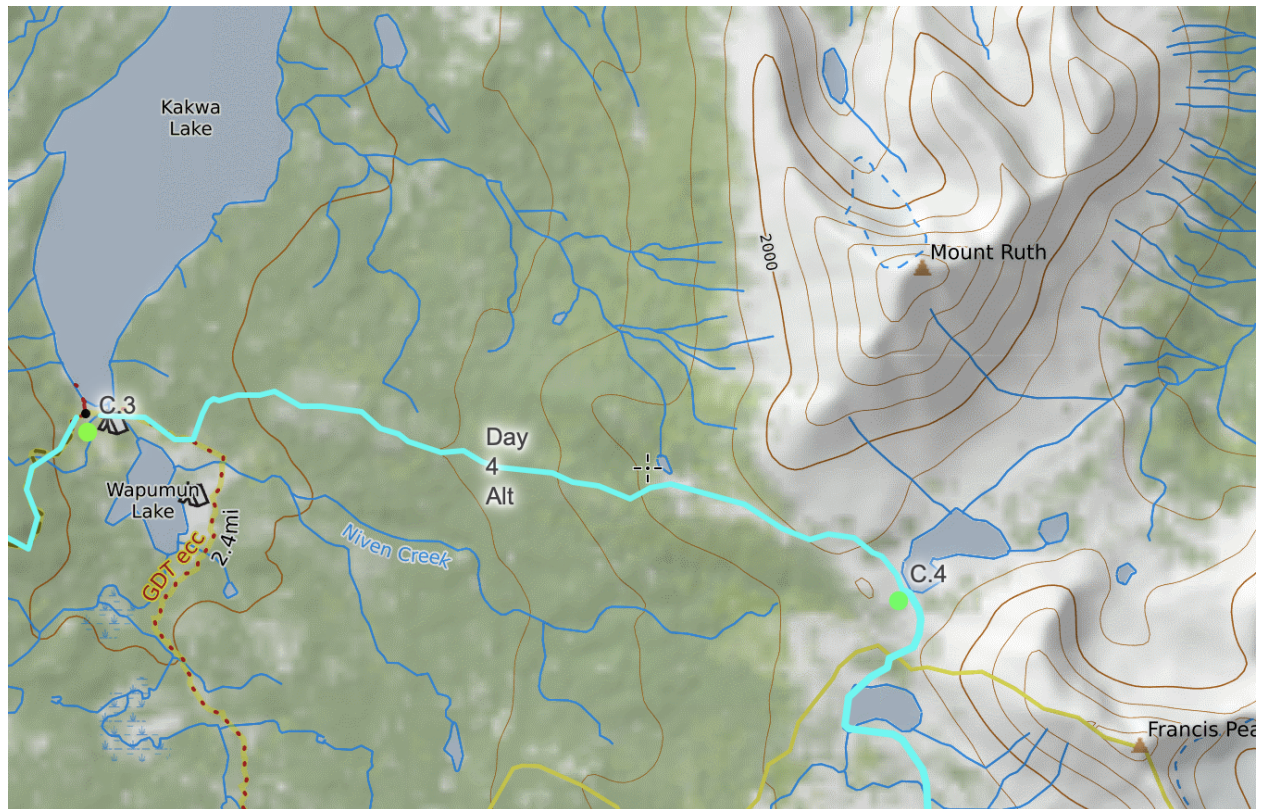
On day 2, we continue down the 4x4 road and pass the Deadhorse Meadows Campground. We have the option of choosing a slightly higher alternate route (shown in the map) if we want to avoid a particularly muddy section of the road. We will hike 10 miles and gain 1053 feet, making this a moderate day. We will end the day next to the Kakwa River at a nice camping area (C.2).

Day 3 (September 17):



On day 3, we continue hiking along the Kakwa River until we hit Kakwa Lake. We will hike around the western edge of the lake to reach the campground and cabin located at its southern edge. This is a 10.7 mile day with 1222 feet of climbing; another moderate day of hiking.

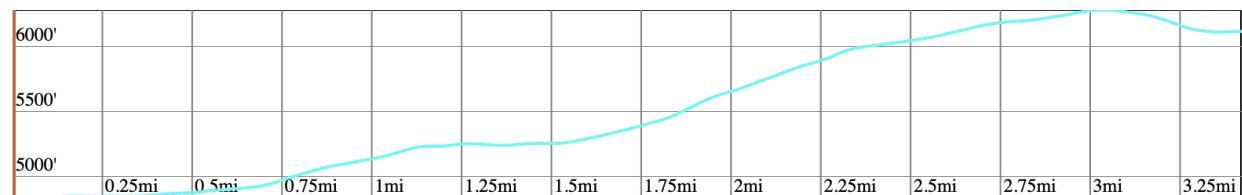
Day 4 (September 18):



Day 4 Alt

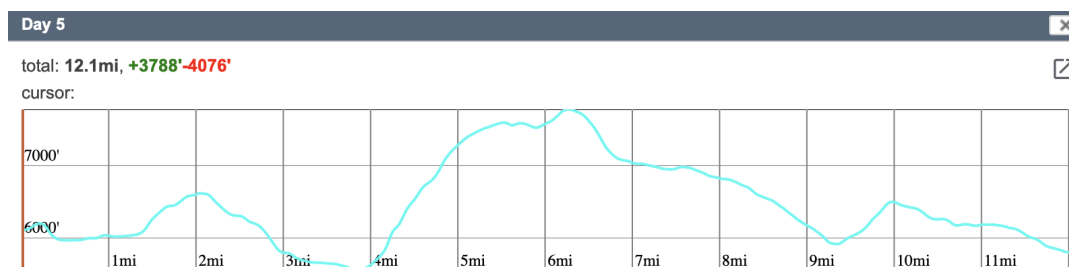
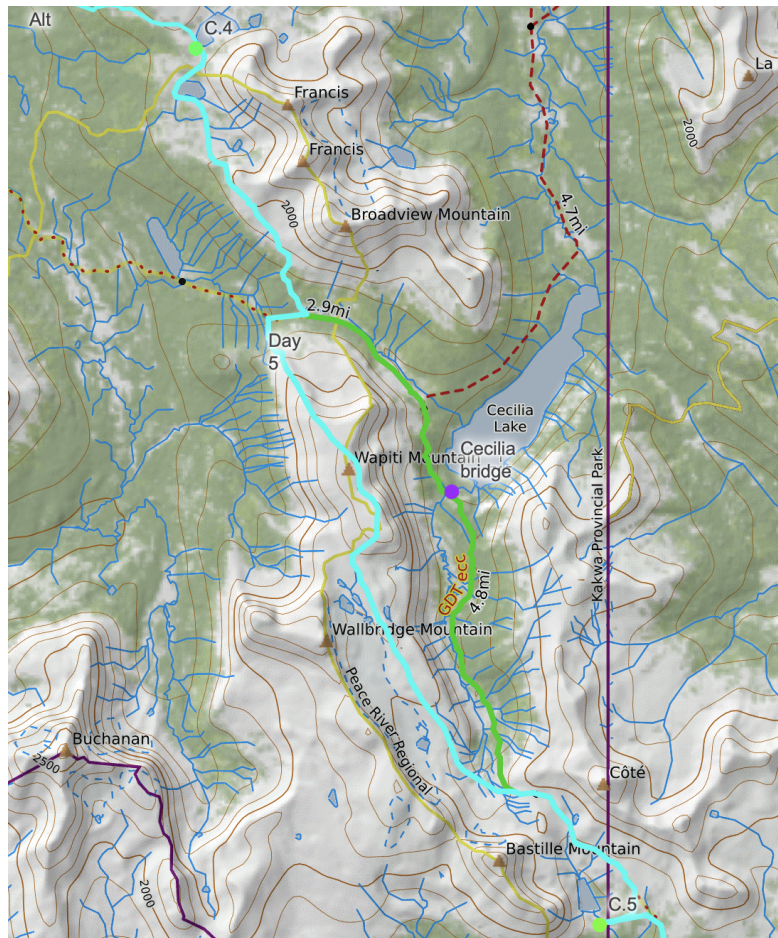
total: 3.42mi, +1468'-198'

cursor:



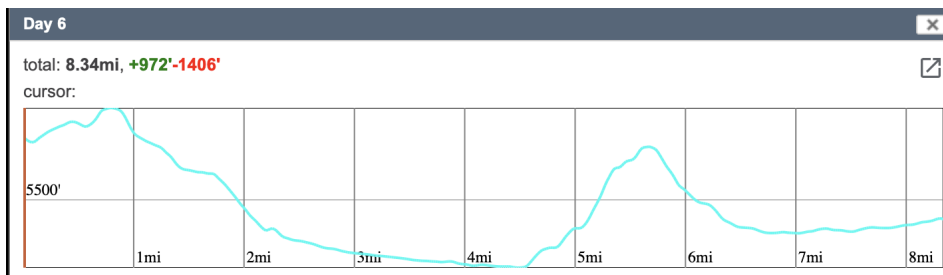
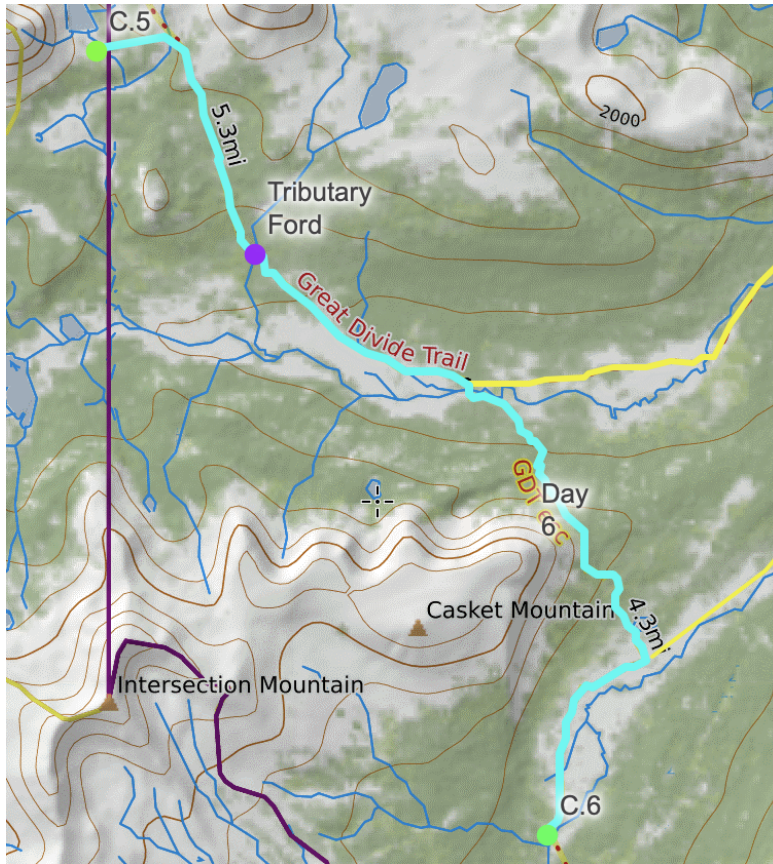
On day 4, we will take the Providence Pass High Route alternate. This is described as an easy going off-trail route. We will make camp at C.4, next to an alpine lake. At 3.4 miles and 1468 feet of elevation gain, this will be a semi-rest day, allowing us to prepare for the bigger day of hiking awaiting us on day 5.

Day 5 (September 19):



Day 5 begins with a traverse around the shoulder of Broadview Mountain. We will stay above the treeline to make for easier walking. We will then begin the Surprise Pass High Route alternate. This alpine route is described as beautiful walking without much (if any) technical terrain. There will be ample water before and after contouring around Wapiti Mountain, so we will not need to do an extra large water carry. We will walk down the glacial bench below Wallbridge Mountain until we rejoin the main GDT. We will make camp at C.5, situated south of an alpine lake. If there is inclement weather, we have the option of following the green line to Cecilia Lake to reduce our exposure. This will be a 12.1 mile day with 3788 feet of climbing, making this our biggest day of the trip so far.

Day 6 (September 20):



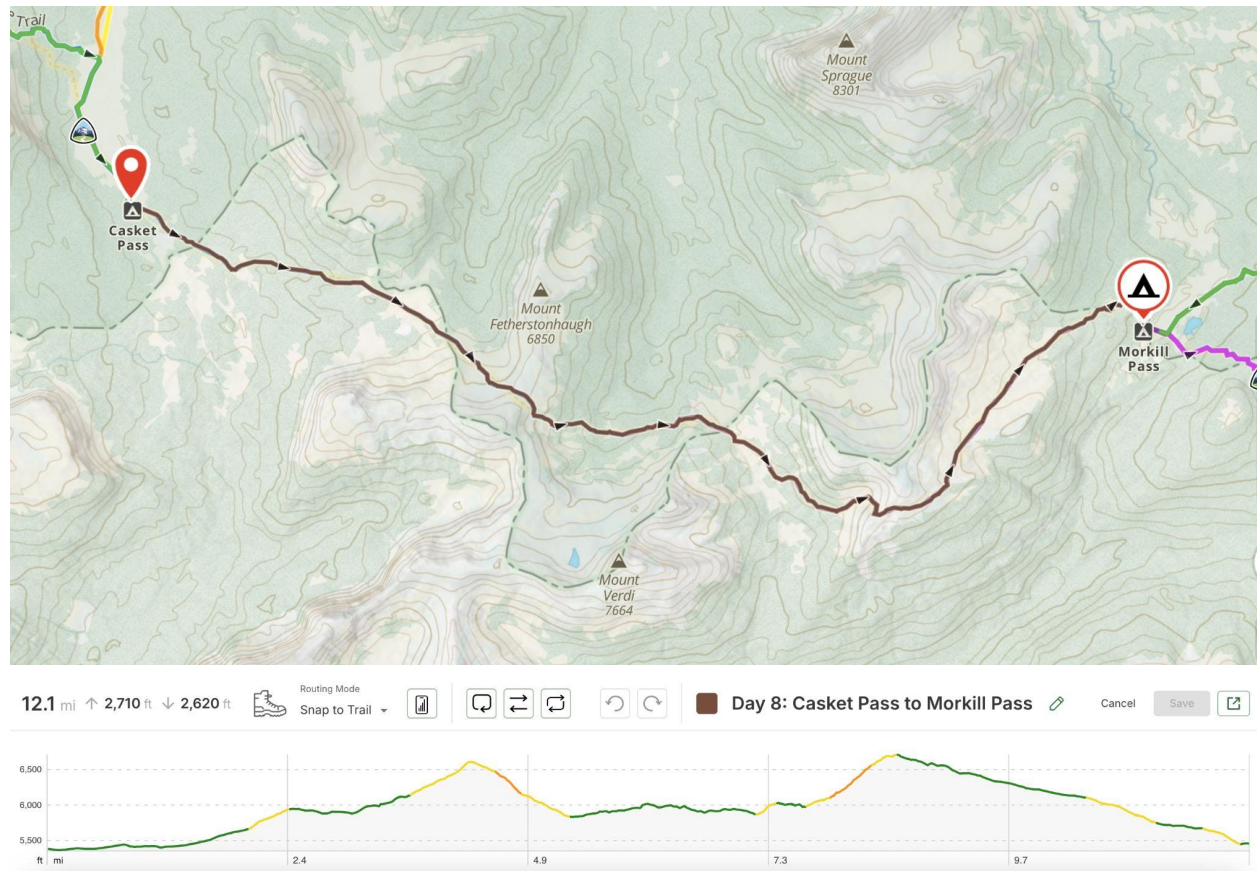
Day 6 is an easier day with 8.3 miles of walking and 972 feet of elevation gain. We will leave our campsite at the base of the Surprise Pass High Route and hike to the Casket Creek Campground (C.6). There is a tributary ford marked in purple on the map. We do not expect this to be an issue but we will be especially aware of the weather on this day to avoid crossing it during or after heavy rains.

Day 7 (September 21):

On day 7, we will receive our resupply from Elevation Helicopters. Our pilot will do a long-line drop to deliver our ration for the second leg of the trip. We are doing a layover day at Casket Creek Campground in order to maximize the weather window during which the pilot will be able to drop our food. We also have the flexibility to arrive early in the day at Casket Creek Campground on day 6 to receive the resupply then (if the weather is better on that day than on the planned resupply day). We will be in contact with our pilot using our InReach.

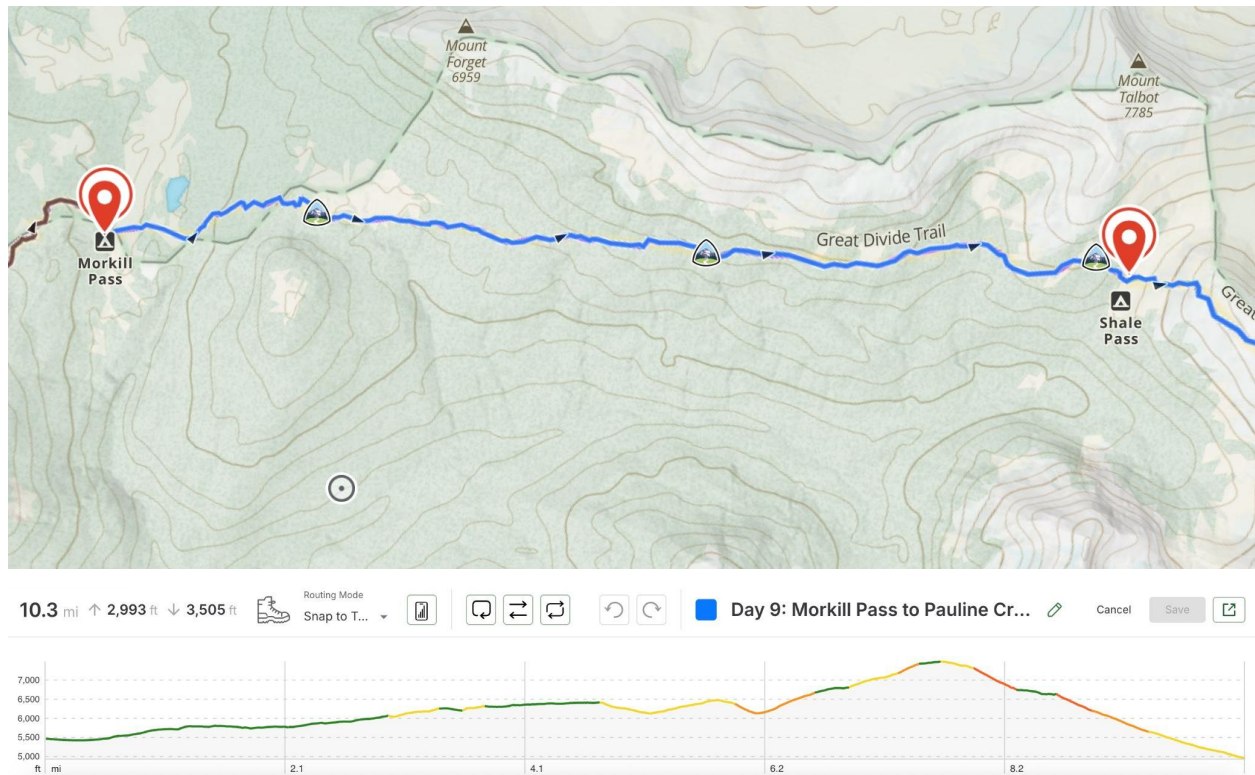
Leg 2 Begins

Day 8 (September 22):



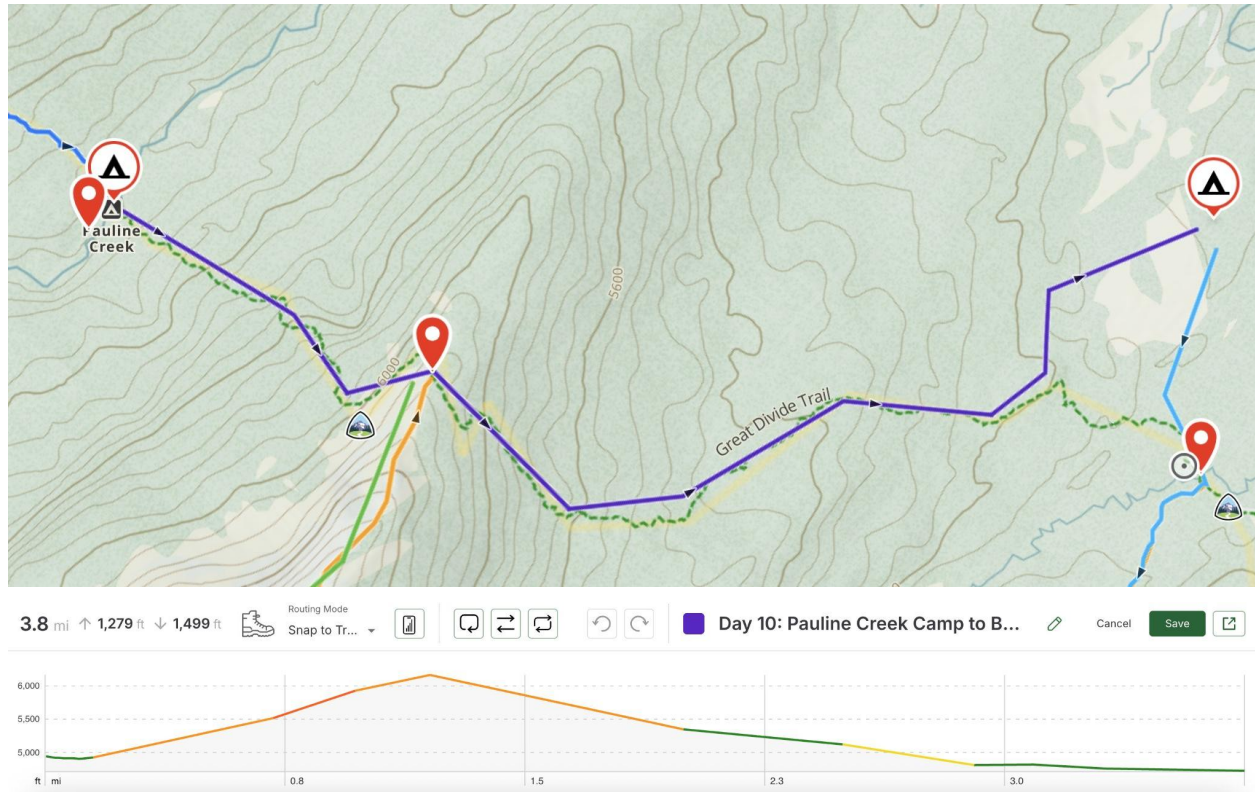
Day 8 will be a longer day, with 12.1 miles and 2,710 feet of elevation gain from Casket Creek Campground to Morkill Pass Campground. However, we will be well-rested from our full rest day the day prior. The walking will primarily be through forested areas and bare ground, aside from two spikes in elevation gain which are more mountainous sections. The first climb is Mount Fetherstonhaugh Ridgecrest (53.72987, -119.89164), just below Mount Fetherstonhaugh in the picture above, which is about 700 feet of elevation gain in 1.5 miles. We will then descend into a forested valley and have some flat walking until we reach the vicinity of Mount Morkill, where we will enter a more mountainous section with about 700 feet of elevation gain in 1.3 miles. We will then begin our gradual descent to Morkill Pass Campground on some bare ground which eventually turns into boggy sections and meadows. We will end the day at Morkill Pass Campground, which has two benches, many log chairs, and great mountain and meadow views!

Day 9 (September 23):



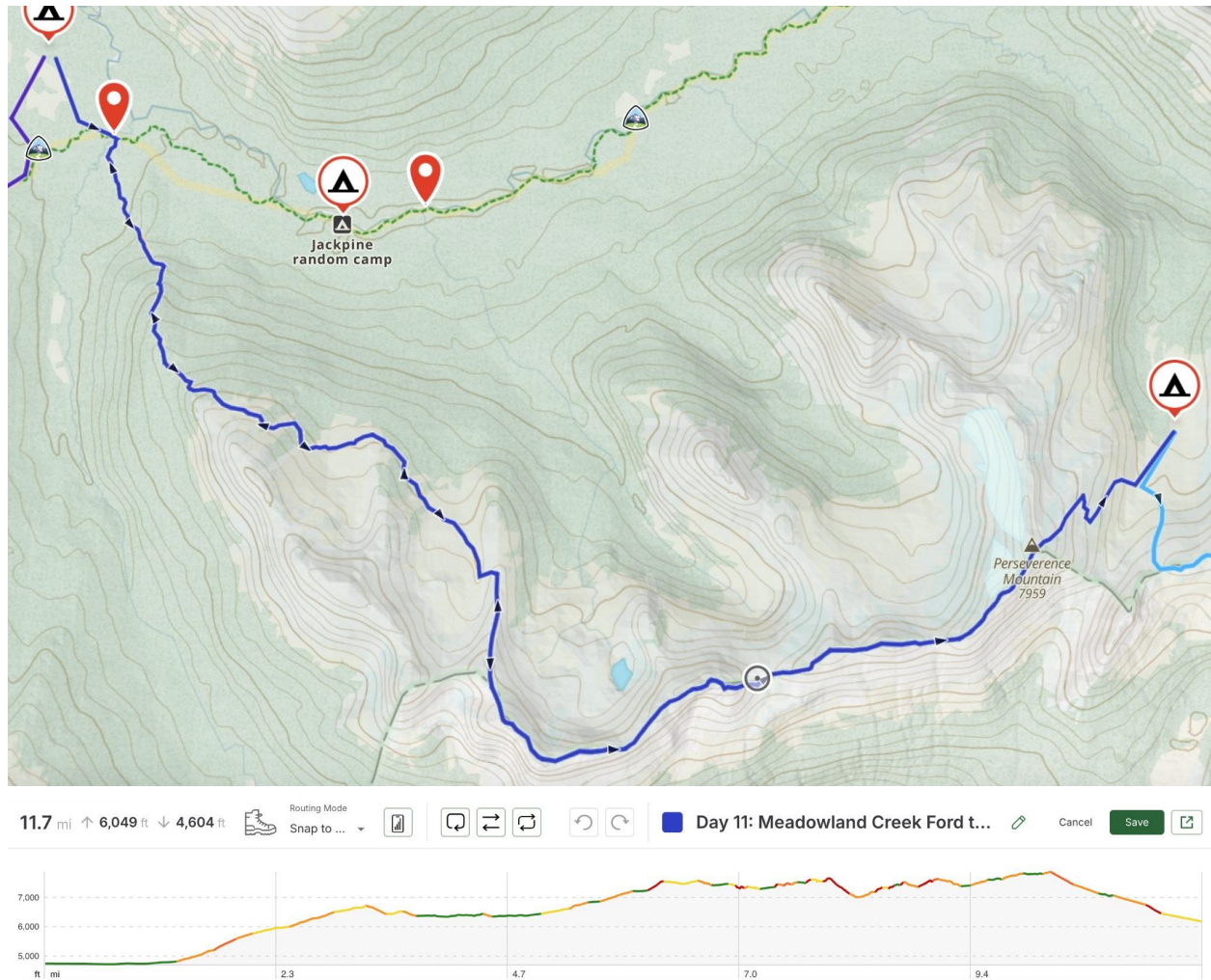
Day 9 will go from Morkill Pass Campground to Pauline Creek Campground, a more moderate day with 10.3 miles and 2,993 feet of elevation gain. The first few miles will be flat forest and bog walking, with a trailside lake that has good swimming 3.4 miles into the day (53.643, -119.75458). The flat, boggy walking continues until we reach Shale Pass Campground at 53.61091, -119.74005. From Shale Pass, we begin a gradual ascent of 1,400 feet over 1.6 miles, taking us through a beautiful ridgewalk on Big Shale Hill. As the name implies, this section is mainly scree and talus walking made up of shale. Big Shale Hill will be a challenging yet rewarding part of the day. The day ends with a gradual descent to Pauline Creek Campground that has water access less than 100 meters away and a firepit.

Day 10 (September 24th):



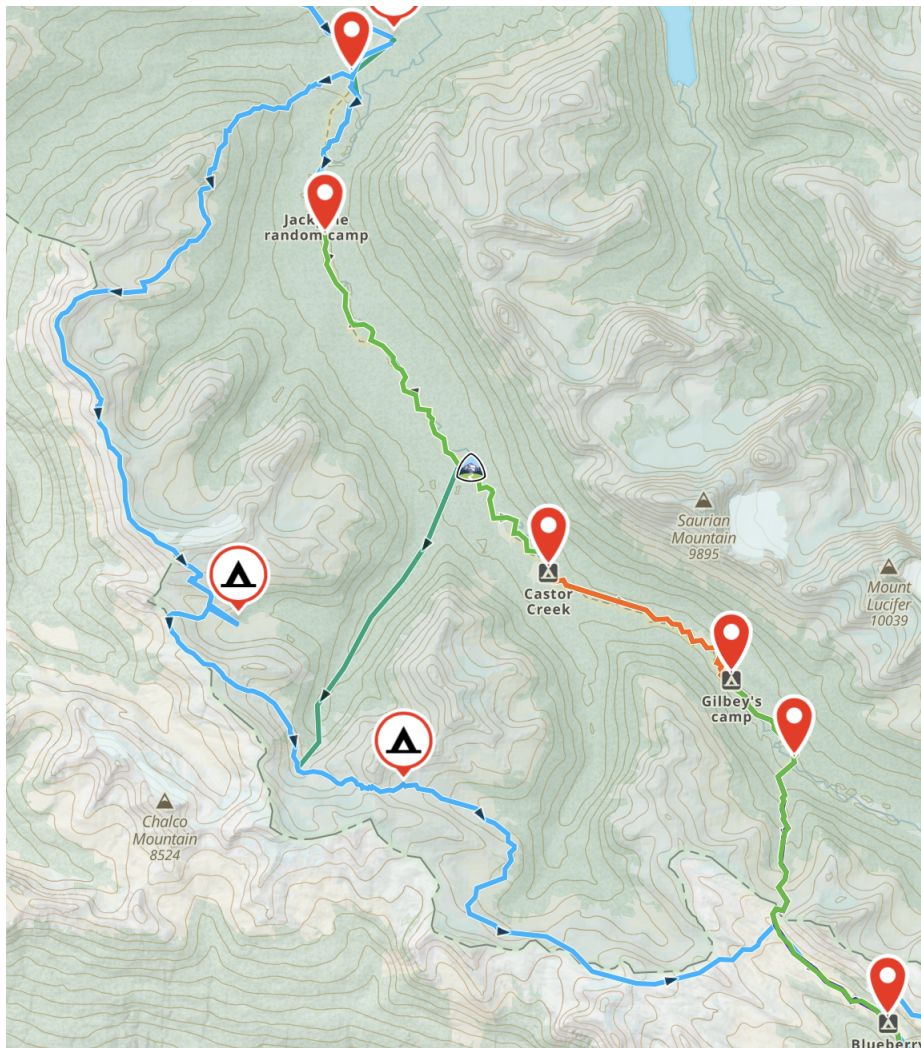
Day 10 (denoted in purple) will be our shortest and likely easiest hiking day of the trip at 3.8 miles and 1,279 feet of elevation gain. We purposefully made this relaxed in preparation for the mountainous Perseverance High Route that begins on Day 11. We will begin Day 10 at Pauline Creek Campground and end the day in the vicinity of the Meadowland Creek Ford (53.52329, -119.70567) in a burn scar at (53.52977, -119.69296). The day begins by ascending Little Shale Hill, which makes up all of the elevation gain in 1.1 miles. The rest of the day is a descent through forests and minimal bare ground. The day ends near the confluence of the Jackpine River and an unnamed stream in a burn scar, making water access close by. We will either have a late wakeup or an early end to the day, or both, as preparation for the more challenging days to come.

Day 11 (September 25th):

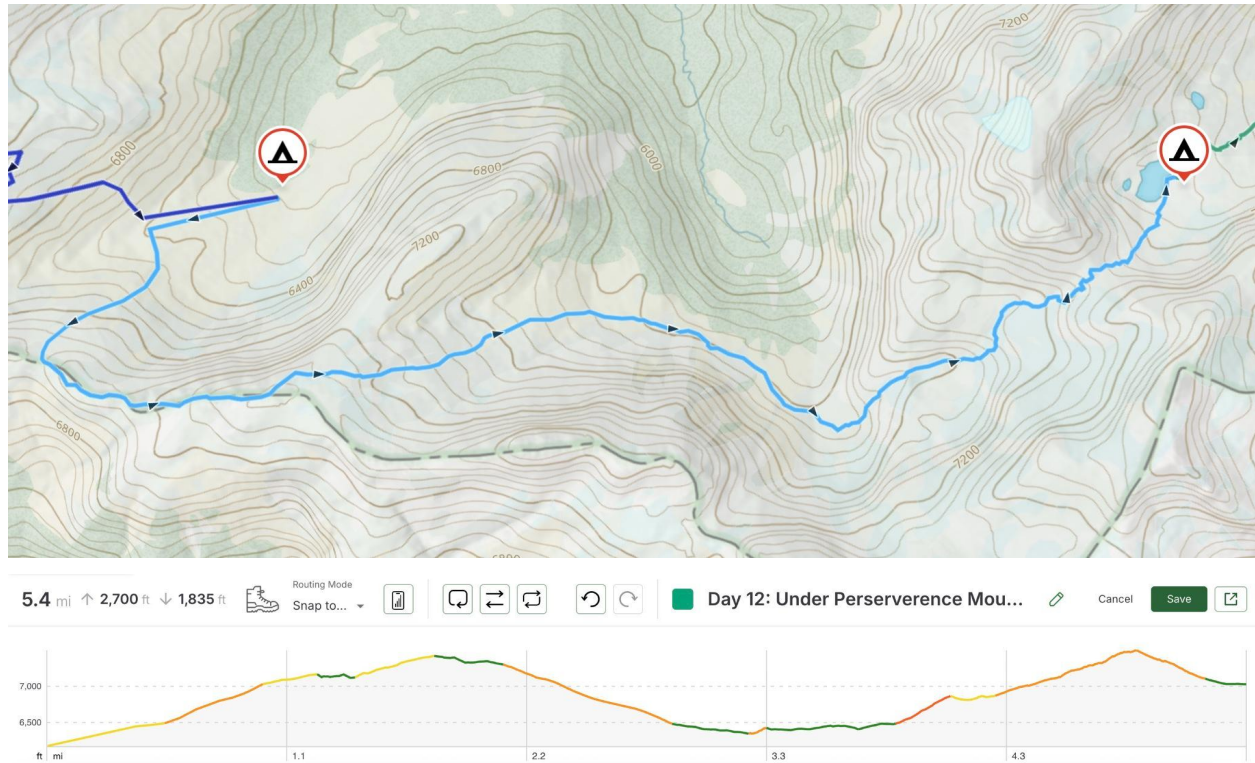


Day 11 will be our most challenging day of the trip, however, it may also be the most beautiful. The day begins at our campsite in the vicinity of the Meadowland Creek Ford, and we begin the Perseverance High Route. We will climb 6,049 feet this day, with the majority of the elevation gain in the first six miles with some more ups and downs on the main ridge throughout the rest of the day. This will be a technical day as well; we will be walking on scree and talus slopes for the majority of the day and there is some class 2-3 scrambling and potential route-finding challenges. There will be amazing views to reward the challenging hiking, notably 360° views throughout the ridgewalk and some tarns 7.4 miles in (53.46991, -119.78600). After studying trip reports that describe this route, we feel the technicality of the hiking is well within our limits and that we will be able to make choices to mitigate risks. About 2.75 miles later, we will reach Perseverance Mountain and descend one last mile into our campsite at 53.42529, -119.73973. The Perseverance High Route is a notably long section of exposed ridgewalking. We will not

attempt it unless we have an ideal weather window to do so. A less exposed alternate route will be to follow the green line (see below) in the valley past Jackpine Random Camp to Castor Creek Camp, then to Gilbey's Camp, and then to Blueberry Lake Campground.

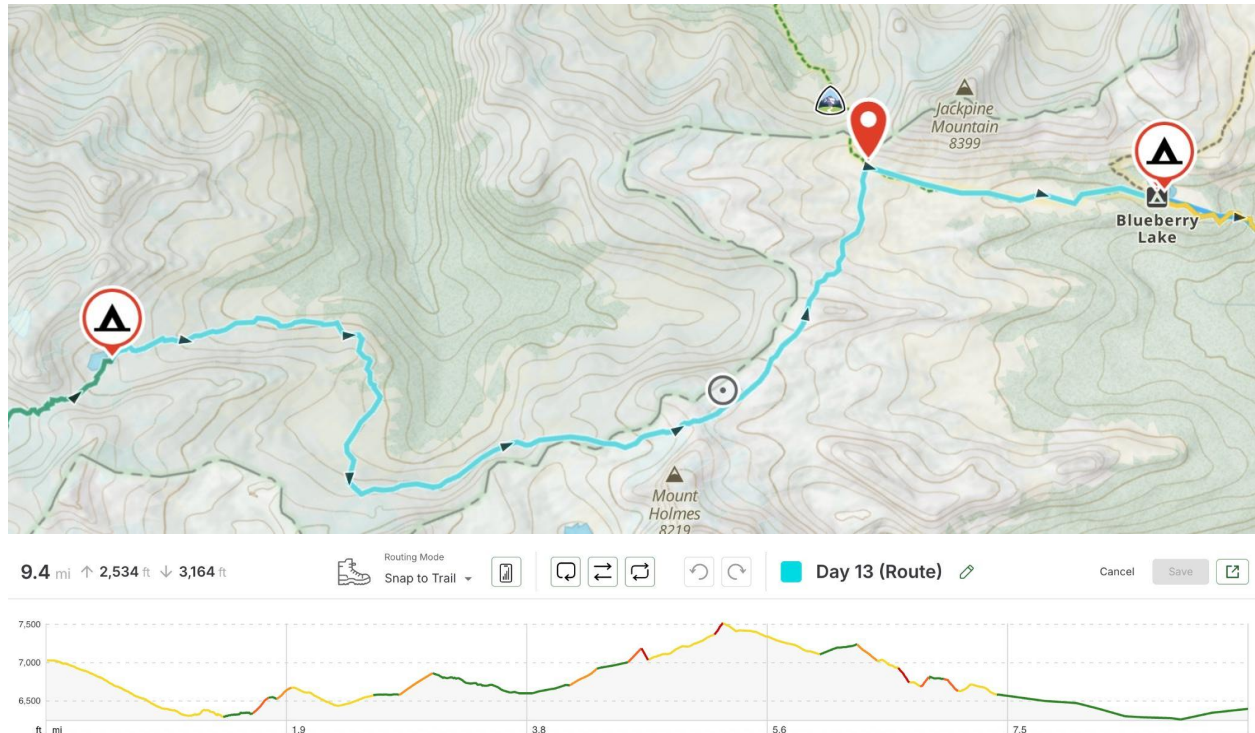


Day 12 (September 26th):



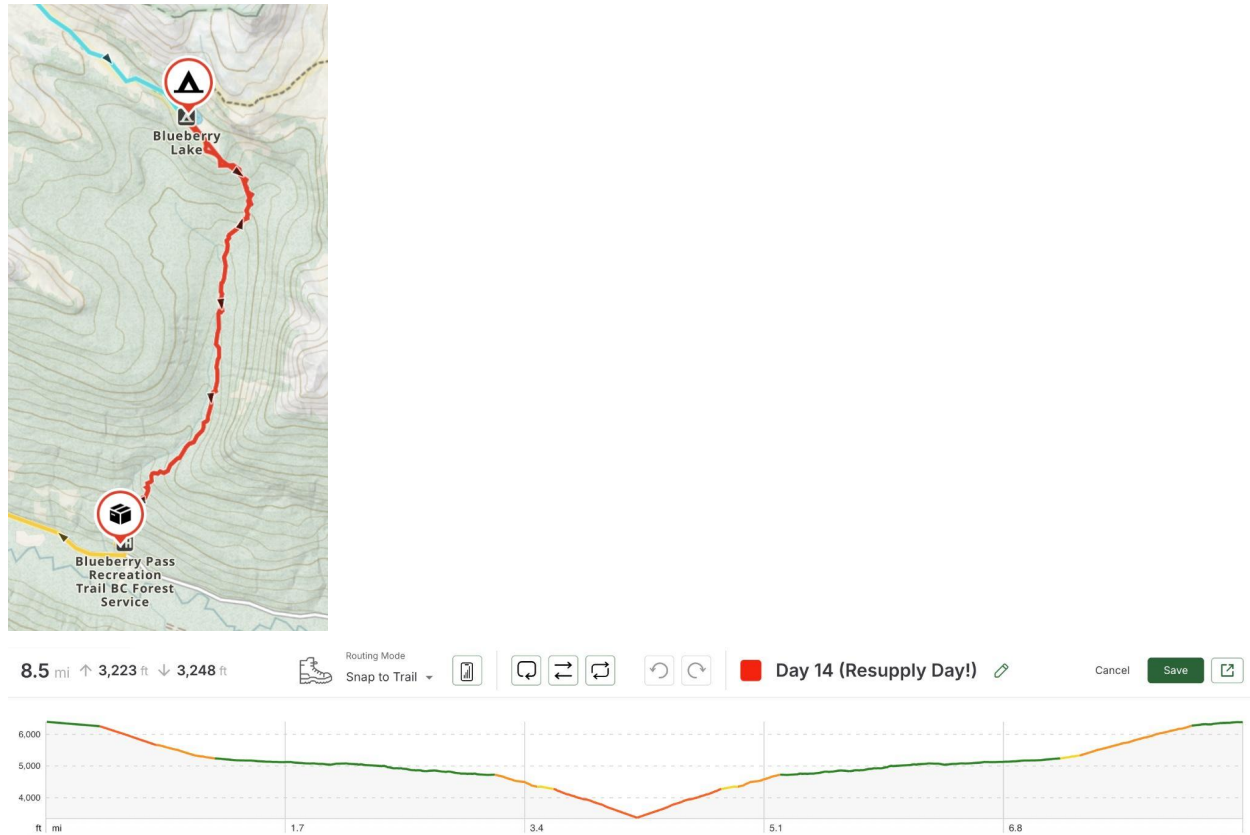
Day 12 is our second day on the Perseverance High Route, taking us from just below Perseverance Mountain to a group of alpine tarns with multiple known flat camping spots. The water access is less than 100 meters away. This day will be purposefully more laid back in an attempt to recover, with about half the mileage and less than half of the elevation gain of the day prior. There will still be technical ridge walking on scree and talus throughout the day, but there are only two main climbs: about 1,000 feet of elevation gain to get back onto the ridge from our campsite, and a 1,100 foot climb in one mile to get us over the last pass of the day and to the alpine tarns.

Day 13 (September 26th):



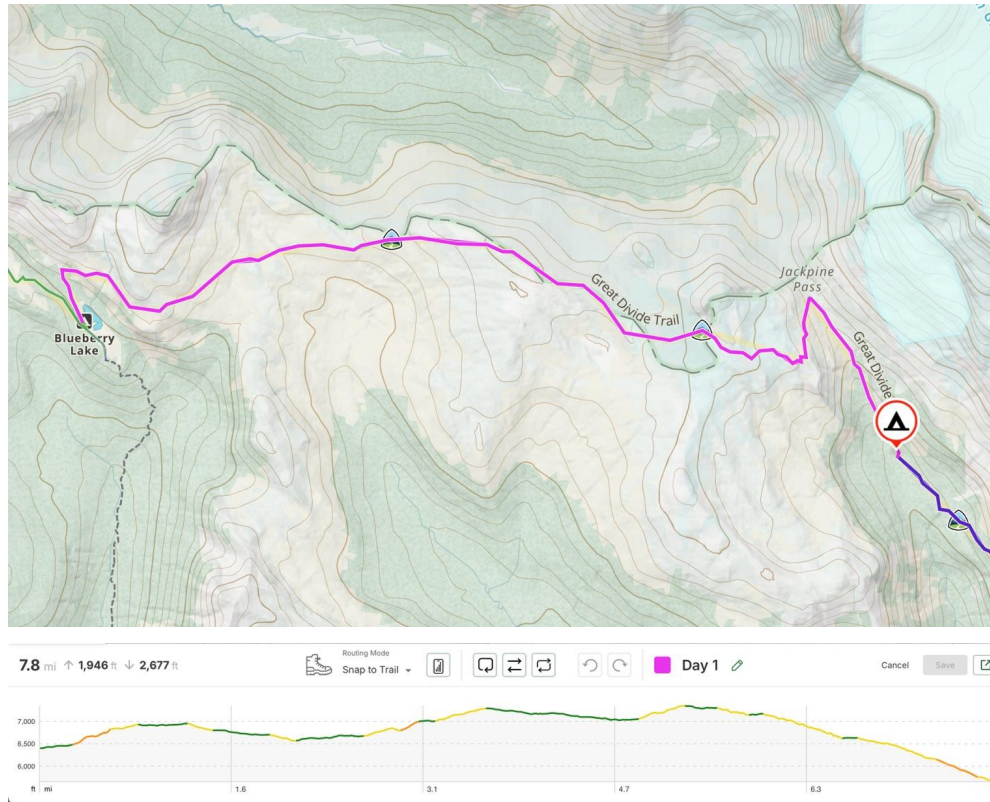
Day 13 begins at the alpine tarns that we camped at the night before and ends at Blueberry Lake, an established horse camp where we will stay for two nights that has close water access at the lake, a firepit, and even a pit toilet! This is our last day on the Perseverance High Route. We will begin the day well-rested from the prior being shorter and descend for 1.2 miles. We will then wind around a ridge, in the vicinity of treeline but still mainly on rock, and then climb back up onto a ridge for the rest of the day. 4.75 miles in (53.36389, -119.63438), we will reach two alpine tarns and likely make a stop for water before continuing the ups and downs of the ridge walk. Consistent with the rest of the Perseverance High Route, there will be some technical sections on this day as we walk through talus fields and navigate rock outcrops. Trip reports make this day seem manageable as well, without any mandatory high risk maneuvers. We feel confident we can make good choices to navigate this day safely. We will descend towards the regular Great Divide Trail for just over two miles, arriving at the Jackpine Mountain Trail Junction (53.37126, -119.57842). From there, we will have two more miles to Blueberry Lake back on the official Great Divide Trail with negligible elevation gain. Woohoo!

Day 14 (September 27th):



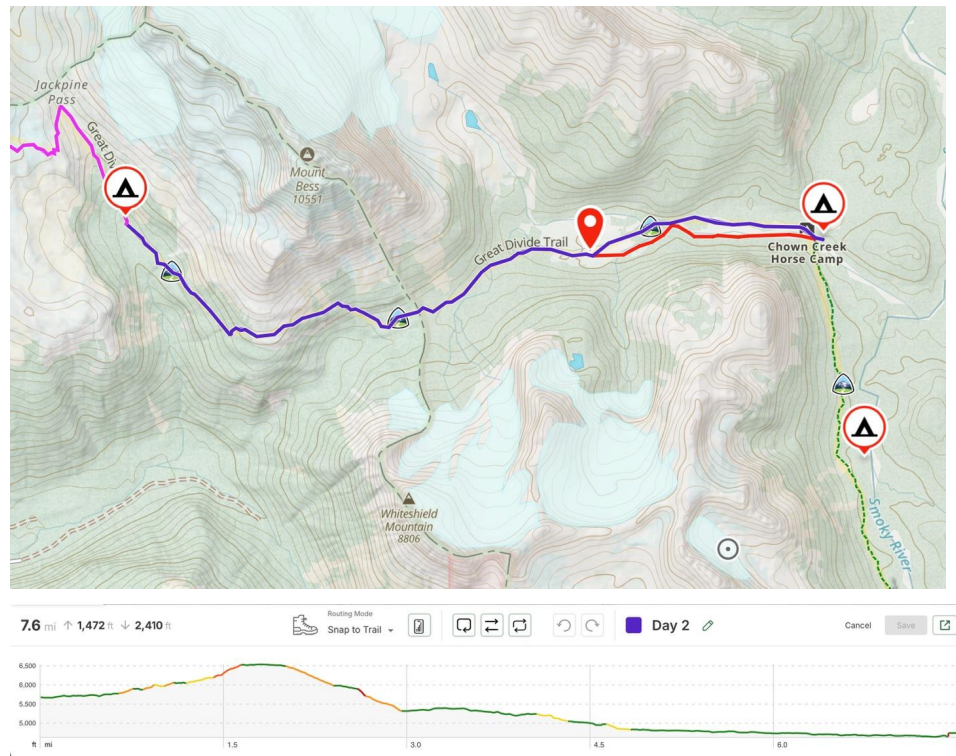
Day 14 is our second resupply day! We will cover 8.5 miles out and back starting at the Blueberry Lake Campground, with a gradual descent to resupply lockers at the Blueberry Lake Trailhead (53.30517, -119.55996) and a gradual ascent back to Blueberry Lake. The walking will be on the Blueberry Lake Trail, which is not technical but is often reported to be muddy. This will still be a moderate day, as our packs will be lighter without camping gear and the hike is not too strenuous. We hope to reach the resupply lockers by midday to pick up our resupply, which will be delivered by Robson Backcountry Adventures. We will redistribute food at the lockers, and make it back to camp sometime before dark. Ideally, having slightly less mileage than usual will make the day feel relaxing.

Day 15 (September 28):



On Day 15, we will climb up and over Jackpine Pass, starting at Blueberry Lake Campground and ending at Jackpine Pass Backcountry Campground. It will be a relatively short mileage day, with 7.8 miles and 1,946 feet of elevation gain, ending at a slightly lower elevation than Blueberry Lake. The steepest terrain will be in the morning, and most of the hiking will be in the alpine. There are unlikely to be any stream crossings or problematic bushwacking. It could be slightly difficult to find the route through the cliff band when leaving Blueberry Lake, but it is marked on our maps. Other than one short section, we will be in BC. Jackpine Pass Backcountry Campground has a toilet, benches, and water access.

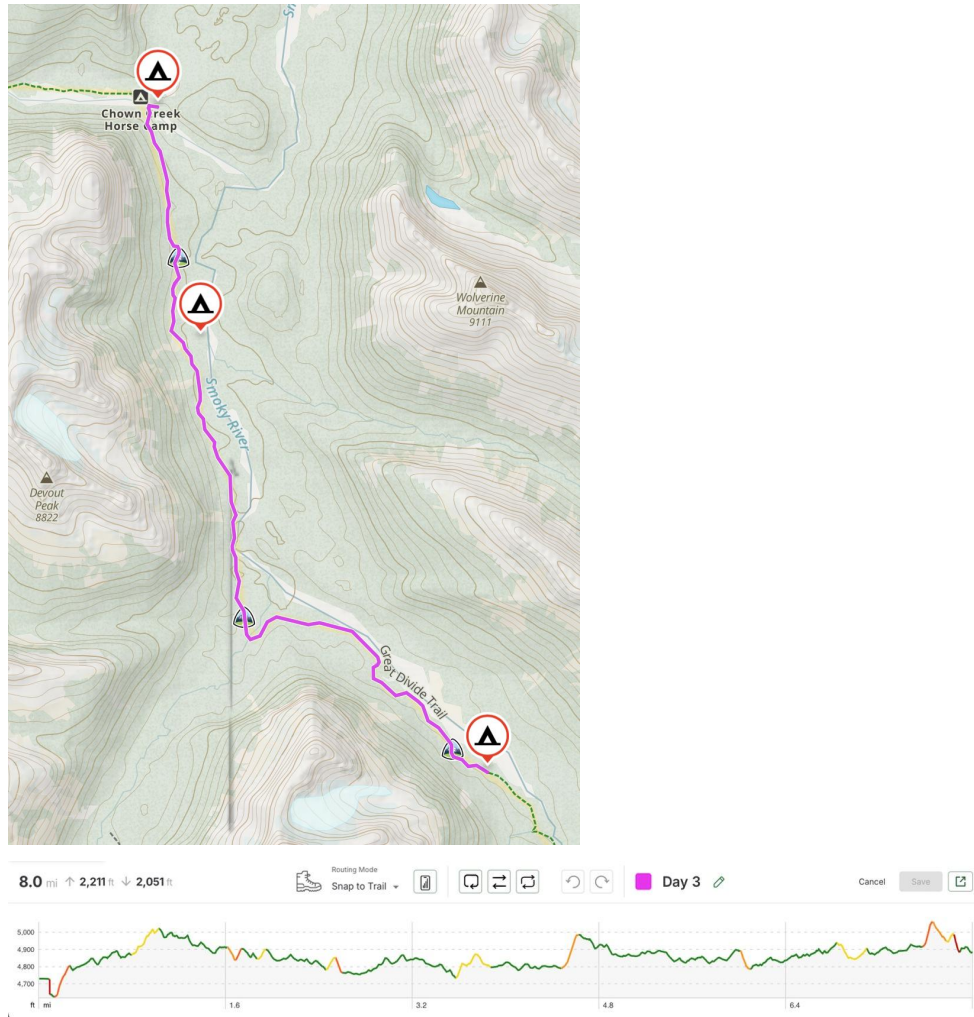
Day 16 (September 29):



Day 16 is another short day, continuing down the valley heading west over Bess shoulder and ending with a series of river crossings to cross the braided Chown Creek. It is 7.6 miles, with 1,472 feet of elevation gain, ending at lower elevation at Chown Creek Campground. 1km south of Jackpine Pass Backcountry Campground is a river crossing, likely around knee height and moving fast. Next is Mount Bess Shoulder (slight pass on the shoulder of Mount Bess that will briefly leave tree line), at 53.32673, -119.38702. Elevation: 6514 ft. Sounds like quite a climb, with great views. At this point we will enter Alberta and Jasper National Park. There could be some irritating (but not too slowing) willows/alders and mud from this point until the Chown Creek crossing.

The original Chown Creek Bridge is washed away here at 53.33916, -119.26680. There are two routes to cross, both of which will likely have knee-deep or slightly higher water. Starting at 53.33694, -119.31499, the left trail crosses Chown creek at 53.34176, -119.30483, then continues to the campgrounds on an established trail. The right trail crosses a portion of Chown Creek at 53.33685, -119.30895, then continues to bushwack along the creek until you reach the original Chown Creek Bridge where the GDT continues. There is a campsite on this side of the creek, just before the junction. There are two more established campgrounds on the north side of the creek near the bridge at 53.33916, -119.26488 and 53.34112, -119.26911. The first (more east) has stump seats, toilet, and the second (more NW, labeled as a horse camp) is more sheltered but less established with stump seats and a broken pit toilet. There is clear water at 53.34036, -119.26306 (outlet of small lake).

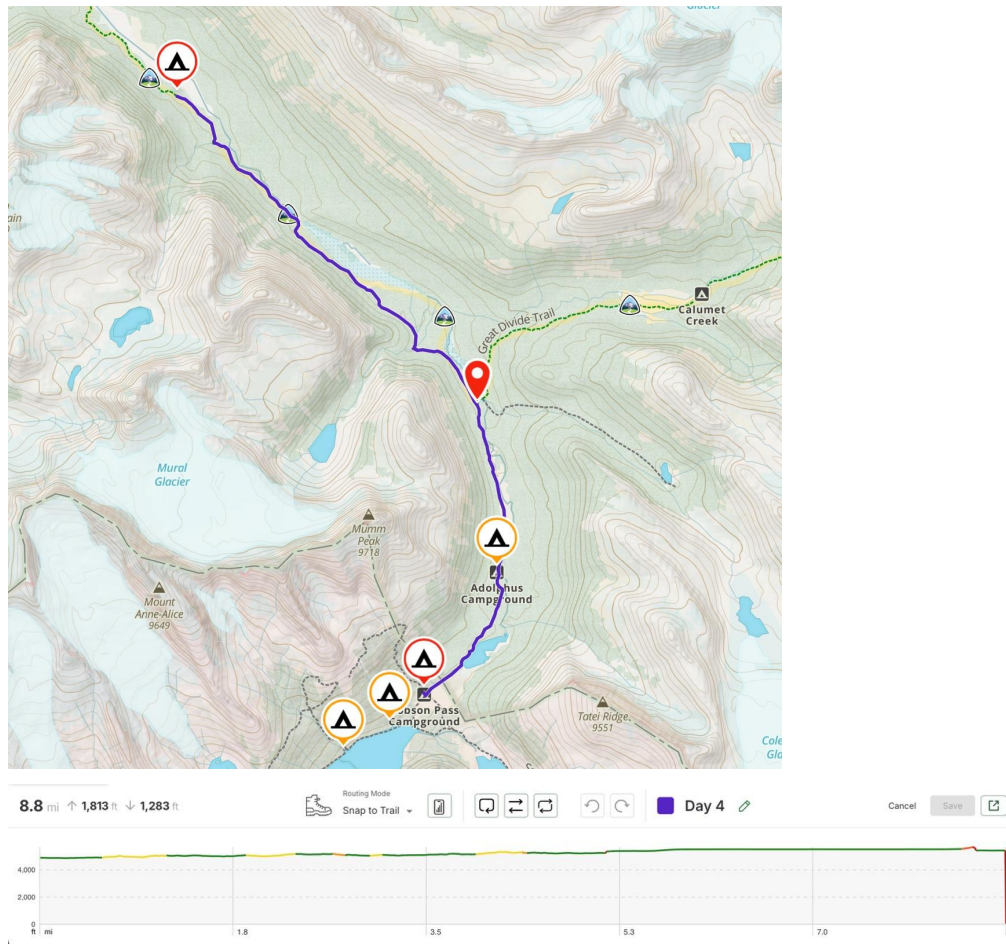
Day 17 (September 30):



Day 17 is 8 miles, with 2,211 feet of elevation gain. The trail continues down the Smoky River, with many small stream crossings and one potentially challenging stream crossing, ending at Wolverine North Backcountry Campground. We will pass by Timothy Slides Backcountry Campground at 53.31964, -119.26152, east of the trail towards the creek. Carcajou Creek Crossing is a potentially challenging creek crossing at 53.27362, -119.24610. There is no bridge, and the crossing could be shin-high to waist high. We may need to walk 100m up or downstream to find a shallower crossing.

Wolverine Backcountry Campground has water and a hole toilet. There is a resident porcupine!

Day 18 (October 1):

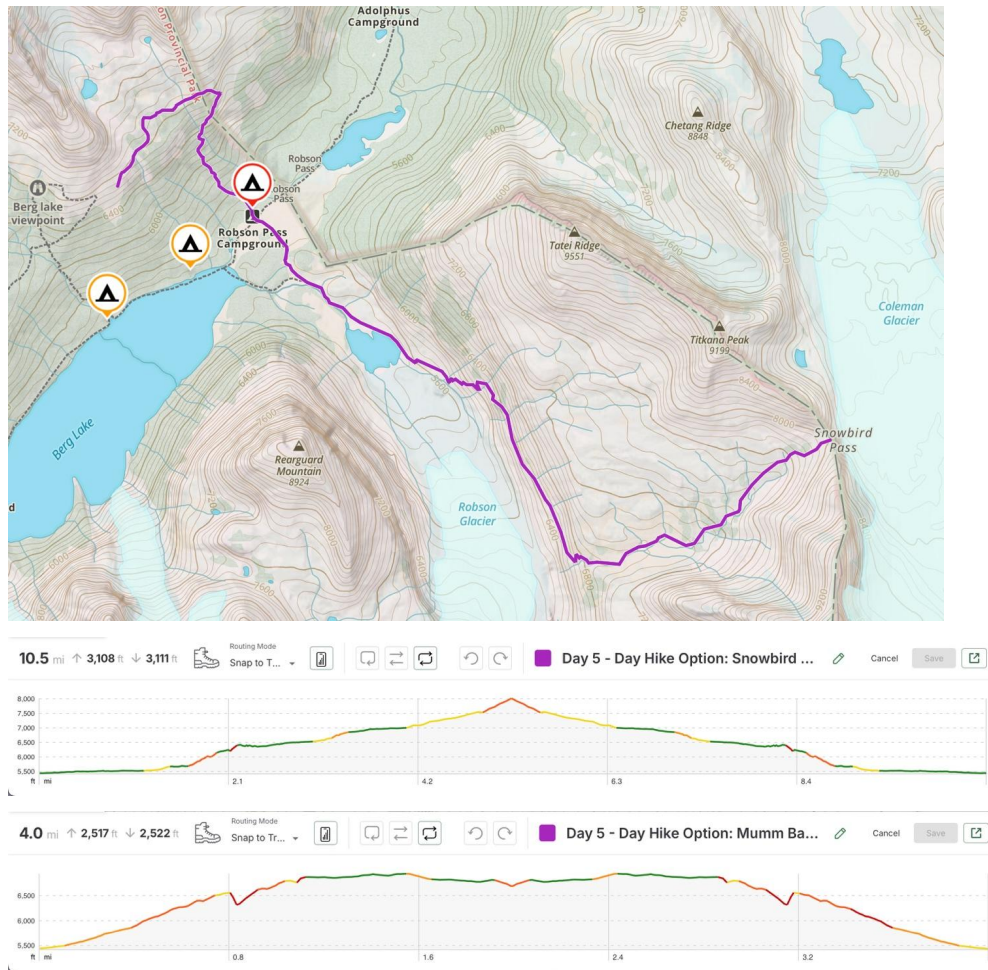


Day 18 continues down the Smoky River, turning off the Great Divide Trail and onto the Berg Lake Trail, ending at Robson Pass Campground, inside Robson Provincial Park (BC). It is 8.8 miles, with 1,813 feet of extremely gradual elevation gain. There are two stream crossings after this point, Gendarme Creek crossing at 53.25002, -119.18807, and Mumm Creek crossing at 53.21807, -119.13574. Gendarme should only be ankle deep at the horse crossing, and Mumm Creek has a broken but still usable bridge (as of September 2025).

The turn-off for the Berg Lake Trail is located at 53.21165, -119.12049, where we will turn to the South. We will pass Adolphus Campground at 53.18308, -119.11419, and reach Robson Pass Campground shortly after. Robson Pass Campground is an established campground with designated camp sites. It is in low trees, somewhat exposed to weather, but with great views of Mount Robson, Berg Lake, and Rearguard Mountain. It has a covered shelter, covered pit toilet, gray water cleaning station, and bear lockers.

* In an emergency, an Alpine Club of Canada Hut is being built here, with completion scheduled for the summer of 2026. There is a ranger station at the head of Berg Lake, halfway between Robson Pass and Rearguard campgrounds.

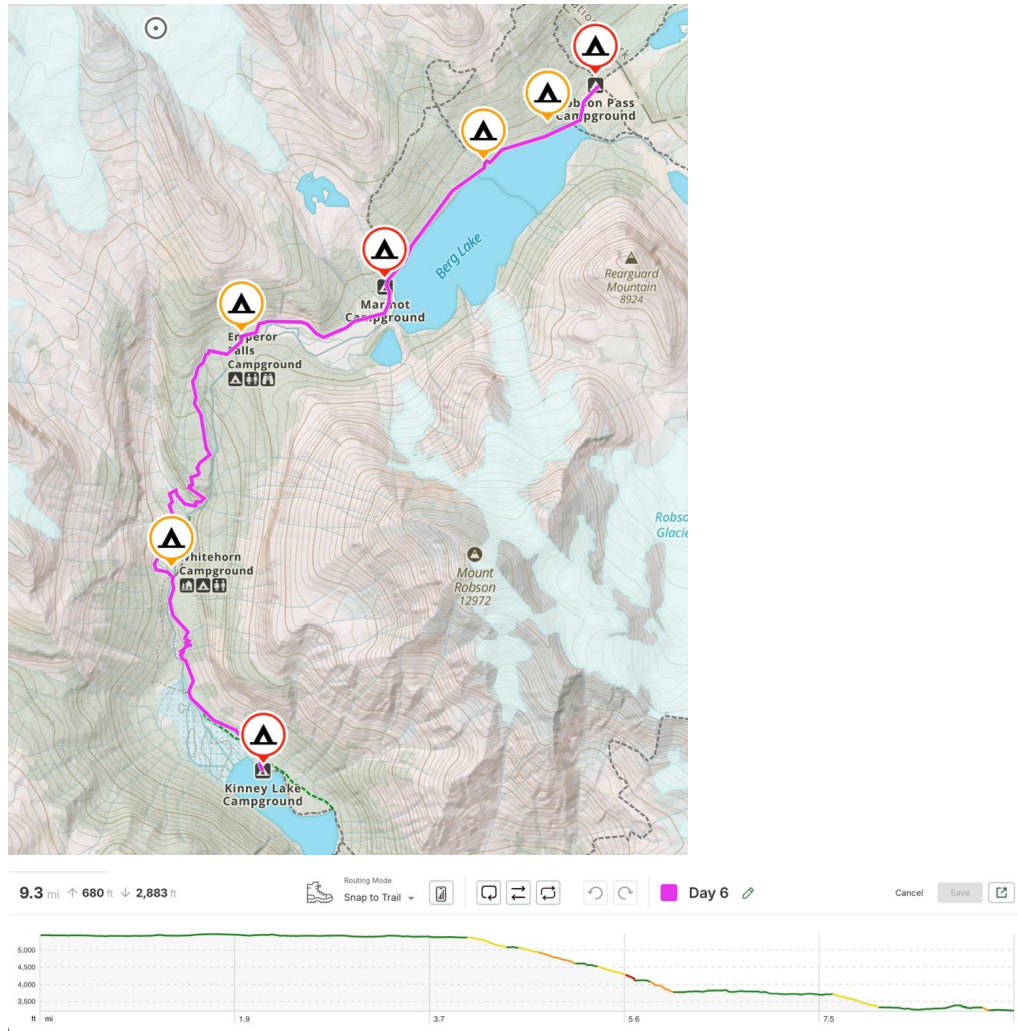
Day 19 (October 2):



Day 19 is a rest or day-hike day. If we feel like we need a complete rest day, we can stay around camp. Otherwise, we can do one or both day hikes depicted above. Snowbird pass is a long but scenic hike that will give us an incredible view of Robson and Coleman glaciers. It has quite a bit of elevation gain and is only possible if the weather is good and there hasn't been recent snow. Mumm Basin is a short hike that quickly gains elevation to get a better view of Mount Robson and the surrounding valley, with a strong likelihood of seeing mountain goats.

We will camp a second night at Robson Pass Campground.

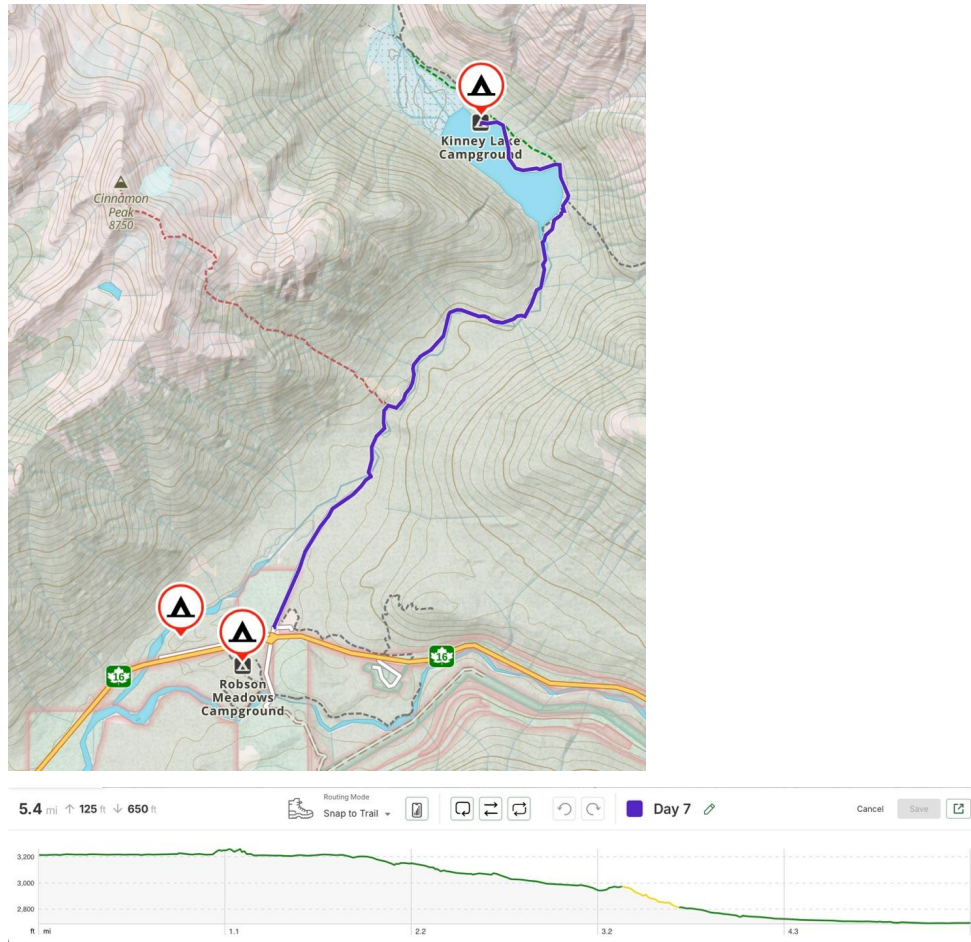
Day 20 (October 3):



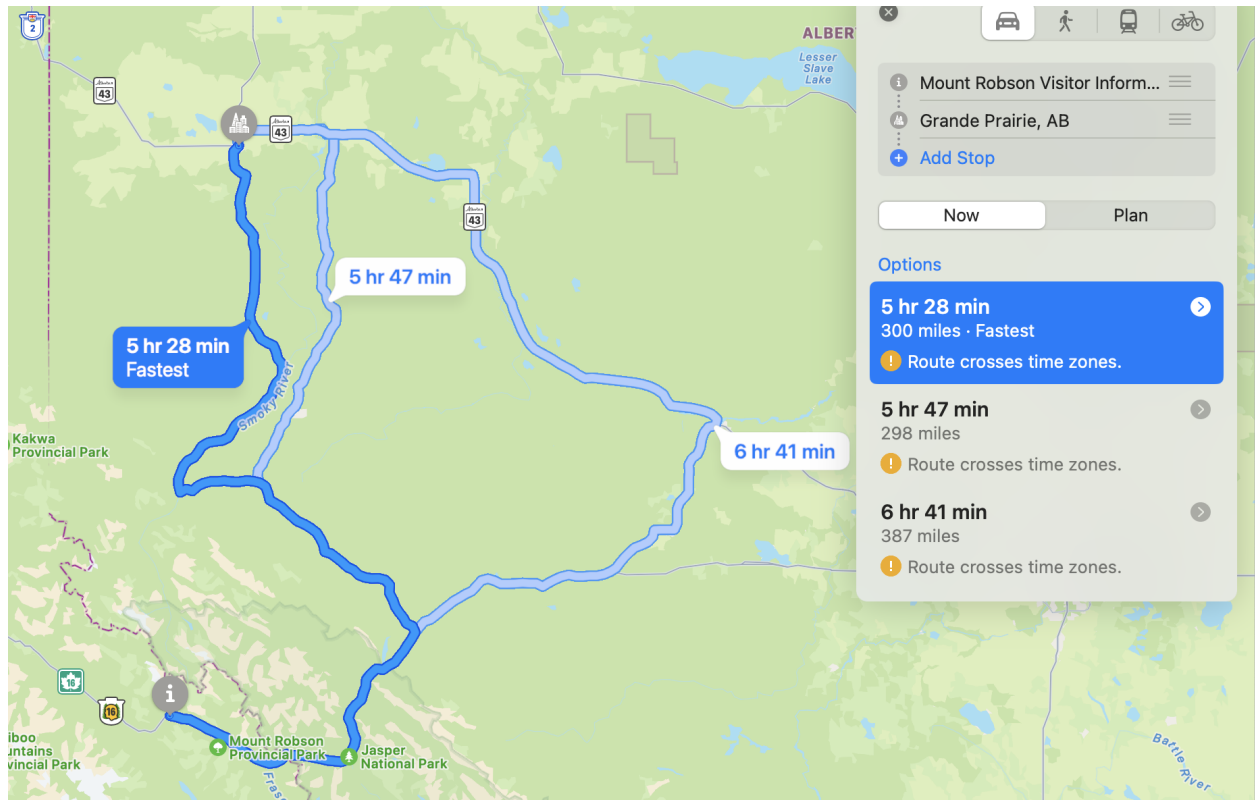
On day 20 we will continue down the valley to Kinney Lake Campground. It is 9.3 miles, with 680 feet of elevation gain and 2,883 feet of elevation loss. From Robson Pass Campground, we will pass Rearguard Backcountry Campground, Berg Lake Campground, Marmot Campground, Emperor Falls Campground, and Whitehorn Campground.

Kinney Lake Campground is an established campground with designated camp sites, and has an open-sided cooking shelter, bear lockers, and a covered pit toilet. It is well-traveled and visited by day-hikers.

Day 21 (October 4):

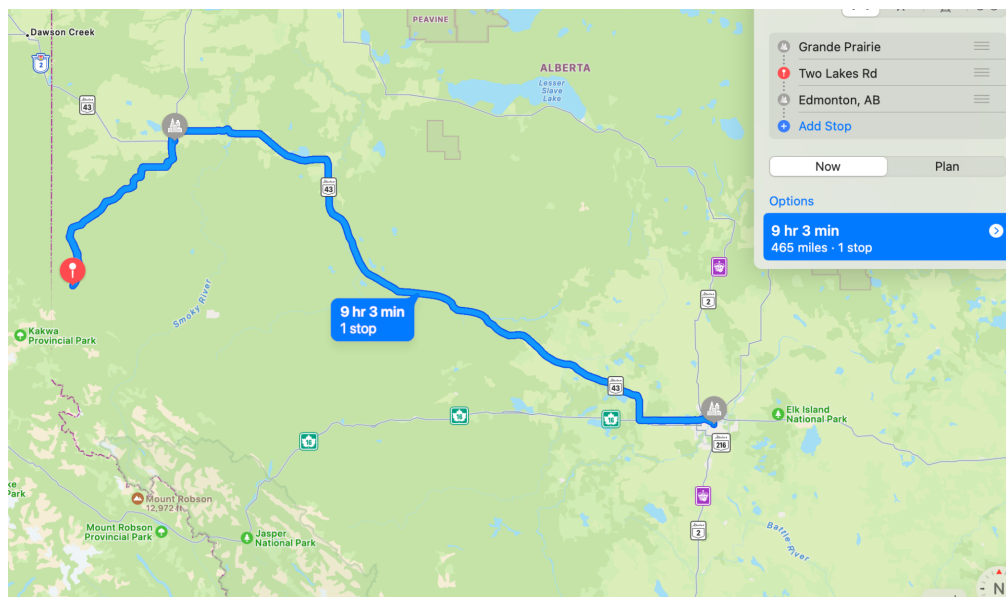


Day 21 is our final day, and very short. We will hike out the remaining 5.4 miles, with very slight elevation loss, ending at the Berg Lake Trailhead on the Yellowhead Highway. Our car will be parked here, and there is gas and food available at the trailhead. There are also two campgrounds, Robson Meadows Campground and Robson River Campground, where we can stay the night if we end up being unable to complete our shuttle this afternoon.



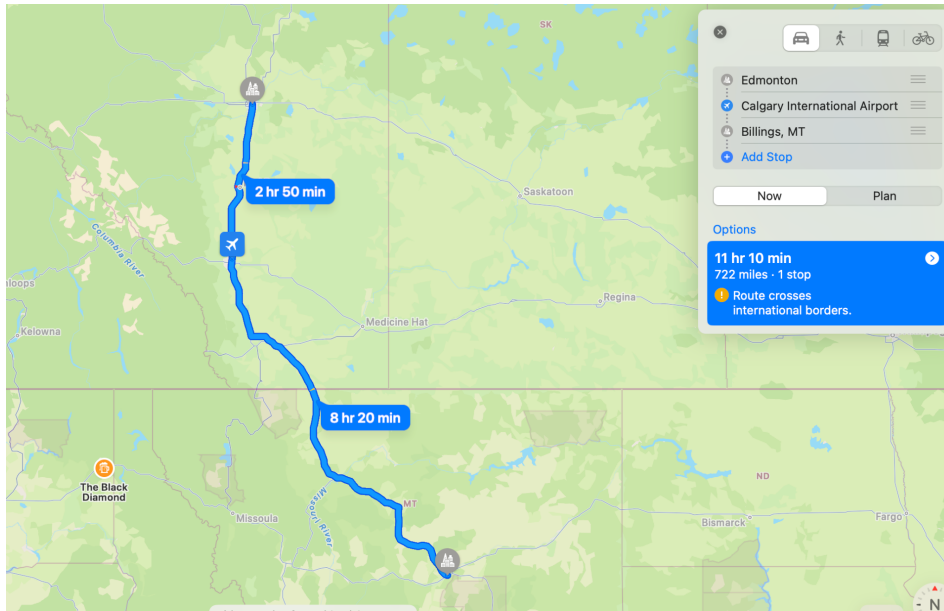
Next, we will drive from Robson Meadows Campground to Grande Prairie. 300 miles, and 5.5 hours. We will spend the night at Howard Johnson by Wyndham and recover from an exhausting trip!

Day 22 (October 5):



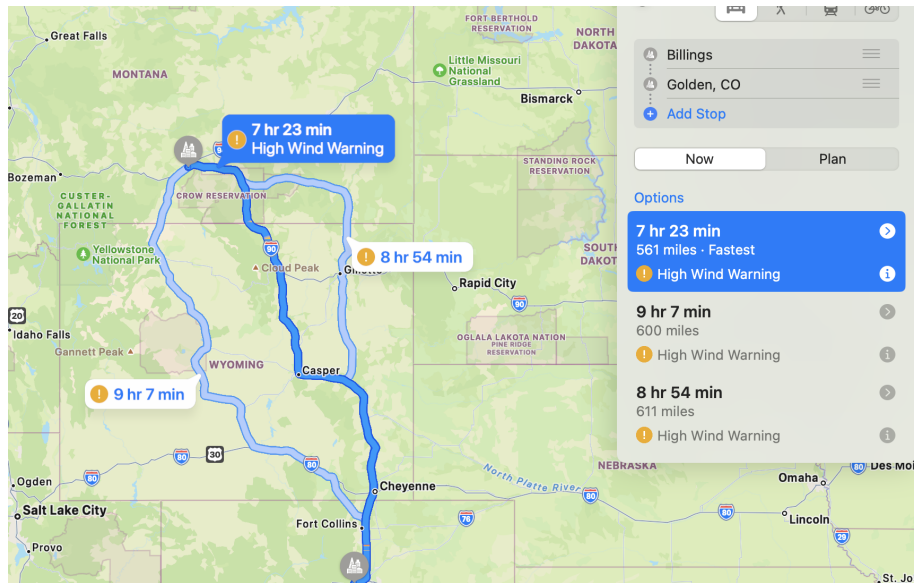
On day 22 we will drive from Grande Prairie to Lick Creek Staging Area, pick up the second car, then drive to Edmonton. 465 miles, 9 hours. We will stay at an affordable Airbnb in Edmonton.

Day 23 (October 6):



On day 23 we will drive from Edmonton to Calgary International Airport to drop off Toby. Ian and Theo will continue on to Billings, MT, and stay the night at Days Inn Billings. 722 miles, 11 hrs 10 mins. We will get an early start to ensure that we aren't driving in the dark for too long.

Day 24 (October 7):



On day 24 we will drive from Billings, MT to Golden, CO. 563 miles, 7 hrs 23 mins. This will mark our return to home.

Equipment List

Gear	Amount
Large light-weight dry bags that fit inside backpacks	3
75L backpacks	3
Trash bags to line backpack, any stuff sacks for clothing etc.	3
Durston x-mid 2 tents with floors, ground tarps, stakes	2
Go lite mid or hyperlight tarp for cooking tent (just tarp, no floor) with stakes	1
Trekking poles (needed for tents)	3
Sleeping pads	3
Sleeping pad patches	1
Sleeping bag (rated to 0 degrees), with stuff sack or drybag	3
Headlamps, extra batteries	3
Bug spray	1
Bear spray	3
Backpacking stoves (canister style)	2
8oz Isobutane Fuel	8
Lighters	4

Medium-large sized lightweight pot with lid	1
Small lightweight pot with lid	1
Pocket knife	1-2
Small soap (dr. Bronners or biodegradable), for pots, laundry, body/hands	1
Small lightweight cutting board	1
Pot scraper	1
Large light metal or plastic mugs (plastic better if we expect freezing temps)	3
Small plastic bowls	3
Camping spoons	3
Lightweight multitool with pliers	1
InReach (1 mini and 1 messenger), apps on phones	2
Backup Battery packs with charging cord for a phone and InReach	2
Water bottles (1 liter capacity)	2/person
Clothes (per person): 1-2 hiking pants, 2 sunshirts, 0-2 t shirts, 1 long underwear top, alpha fleece top and pants, 1 fleece layer top, 4 pairs warm socks (preferably at least 1 wool and 1 synthetic), 3 underwear, rain jacket, rain pants, down coat, warm gloves or glove liners with shell, latex gloves or shell gloves (for bugs/rain), warm hat, sunhat, sunglasses, hiking boots, camp shoes (croc). Optional: 2nd long underwear bottoms, shorts, neck gaiter, alpha socks, gaiters, head net	n/a

Pack towel	3
Toiletries (per person): Sunscreen (could be shared), chapstick with spf, glasses/contacts/eye drops etc., toothbrush, small toothpaste and floss, personal medications, OTC pain meds (could be shared in the first aid), lotion etc.	n/a
Toilet paper + Bidet attachment and collapsable water bottle + Hand sanitizer	Less than 1 roll
1 quart ziplocks (for trash, keeping things dry, or partitioning food), we will have many more as we eat food	6
Small metal trowel	1
Water filters + Bottle of iodine/chlorine water purification pills	2
Bear-proof bags (XL)	3
First aid kit (look at separate first aid document)	2
Compass	1
Printed topographic map(s) in a sealed bag with printed emergency plans and contacts	1
Small roll of duct tape, Tyvek tape, stick-on patch material, clothes pin	1
Phones, all with downloaded GPS maps (GAIA / Caltopo / FarOut). All phones will also have emergency contacts and the Wilderness Medicine Reference app.	3
Backup Battery packs with charging cord for a phone and InReach	2

Real IDs or Passports for the US-Canada border	n/a
Vehicle Chains, Car Battery Charger, shovel, spare sleeping bag, spare water (only in the vehicle left at Lick Creek Staging Area)	n/a

First Aid Kit List

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

Wound Care/Burn/Blister

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

Bleeding

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

Fracture/Sprain

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

Medications

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

Instruments

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

Goal:	1.75-2ppppd	3000-3500 calories/person/day					final cost total:	\$1,113.78
#meals	#servings	Breakfast	Ingredient	amount/person (cups)	weight (g)	calories	cost/serving (\$)	total cost (\$)
10	29	oatmeal				475		
			rolled oats (quickcooking/instant)	0.5	40	150	\$0.24	\$6.96
			PB	0.125	32	200	\$0.34	\$9.74
15	37	dried fruit	dried fruit	0.25	50	125	\$1.20	\$34.80
4	11	granola w Pb / milk				705		
			granola	0.66	65	280	\$0.90	\$9.90
			powdered milk	0.125	16	100	included in cost below	
			PB	0.125	32	200	\$0.34	\$3.70
15	37	dried fruit	dried fruit	0.25	50	125	\$1.20	\$13.20
3	8	dehydrated hash browns	make with cheese and oil for additional calories			405		
			dehydrated hash browns	0.5	28	165	\$0.90	\$7.20
			cheddar cheese		28	120	\$0.60	\$4.80
			olive oil	0.0625	13.75	120	\$0.31	\$2.50
2	6	Pancakes				520		
			pancake mix - Kodiak Cake Protein Pancakes	0.5	65	220	\$1.20	\$7.20

			powdered milk	0.125	16	100	included in cost below	
			PB	0.125	32	200	\$0.34	\$2.02
2	5	curry cheese bagels				395		
			bagel		98	240	\$1.20	\$6.00
			cheddar cheese		28	120	\$0.60	\$3.00
			brown sugar	0.0625	10	35	included in cost below	
			curry powder					
		Other breakfast items to have in supply						
		brown sugar	2 cup on trip				\$3.00	\$3.00
		Coconut flakes	1 cup on trip				\$9.00	\$9.00
		chocolate chips	3 cups on trip				\$6.00	\$6.00
		powdered milk/coconut milk	2 cups on trip				\$9.60	\$9.60
							total	\$138.62
#meals	#servings	lunch	Ingredient	amount/person (cups)	weight (g)	calories	cost/serving (\$)	total cost (\$)
3	8	hummus powder	3 lunches		50	220	\$2.88	\$23.04
8	22	salami/landjager meat sticks	8 lunches	4 mini sticks	56	240	\$1.80	\$39.60
18	46	cheese	10 lunches		50	230	\$0.79	\$36.43
18	46	PB		0.125c/2tbs	32	200	\$0.34	\$15.46
		PB powder	1 container				\$11.99	\$9.99
10	26	nuts	10 lunches	0.5/day	75	400	\$0.48	\$12.48
		crackers	2 costco bags				\$11.99	\$9.99
8	20	tortillas	8 lunches	1	100	210	\$0.53	\$10.56

		some kind of chips/salty snack	2 big bags sesame sticks and chips				\$19.18	\$15.98
5	15	tuna packets w/ olive oil bottle	5 lunches		75	70	\$1.50	\$22.50
5	15	chicken packets	5 lunches		75	80	\$2.70	\$40.50
18	46	bars	everyday	1/day		150-300	\$1.20	\$55.20
10	26	dried fruit	10 lunches	0.25c/day	50	125	\$1.20	\$31.20
18	23	chocolate/candy bars		0.5/day/person		140	\$1.20	\$27.60
18		TJs sour scandanavian swimmer candies	3 bags				\$14.40	\$14.40
2	6	instant falafel (TJs)	2 packages from TJs or similar	0.33	50	230	\$8.40	\$8.40
		<u>cold soaked rice and beans</u>	total - 3 lunches			435		
3	9		dehydrated rice	0.75	150	300	\$0.90	\$8.10
3	9		dehydrated beans	0.33	33	135	\$1.20	\$10.80
			spices					
							total	\$392.23
#meals	#servings	Dinner	ingredient	amount/person (in cups)	weight (grams)	calories	cost	total cost
3	7	<u>curry rice</u>	total			870		
	7		dehydrated rice	0.75	150	300	\$0.90	\$6.30
			dehydrated red lentils?					
	7		cashews	0.33	50	300	\$4.80	\$33.60
	7		dehydrated veggies	0.33	8.33	80	\$2.40	\$16.80
	7		bullion cube				\$0.30	\$2.10
	7		spices				included in spices cost	

	7		coconut milk powder	0.0625		60	included in previous costs	
	7		dehydrated chicken	0.5	27	130	\$3.24	\$22.68
							total	81.48
3	8	rice and beans with cheese and veg	total			1110		
	8		dehydrated beans	0.75	75	300	\$2.40	\$19.20
	8		dehydrated rice	0.75	150	300	\$0.90	\$7.20
	8		dehydrated chicken	0.5	27	130	\$3.24	\$25.92
	8		cheddar cheese		28	120	\$0.60	\$4.80
	8		olive oil	0.0625	13.75	120	\$0.30	\$2.40
	8		Fritos chips	1/2 bag	14	80	\$0.60	\$4.80
	8		dehydrated veg	0.25	6.25	60	\$2.40	\$19.20
	8		spices				included in spices cost	
							total	\$83.52
3	8	<u>taco pasta with cheese</u>	total			780		
	8		pasta	1 125 g		425	\$1.50	\$12.00
	8		dehydrated beans	0.33	33	135	\$1.20	\$9.60
	8		dehydrated veggies	0.25	6.25	80	\$2.40	\$19.20
	8		dehydrated tomato sauce	0.33	10	20	\$1.20	\$9.60
	8		cheddar cheese		28	120	\$0.60	\$4.80
	8		spices				included in spices cost	
							total	\$55.20
3	8	Mac and Cheese with Chicken	total			755		

	8		pasta	1	125 g	425	\$1.50	\$12.00
	8		dehydrated veggies (peas!)	0.25	6.25	80	\$2.40	\$19.20
	8		cheddar cheese		28	120	\$0.60	\$4.80
	8	something like link, I think you can dehydrate it at home out of canned chicken too	dehydrated chicken	0.5	27	130	\$3.24	\$25.92
							total	\$61.92
3	8	lentils and rice	total			800		
	8		dehydrated rice	0.75		300	\$0.90	\$7.20
	8		dehydrated lentils	0.3		250	\$1.80	\$14.40
	8		olive oil	0.0625		120	\$0.30	\$2.40
	8		dehydrated veggies	0.25	6.25	80	\$2.40	\$19.20
			dehydrated chickpeas					
	8		spices				inlcuded in spices cost	
	8		texturized vegetable protein	0.125	11.75	50	\$1.44	\$11.52
							total	\$54.72
3	8	pb noodles				1045		
	8		pasta	1	125 g	425	\$1.50	\$12.00
	8		PB	0.125	32	200	\$0.34	\$2.69
	8		coconut milk powder	0.0625		60	\$0.34	\$2.69
	8		dehydrated veggies	0.25	6.25	80	\$2.40	\$19.20
	8		peanuts	0.125		110	\$0.60	\$4.80
	8		olive oil	0.0625		120	\$0.30	\$2.40

	8		texturized vegetable protein	0.125	11.75	50	\$1.44	\$11.52
	8		spices				included in spices cost	
							total	\$55.30
3	8	instant mash potatoes (potato pearls) and soup mix (knorr's type soup mix)				650		
	8	something like this	instant mash potatoes	0.5	40	250	\$0.60	\$4.80
	8	fancy instant soup mix	soup mix packet	range depending on choice 150-300 calories		200	\$1.50	\$12.00
	8	a different soup mix example	cheddar cheese		28	120	\$0.60	\$4.80
	8		dehydrated veggies	0.25	6.25	80	\$2.40	\$19.20
	8		spices				included in spices cost	
			Dehydrated chicken or tofu?				total	\$40.80
							dinner total:	\$432.94
EXTRAS								
2	6	Good-to-go meals: backup, order from "overstock" on website	6 "emergency" meals					
		Cuban rice bowl: double serving	6 pack for \$77 in "overstock"			1080	\$12.83	\$77

			mix of spices for cooking meals on trail and pre- made dehydrated					
all		Spices					\$23	\$23
	18	Tea	mix of tea				\$17	\$17
	5	Hot chocolate	powdered hotcoco				\$12	\$12
all		hot sauce					\$10	\$10
	2	brownie mix					\$11	\$11
							extras total:	\$150

Budget		Cost	Quantity	# of Days	base fee	Total	Description	GRAND TOTAL=	\$7,504
Flights and Travel									
	Toby Flight Round Trip (EWR to YYC and back)	\$855	1	na					
	Checked bags to/from YYC	\$120	1	na					
	Ian drive to Calgary from Golden, CO and back	\$426	1	na			1097 miles total / 18mpg * \$3.50/gallon *2 for both ways = \$426		
	Theo drive to Calgary from COS and back	\$450	1	na			1158 miles total / 18mpg * \$3.50/gallon *2 for both ways = \$450		
	Day Inn Billings	\$107	1						
	Travelodge by Wyndham Calgary South	\$142	2						
Both cars	Drive from Calgary to Mount Robson Visitor Center [1]	\$120		na			309 miles / 18mpg * \$3.50/gallon *2 for both cars = \$120		
One Car	Drive from Mount Robson Visitor Center to McBride, then to Lick Creek via Grand Prairie	\$98		na			505 miles / 18 mpg * \$3.50/gallon = \$98		
	Travelodge by Wyndham McBride	\$90		1					
	Howard-Johnson by Wyndham Grande Prairie	\$83		1					
After the hike:									
One Car	Drive from Robson Meadows to Grande Prairie	\$58		na			300 miles /18mpg *\$3.50/gallon = \$58		
	Howard-Johnson by Wyndham Grande Prairie	\$83		1					
One Car	Drive from Grande Prairie to Lick Creek Staging Area [2]	\$20		na			101 miles /18mpg *\$3.50/gallon = \$20		
Both Cars	Drive from Lick Creek Staging Area to Edmonton	\$91		na			465 miles /18mpg *3.50/gallon*2 = \$181		
	AirBnB: Walkout Guest Suite near West Edmonton Mall	\$102		1					
Both Cars	Drive from Edmonton to Calgary	\$70					179 miles /18mpg *\$3.50/gallon *2 for both cars = \$70		
	Days Inn Billings	\$107		1					
					Total=	\$3,022			
Rental Items from CC									
	Ursack Bag	\$0	4	21	\$0	\$0			
					Total=	\$0			
Rental Items not from CC & Miscellaneous Purchases									
	Fuel (8oz Isobutane)	\$7	8			\$56			
	SAR Insurance	\$40	3			\$120			
	Carbon Emmisions Offset	\$64				\$64			
					Total=	\$240			
FOOD									
	First food resupply by Elevation Helicopters, \$1050 per hour for roughly 3 hours	\$3,000					https://jasperhikesandtours.ca/gdt-services		
	Second food resupply delivered by Robson Backcountry Adventures	\$129							
					Total=	\$3,129			
Permits									
	Alberta Backcountry Public Lands Camping Pass	\$33	3			\$100			
	Jasper National Park camping fees	\$73.07		2		\$73			
					Total=	\$173			
Food									
					Total=	\$1,113			