



Ritt Kellogg Memorial Fund Registration

Registration No. F984-T1NM4

Submitted Jan 20, 2026 3:55pm by Lev Sugerman-Brozan

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.

**Waiting
for
Approval**
Jan 20,
2026
3:55pm

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

Participant



Lev Sugerman-Brozan



Consent

USE THIS WAIVER



Lev Sugerman-Brozan
Resort Ski Leader

USE THIS WAIVER

Recorded (Jan 20, 2026 3:54pm, *LSB*)

Expedition Summary

What is the name of your proposed expedition?

Canoeing the Missinaibi River, Ontario, Canada

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

From Source to Sea: Canoeing the Missinaibi River from Missinaibi Lake to James' Bay

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

The main objective of our expedition is to canoe the Missinaibi River from its headwaters near Missinabie to its terminus at James Bay. We seek an authentic and uninterrupted wilderness experience from our expedition, and to immerse ourselves fully in the challenges, peacefulness, and natural beauty on and surrounding the river. Given the accelerating rate of environmental change in far northern locations, we seek to bear witness and find meaning in the path of climate disruption. Such an experience will allow us to grow immensely as grounded, hard-working, and mindful people and leaders, both as individuals and as a team.

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

The Missinaibi River flows through two primary environments, the Canadian Shield and the Hudson Bay lowlands. The upper half of the river flows through the Canadian Shield, which is characterized by conifer forests, granite canyons, and extensive Class II whitewater. The lower half of the river flows through the Hudson Bay lowlands, which is characterized by more clay-rich soils and swampland, and is similarly conifer-dominated. The river is almost entirely situated on public lands, flowing through Missinaibi Provincial Park and Chapleau Game Preserve, but passes through some private and First Nations lands, especially near towns and former logging settlements.

Date that travel to the expedition will start.

May 30, 2026

Date that your team will enter the field.

Jun 1, 2026

Date that your team will exit the field.

Jun 23, 2026

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

Jun 25, 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 certainly be an authentic wilderness experience, given its remote location, challenging physical requirements, and the necessity of a high-functioning expedition team. The location of our expedition in northern Ontario lends itself to solitude, given the extremely low population density and the vast distance from towns and roads. This, combined with our resupply plans that avoid entering towns, will give us ample time to enjoy the solitude of an authentic, self-directed wilderness trip. Canoe tripping, by nature, also requires teamwork between team-members in the same boat. A bow/stern pair must be extremely well-coordinated, especially in challenging river or weather conditions. This particular trip also promotes independence and perseverance, given that there's no easy shortcut or way off of the river in challenging or unfavorable conditions (of course, we have emergency preparations and courses of action in place should truly dangerous or dire situations occur). In the course of an extended trip such as this one, it's overwhelmingly likely that at some point, such conditions will present themselves to us, whether in the form of currents, weather, bugs, or other environmental challenges. Therefore, our expedition necessitates self-sufficiency and perseverance, both as individuals and as a functioning expedition team.

Participant Qualifications

Expedition team member information

Lev Sugerman-Brozan, May 2026- WFR valid through 1/19/27

James Kuhns, May 2026- WFR valid through June 2026

Ben Hanson-Kaplan, May 2026- WFR valid through 1/19/27

Owen Marchant, December 2025 (winter grad)- WFR scheduled spring 2026

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)

Our team has several plans in place to get into our best physical and mental shape prior to our expedition. First, we all plan to take a Swiftwater course by the time of our expedition to hone our water safety skills, hopefully funded by an RKM Education Grant. Second, we plan to review our WFR training as a group to ensure that we all have a fresh memory of this training and are on the same page in terms of wilderness medicine and emergency protocols. Third, we all plan to train physically for this expedition, including going on local outings and group paddles to hone our physical strength and skills, as well as individual strength preparation, either outdoors or in the gym. Such outings and workouts will allow us to hit the ground running when we begin our expedition in June. Lastly, we see team-building as being one of the most essential things we can do to ensure a successful expedition. This may look like going on the outings described above, but it can also include other team-building exercises and challenges to better understand each other's leadership styles and how we function, both as a group and as individuals.

Expedition Logistics, Equipment, and Food

Briefly describe how each expedition member will travel from home to the trailhead and back again. (100 word max)

The team will fly into Minneapolis, MN, to Ben's house. Lev will fly from Boston, MA, Owen will fly from Boise, ID, and James will fly from Bend, OR. The team will then drive up to Mattice, ON where we will rent canoes and be shuttled to our put-in. At our take-out in Moosonee, we will take the Ontario Northland train from Moosonee south to Cochrane. We will then arrange a shuttle with a local outfitter from Cochrane back to Mattice, where we will drive back to Minneapolis. The team will then fly out of Minneapolis back to our homes.

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

[RKM Education Grant](#) (13M)

Uploaded 1/20/2026 3:44pm by Lev Sugerman-Brozan

Please paste a URL to your complete digital expedition map.

<https://caltopo.com/m/FSSS1BP>

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

Our plans to re-ration during this expedition are quite simple. We pass through the town of Mattice on day 10 or 11 of our expedition, where we will pick up a resupply box that we will have dropped off ahead of time. This is cost effective and simple. Given that we are in canoes, this should be realistic for our needs and timeline.

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

For the entire duration of our trip, we will use bear-proof (i.e., smell-proof) containers to store our food. These will be stored at least 100 yards from our camp and will be fastened securely to ensure protection from all kinds of critters. Additionally, we will store all “smellies” (items that have scents to them that could attract wildlife) in these containers. No items that might attract wildlife will be stored near our camp. We will also ensure that all of us have designated sleeping clothes, so that the clothes that we cook in (and therefore have a smell to them) will be stored away from our camp. All cooking and eating will similarly be done at least 100 yards from camp.

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

[RKMF Food List.pdf](#) (484K)

Uploaded 1/20/2026 3:29pm by Lev Sugerman-Brozan

Upload a thorough equipment list.

[RKMF Equipment List.pdf](#) (146K)

Uploaded 1/20/2026 3:34pm by Lev Sugerman-Brozan

Upload a first aid kit list.

[RKMF First Aid List.pdf](#) (98K)

Uploaded 1/20/2026 3:35pm by Lev Sugerman-Brozan

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

From an environmental perspective, we have limited our carbon footprint to a minimum (5.55 metric tons). We have chosen to drive to our put-in from Minneapolis in one gas-efficient car to minimize our carbon emissions. We have included the cost to offset all transportation in our budget (\$27.75). Furthermore, we will all keep journals during our expedition- in this way, we will bear witness to the accelerated warming and environmental change in northern latitudes. While it's not possible budget-wise to buy our food in Ontario, we will buy our food in Minneapolis as locally and sustainably as possible. We are also aware that our expedition crosses through terrains of the First Nations people of Canada. We will therefore make every effort to educate ourselves on the history of the land and people, in order to be responsible and educated recreators. We will always follow Leave No Trace principles.

Risk Management

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

Remoteness & Evacuation Delay

The main gap in our experience is the remote nature of this expedition and the extended delay in evacuation. We will manage this risk by carrying thorough navigation, communication, and medical systems, traveling with sufficient food, fuel and time buffers, and through very conservative, informed decision-making. We will always be aware of the nearest evacuation location; evacuation procedures will be revisited daily.

Weather, Wind & Hypothermia

Weather on the Missinaibi is fast-changing and unpredictable. Hazards include heat risk,

hypothermia and thunderstorms. We will constantly monitor weather conditions (also using Garmins), layer properly, and shelter off-river during hazardous conditions. We will mitigate hypothermia through proper gear management and decision-making, and will administer treatment should hypothermia symptoms occur. Windy conditions can similarly become hazardous, creating large waves and downed trees. We will monitor wind conditions, choose campsites carefully, and take shelter during dangerous conditions. Wind/weather days are built into our itinerary.

Wildlife & Camp Hazards

On the Missinaibi, large and mid-sized animals such as black bears and moose present a hazard, especially when startled. Smaller critters can be indirectly dangerous through gear damage and food loss or contamination. Biting bugs can also lead to irritation and sickness. We will always keep our distance from wildlife. We will also practice proper food storage, use bug nets and insect repellent, and perform tick-checks. Hazards can also present themselves while at camp (cooking, hot water, etc.) and the team will exercise similar caution off the river. Bear spray (last-resort only, one per boat), medication, and first aid will be administered should these hazards occur. The team's previous experience in wildlife-concentrated areas will inform our decision-making.

Whitewater Safety

Rapids, strainers, foot-entrapment, & changing water levels

Rapids and strainers represent a significant hazard to our team. All rapids will be scouted (especially in anomalous water levels) and conservative decision-making will be utilized when evaluating navigability to prioritize hazard avoidance over management. When pulling over is not possible, we will communicate between boats via hand signals or whistles. Foot-entrapment will be avoided by not standing up in swiftwater, and keeping feet up and pointed downstream when swimming. If a team member should become entrapped in a strainer, experience foot-entrapment, or swim a rapid, the team will follow standard swiftwater procedures (throw ropes, tow tethers, and prioritization of self-rescue). River knives will always be accessible to each team member for self-rescue. Previous whitewater canoeing experience, especially in dam-controlled rivers with changing water levels, will drive our conservative decision-making and rescue procedures. Built-in buffer days, as well as extra food and fuel, will help aid this conservative decision making. The team will practice swiftwater safety procedures before and during our expedition.

Portages

While portages can mitigate other hazards, they can also present fall hazards due to unstable terrain and heavy gear. The team will wear proper footwear, and gear will always be carried in proper intervals with breaks and weight distributions. Even if it takes longer, proper portaging is essential to our safety.

Team Experience

Our expedition team has extensive experience in multi-week, cold-water expeditions and is very experienced in mitigating and responding to the above hazards. We recognize the significance of these hazards and feel confident in our ability to make group decisions based on our assessment of them.

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 disproportionately affects high latitudes. Far northern locations have experienced accelerated warming, and an increase in extreme temperature and precipitation anomalies. This means that historical observations may prove unreliable in the field. This presents several hazards: First, high-magnitude precipitation events can lead to rapidly changing water levels, which can alter previously-runnable rapids, making them unsafe. We will therefore ground-truth all guidebook recommendations, and use extra caution when evaluating a rapids' navigability. This can similarly affect campsites, and we must therefore have several backup campsites per night in the case of an altered or destroyed campsite. Wildfires are similarly more frequent in a changing climate. Weather days in our itinerary therefore also include possible fire days, and we will monitor fire conditions closely using fire indices and Garmins. Given increasingly variable weather patterns, we also must be prepared for unexpected storms, heat, or cold. In the context of a changing climate, we therefore strive to be a flexible and prepared expedition team- one that is prepared for unexpected, or even unprecedented, conditions. This may look like taking unexpected weather days, portaging previously-runnable rapids, or taking more frequent breaks. We consider this necessary in the face of a rapidly changing climate.

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

In the event of a non-life-threatening emergency (we will not attempt a self-evacuation under life-or-limb-threatening situations, but rather a helicopter rescue), we would need to safely and expeditiously get ourselves out of the backcountry. We will only self-evacuate if it does not increase risk.

During a self-evacuation, we would need to reach the closest downstream access point to the river, which is most often a service road, rail crossing, community or lake. From there, assisted pickup (see rescue resources section) may be necessary. Given the remote nature of the Missinaibi, we must be prepared to manage a situation for an extended period of time (i.e., days).

This requires technical skills, namely stabilization, assisted travel, and logistics. We have all learned these skills during our WFR courses, and will learn further skills during our swiftwater courses. Additionally, our gear includes a first aid kit, communication devices, shelter, and repair kit, which equips us for such a scenario. Traveling with an injured team member also means adjusting pace, load distributions, leadership, and campsites. We will not prioritize the goals of the expedition over our safety and we are prepared and willing to cut the expedition short to keep our team safe.

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

preparedness. (150 word max)

No members of our team have any medical histories or conditions that warrant special preparedness outside of standard wilderness safety practices.

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

Our primary form of emergency contact will come directly from 911, with the Ontario Provincial Police (OPP) who will be able to connect us with appropriate rescue services for our location. Most backcountry rescues in Ontario are coordinated through OPP. That being said, for non-life-threatening situations in which an evacuation is still required, contact with local outfitters, land managers, or rangers may be appropriate depending on our location. Those numbers are listed below. All numbers will be pre-loaded into all of our emergency devices for ease of access.

Ontario Provincial Police- 911

Canadian Coast Guard - 800-265-0237

ORNGE Air Ambulance - 647-428-2005

Missinaibi Outfitters - 705-335-2930

Missinaibi Provincial Park - 705-465-0273
Park superintendent - 705-864-3114

Moosonee Transportation Unlimited - (705) 336-2225

Mattice Lake Outfitters - 807-583-2483

MHO Adventures (Chapleau) - 705-789-6479

Missinaibi Clinic (Mattice) - 705-364-2161

Chapleau Health Services - (705) 465-0224

Weeneebayko General Hospital (Moosonee) - 705-658-1111

Lady Dunn Health Centre (Wawa) - 705-856-2335

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

Two Garmin inReach (one per boat)

Budget

Upload a detailed and complete expedition budget.

[RKMF Budget.pdf](#) (147K)

Uploaded 1/20/2026 3:41pm by Lev Sugerman-Brozan

What is the total funding request for your trip?

\$8614.16

What is the funding request per person?

\$2153.54

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

We have taken many measures to minimize expenses for our expedition. First, we have elected to drive to our put-in to cut expensive flight costs. The flights that we have deemed necessary are the cheapest that we can find, and between major hubs, to minimize both flight costs and carbon emissions. We have also decided to drop resupplies ahead of time in Mattice, to avoid expensive grocery costs or an even pricier resupply using an outfitter or a bush plane. We have also prioritized using personal gear, renting from outfitters, or renting from CCOE, to avoid excessive gear purchase costs. Our kitchen set up maximizes fuel efficiency while minimizing gear purchases (personal PocketRockets). Our gear list overall prioritizes sturdy, repairable gear that is both reliable and inexpensive. Our food budget maximizes caloric intake per person per day, while avoiding expensive foods and maintaining diversity in our diet.

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 Group Agreement.pdf](#) (720K)

Uploaded 1/20/2026 3:38pm by Lev Sugerman-Brozan

Lev Sugerman-Brozan, Ben Hanson-Kaplan, James Kuhns, Owen Marchant
RKMF Expedition Grant

From Source to Sea: Canoeing the Missinaibi River from Missinaibi Lake to James' Bay

Day-by-day Itinerary

Preliminary Note:

Due to the variable nature of canoe tripping, it is important to note that the provided day to day itinerary is subject to change. Weather, water level, and injury can all influence our ability to travel down river, and therefore we will constantly reassess our itinerary on trip and use the slotted “buffer days” to ensure our timely arrival at Moosonee. We also plan on printing three trip reports from completed Missinaibi River expeditions to bolster our on trip decision making if and when we diverge from the planned itinerary.

Day -2 (May 30)

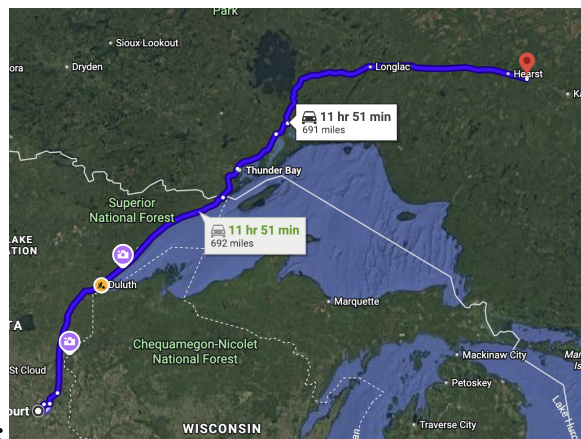
Lev, James, and Owen fly into Minneapolis. Carry out pretrip preparations including gear check and packing resupply.

Day -1 (May 31)

Location: Minneapolis to Missinaibi Outfitters (49.64290, -83.27622)

Mileage/Route: Drive 1100km from Minneapolis to Mattice Outfitters. Camp at the outfitters and make final preparations for the trip.

Hazards: Vehicle malfunction, wildlife, spotty cell coverage, rough roads.



Screenshot:

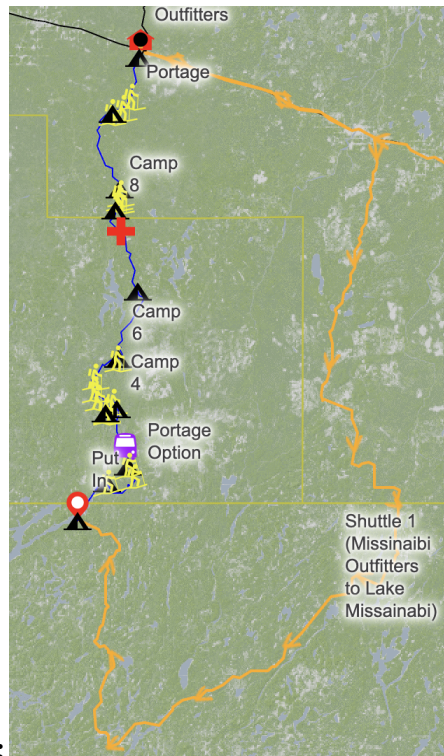
Day 0 (June 1)

Location: Missinaibi Outfitters (49.64290, -83.27622) to Barclay Bay (48.40716, -83.52592)

Mileage: 521km of driving.

Route: Take the Missinaibi Outfitters shuttle to Barclay Bay. Practice camp set up and prepare for day 1.

Hazards: Vehicle malfunction, wildlife, tough roads, equipment malfunction.



Screenshot:

Day 1 (June 2)

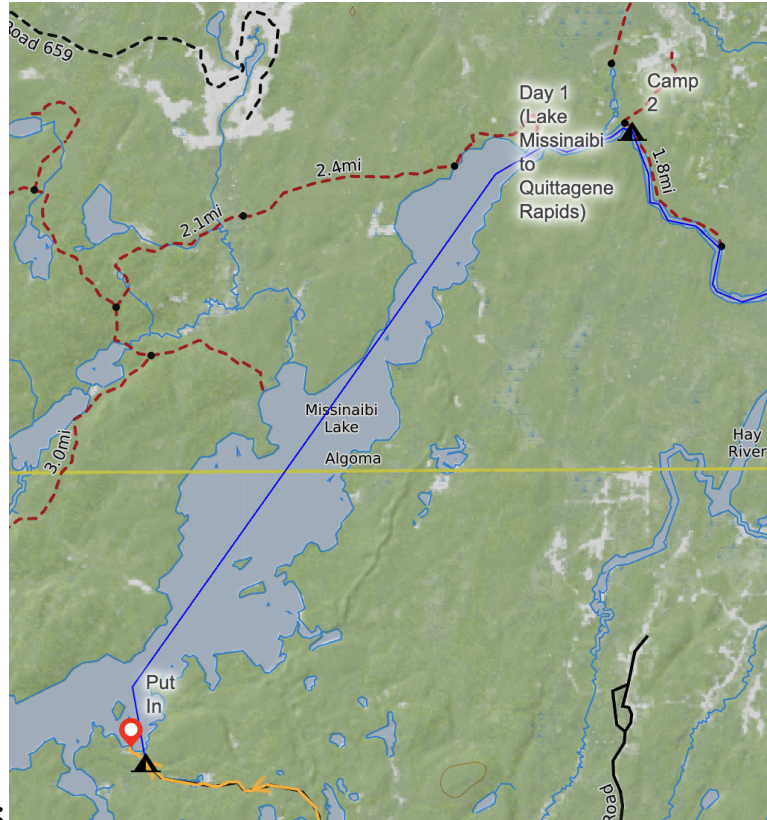
Location: Barclay Bay (48.40716, -83.52592) to Quittagene Rapids (48.50170, -83.41017)

Mileage: 18km of paddling and 185m of portaging. Quittage Rapids (CII) can be run, if not, 185m portage around them.

Route: Great warm up day. Paddle NW on Lake Missinaibi and enter the Missinaibi River at its source.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, deep water crossing, hypothermia.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). Closest point for a car evacuation is Barclay Bay (48.40716, -83.52592).



Screenshot:

Extracurriculars: Explore the Hudson Bay Post established in 1777 at the mouth of the Missinaibi River. Fairy Point Pictograph site North of Reva Island.

Day 2: (June 3)

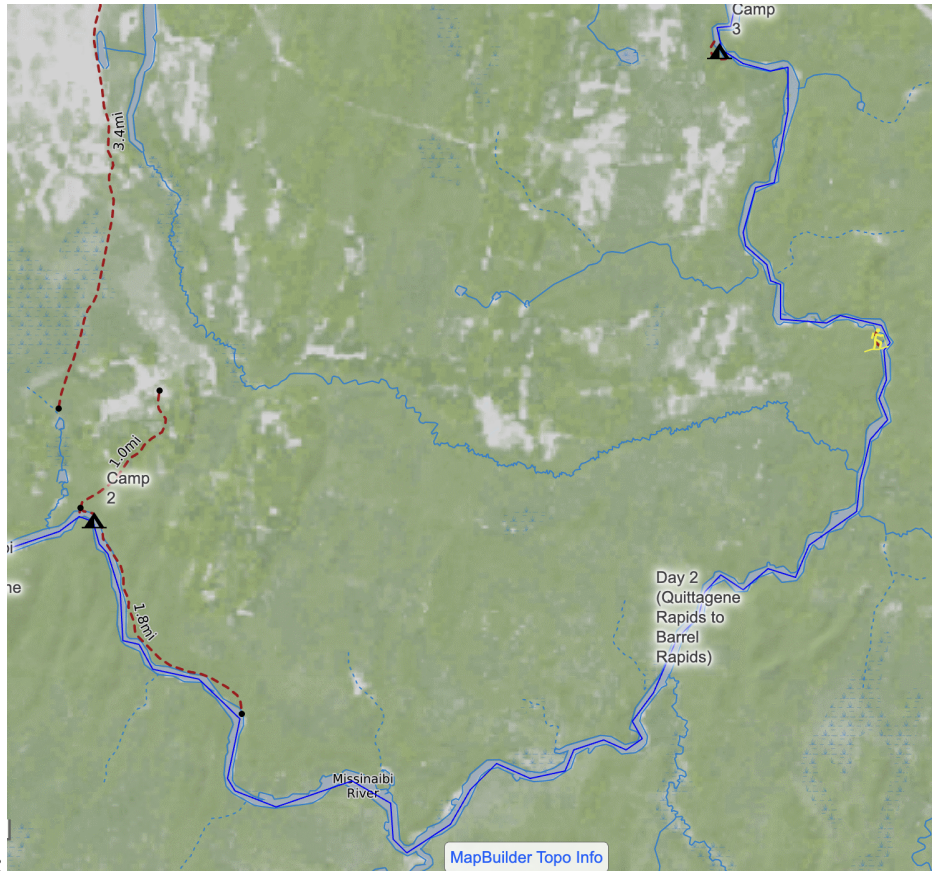
Location: Quittagene Rapids (48.50170, -83.41017) to Barrel Rapids (48.54471, -83.32385)

Mileage: 20km of paddling and (possible) 200m of portaging. Cedar Rapids (CI), possible 200m portage rapid around unnamed CII.

Route: Ideal river warm up day. Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, nerves on first day in white water.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). Closest point for a car evacuation is Barclay Bay (48.40716, -83.52592).



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Day 3: (June 4)

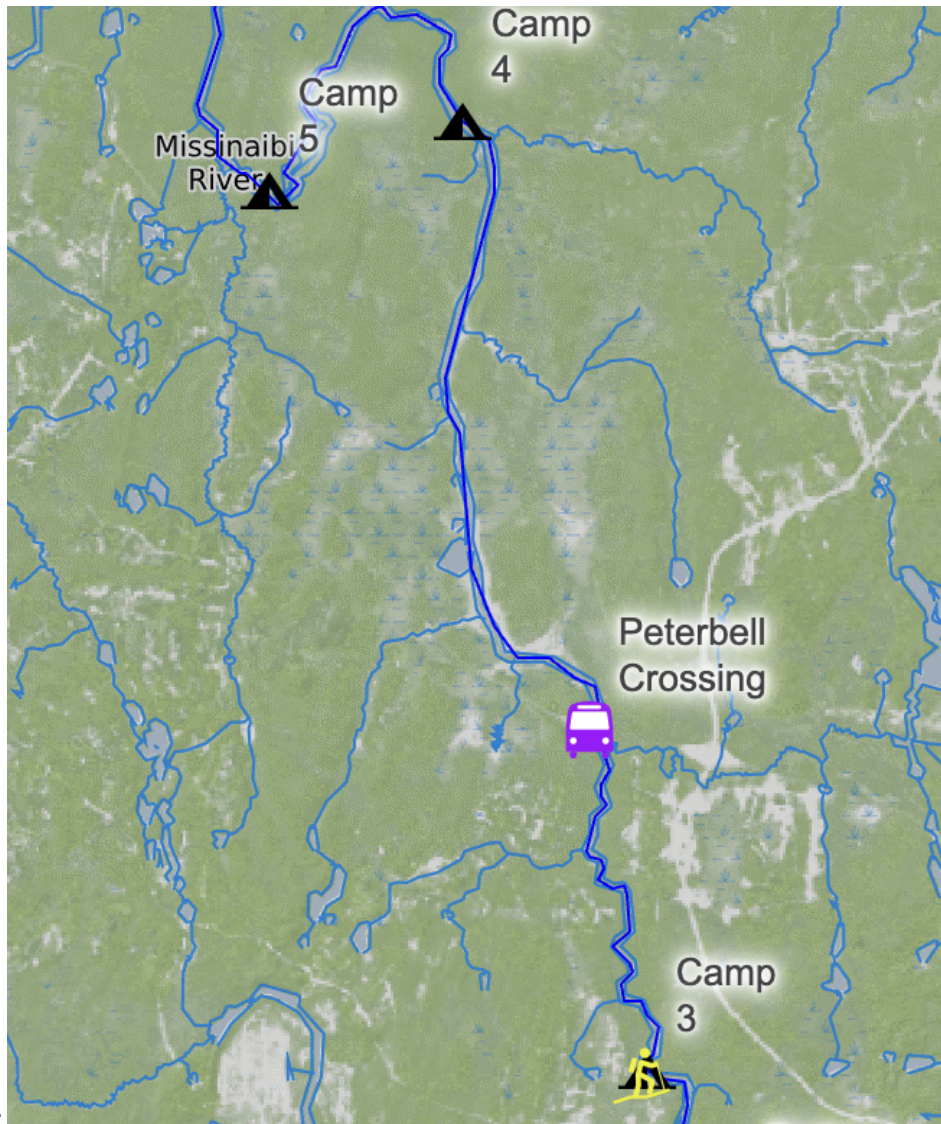
Location: Barrel Rapids (48.54471, -83.32385) to Swamp Rapids (48.69408, -83.36764)

Mileage: 22km of paddling and no portaging. 5+ unnamed CIs and CIIs.

Route: Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, rusty nails at Peterbell Crossing.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). Closest point for a car evacuation is Barclay Bay (48.40716, -83.52592).



Screenshot:

Extracurriculars: Explore Peterbell crossing, an abandoned rail town.

Day 4: (June 5)

Location: Swamp Rapids (48.69408, -83.36764) to Wavy Rapids (48.68341, -83.41390)

Mileage: 8km of paddling and 500m of portaging. 300m portage around Allen Falls and 200m portage into Wavy Rapids campsite.

Route: Half day! Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, rough portage at Allen Falls.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space).



Screenshot:

Extracurriculars: According to past trip notes, outstanding fishing at Wavy Rapids.

Day 5: (June 6)

Location: Wavy Rapids (48.68341, -83.41390) to Thunder Falls (48.82603, -83.36256)

Mileage: 28km of paddling and 1700m of portaging. Portage around Greenhill Rapids, navigate Dogleg Rapids (CII) and portage around Split Rock Falls.

Route: Push day! Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, fatigue.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). Abbott Road can serve as an evacuation point for less serious conditions, organizing pickup through Missinaibi Outfitters (705-364-7312).



Screenshot:

Day 6: (June 7)

Location: Thunder Falls (48.82603, -83.36256) to First Lake Rapids (48.99838, -83.28659)

Mileage: 25km of paddling and 350m of possible portaging. Navigating St. Pauls Rapids (CII) and another unnamed rapid (CII).

Route: Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, fatigue.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). Abbott Road can serve as an evacuation point for less serious conditions, organizing pickup through Missinaibi Outfitters (705-364-7312).



Screenshot:

Day 7: (June 8)

Location: First Lake Rapids (48.99838, -83.28659) to Two Portage Falls (49.20714, -83.37312)

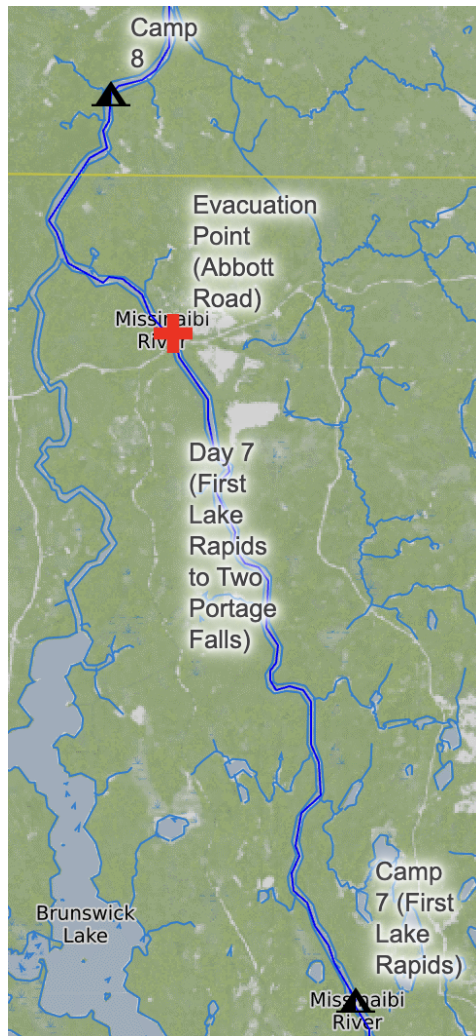
Mileage: 28km of paddling and no portaging. Only minor CIs to navigate.

Route: Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids. Pass under Abbott Road, a viable evacuation point.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging around the falls.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). Abbott Road can serve as an evacuation point for less

serious conditions, organizing pickup through Missinaibi Outfitters (705-364-7312). **Screenshot:**



Day 8; (June 9)

Location: Two Portage Falls (49.20714, -83.37312) to Devils Base Falls (49.26159, -83.35699)

Mileage: 8km of paddling and 825m of portaging. Portaging includes trails around Pond Falls, Devils Cap Falls, and a technical CII rapid.

Route: Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, fatigue, multiple falls portages.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). Abbott Road can serve as an evacuation point for less serious conditions, organizing pickup through Missinaibi Outfitters (705-364-7312).



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Day 9: (June 10)

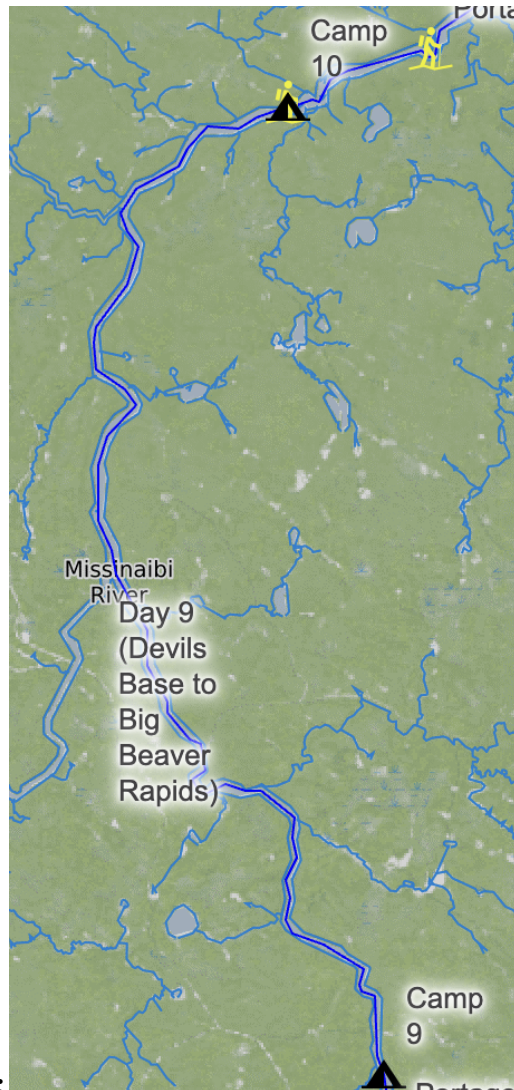
Location: Devils Base Falls (49.26159, -83.35699) to Big Beaver Rapids (49.45542, -83.38627)

Mileage: 30km of paddling and 150m of portaging. Portaging around Devil's Base Rapid and lining/wading down Albany Rapids.

Route: Push day! Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, river convergence.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). Abbott Road can serve as an evacuation point for less serious conditions, organizing pickup through Missinaibi Outfitters (705-364-7312).



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Day 10: (June 11)

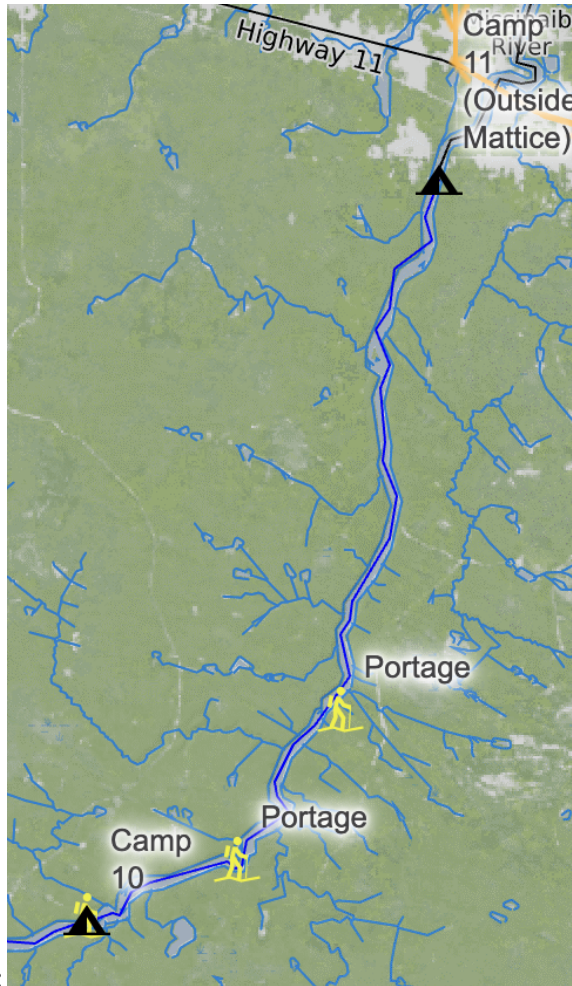
Location: Big Beaver Rapids (49.45542, -83.38627) to Outside of Mattice (49.59652, -83.28313)

Mileage: 20km of paddling and 650m of portaging. Flat water paddling and portaging around major obstacles such as Sharprock Rapids and Glassy Falls.

Route: Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, fatigue.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). We are now close enough to Mattice to push and evacuate in town if necessary.



Screenshot:

Day 11: (June 12)

First Half Buffer Day

Day 12: (June 13)

Location: Outside of Mattice (49.59652, -83.28313) to Kettle Falls (49.78592, -83.21971)

Mileage: 27km of paddling and 200m of portaging. Quickly reoutfit in Mattice, then navigate down numerous CIs and CII rapids.

Route: Pass through Mattice and reoutfit. Continue downstream on the Missinaibi River.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, miscommunication regarding reoutfit.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). We are now close enough to Mattice to push and evacuate in town if necessary.



Screenshot:

Day 13: (June 14)

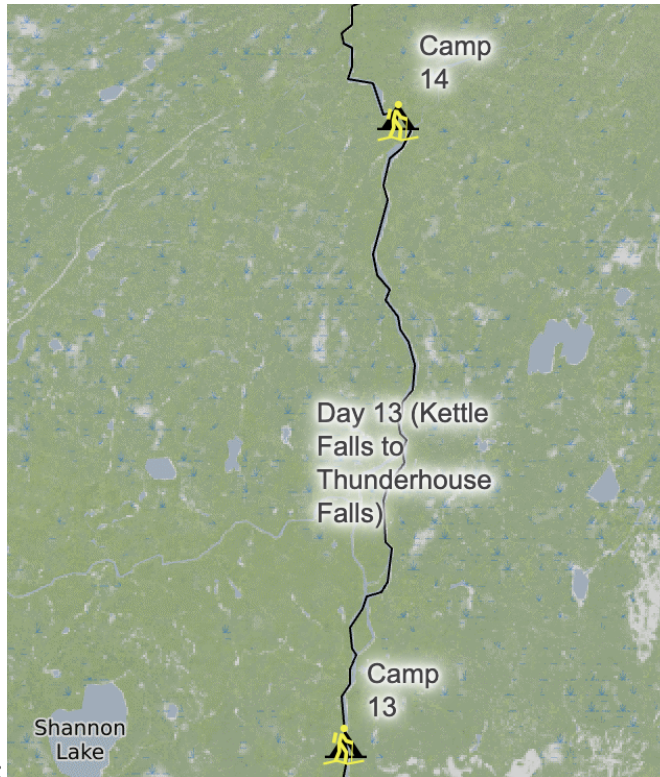
Location: Kettle Falls (49.78592, -83.21971) to Thunderhouse Falls (50.05182, -83.18584)

Mileage: 34km of paddling and 500m of portaging. Navigating short CIs and one CII towards the end of the day.

Route: Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, fatigue, other paddlers, boats.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). We are now close enough to Mattice to push and evacuate in town if necessary.



Screenshot:

Day 14: (June 15)

Location: Thunderhouse Falls (50.05182, -83.18584) to Pivabiska River (50.21905, -82.87367)

Mileage: 29km of paddling and 1700m of portaging. Navigating several CIIs such as Stone Rapids and Conjuring House Rapids. Portaging around Hell's Gate Canyon.

Route: Push Day! Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, sketchy falls portaging.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space).



Screenshot:

Day 15: (June 16)

Location: Pivabiska River (50.21905, -82.87367) to Opatatika River (50.40421, -82.36782)

Mileage: 40km of paddling and no portaging. Navigating a handful of CIs but mostly flat water.

Route: Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, arm and mental fatigue.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space).



Screenshot:

Day 16: (June 17)

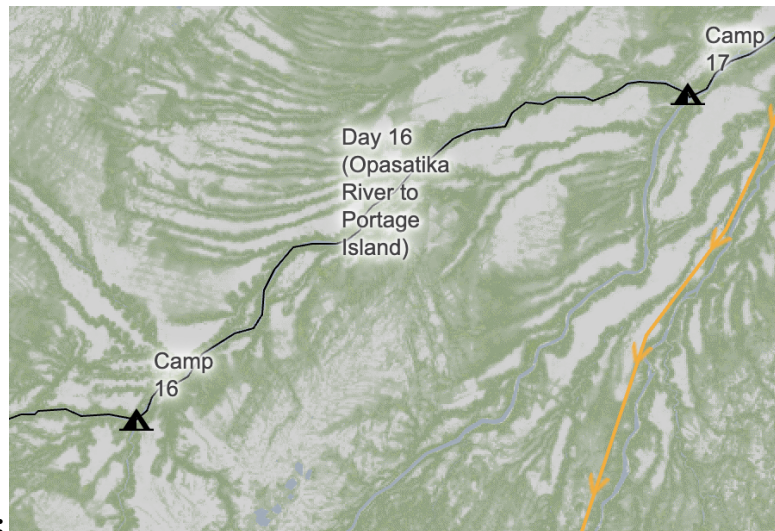
Location: Opasatika River (50.40421, -82.36782) to Portage Island (50.73501, -81.48793)

Mileage: 53km of paddling and no portaging. Navigating a few swifts but primarily flat water.

Route: Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, portaging, fatigue.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space).



Screenshot:

Day 17: (June 18)

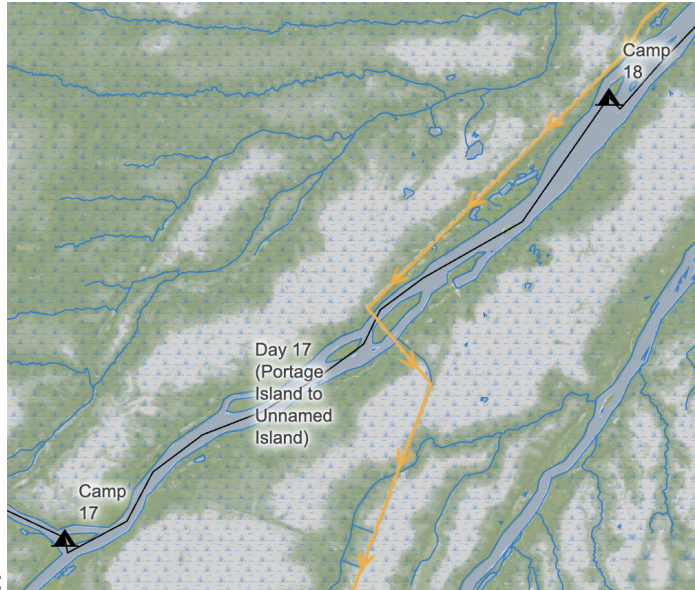
Location: Portage Island (50.73501, -81.48793) to Unnamed Island (50.87428, -81.21625)

Mileage: 28km of paddling and no portaging. Navigating the larger Moose River, staying right of the major islands.

Route: Paddle downstream on the Missinaibi/Moose River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, large river.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). We are now close enough to Moosonee to push in case of evacuation need.



Screenshot:

Day 18: (June 19)

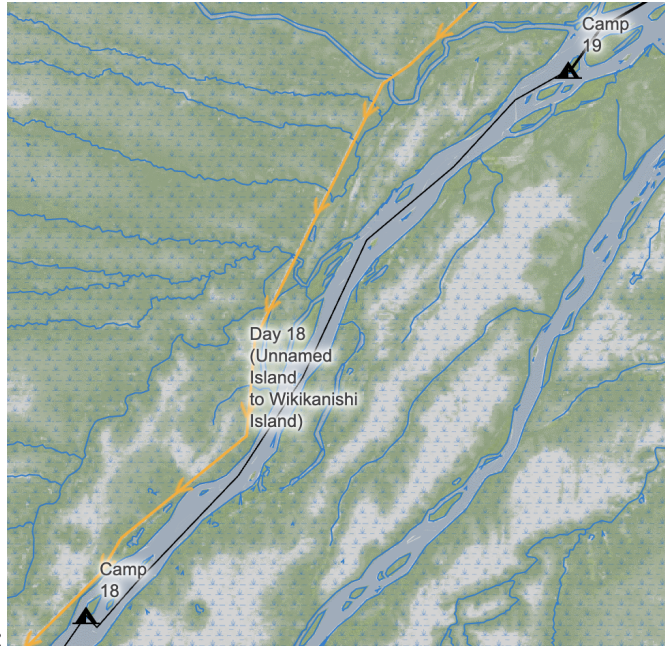
Location: Unnamed Island (50.87428, -81.21625) to Wikikanishi Island (51.04777, -80.97313)

Mileage: 26km of paddling and no portaging. Navigating the larger Moose River.

Route: Paddle downstream on the Missinaibi/Moose River. Scout to line, run, or portage relevant rapids.

Hazards: Weather, wind, swift water, cold water, wildlife, large river, river convergence, navigating numerous islands.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). We are now close enough to Moosonee to push in case of evacuation need.



Screenshot:

Day 19: (June 20)

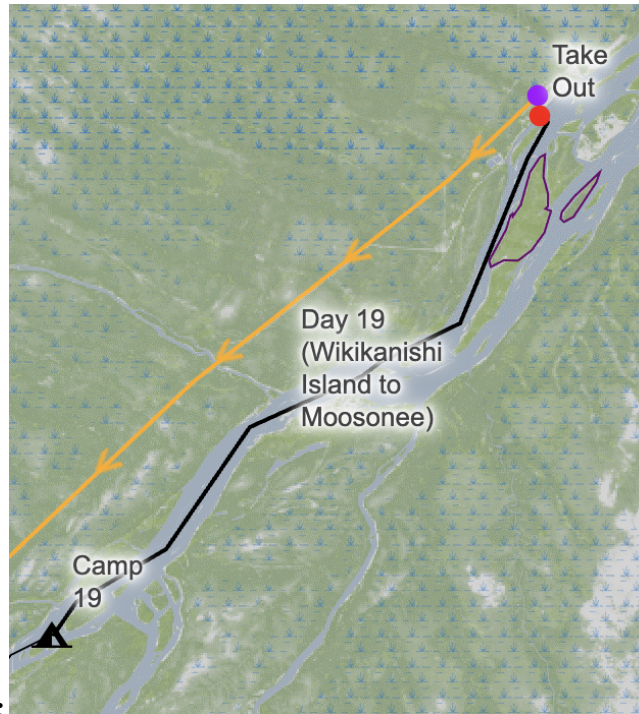
Location: Wikikanishi Island (51.04777, -80.97313) to Moosonee (51.26723, -80.64531)

Mileage: 38km of paddling and no portaging. Navigate the Moose River, staying left of the major islands up until Moosonee.

Route: Paddle downstream on the Missinaibi River. Scout to line, run, or portage relevant rapids. Stay in rooms at the Moosonee Motel6.

Hazards: Weather, wind, swift water, cold water, wildlife, large river, navigating islands.

Evacuation: In case of a catastrophic medical event, stabilize the patient, SOS on SPOT, call 911 or Canadian Coast Guard (1-800-265-0237), then move them to a helicopter accessible location (100x100 foot clear space). We are now close enough to Moosonee to push in case of evacuation need.



Screenshot:

Day 20: (June 21)

Second Half Buffer Day

Day 21: (June 22)

Location: Moosonee (51.26723, -80.64531)

Mileage: No paddling and no portaging. Explore Moosonee.

Route: Explore Moosonee. Confirm train tickets and shuttle from Cochrane.

Extracurriculars: Reach out to Moosonee contact for a ride to the bay. Swim in the bay. Visit the Cree Cultural Interpretive Centre. Boat to Moose Factory and explore Hudson Bay Company history.

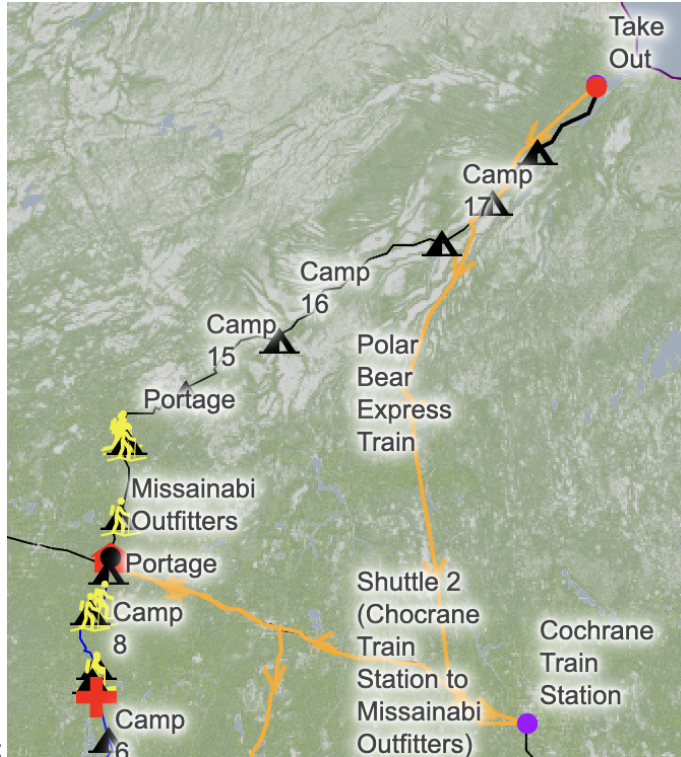
Day 22 (June 23)

Location: Moosonee (51.26723, -80.64531) to Missinaibi Outfitters (49.64290, -83.27622)

Mileage: 300km on Polar Bear Express train and 190km on Cochrane to outfitters shuttle.

Route: Load gear onto the train and take the Polar Bear Express to Cochrane. Meet coordinated shuttle in Cochrane and travel back to Missinaibi Outfitters in Mattice.

Hazards: Vehicle malfunction, wildlife, spotty cell coverage, rough roads.



Screenshot:

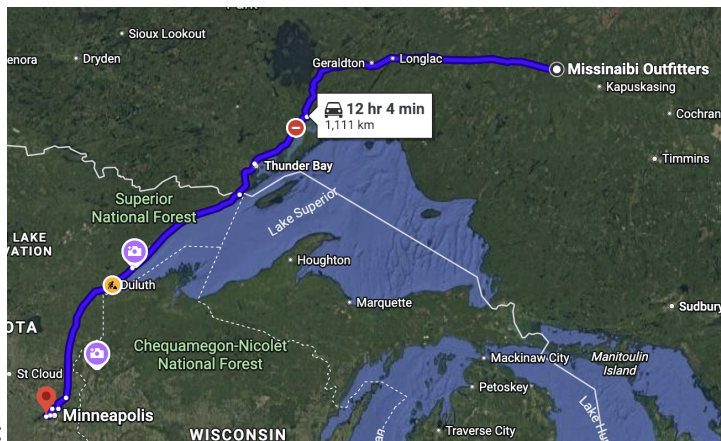
Day 23 (June 24)

Location: Missinabi Outfitters (49.64290, -83.27622) to Minneapolis

Mileage: 1100km of driving.

Route: Drive the 12 hours from Mattice to Minneapolis.

Hazards: Vehicle malfunction, wildlife, spotty cell coverage, rough roads.



Screenshot:

Day 24: (June 25)

Lev, James, and Owen catch flights back home.

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From Source to Sea: Canoeing the Missinaibi River from Missinaibi Lake to James' Bay

Equipment List

Key:

 = rent from CCOE, for cost

 = rent from CCOE, for free

 = rent from canoe outfitters

 = buy

= already have/own

<u>GEAR</u>	<u>QUANTITY PER PERSON</u>
Personal Gear	
Sun hoodie/synthetic long sleeve	1
Synthetic short sleeve	2
Long underwear (top and bottom)	1
Synthetic mid-layer	2
Down puffy jacket	1
Raincoat	1
Underwear	5
Hiking socks	3
Outdoor pants (zip-off to shorts)	2
Rain pants	1
Sleep socks	1
Sun hat	1

Sunglasses (polarized lenses)	1
Mosquito headnet	1
Buff	1
Winter beanie	1
Gloves	1
Trail runners/ walking shoes (for portgages)	1
Water shoes (with secure straps)	1
Sleeping/Camping Gear	
Sleeping bag (rated 20° F)	1
Sleeping pad (R value 3 or greater)	1
Stuff sack (1 for sleeping bag, 1 for pad)	2
2 person tent	1
1 person tent	2
Toiletries	
Toothbrush	1
Toothpaste (3.4 oz)	1
Floss	1
SPF lip balm	1
Toilet paper	7
Small trowel	1
Hand sanitizer (3.4 oz)	1
Sunscreen (spray)	1
Sunscreen (face)	1
Insect repellent	1
Dr. Bronner's soap	1

Personal Miscellaneous	
Phone charging cord	1
Portable charger- 20,000 mAh	1
Garmin inReach	3
inReach charging cord	3
Compass	1
Maps, waterproof	1
Paracord	1
Journal + pencil/pen	1
Headlamp	1
1L waterbottle	1
Personal dry bag, L (CCOE)	1
Personal dry bag, M (CCOE)	1
Neoprene gloves	1
Kitchen/Cooking	
*** quantities are TOTAL, not per person***	
MSR Pocket Rocket Stove	2
Windscreen	2
Pots (1 small, 2 medium, 1 large)	4
Pans (1 medium, 1 large)	2
Ladle	1
Spatula	1
Cutting board	1
Knives	3
Fuel canisters (8 oz)	10

Tarp	1
Rope- 100 ft	1
Dish bins	3
Dish soap (7.5 oz)	2
Bleach capsules (32 ct)	2
Packable lantern	2
AquaMira drops (1 oz) 1 oz treats 120 L of water, 6 L/person/day x 22 days	6
Backup filter (sawyer squeeze)	2
Bowl	4
Spork	4
Bearvault BV500 (CCOE)	4
Ursack, 15L	4
Lighters	5
Waterproof matches	4 sets
Ziplocs, 30 pack (1 gallon)	3
Group 2L water storage	2
Heavy duty food storage bags (for large quantity snacks)	10
Vacuum seal bags (for dehydrated meals)	30
Canoeing	
*** quantities are TOTAL, not per person***	
Canoes	2
Paddles	6
PFD (CCOE)	4
Whitewater helmets (CCOE)	4

Dry bags - XL (CCOE)	2
Duluth packs	4
Throw bag	2
River knife	4
Tow tether	4
Locking carabiners	4
Bilge pump (CCOE)	2
Whistle	4
Signal mirror	2
Yoke	2
Group Miscellaneous	
*** quantities are TOTAL, not per person***	
Compass	2
Bear spray	1
Maps, waterproofed	2
First aid kit	2
Permits, waterproofed	2
Group Repair Kit (2)	
*** quantities are per repair kit***	
AquaSeal	1
Zip ties	8
Multi-tool w/ screwdriver	1
Small knife	1
Tent pole splint	2

Gear tape	1
Needle + thread (heavy duty)	1
Buckles	2
Duct tape	1
Small roll electrical tape	1
Guyline	1
Safety pins	6
Shoelace set	1
Sharpie	1

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From Source to Sea: Canoeing the Missinaibi River from Missinaibi Lake to James' Bay

First Aid Kit

Key:

 = buy

 = already have/own or included in CCOE kit

Quantities are split into two first aid kits, one per boat

ITEM	QUANTITY
NOLS mini guide to wilderness medicine	1
SOAP note outline	1
 Nitrile gloves	8
Mask	2
CPR mask	2
Trauma shears 4"	1
Tweezers	1
Safety pins	6
 Antibiotic ointment tube, 1 oz	2
 Second skin dressings, 1 oz	1
Band-aids (3 sizes)	75
 Sterile gauze dressing, 2x 2"	8
 Sterile gauze dressing, 4x4"	8
 Non-adherent dressing, 3x4"	8
 Transparent dressing, 4 x 4.75"	4

Trauma pad, 5x9"	1
Cloth tape roll, 1"	1
SAM splint	1
12 cc irrigation syringe	1
Iodine solution bottle, 4 oz	1
Antiseptic alcohol wipes	50
Butterfly bandages	15
Benzoin tincture bottle, 2 oz	1
Moleskin pad, 3x4"	3
Leuko tape roll	1
Gauze roll, 3"	2
Hand sanitizer, 1 oz	8
Triangular bandage	4
Ziploc bag	6
Emergency blanket	2
Vaseline tube, 3.25 oz	1
Ibuprofen 200 mg	100
Acetaminophen 500 mg	100
Loperamide HCl (Imodium) 2 mg	24
Diphenhydramine HCl (Benadryl) 25 mg	24
Hydrocortisone anti-itch cream 1 oz	2
Glucose gel pack, 1.1 oz	4
Electrolyte hydration packs, 0.88 oz	24
Eyedrops, 0.5 oz	1
Orthodontic dental wax square	8

Hand warmers (set of 2), for emergencies	2
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RKMF Expedition Grant

From Source to Sea: Canoeing the Missinaibi River from Missinaibi Lake to James' Bay

Food List

LEG 1 — DAYS 1–11 (PRE-RESTOCK)

Breakfast		
INGREDIENT	CALORIES Per Unit	TOTAL AMOUNT
Oats	~310	8 cups
Powdered Milk	~635	6 cups
Brown Sugar	~551	2 cups
Dried Fruit	~103	3 cups
Choc Chip	~900	3 cups
Pancake Mix	~500	4 cups
Apples	~95	8 large
Granola	~600	8 cups
Tortilla	~200	8 large
Peanut Butter	~1,518	2 cups
Honey	~1,031	1 cup
Maple syrup	~819	4 cups
Total Calories	~23,628	
Calories Per Day Per Person Average	~540	

Lunch

ITEM	CALORIES per unit	QUANTITY
Tortillas	~200	32 large
Cheddar	~1,831	1 pound block
Summer Sausage	~1080	2 ind
Ritz	~510	2 sleeves
Chicken Packets	~90	16 2.6 oz packets
BBQ Sauce	~480	1 cup
Red Onion	~50	2 ind
Pita	~165	16 large
Hummus	~409	2 cup
Carrots	~186	2 lbs
Peanut Butter	~1518	2 cups
Jelly	~166	2 cups
Pizza Sauce	~200	2 cups
Mozzarella	~1261	1 pound
Pepperoni	~900	2 6 oz bags
Energy Bars	~250	4 bars
Beef Jerky	~150	8 oz
Trail Mix	~700	2 cups
Total Calories	27,718	
Calories Per Day Per Person Average	630	

DINNER

INGREDIENT	CALORIES per unit	TOTAL AMOUNT
Chicken thigh	~1000	3 lbs
Dry White rice	~700	9 cups
Cream of Mush Soup	~250	2 cans 284ml
Onion	~44	19 med
Frozen peas	~103	2 cups
Olive Oil	~1,910	1.5 cups
Dry Pasta	~1700	2 lbs
Pesto	~900	8 oz
Cream Cheese	~800	8 oz
Sun dried Tomatoes	~302	5 oz
Smoked Sausage	~1500	1 lb
Cannellini Beans	~160	4 540 ml cans
Crushed Tomatoes	~260	5 800ml cans
Celery	~36	6 stalks
Red Lentil	~230	1.5 cups
Coconut Milk	~600	4 400ml cans
Sweet Potato	~389	2lb sweet potatoe
Ground Beef	~1506	2 lb
Kidney Beans	~400	5 540 ml cans
Black Beans	~400	3 540 ml cans
Bell Pepper	~24	6 peppers
Garlic	~5	28 cloves
Ground pork	~1,094	2 lbs
Chickpeas	~400	4 15oz cans

Ginger	~5	2 tbs
Spinach	~6	10 oz
Corn	~25	10 oz
Tortilla	~467	8 tortillas
Brown Lentils	~700	4 cups
Potatoes	~350	1 lb
Frozen Mixed Vegetables	~274	1lb
Rice Noodles	~1700	1lb
Peanut Butter	~1518	1 cup
Soy Sauce	~135	½ cup
Brown Sugar	~320	80g
Carrot	~12	10z
Pork Shoulder	~1217	2lb
Olive Oil	~7,616	1 quart
Total Calories	45,729	
Calories Per Day Per Person Average	1266	

Snacks/Extras/Condiments

ITEM	CALORIES per unit	QUANTITY
Flour	1,651	2.5 lbs flour
Baking Powder	na	0.5 cup
EmergenC	na	6 packets
Instant Coffee	na	1.5 cups
Mustard	na	8oz bottles
Hot Sauce	na	8oz bottles

Trail Mix	2400	5lbs
Energy Bars	250	20 ind
Gardettos	2125	1lb bag
Dried Fruit	1,629	2lb bag
Honey	650	8oz bottles
Sugar	773	2 cups
Total Calories	27,088	
Calories Per Day Per Person Average	615	

LEG 2 — DAYS 12–22 (POST-RESTOCK)

Breakfast		
INGREDIENT	CALORIES (REFERENCE)	TOTAL AMOUNT
Oats	~310	6 cups
Powdered Milk	~635	7 cups
Brown Sugar	~551	2 cups
Dried Fruit	~103	4.5 cups
Choc Chip	~900	6 cups
Pancake Mix	~500	4 cups
Granola	~600	12 cups
Tortilla	~200	8 large
Peanut Butter	~1,518	2 cups
Honey	~1,031	1 cup

Total Calories	~28,137
Calories Per Day Per Person Average	~639

Lunch		
INGREDIENT	CALORIES (REFERENCE)	TOTAL AMOUNT
Tortillas	~200	32 large
Tuna Packet	~100	8 2.6 oz packets
Cheddar	~1,831	1 pound block
Summer Sausage	~1080	2 ind
Ritz	~510	2 sleeves
Chicken Packets	~90	16 2.6 oz packets
BBQ Sauce	~480	1 cup
Red Onion	~50	2 ind
Pita	~165	16 large
Hummus	~409	2 cup
Carrots	~186	2 lbs
Peanut Butter	~1518	2 cups
Jelly	~166	2 cups
Pizza Sauce	~200	2 cups
Mozzarella	~1261	1 pound
Pepperoni	~900	2 6 oz bags
Energy Bars	~250	4 bars

Beef Jerky	~150	8 oz
Trail Mix	~700	2 cups
Total Calories	27,718	
Calories Per Day Per Person Average	630	

DINNER		
INGREDIENT	CALORIES (REFERENCE)	TOTAL AMOUNT
Chicken thigh	~1000	3 lbs
Dry White rice	~700	9 cups
Cream of Mush Soup	~250	2 cans 284ml
Onion	~44	19 med
Frozen peas	~103	2 cups
Olive Oil	~1,910	1.5 cups
Dry Pasta	~1700	2 lbs
Pesto	~900	8 oz
Cream Cheese	~800	8 oz
Sun dried Tomatoes	~302	5 oz
Smoked Sausage	~1500	1 lb
Cannellini Beans	~160	4 540 ml cans
Crushed Tomatoes	~260	5 800ml cans
Celery	~36	6 stalks
Red Lentil	~230	1.5 cups
Coconut Milk	~600	4 400ml cans
Sweet Potato	~389	2lb sweet potatoe

Ground Beef	~1506	2 lb
Kidney Beans	~400	5 540 ml cans
Black Beans	~400	3 540 ml cans
Bell Pepper	~24	6 peppers
Garlic	~5	28 cloves
Ground pork	~1,094	2 lbs
Chickpeas	~400	4 15oz cans
Ginger	~5	2 tbs
Spinach	~6	10 oz
Corn	~25	10 oz
Tortilla	~467	8 tortillas
Brown Lentils	~700	4 cups
Potatoes	~350	1 lb
Frozen Mixed Vegetables	~274	1lb
Rice Noodles	~1700	1lb
Peanut Butter	~1518	1 cup
Soy Sauce	~135	½ cup
Brown Sugar	~320	80g
Carrot	~12	10z
Pork Shoulder	~1217	2lb
Olive Oil	~7,616	1 quart
Total Calories	45,729	
Calories Per Day Per Person Average	1266	

Snacks/Extras/Condiments

ITEM	CALORIES (REFERENCE)	QUANTITY
Flour	1,651	2.5 lbs flour
Baking Powder	na	0.5 cup
EmergenC	na	6 packets
Instant Coffee	na	1.5 cups
Mustard	na	8oz bottles
Hot Sauce	na	8oz bottles
Trail Mix	2400	5lbs
Energy Bars	250	20 ind
Gardettos	2125	1 1lb bags
Dried Fruit	1,629	1 2lb bags
Honey	650	1 8oz bottles
Sugar	773	2cups
Total Calories	27,088	
Calories Per Day Per Person Average	615	

	Calories Per Day Per Person on Average
Breakfast	540
Lunch	630
Dinner	1266
Snacks/Extras	615
Total	3051

Ingredient	Final Amount	Typical Purchase Basis	Est. Cost (USD)
Oats	16 cups (~3 lb)	42-oz canister	4.99
Powdered Milk	12 cups	larger box / brand	17.99
Brown Sugar	~6 cups total	4-lb bag	3.79
Dried Fruit	~7 lb total	"premium" bags	59.96
Chocolate Chips	6 cups (~3 lb)	brand-name bags	19.96
Pancake Mix	8 cups (~2 lb)	32-oz box	4.99
Apples	16 large	loose	16.00
Granola	16 cups (~4 lb)	~22-oz bags (multiple)	25.96
Tortillas (all tortilla lines combined)	96 large tortillas	~\$4.99 / 10ct pack	49.90
Peanut Butter (all PB lines combined)	10 cups (~5 lb)	larger jars / brand	19.98
Honey (both honey lines combined)	~40 oz total	12-oz bottles ×4	27.96
Maple Syrup	8 cups (64 oz)	32-oz pure syrup ×2	35.98
Cheddar Cheese	2 lb	block(s)	11.99
Mozzarella Cheese	2 lb	bag(s)	10.99
Summer Sausage	4 sticks	name-brand sticks	23.96
Ritz Crackers	4 sleeves	family box	5.99
Chicken Packets (pouches)	32 × 2.6-oz pouches	~\$1.99–\$2.19 each	70.08
BBQ Sauce	2 cups (~16 oz)	18-oz bottle	3.49
Red Onion	4 medium	loose	4.00
Onion (yellow)	38 medium	10-lb bags ×2	11.98
Pita Bread	32 large	multipacks	23.94
Hummus	4 cups	16-oz tubs ×2	9.98

Carrots (fresh + “carrot 10z” combined)	~5–6 lb total	5-lb bags	7.98
Jelly	4 cups (~32 oz)	32-oz jar	4.99
Pizza Sauce	4 cups	jars ×2	5.98
Pepperoni	24 oz	multiple bags	19.96
Energy Bars (both lines combined)	48 bars	~\$2/bar style pricing	96.00
Beef Jerky	16 oz	8-oz bags ×2	34.98
Trail Mix (both lines combined)	~14 lb total	priced at typical per-oz rates	125.44
Gardettos	2 lb	1-lb bags ×2	11.98
Chicken Thighs	6 lb	family packs	24.00
White Rice (dry)	~9 lb	10-lb bag	9.99
Cream of Mushroom Soup	4 cans	multipack	6.49
Frozen Peas	4 cups	frozen bags	4.98
Olive Oil (both olive oil lines combined)	~3 quarts total	1-qt bottles ×3	55.00
Dry Pasta	4 lb	multi packs	6.98
Pesto	16 oz	jars ×2	11.98
Cream Cheese	16 oz	bricks ×2	5.98
Sun-Dried Tomatoes	10 oz	jars	11.98
Smoked Sausage	2 lb	1-lb packs ×2	15.98
Cannellini Beans	8 cans	~\$1.49/can avg	11.92
Kidney Beans	10 cans	~\$1.49/can avg	14.90
Black Beans	6 cans	~\$1.49/can avg	8.94
Chickpeas	8 cans	~\$1.49/can avg	11.92
Crushed Tomatoes	10 large cans	~\$1.99/can avg	19.90

Celery	12 stalks	bunches ×2	5.98
Red Lentils	3 cups dry	2-lb bag	4.49
Brown Lentils	8 cups dry	4-lb bag	4.99
Coconut Milk	8 cans	~\$2.99/can avg	23.92
Sweet Potatoes	4 lb	loose	4.00
Ground Beef	4 lb	~\$8.49/lb tray pricing	39.96
Bell Peppers	12 peppers	loose	12.00
Garlic	~5 bulbs	loose	4.95
Ground Pork	4 lb	packs	19.96
Spinach	20 oz	clamshells ×2	7.98
Corn	20 oz	frozen bags ×2	4.98
Potatoes	2 lb	loose	2.50
Frozen Mixed Vegetables	2 lb	bags ×2	5.98
Rice Noodles	2 lb	packs ×2	6.98
Soy Sauce	1 cup	bottle	3.49
Ginger	4 tbsp	fresh root	2.00
Pork Shoulder	4 lb	~\$5–6/lb typical	23.96
Flour	5 lb	5-lb bag	4.49
Baking Powder	1 cup	can	2.99
Emergen-C	12 packets	box	11.99
Instant Coffee	~3 cups	jar	8.99
Mustard	16 oz	8-oz bottles ×2	4.98
Hot Sauce	16 oz	8-oz bottles ×2	5.98
Sugar	4 cups (~2 lb)	4-lb bag	3.29
Total Price	1,212.94		

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast		<u>Oatmeal</u> 2 cups oats 1 cup powdered milk ½ cup brown sugar ½ cup dried fruit ½ cup choc chip	<u>Pancakes</u> 2 cups pancake mix ½ cup choc chip 4 apples	<u>Oatmeal</u> 2 cups oats 1 cup powdered milk ½ cup brown sugar ½ cup dried fruit ½ cup choc chip	<u>Granola & Milk</u> 4 cups granola 1 cup powdered milk 4 apples	<u>PB Honey Tortillas</u> 4 tortillas 1 cup peanut butter ½ cup honey	<u>Oatmeal</u> 2 cups oats 1 cup powdered milk ½ cup brown sugar ½ cup dried fruit ½ cup choc chip
Lunch	<u>Classics</u> 1/2 block cheddar 1 summer sausage 1 sleeves Ritz	<u>BBQ Chicken Wraps</u> 4 tortillas 8 chicken packets ~1/2 cup BBQ sauce 1 red onion	<u>Hummus & Pita with Carrots</u> 8 pita 1 cup hummus ~1 lb carrots	<u>Peanut Butter & Jelly Tortillas</u> 8 tortillas ~1 cup peanut butter ~1 cup jelly	<u>Tortilla Pizzas</u> 4 tortillas ~1 cup pizza sauce ~2 cups mozzarella ½ bag Pepperoni	<u>Classics</u> 1/2 block cheddar 1 summer sausage 1 sleeves Ritz	<u>Hummus & Pita with Carrots</u> 8 pita 1 cup hummus ~1 lb carrots

Dinner	<u>Burrito Bowl</u>	<u>Peanut Noodle "Pad Thai"</u>	<u>Red Beans and Rice w/ Shredded Pork</u>	<u>Lentil Shepherd's Pie</u>	<u>Spaghetti Bolognese</u>	<u>Coconut Chickpea Curry</u>	<u>Chicken & Rice Casserole</u>
	Cheese powder: 40 g Tortillas: 8 medium		Homemade Bread		Parmesan powdered 40–60 g Homemade Bread		Homemade Bread

	Day 8	Day 9	Day 10	Day 11		Day 12	Day 13	Day 14
Breakfast	<u>Granola & Milk</u> 4 cups granola 1 cup powdered milk ½ cup dried fruit	<u>Oatmeal</u> 2 cups oats 1 cup powdered milk ½ cup brown sugar ½ cup dried fruit ½ cup choc chip	<u>Pancakes</u> 2 cups pancake mix ½ cup choc chip ½ cup dried fruit	<u>PB Honey Tortillas</u> 4 tortillas 1 cup peanut butter ½ cup honey	R E S T O C K	<u>Granola & Milk</u> 4 cups granola 1 cup powdered milk ½ cup dried fruit	<u>Oatmeal</u> 2 cups oats 1 cup powdered milk ½ cup brown sugar ½ cup dried fruit ½ cup choc chip	<u>PB Honey Tortillas</u> 4 tortillas 1 cup peanut butter ½ cup honey
	<u>Peanut Butter & Jelly Tortillas</u> 8 tortillas ~1 cup peanut butter ~1 cup jelly	<u>BBQ Chicken Wraps</u> 4 tortillas 8 chicken packets ~1/2 cup BBQ sauce 1 red onion	<u>Tortilla Pizzas</u> 4 tortillas ~1 cup pizza sauce ~2 cups mozzarella ½ bag Pepperoni	<u>Snack Lunch</u> ~2 cups Trail mix/Gorp 4 Energy bars 1 bag Beef Jerky		<u>Peanut Butter & Jelly Tortillas</u> 8 tortillas ~1 cup peanut butter ~1 cup jelly	<u>Tuna Tortilla Wraps</u> 4 tuna packets 4 tortillas Mayo and Hot Sauce packets	<u>Crackers, Peanut Butter & Jerky</u> 3 cups crackers 1 cup peanut butter 8 oz jerky

Dinner	<u>Creamy Pesto Pasta</u>	<u>Sausage & White Bean Stew</u>	<u>Thai Red Lentil Curry</u>	<u>Beef & Bean Chili</u>		<u>Burrito Bowl</u>	<u>Peanut Noodle "Pad Thai"</u>	<u>Red Beans and Rice w/ Shredded Pork</u>
	Parmesan powdered 40–60 g					Cheese powder: 40 g Tortillas: 8 medium		Homemade Bread

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Breakfast	<u>Pancakes</u> 2 cups pancake mix ½ cup choc chip ½ cup dried fruit	<u>Oatmeal</u> 2 cups oats 1 cup powdered milk ½ cup brown sugar ½ cup dried fruit ½ cup choc chip	<u>Granola & Milk</u> 4 cups granola 1 cup powdered milk ½ cup dried fruit	<u>Oatmeal</u> 2 cups oats 1 cup powdered milk ½ cup brown sugar ½ cup dried fruit ½ cup choc chip	<u>PB Honey Tortillas</u> 4 tortillas 1 cup peanut butter ½ cup honey	<u>Pancakes</u> 2 cups pancake mix ½ cup choc chip ½ cup dried fruit	<u>Oatmeal</u> 2 cups oats 1 cup powdered milk ½ cup brown sugar ½ cup dried fruit ½ cup choc chip
Lunch	<u>Peanut Butter & Jelly Tortillas</u> 8 tortillas ~1 cup peanut butter ~1 cup jelly	<u>Tortilla Pizzas</u> 4 tortillas ~1 cup pizza sauce ~2 cups white cheddar ½ bag Pepperoni	<u>Snack Lunch</u> ~2 cups Trail mix/Gorp 4 Energy bars Beef Jerky	<u>Tuna Tortilla Wraps</u> 4 tuna packets 4 tortillas Mayo and Hot Sauce packets	<u>Soup & Crackers</u> 2 8 ounce soup packets 2 cups crackers	<u>Peanut Butter & Jelly Tortillas</u> 8 tortillas ~1 cup peanut butter ~1 cup jelly	<u>Crackers, Peanut Butter & Jerky</u> 3 cups crackers 1 cup peanut butter 8 oz jerky

Dinner	<u>Lentil Shepherd's Pie</u>	<u>Spaghetti Bolognese</u> Parmesan powdered 40–60 g Homemade Bread	<u>Coconut Chickpea Curry</u>	<u>Chicken & Rice Casserole</u> Homemade Bread	<u>Creamy Pesto Pasta</u> Parmesan powdered 40–60 g	<u>Sausage & White Bean Stew</u>	<u>Thai Red Lentil Curry</u>

	Day 22	Snacks/extras
Breakfast	<u>Granola & Milk</u> 4 cups granola 1 cup powdered milk ½ cup dried fruit ½ cup choc chip	5 pounds flour 1 cup baking powder 2 Nalgene Olive Oil 12 EmergenC 3 Cups Instant Coffee 2 Bottle Mustard 2 Bottle Hot sauce 2 2.5lbs trail mix bags 40 Energy bars Assorted candy 1lb Gardettos 2lb dried fruit 2 bottles of Honey 4 cups sugar. 1 Bottle Maple Syrup
Lunch	<u>Tortilla Pizzas</u> 4 tortillas ~1 cup pizza sauce ~2 cups white cheddar ½ bag Pepperoni	
Dinner	<u>Beef & Bean Chili</u>	

<u>Chicken & Rice Casserole</u> Chicken thighs (cooked, shredded): 1.5 kg Dry white rice: 450 g Cream of mushroom soup: 2 × 284 ml cans Onion (diced): 2 medium (300 g) Frozen peas: 300 g Olive oil: 2 tbsp 1.8 L water	<u>Creamy Pesto Pasta</u> Dry pasta: 500 g Pesto sauce: 250 g Cream cheese: 250 g Sun-dried tomatoes: 150 g Onion (diced): 1 medium (150 g) 1.4 L water
<u>Sausage & White Bean Stew</u> Smoked sausage: 500 g Cannellini beans (drained): 4 × 540 ml cans Crushed tomatoes: 1 × 796 ml can Onion (diced): 2 medium (300 g) Celery (diced): 200 g Olive oil: 2 tbsp 1.7 L water	<u>Thai Red Lentil Curry</u> Red lentils (dry): 400 g Coconut milk: 2 × 400 ml cans Sweet potato (cubed): 800 g Onion (diced): 2 medium (300 g) Olive oil: 2 tbsp 1.9 L water

<u>Beef & Bean Chili</u> Ground beef (85–90% lean): 2 lb / 900 g Kidney beans (drained): 2 × 540 ml cans Black beans (drained): 1 × 540 ml can Crushed tomatoes: 2 × 796 ml cans Onion (diced): 2 medium (≈300 g) Bell pepper (diced): 2 medium (≈300 g) Garlic: 6 cloves Olive oil (for cooking only): 2 tbsp	<u>Spaghetti Bolognese</u> Ground pork: 2 lb / 900 g Dry pasta (spaghetti or rotini): 500 g Crushed tomatoes: 2 × 796 ml cans Tomato paste: 1 × 156 ml can Onion (diced): 2 medium (≈300 g) Garlic: 6 cloves Olive oil (for cooking): 2 tbsp At camp Parmesan (powdered or waxed): 40–60 g
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<u>Coconut Chickpea Curry</u> Chickpeas (drained): 4 × 540 ml cans Coconut milk (full fat): 2 × 400 ml cans Onion (diced): 2 medium (≈300 g) Garlic: 6 cloves Ginger (fresh): 2 tbsp grated Spinach: 300 g Olive oil: 2 tbsp Dry white rice: 400 g	<u>Burrito Bowl</u> Brown Lentils (dry): 350 g Dry white rice: 400 g Black beans (drained): 2 × 540 ml cans Corn (canned): 300 g Onion (diced): 2 medium (≈300 g) Vegetable oil: 2 tbsp At camp Tortillas: 8 medium
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<u>Lentil Shepherd's Pie</u> Brown lentils (dry): 400 g Potatoes (peeled, cubed): 1.5 kg Frozen mixed vegetables: 500 g Onion (diced): 2 medium (≈300 g) Garlic: 4 cloves Olive Oil: 3 tbsp	<u>Peanut Noodle "Pad Thai"</u> Rice noodles (dry): 400 g Peanut butter: 250 g Soy sauce: 120 ml Brown sugar: 80 g Carrots (julienned): 300 g Bell pepper (sliced): 2 medium (≈300 g) Extra peanut butter/ oil: 6–10 tbsp
<u>Red Beans and Rice w/ Shredded Pork</u> Pork shoulder: ≈2. lb Dry white rice: 400 g Kidney beans (drained): 3 × 540 ml cans Onion (diced): 2 medium (≈300 g) Celery (diced): 3 stalks (≈200 g) Bell pepper (diced): 2 medium (≈300 g) Garlic: 6 cloves	Seasonings for Meal prep off 1 cup salt ½ cup black pepper ½ cup garlic powder ¼ cup onion powder ½ cup Italian seasoning ½ cup chili powder

Olive oil: 2 tbsp	¼ cup ground cumin ¼ cup smoked paprika ½ cup Cajun seasoning ½ cup curry powder ¼ cup ground ginger ¼ cup red pepper flakes
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Lev Sugerman-Brozan, Owen Marchant, Ben Hanson-Kaplan, James Kuhns
RKMF Expedition Grant

From Source to Sea: Canoeing the Missinaibi River from Missinaibi Lake to James' Bay

A note on budgeting: We have done our best below to provide the most accurate and precise budget for our expedition. Budget numbers have been checked and double-checked with outfitters, grocery stores, gas stations, airlines, and any other companies that relate to our expedition, including taxes and fees. That being said, budget numbers are inherently ever-changing- for example, the price of gas, or the costs of certain foods, could vary by the time of our expedition. Therefore, we have added a 10% buffer to items that are unpredictable (flights, gas, food, etc.) to account for price changes by the time of our expedition.

ITEM	COST
Transportation	
Lev BOS - MSP (roundtrip), including 1x checked bag	\$271.68
James PDX - MSP (roundtrip), including 1x checked bag	\$381.48
Owen BOI - MSP (roundtrip), including 1x checked bag	\$526.24
Group drive Minneapolis to Mattice (roundtrip)	\$197.90
Group shuttle Mattice to Missinaibi Lake	\$723.49
Group train Moosonee to Cochrane	\$191.80
Group shuttle Cochrane to Mattice	\$245.19
TOTAL	\$2,537.78
Lodging	
Group hotel in Moosonee (2x queen bed rooms)	\$253.48
TOTAL	\$253.48
Gear	
See gear list for details	
Canoe rental	\$590.73

Duluth pack rental (\$7/day x 25 days x 4 packs)	\$700.00
Bilge pump CCOE rental	\$26.00
Dry bags Lg/XL CCOE rental	\$306.00
Dry bags M CCOE rental	\$104.00
Fuel canisters	\$76.45
Tarp CCOE rental	\$26.00
Trowels	\$32.69
Hand sanitizer	\$15.18
Spray sunscreen	\$33.04
Face sunscreen	\$31.11
Insect repellent	\$34.98
Dr. Bronner's soap	\$19.80
Paracord	\$14.30
Rope	\$8.76
Dish soap	\$15.54
Bleach capsules	\$14.29
AquaMira water purification	\$98.67
Lighters	\$17.52
Waterproof matches	\$11.67
Ziploc bags	\$10.20
Signal mirror	\$14.01
Bear spray	\$109.94
2L group water storage	\$51.91
Heavy duty food storage bags	\$14.14
Vacuum seal food bags (for dehydrated meals)	\$29.21

Bug headnet	\$14.01
Neoprene gloves	\$46.68
Bug shelter	\$82.38
Climbing- rated carabiners (for river rescue)	\$43.78
TOTAL	\$2,592.99

Repair Kit

AquaSeal	\$10.46
Zip ties	\$4.66
Gear tape	\$8.75
Replacement buckles	\$20.85
Duct tape	\$6.99
Electrical tape	\$3.49
Shoelaces	\$6.55
Sewing kit	\$10.51
TOTAL	\$72.26

First Aid Kit

*****Many items are included in the CCOE first aid kit that we'll rent, but we'll also stock this with items we deem are necessary and not included in the CCOE kit. Below are items NOT included in the CCOE kit that we will buy*****

See first aid kit list for details

Nitrile gloves (extra)	\$9.13
New skin	\$6.97
SAM splint	\$10.51
Iodine solution	\$7.21
Benzoin tincture	\$19.75
Leuko tape	\$10.42

Vaseline	\$9.85
Ibuprofen	\$4.32
Acetaminophen	\$3.33
Loperamide HCl (Imodium)	\$3.65
Diphenhydramine HCl (Benadryl)	\$6.99
Hydrocortisone anti-itch cream	\$5.24
Glucose gel packs	\$18.69
Electrolyte hydration packets	\$10.98
Eyedrops	\$17.27
Orthodontic wax	\$5.39
Hand warmers	\$8.73
Antibiotic ointment	\$8.56
Sterile gauze dressings	\$16.36
Non-adherent dressings	\$14.01
Transparent dressings	\$10.51
Trauma pads	\$2.32
Moleskin pads	\$5.84
Gauze rolls	\$7.00
Triangular bandage	\$9.60
TOTAL	\$232.63
Permits	
Missinaibi Provincial Park Interior Backcountry Camping Permit x 21 nights	\$654.04
Ontario outdoors card (x4)	\$27.54
Sport fishing license (x4)	\$267.43
TOTAL	\$949.01

Carbon Offset	
Group drive MN - ON (roundtrip)	\$10.07
Lev flight - BOS - MSP (roundtrip)	\$5.39
James flight - PDX - MSP (roundtrip)	\$6.84
Owen flight - BOI - MSP (roundtrip)	\$5.45
TOTAL	\$27.75
Maps/Books	
<i>Missinaibi: Journey to the Northern Sky</i> Guidebook	\$137.93
Chrismar Adventure Maps, <i>Missinaibi 1</i> , <i>Missinaibi 2</i> , <i>Missinaibi 3</i>	\$56.10
TOTAL	\$194.03
Food	
On-trip food (backcountry)- see food budget/menu	\$1,334.23
Travel day food (\$15/person/day x 7 days)	\$420.00
TOTAL	\$1,754.23
GRAND TOTAL	\$8,614.16