



Ritt Kellogg Memorial Fund Registration

Registration No. DPQD-R5GRM

Submitted Jan 20, 2026 11:26pm by Oscar Bortz

Registration

Aug 25, 2025- Ritt Kellogg Memorial Fund
Jan 21, 2026

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
11:26pm

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



Oscar Bortz



Consent

USE THIS WAIVER



Oscar Bortz

USE THIS WAIVER

Recorded (Jan 20, 2026 10:40pm, *okb*)

Expedition Summary

What is the name of your proposed expedition?

Mountaineering in the Gothics

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

Great Galavanting Goons: Gothic Gastronomy

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

We hope to set up a base camp in the Gothic Basin near Golden, B.C., Canada, and attempt to climb a variety of nearby peaks. This glacial accumulation basin is rimmed by 8 granite peaks all accessible by simple glacier travel and moderate rock climbing, scrambling, or hiking. During our 22 day expedition, we hope to find quality weather windows to pursue our summit attempts. Our selected routes should not exceed grade III, 5.6, or 35 degree snow. The location was selected specifically for its simple glacier terrain with a relative lack of crevassing and abundance of moderate routes on quality granite to stunning summits.

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

The Gothic Glacier is located due south of the Adamant Massif in the Northern Selkirk range. According to historic satellite data from late summer, most recently from September, 2025, the Gothic Glacier is sparsely crevassed, and according to CalTopo's DEM slope shader, low angle. In June, the glacier will still retain a significant snowpack, with narrower moats and more abundant snow bridges. The drawback of healthier glacier conditions will be increased precipitation compared to late summer and more snow and ice on route. While our expedition was not planned as a ski trip, we will bring ski touring equipment for quicker and safer glacial approaches in early season conditions.

Date that travel to the expedition will start.

May 21, 2026

Date that your team will enter the field.

May 25, 2026

Date that your team will exit the field.

Jun 17, 2026

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

Jun 20, 2026

How many days will your team be in the backcountry?

23

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)

With a full month base camped on the Gothic Glacier, we would experience solitude unlike anything any of us have ever experienced. The Adamant Massif is infrequently explored, and when expeditions are attempted, they are generally aimed at the long, committing alpine climbing objectives accessed via the Granite, Adamant, and Austerity glaciers. We expect to not encounter another party on our expedition. We will rely entirely on our teamwork, experience, and conservative decision making to safely navigate this alpine terrain. Departing from the comforts of daily life, we will be melting drinking water daily, showering with wet wipes, and enduring the variable and challenging weather conditions typical of the PNW. The wilderness experience of this expedition will be immersive and powerful, building a profound connection with nature, with ourselves, and with each other. Dealing with adversity builds grit, resilience, and character and prepares oneself for the myriad obstacles of life. Adverse weather conditions teach patience. Challenging expedition logistics teaches organizational skills. Mountaineering group dynamics teach active listening skills and leadership for all involved.

Expedition team member information

Oscar Bortz, class of 2027, WFR expiration date 01/18/26 (will recertify before trip), NREMT expiration date 04/06/26 (intend to recertify before expiration), Courses (all with IFMGA guides and funded by RKMf): Ski Mountaineering, Traditional Multipitch Climbing, Multipitch Rock Rescue, Glacier Travel and Crevasse Rescue, Alpine Rock Climbing, AIREE 1.

Oliver Churchill, class of 2027, WFR expiration date 01/18/28, RKMf courses :Traditional Multipitch Climbing, Ski Mountaineering, AIARE 1, Avalanche Rescue, Glacier Travel and Crevasse Rescue, Multipitch Rock Rescue (to take in late spring).

Nathan Merrill, class of 2029, WFR expiration 01/14/28. AIARE 1 (scheduled feb 19-22).

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 will train every week at the CC weight room and climbing gym, build aerobic fitness on runs, and dial our systems through trad multipitch and ski touring days. We plan to get into the alpine as a group on at least one (and hopefully many more!) big overnight ski mountaineering or alpine climbing trip.

Nathan has extensive glacier travel experience and is a capable trad climber and mountaineer, but has little touring experience. To address this gap, Nathan will go ski mountaineering with experienced partners throughout the season.

In the spring, we hope to ski lines like the Flying W couloirs and climb routes like Zeb's arete. We will frequent our favorite crag, Turkey Rock on sunny winter days and lap pow at Perfect Trees, Monarch Pass on snow days to build fitness. As a team, we will climb as many grade III rock climbs together.

We will spend at least a day practicing our rescue systems in crevasses, rock, and snow terrain. We will each re-read Freedom of the Hills and Rock Self-Rescue textbooks, we will build our skills and prepare for the serious mountaineering endeavor we have planned.

Expedition Logistics, Equipment, and Food

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

From Colorado Springs, we will drive together on May 21 towards Golden, B.C., splitting the 19hr drive into two days. We will swap drivers often, wear our seatbelts, and follow traffic regulations.

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

[Itinerary.pdf](#) (21M)

Uploaded 1/18/2026 6:09pm by Oscar Bortz

Please paste a URL to your complete digital expedition map.

<https://caltopo.com/m/D1F315L>

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

We plan on arriving on a helicopter with extensive supplies to create a basecamp and stay there for 23 days without re-rationing.

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

We will store our food in sealed containers and create makeshift fridges by burying crates in the snow. Food-threatening wildlife such as bears or large rodents will be scarce on this alpine glacier.

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

[Gothics Food.pdf](#) (68K)

Uploaded 1/20/2026 11:13pm by Oscar Bortz

Upload a thorough equipment list.

[Gear List \(1\).pdf](#) (98K)

Uploaded 1/20/2026 10:18pm by Oscar Bortz

Upload a first aid kit list.

[Med Kit List.pdf](#) (81K)

Uploaded 1/20/2026 10:23pm by Oscar Bortz

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

Mountaineering is an inherently selfish sport. Traveling long distances by plane, car, and helicopter creates a large carbon footprint, far exceeding the impact of the average world citizen.

To mitigate the environmental footprint of our diet, we will buy food in bulk from a local grocer and freeze-dry mostly plant based home cooked meals. We will purchase carbon offsets equivalent to our collective footprint, while being aware of the drawbacks of offsets and the ways they are exploited financially by logging interests. Mountaineering is inherently political, and through our expedition we will promote indigenous land return for the Ktunaxa, Secwépemc, and Métis nations of BC. We will bear witness and record the devastation anthropogenic climate change has wreaked on glaciated landscapes and advocate politically for climate regulations. In an era of increased privatization and exploitation of public lands, we will advocate for preservation of wilderness areas.

Risk Management

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

Snow / ice travel:

Crevasses: We will travel in a rope team on glaciers, moving around crevasses and probing each snow bridge before trusting it with our weight. Each group member will have the proper gear and skills to self-arrest, build a snow anchor, and use a drop-loop or z-drag system to haul the fallen member out. We will probe out and flag a safe zone around our camp.

Steep snow: We will evaluate slopes for avalanche potential and avoid areas with high danger. We will use proper ice axe and crampon technique to lower the risk of falls.

Ice/rock fall: We will be alert to signs of previous rock/ice fall, such as loose debris at the base of a steep slope and rock scars, and avoid such areas. We will wake early to avoid traveling in rockfall terrain during the warmest hours of the day.

Avalanche: According to Cal Topo's slope shader all of our routes should completely avoid

avalanche terrain. Regardless, we will avoid traveling in or under avalanche terrain when there is new snow, large temperature swings, observations of cracks, collapses, or whoomps. We will employ slope shader GPS navigation to avoid avalanche terrain, even in poor weather. We will use our satellite communication to stay updated on weather forecasts and avalanche reports. We will carry, equip, and test each individual's rescue beacon.

Rock climbing:

Leader fall: We will climb well below our physical limits, understanding the compounded risk that difficult route-finding, inclement weather, and loose rock add to technical rock climbing. We will place adequate protection, and be familiar with rescue techniques such as escaping the belay, leader rescue, and tandem rappelling to safely bail with an injured team member.

Gear failure: We will place high-quality protection, backing pieces up if we don't fully trust them, and using "SERENE" belay anchors to provide redundancy.

Bailing: We will avoid the mindset of summit fever, and be open to bailing due to loose rock, runouts, bad weather, or a multitude of other reasons. We will carry enough tat and protection to retreat from any route. Additionally, we will be familiar with down-leading easy terrain, and using a backup anchor and the LPAR protocol to leave minimal gear while ensuring safety.

When on applicable terrain, we will employ short pitching, placing protection and using natural features. The two followers would be double end roped. Pitching out all technical rock by rope length can be impractical and slow on blocky lower angle terrain. We will be aware of the drawbacks and dangers of moving with the rope and/or using short pitching on technical or consequential terrain.

Weather:

Recognizing that weather in the Selkirks can change rapidly, we will frequently reassess conditions and practice early-morning starts to avoid afternoon storms. We will carry layers and an emergency bivy sack on every objective, prepared to bivy on-route if necessary.

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)

Anthropogenic climate change is an existential threat to humanity, a great crime against the natural world, and an ever-present reality of 21st century alpinism. A massive deglaciation is occurring worldwide, posing significant hazards for millions of people worldwide. For climbers, rapidly rising summer temperatures and regional declines in snowpack have increased the amount of crevassing, created dangerous ice falls, formed new seracs, exposed new pitches of rock climbing on potentially dangerous loose rock, increased the slope angle of ice aprons, and increased the percentage of exposed bare ice in summer months.

To mitigate the impacts of climate change on our trip, we chose early season dates. Despite the drawbacks of poorer June weather, the mountains will be in a healthier state with stronger snow bridges, fewer exposed crevasses, smaller moats, and a lower risk of ice-fall than late summer. With more snow on the ground, we have opted to include ski touring equipment in our gear list. While this trip is not intended as a skiing trip, skis are the safest and fastest form of travel on snow covered glaciers, decreasing the risk of crevasse fall.

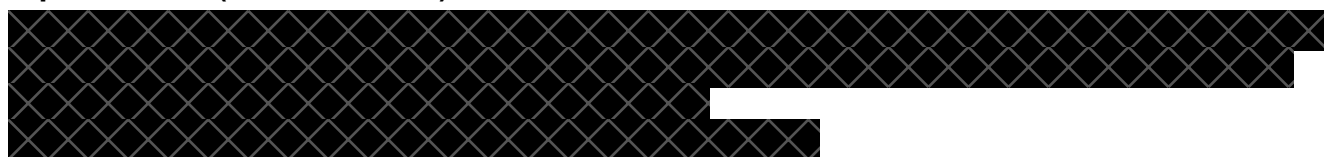
Describe your self-evacuation plan in the event of an emergency. (200 word max)

In the event of a medical emergency while in the Gothic basin, the only feasible evacuation

strategy would be via helicopter. Road access is complex to say the least. To self-rescue, we would have to traverse the Gothic glacier to Friendship Col, descend the Echo glacier, and navigate an unmaintained bushwack path to access the logging road where ground EMS could rendezvous. However, due to the length and complexity of this route, a helicopter rescue would be a much more realistic evacuation plan.

Depending on the emergency, we will treat the illness or trauma, coordinate with the local medical response system and, if needed, package the patient for helicopter rescue. Oscar is a Nationally Registered Emergency Medical Technician and WFR, Oliver and Nathan are both WFRs, and all three of us have good crevasse rescue skills and rock rescue skills. Thanks to the Ritt Education Grant, Oliver and Oscar have taken a trad climbing course, a ski mountaineering course, a crevasse rescue course, a multipitch rock rescue course, all with IFGMA guides. These courses taught us valuable hard skills to navigate complex rescues on a variety of terrains including glacial ice, snow, and vertical rock.

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.

Golden and District Search and Rescue – initiated through the RCMP @ 911

Golden & District General Hospital – 250-344-5271

Whitetooth Helicopters – 250-344-2266

BC Forest Service – 1-800-663-7867, will have a copy of our itinerary

Personal Emergency Contacts – see individual applications

We will carry a satellite phone capable of communication and coordination with EMS and SAR.

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

We will be carrying a Garmin satellite phone and iPhones with satellite texting capabilities so we could contact EMS in the case of a serious emergency necessitating immediate evacuation.

Budget

Upload a detailed and complete expedition budget.

[Untitled document.pdf](#) (43K)

Uploaded 1/20/2026 10:30pm by Oscar Bortz

What is the total funding request for your trip?

\$5518

What is the funding request per person?

\$1839

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

We plan on using Oscar's family freeze-dryer to homecook each of our meals with bulk ingredients and then freeze-dry them for storage. This will save us enormously on food costs,

avoiding expensive commercial backpacking meals. We will drive together to Golden, saving on airfare. We've compared the quotes of multiple helicopter companies, to find the cheapest ride available.

Expedition Agreement

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

[RITT KELLOGG MEMORIAL FUN....pdf](#) (11M)

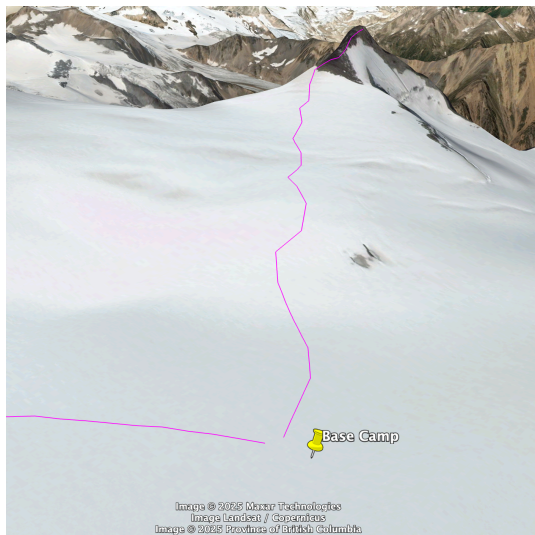
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Upload a detailed day-by-day itinerary, beginning when the first team member leaves home.* Include travel distances, elevations, route topos, tide charts, evacuation routes, re-ration plans, significant objective hazards, maps, and other information as appropriate. Provide an in-depth discussion to demonstrate a sound understanding of your itinerary. Please present your itinerary in a consistent format with details and specificity.

Note: for thru-hikes longer than 60 days, please include a detailed itinerary for the first 15-20 days of the trip, along with resupply plans for the duration of the entire trip.

On May 21, we will together leave Colorado Springs and drive towards Golden, BC, crossing the border and arriving May 23. On May 25, we will fly with Whitetooth Heli from Golden to a suitable basecamp on the Gothic Glacier. From May 23 to June 17, we will sleep at our established basecamp, selecting good weather windows for our list of objectives. Weather in BC in June is temperamental, with both blue sky days and many days of inclement weather. We will select our climbing days conservatively and in general, work from the least committing, least technically difficult objectives, to our most grand objectives. Listed below are our expedition objectives with topos and a discussion of self-rescue

The Sentinel- 3rd class South Ridge



From Base Camp, we will approach the Sentinel via the Gothic Glacier, ascending roughly 700 vertical ft on the glacier before gaining the south ridge's rock and progressing 300 additional vertical ft to the summit. Significant objective hazards include crevasse fall on the glacial approach, and rockfall on the ridge. There is no avalanche terrain on this route.

Magog Spire- Normal Route 5.6, 2 pitches



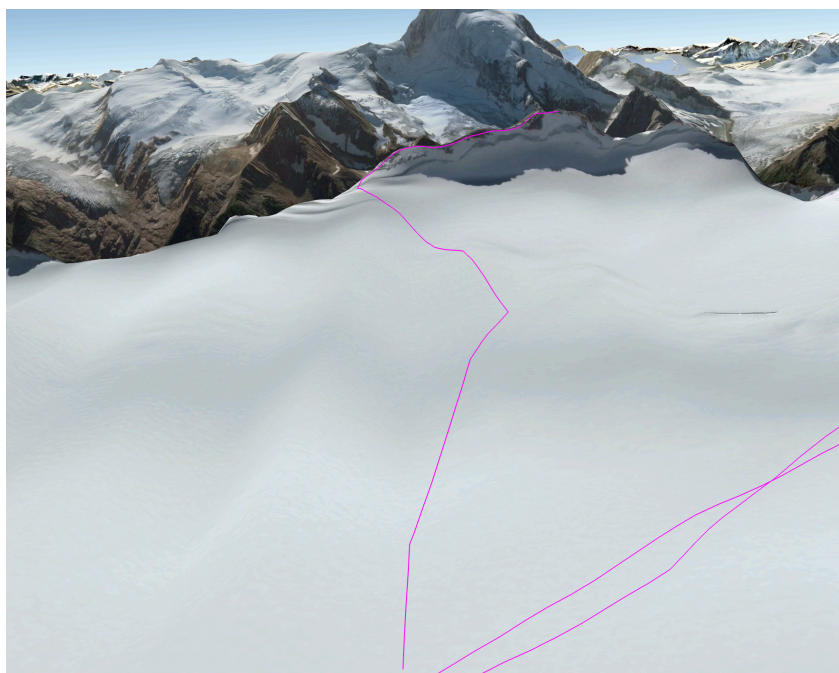
From Base Camp, we will traverse roughly 1 mile on the Gothic Glacier to Friendship Col. We will climb with the leader tagging an additional rope and belaying two followers simultaneously. Objective hazards include crevasse fall on the approach, a leader fall on rock, and rockfall. There is no avalanche terrain on this route.

Pioneer Peak-5.6 NE Ridge rock route or NE Face snow route, conditions dependent.



From Base Camp, we will gain roughly 1500ft of elevation over 1.5miles, navigating a more complex and crevassed portion of the gothic glacier to access the upper reaches of Pioneer Peak. Depending on conditions, we might encounter snow all the way to the summit, or some 5th class rock climbing. The principal objective hazards will be crevasse fall on the approach, and rock and ice fall on the upper mountain. There is no avalanche terrain on this route.

Mt Thor - 4th class East Ridge



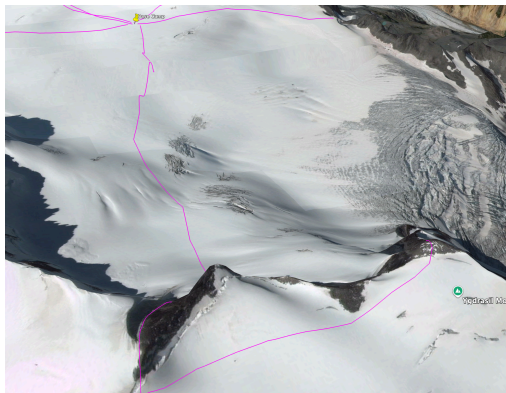
From Base Camp, we will traverse the Gothic Glacier roughly .75 miles before skirting the bergschrund to the far east side, and ascending moderate mixed terrain to gain the 4th class ridge. The leader will use short pitching and double end rope the followers using terrain and placed protection when appropriate on the ridge. The principal hazard would be falls on the exposed and consequential ridge. There is no avalanche terrain on this route.

NW Ridge East Gothic 5.5 AD



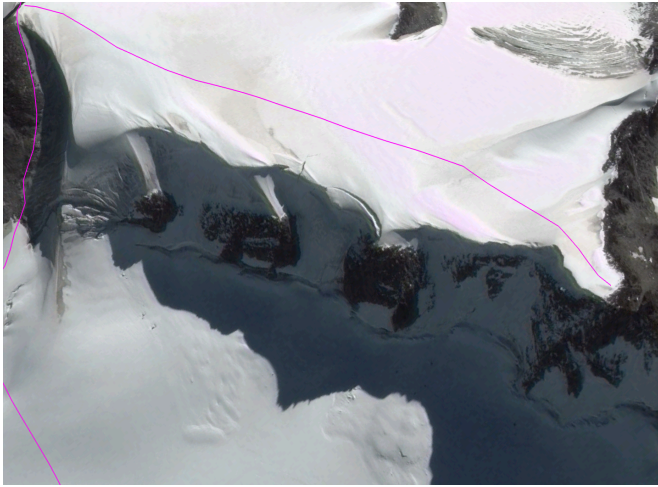
From Base Camp, we will follow the approach to Pioneer Peak before diverging west towards the col between Pioneer and East Gothic. We will gain the ridge and transition into rock climbing. Depending on the conditions encountered we may completely pitch out this climb or use short pitching techniques. Hazards include crevasse fall, rockfall, and falls on the exposed ridge. There is no avalanche terrain on this route.

Ygdrasil Mountain



From Base Camp, we will cross the gothic glacier for two miles eastward before encountering a <30 degree couloir of rock or snow (conditions dependent) which skirts the prominent icefall to climbers right. After gaining 1000 ft, we will arrive at a different glacial basin. We will walk half a mile northwards on simple glacial terrain before gaining the low angle rock slope to the summit. This route has no avalanche terrain. The principal objective hazard will be rockfall in the couloir which we will mitigate by an early start and descent to avoid heat induced rockfall.

Mt Wotan



From the same approach couloir as Ygdrasil, we will instead travel South 0.5 miles on a near flat glacier to gain the summit of Mt Wotan. This would make a logical link up with Ygdrasil. This route will not include avalanche terrain. Primary hazard will be rockfall risk on the approach couloir.

Mt. Fria



A 0.5 mile approach to the southeast from Base Camp will deposit us below a snowslope leading to the flat topped ridge of Mt Fria. A further 0.25 mile of flat rock walking will lead us to the summit. This route does not include avalanche terrain or rockfall terrain.

Mt Pythias to Houdini Needle Traverse



1 mile traverse from Base Camp to the Friendship col. Then, ascend Mt. Pythias via its west ridge, traversing 0.5 miles on the ridgeline to houdini spire. Difficulties should not exceed 3rd class. Hazards include rock fall. There is no avalanche terrain on this route.

Oscar:

Clothing: 8 pairs synthetic underwear, alpha direct synthetic long sleeve base layers (top and bottom), wool base layers, wool mesh vest, grid fleece beanie, puffy beanie, soft shell pants, soft shell jacket, synthetic insulation puffy, down parka, hard shell bib pants, hard shell jacket, 3 pair thin wool ski socks, 4 pair thick wool mountaineering socks, 1 pair cat-4 photochromic glacier sunglasses, 1 headlamp

Safety gear: Ski-mountaineering MIPS helmet, beacon, shovel, probe, Garmin In-Reach, I-phone with satellite text SOS feature,

Technical personal gear: Dynafit alpine touring boots, Zag Adret 78mm 178cm skis, Zag Adret skins (POMOCA), dynafit 150 superlight bindings, dynafit 78mm ski crampons, Black Diamond Aspect Pro climbing shoes, La Sportiva GX4 approach shoes, Lowe Alpine mountaineering boots, Petzl Lynx crampons, Petzl Gully piolet, 40L Hyperlight dyneema ski mountaineering backpack.

Crevasse Rescue kit: 1 micro trax, 1 tibloc, 1 2m loop of 6mm cordalette, 1 120cm dyneema sling (from shared gear), 1 60cm dyneema sling (from shared gear), 4 lockers (from shared gear).

Nathan:

Clothing: 8 pairs synthetic underwear, 2 synthetic long johns, 2 pairs synthetic hiking pants, 2 synthetic sun hoodies, 4 pairs thin wool socks, 4 pairs thick wool socks, breathable fleece, thick fleece, down jacket, hard shell jacket, hard shell rain pants, gaiters, 2 buffs, beanie

Personal technical gear: Technica alpine touring boots, K2 Wayback skis, Dynafit Radical 10 bindings, adjustable ski poles, Contour skins, ski crampons, TC Pro climbing shoes, Aequilibrium LT mountaineering boots, Grivel G12 crampons, Salewa ice axe, harness, ATC guide, 5 locking carabiners, short and long prusik cords, double-length sling, Mammut climbing helmet, avalanche beacon, avalanche probe, avalanche shovel, cat-4 photochromic glacier sunglasses, headlamp, 30L mountaineering daypack, ULA Catalyst 75L overnight pack

Camp gear: Sea to summit 15 degree bag + reactor extreme liner, thermarest inflatable pad + foam pad for insulation, duffel bag for storage,

Oliver:

Clothing

- 2x Synthetic long johns
- 7x synthetic underwear
- Patagonia micro puff hoodie
- Fleece pants

- Down pants
- Mountain hardware thick down jacket
- Scarpa kailish trek boots
- 2x pairs ski socks
- 6x pairs hiking socks
- 2x sun hoodie
- 2x lightweight long sleeve undershirts
- Patagonia R1 fleece hoodie
- 2x warm hats
- Sun hat
- 2x buffs
- Patagonia lightweight gloves
- Mountain hardware ski gloves
- Insulated ski pants
- Hardshell rainpants
- North face climbing pants
- Black diamond hardshell jacket
- Pair of mid length gaiters

Personal Climbing + technical gear

- BD technician harness
- GRI-GRI
- ATC guide
- La sportiva TC pros
- 3 pear shaped screw locks
- 1 pear shaped auto locker
- 4 lightweight wire gates
- Ocun Crack gloves
- Osprey 55L overnight pack
- Patagonia 40L ski mountaineering pack
- BD lightweight MIPS climbing helmet
- Black diamond raven ice axe
- 1 pair cat-4 photochromic glacier sunglasses
- Blizzard Zero G 95 skis 178cm
- Pomoca skins
- Marker alpinist 12 touring bindings
- Ski crampons
- 1 headlamp
- Ski goggles
- Black diamond collapsable ski poles
- Technica cochise 120 touring boots

- Black Diamond Contact Strap Crampons

Crevasse Rescue kit:

- 1 nano trax,
- 1 tibloc
- 1 2m loop of 6mm cordalette
- 1 120cm dyneema sling (from shared gear)
- 1 60cm dyneema sling (from shared gear)
- 4 lockers (from shared gear)

Rescue gear

- In-reach messenger
- Avalanche beacon
- Avalanche shovel
- Avalanche probe

Camp gear

- Mountain hardwear 15 degree bag + sleeping bag liner
- Lightweight inflatable pillow
- Nemo inflatable pad + foam pad to go under
- Lightweight table
- Down camp shoes
- North face 100L duffel for storage

Misc gear

- Digital Camera + 2 extra batteries
- Film camera with extra lenses
- Kindle
- Cards + games + books

Shared:

Cooking: Coleman 2 burner stove, 20lbs propane tank, 2 Jet Boil, 4 4-season 230g Isobutane/propane fuel cans. Stainless steel pot, stainless steel pan, small lightweight table, Moka Pot, 3 tin coffee mugs, 3 plastic camping food bowls, 3 spoon/fork/knife combo utensil, 1 plastic cutting board, 2 all-purpose kitchen knife, 1 ladle, 1 spatula, 2 scrub-daddy sponge, 2 microfiber rag.

Hygiene: 2 bottle all purpose Dr Bronners soap, 3 small hand sanitizers, 50 wag bags, wag bag brand commode, mini portable bidet, 10 rolls of toilet paper, 10 packages wet wipes, 12 trash bags.

Camping Equipment: 1 4-season 4 person dome style mountaineering tent, 1 pyramid style cook tent, 16 aluminium snow tent stakes, 3 waffle style foam pads (r value of 2), 3 inflatable sleeping pads (r value of 4), 3 zero degree sleeping quilts/bags, 3 pairs of down camp shoes. 2 milk crates for food storage and igloo construction, 1 solar powered power bank to charge phones and headlamps

Technical Equipment: Two 50m 8.5mm triple rated ropes.

Rock protection: 1 red microfriend (0.1), 1 black totem (0.2) , 1 blue totem (0.3), 1 yellow totem (0.4), 1 purple totem (0.5), 1 green totem (0.75), 1 red friend (1), 1 yellow friend (2), 1 blue friend (3), 1 grey camelot (4), 1 set rockcentric hexes (0.75, 1, 2, 3), 1 set DMM offset stoppers (9 nuts ranging from micro to fingers). 10 alpine draws (10 60cm sling+ 20 non-lockers), 12 locking carabiners (3 large round stock HMS lockers, 3 small keylock straight edge lockers, 6 round stock pear shaped lockers, 3 120cm dyneema slings, 1 240 cm dyneema sling, 7 meters of 7cm cordalette, 10m of 1in tubular webbing (for bail/rap anchors), 8 ultralight quicklinks, 3 guide-style tube belay devices, 2 nut tools, 40 wands to mark out campsites and commonly used routes.

Shared crevasse rescue kit: 2 24" pickets, 2 22cm ice screws, (1 picket and 1 screw per climber on the edge of the rope team),

Shared self-rescue gear: 1 bothy bag (emergency bivvy/ rescue tarp), 9 20" ski straps, 10 24" zip ties, 2 ft stainless steel bailing wire, 1 leatherman multi-tool with pliers, socket tool, etc, 2 extra dynafit binding toe piece, 1 extra crampon bar, 1 extra crampon heel piece and strap, 1 stove repair kit, 1 extra skin tip and tail replacement parts, 1 pair extra cat 4 glacier sunglasses, 1 pack binding and boot screws and t-nuts of applicable sizes, 4 and 5mm allen wrench, 24 space AAA batteries for headlamps and beacons, climbing skin wax, mini tube of epoxy cement, sewing needle and kevlar thread, mini-tube of SeamGrip, roll of tyvek tape for patches.

Upload a first aid kit list.*

First Aid Kit for 3 people for three weeks in the field.

Medications Pain reliever/fever reducer drug (e.g. acetaminophen) – 20-25 doses

Anti-inflammatory drug (e.g. ibuprofen) – 20-25 doses

Anti-histamine – 8 doses

Electrolyte tabs – 50 doses

Anti-diarrheal – 7 doses

Hydrocortisone 2 small tube

Antibiotic Ointment 3 small tube

Burn Cream – 2 small tube

4 packets Miscellaneous ACE Bandage

4 Athletic tape (1” width)

3 roll Moleskin

molefoam –3-4 sheets (or more if your trip is backpacking-focused)

Ziplock baggies – 6

Sunscreen – 2 large tube

Emergency blanket - 3

Tools:

Tweezers - 1

Oral thermometer - 1

Bandage Scissors - 1

Irrigation syringe - 1

Triangular Bandage - 5

Safety Pins - 6

CPR Mask - 1

SAM splint - 2

Gloves – 6 pairs

Nols wilderness medicine handbook with pencils

Wound Management:

Band aids – 20 (variety of sizes)

Wound closure strips – 4 packs 4” x 4”

gauze pad - 8

Non-adherent dressing - 6

Gauze roll - 4

Antiseptic Wipes - 30

Leukotape

Tincture of benzoin swab – 4

Tourniquet -1

Hemostatic Gauze - 4

Breakfast	Calories per package	Number	Weight per	cost per	total calories	total weight	total cost			
Bacon	1500	5	340	\$7.00	7500	1700	\$35.00		20% of goal calories	17760
Eggs	80	40	50	\$0.40	3200	2000	\$16.00		total weight breakfast	16928
Oatmeal	160	48	28	\$0.15	7680	1344	\$7.20		total cost breakfast	\$208.20
Dried fruit	120	12	227	\$2.00	1440	2724	\$24.00		total calories breakfast	52480
Breakfast burritos	700	15	300	\$4.00	10500	4500	\$60.00			
Granola	1800	4	400	\$6.00	7200	1600	\$24.00			
Nuts	5100	2	850	\$15.00	10200	1700	\$30.00			
Grits	2380	2	680	\$6.00	4760	1360	\$12.00			
Lunch	Calories per package	Number	Weight per	cost per	total calories	total weight	total cost			
Salami	880	10	227	\$8.00	8800	2270	\$80.00		30% of goal calories	26640
Bagel	1400	6	525	\$4.50	8400	3150	\$27.00		total weight lunch	31196.3
Cream cheese	720	6	226.4	\$1.56	4320	1358.4	\$9.36		total cost lunch	\$295.73
Cheese	800	4	600	\$4.00	3200	2400	\$16.00		total calories lunch	83000
Peanut butter	2520	6	450	\$1.98	15120	2700	\$11.88			
Butter	1000	3	150	\$2.00	10000	1839.5	\$24.85			
Nutella	2000	5	367.9	\$4.97	4500	2037.6	\$10.64			
Jelly	1125	4	509.4	\$2.66	4400	2037.6	\$10.64			
Tuna packets	110	40	73.58	\$1.28	4400	2943.2	\$51.20			
Apples (single)	110	20	100	\$0.60	2200	2000	\$12.00			
Oranges (single)	73	20	140	\$0.50	1460	2800	\$10.00			
Tortillas	1500	8	495.25	\$1.98	12000	3962	\$15.84			
Hummus	700	6	283	\$2.72	4200	1698	\$16.32			
Dinner	Calories per package	Amount	Weight per (g)	cost per	total calories	total weight	total cost			
Pasta	1600	3	448	\$2.00	4800	1344	\$6.00		35% of goal calories	31080
Burgers	3360	1	1360	\$15.00	3360	1360	\$15.00		total weight dinner	43765
Soup	5040	1	1250	\$20.00	5040	1250	\$20.00		total cost dinner	\$583.50
Mac and cheese	675	6	178	\$1.50	4050	1068	\$9.00		total calories dinner	112960
Risotto	720	9	227	\$4.50	6480	2043	\$40.50			
Cous cous	2600	3	750	\$8.00	7800	2250	\$24.00			
Stir fry	1330	9	500	\$9.00	11970	4500	\$81.00			
Fried rice	1000	9	400	\$6.00	9000	3600	\$54.00			
Curry	1500	6	500	\$7.00	9000	3000	\$42.00			
Ramen	510	10	480	\$5.00	5100	4800	\$50.00			
Thanksgiving	1300	6	300	\$10.00	7800	1800	\$60.00			
Chili	660	6	425	\$3.00	3960	2550	\$18.00			
Shedded chicken	800	10	300	\$4.00	8000	3000	\$40.00			
Carnitas	900	6	400	\$6.00	5400	2400	\$36.00			
Cheesy beef enchiladas	1200	6	500	\$7.00	7200	3000	\$42.00			
Chili Mac	1000	6	800	\$3.00	6000	4800	\$18.00			
oil	8000	1	1000	\$28.00	8000	1000	\$28.00			
Snacks + drinks	Calories per package	Amount	Weight per (g)	cost per	total calories	total weight	total cost			
Protein Bars	2880	5	600	\$17.47	14400	3000	\$87.35		25% of goal calories	22200
Summer sausage	1800	10	560	\$6.97	18000	5600	\$69.70		total weight snacks	21582.057
Gummies	2340	5	735.8	\$7.48	11700	3679	\$37.40		total cost snacks	\$351.96
Chocolate	1260	6	263.19	\$8.24	7560	1579.14	\$49.44		total calories snacks	80601
Crackers	1680	6	333.94	\$3.97	10080	2003.64	\$23.82			

[illegible]

Helicopter: \$2900

Food for 24 days (extra days in case of bad weather): \$1400

Gas to Golden from CC: \$245

Flight for Oscar to LA: \$150

Flight for Nathan to Portland: \$110

Gas to Vashon from Golden: \$100

Gear rental from GH: \$300

Butane fuel canisters: \$100

Propane fuel tanks: \$120

Carbon Offsets: \$13

Selkirks North by David Jones: \$120

Total cost: \$5518