

**More than a walk in the Park:
Hiking in Lake Clark National Park & Preserve**



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I. Expedition Summary and Objectives

A. Expedition Name: More than a walk in the park: Hiking in Lake Clark National Park & Preserve

B. Objectives

Our objective for the Ritt expedition is to develop and enhance our leadership skills in an outdoor setting. We want to further develop our trip planning and expedition skills to prepare us for possible careers in outdoor education and as outdoor leaders. Our goal is to go north and experience the outdoors in a location we would not normally have the chance to go to. And last, we aim to strengthen our friendship as the four of us split off in our own directions after graduation.

C. Wilderness Character and Location

Our expedition will take place on the peninsula in south-central Alaska. We will spend 12 days in the backcountry. This gives us a sufficient amount of time to exercise outdoor leadership skills we already know and utilize skills that need to be refined. A plethora of subarctic wildlife species inhabit Lake Clark such as black bears, grizzly bears, birds, moose, caribou, dall sheep, fish, marine mammals, and wolves. During our expedition, we may encounter some of this wildlife and must take caution to keep ourselves safe and to respect the environment and homes of the wildlife. Four of the five biotic communities found in Alaska are also found in the park. Two active volcanoes, Mt. Iliamna and Mt. Redoubt, are located in the park, while Mt. St. Augustine and Mt. Spurr lie to the north and the south of the park. Because we will be going in June, days will be long, and dark hours will be few.

In terms of terrain, glaciers and forests are in and surround the Chigmit Mountains. Our expedition will allow us to view glaciers, rivers, forests, grasslands, and coastlines.

D. Expedition Dates

May 29 – June 12 (15 days in the field)

II. Participant Qualifications

A. Expedition Member WFR Information

Expedition Member	Date of Graduation	WFR Expiration
Alex Gould	May 2011	1/13/2012
Lindsay Chan	May 2011	Currently enrolled in a Jan 2011 WFR WMI class
Max Stein	May 2011	WFR Recertification through WMI on 3/1/2011
Nikhil Ranadive	Dec 2011? May 2012?	W-EMT; wilderness component expires 5/30/2012;

urban EMT-B expires
3/31/2011 (refresher in Feb
2011)

B. Eligibility

All proposed expedition members are experienced and trained to meet the expedition objectives.

C. Plan to solidify technical skills

In terms of technical/group dynamic skills, we've already been on an (albeit) short trip together in South Colony Lakes Basin. We used route finding and tuned our backcountry knowledge. We'll hone our skills more through hikes as a group like we did at South Colony Lakes Basin. On weekends, block breaks, or spring break, we will solidify technical skills by doing more backpacking trips where we'll practice off trail navigation, develop team building skills, refine our camp skills, etc. We will not be seeking any educational grants.

***See Part VI for all paperwork/individual applications**

III. Expedition Logistics, Gear, and Food

A. Travel logistics

May 27: All fly from Denver to Anchorage. Layover in Anchorage, then flight to Homer. Stay with the Olsen family.*

May 28: Organize food and gear in Homer.

May 29: Fly from Homer to Lachbuna Lake in Lake Clark Preserve.

June 12: Fly from Telaquana Lake Ranger Station back to Homer. Return gear.

June 13: Fly out of Homer, to Anchorage, and back to Denver.**

***Kira Olsen is a good friend of Max Stein's. She has kindly allowed us to stay at her house in Homer, AK, for free.**

****See the budget breakdown for more specific information on airline carriers etc.**

B. Hiking Itinerary

We will be hiking in Lake Clark National Park, Preserve and Wilderness. There are no developed trails, and we will rely on our route-finding skills for navigation. Bushwhacking will be common, and we anticipate our hiking pace to slow to 1 mile per hour. Natural features offer plenty of help for staying on our route. In addition, water sources are abundant, with countless (unnamed) creeks and streams.

Day 1 – May 29: 4.5 miles, minimal elevation gain
Fly into southwestern part of Lachbuna Lake. Camp north of College Creek.

Day 2 – May 30: 5.5 miles, elevation gain 700 ft.
Join the historic native route. Camp just above stream on ridge.

Day 3 – May 31: 6 miles, approximately even elevation
Continue following the historic native route, while negotiating several small stream crossings.

Day 4 – June 1: 6 miles, elevation loss
Diverge from historic native route, hike on ridge, descend past Twin Lake Ranger Station. Camp at northwestern tip of Twin Lakes.

Day 5 – June 2: 5 miles, elevation gain 500 ft.
Explore Twin Lakes. Camp near stream north of Twin Lakes bottleneck.

Day 6 – June 3: 5.5 miles, elevation gain 2200 ft.
Follow drainage up. Camp away from small glaciers.

Day 7 – June 4: 5 miles, elevation loss
Hike by small glaciers, descend to southeastern shore of Turquoise Lake. Set up base camp.

Day 8 – June 5: Rest Day
Explore lake.

Day 9 – June 6: 10 miles, elevation gain 5000 ft.
Day hike to Telaquana Mountain. If too much snow/ice present, then day hike will be to nearby glaciers.

Day 10 – June 7: 5.5 miles, elevation gain 1300 ft.
Enter Lake Clark Wilderness, hike below glaciers. Camp high near stream.

Day 11 – June 8: 5 miles, approximately even elevation
Negotiate Trail Creek crossing. Camp high near another stream.

Day 12 – June 9: 4.5 miles, elevation loss
Reach Telaquana River. Set up base camp.

Day 13 – June 10: 13 miles, elevation gain 3000 ft.
Day hike to glaciers, Telaquana Pass.

Day 14 – June 11: 5.5 miles, elevation gain 700 ft.
Hike near Telaquana Lake. Camp above lake.

Day 15 – June 12: 5 miles, elevation loss
Hike to Telaquana Ranger Station. Meet pilot and float plane, and fly to Homer.
The route is marked on the following maps:

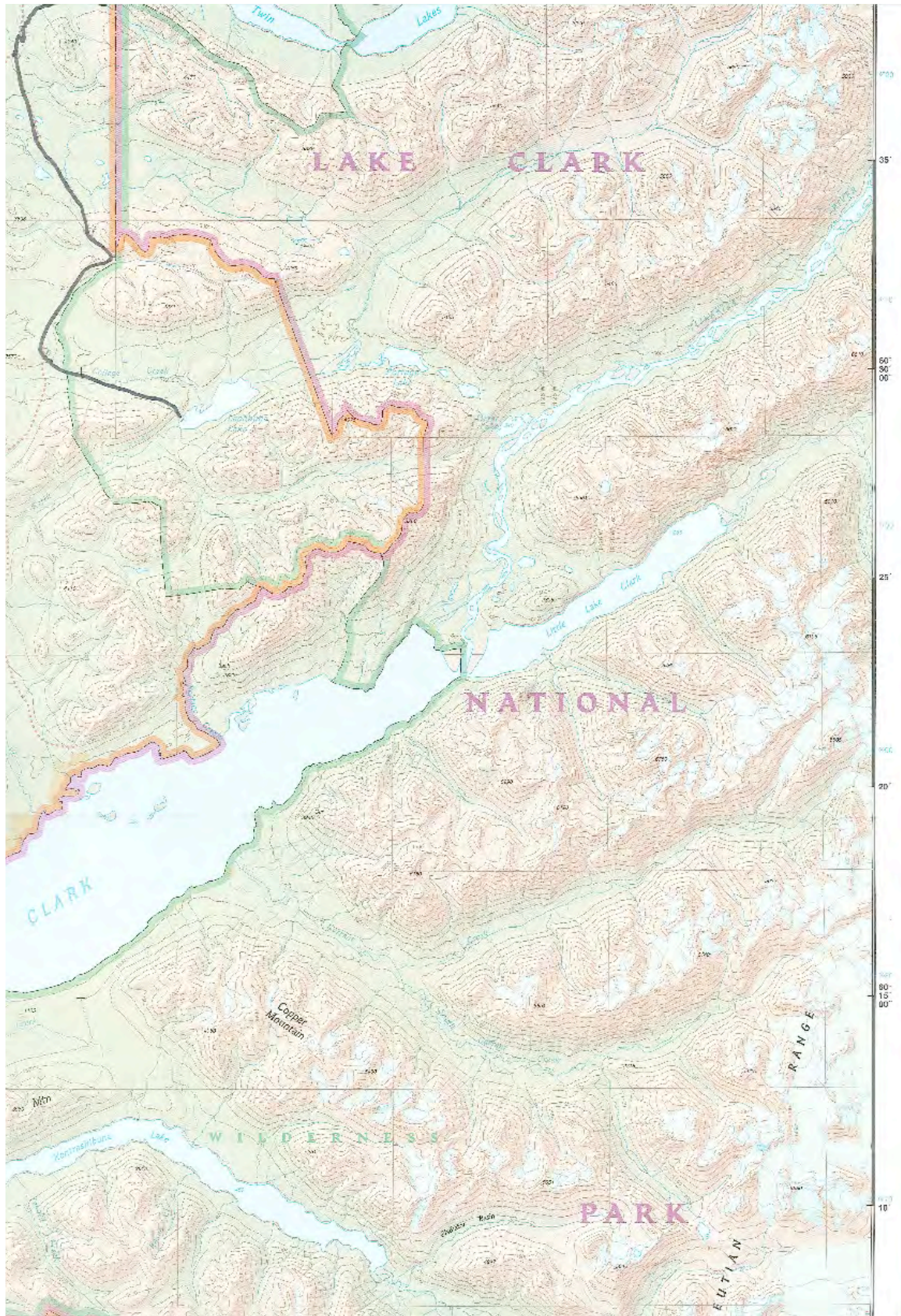


Figure 1: Days 1-3

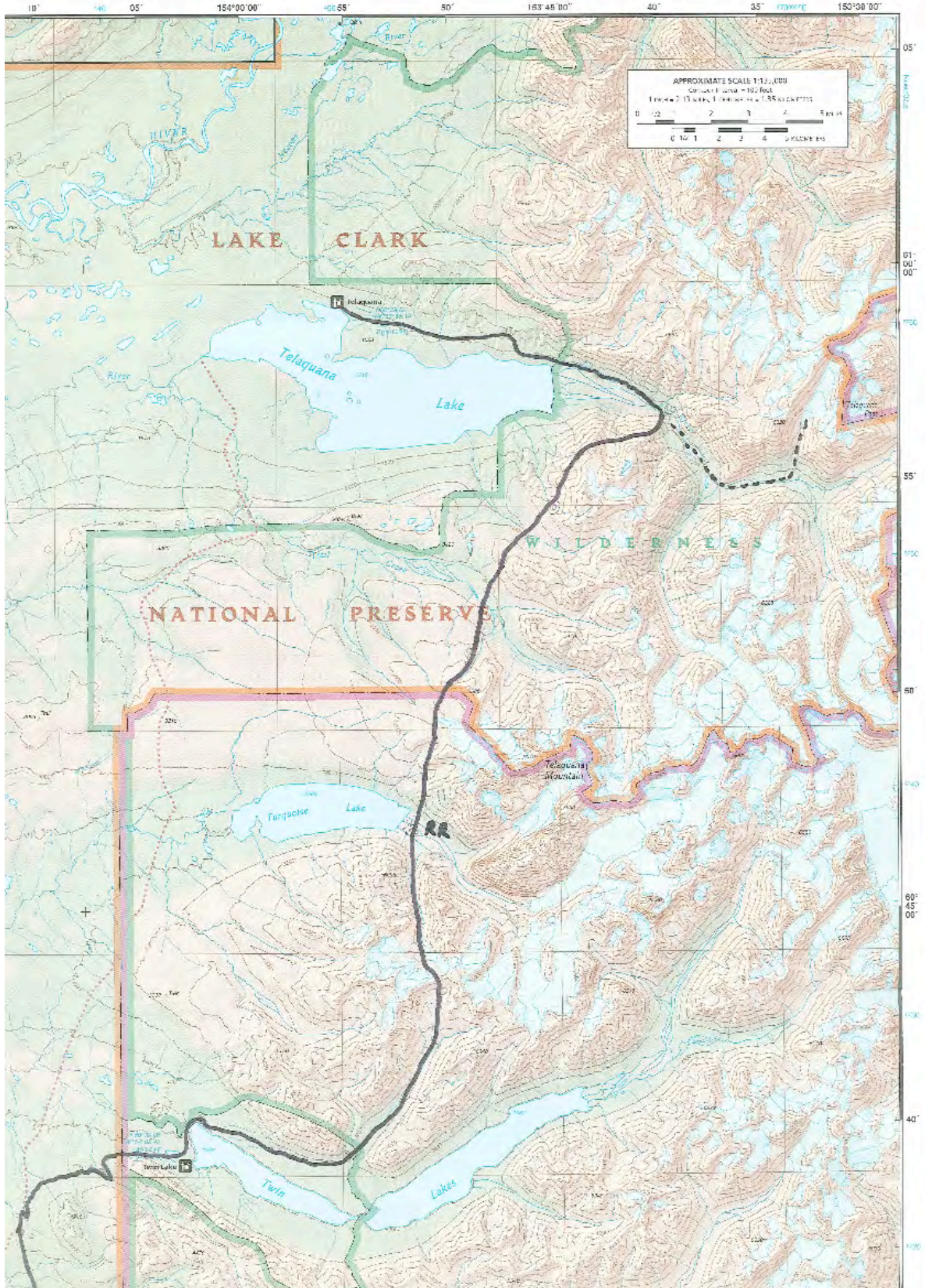


Figure 2: Days 4-15

C. Re-ration information: Due to financial constraints, we will not be able to re-supply during this expedition.

D. Food protection against animals

It is too far north to hang bear bags (the trees are too skimpy), so we will use bear canisters. Each member will carry two backpacking-sized bear resistant cans. All odorous items will be stored in these containers. See the budget and risk management sections for more information concerning bear canisters.

We will also be careful to clean up all food remnants after every meal (pick up crumbs, clean out pots, etc.)

E. Food List

For an expedition like this, the food we eat will be of primary importance to our overall success. All of us have had experience throwing together meals in the backcountry and therefore propose to take a variety of staple foods rather than pre-made meals. Our food rationing is roughly based on the recommendations set out by the National Outdoor Leadership School. Our food will be based on a diet of 2.0 lbs of food per person per day which is equivalent to 3,000 to about 3,500 calories per day

$$(4 \text{ People}) \times (15 \text{ Days}) \times (2.0 \text{ lbs/person/day}) = 120 \text{ lbs}$$

Breakfast – 30 lbs

Lunch and Snacks – 28 lbs

Cheese – 18 lbs

Dinner – 32 lbs

Miscellaneous – 12 lbs

Food Breakdown

	Weight in lbs	Price per lbs	Total price
Breakfast	30.00		
Oatmeal	16.00	1.75	28.00
Granola	8.00	4.00	32.00
Pancake Mix	6.00	1.25	7.50
Lunch and Snacks	28.00		
Bagels	2.00	1.79	3.58

Energy Bars	6.00	7.00	42.00
Peanut Butter	4.50	3.50	15.75
Dried Fruit	3.50	3.50	12.25
Nuts	3.50	5.50	19.25
Hummus	1.50	3.25	4.88
Tuna	2.50	2.50	6.25
Jelly	1.50	4.20	6.30
Beef Jerky	2.00	7.00	14.00
Chocolate	1.00	2.50	2.50
Cheese	18.00	2.99	53.82
Dinner	32.00		
Tortillas	3.50	1.85	6.48
Pasta	7.50	2.25	16.88
Rice	6.50	1.50	9.75
Couscous	6.50	4.55	29.58
Dehydrated Beans	4.00	3.98	15.92
Falafel	4.00	3.65	14.60
Miscellaneous	12.00		
Powdered Milk	3.00	5.25	15.75
Cocoa	2.00	3.75	7.50
Tea	0.50	10.00	5.00
Brown Sugar	5.00	1.50	7.50
Honey	1.50	6.00	9.00
Total	120.00		386.02

F. Equipment List

Individual Gear

- base layer top and bottom x2
- fleece pants
- fleece jacket
- pull over top
- warm jacket (down/synthetic)
- rain shell top and bottom
- light gloves
- hat
- liners
- 2 thick wool socks
- 2 thinner wool socks
- heavy boots

camp shoes (crocs/chacos)
gaiters
backpack 80L
thermarest
sleeping bag (0 degree F)
toiletries: toothbrush tooth paste hand sanitizer
2 nalgenes
sun glasses
chapstick
sunscreen
bug spray
no need for headlamps!
mess kit (bowl + spork + cup)
contractor bags for lining sleeping bag and pack

Group Gear

4 person 4 season tent
trowel (named NED, needed everyday)
2 whisper lights
stove repair kit
10 30 fl. oz. fuel cans
8 bear cans
1 big pot
1 pan
pot grips
ladle
spatula
cup
knives
medkit
 blister repair (see III. F)
bear spray x 2
iridium satellite phone
maps with water proof packaging
water purification
 pump
 iodine
lighters/matches
flagging material
compass
tarp
duct tape
sewing kit
tent repair supplies
dish soap

hand soap
scrubbies

G. First Aid Kit Contents

General Supplies	Quantity
Nitrile Gloves	3
12 cc irrigation syringe	1
Trauma shears	1
Tweezers	1
Biohazard bag	2
Pencil	1
SOAP notes	5
Medical History Information	(all members)
Face Shield	3
Thermometer	1
Safety Pins	2
WFR Book	1
Ziplock bag	1

Drugs	Quantity
Ibuprofen	50 pills
Diphenhydramine	30 pills
Pepto Bismol	30 pills
Acetaminophen	30 pills
Tincture of Benzoin	5 ampules
Iodine ointment	1 tube
Triple antibiotic ointment	1 tube
Antiseptic towelettes	25

Wound Management + Bandaging	Quantity
Wet Prep Soap Sponges	4
3" conforming gauze roll	2
3 x 3 sterile gauze pads	5
2 x 3 non-adherent dressings	3
3 x 4 non-adherent dressings	2
Transparent dressing	2
Closure strips	6
Elastic bandage	1
Triangular bandage	1
2 nd Skin pads	4
2 x 3 adhesive patches	2
Band aids	20
Butterfly bandages	10
Sterile Cotton Tipped Applicator	2
Pressure Wrap	1

Foot Repair	Quantity
Elastic bandage	(see wound management)
1" Athletic tape roll	3
½" Athletic tape roll	1
Moleskin	3 (2" x 3")
Molefoam	2 (2" x 3")
Adhesive knit	2 (2" x 3")
2 nd Skin	(see wound management)

H. Leave No Trace

All expedition members are familiar with LNT principles.

In order to best follow LNT principles, our group will prepare and plan well before arriving in Lake Clark. We will repack supplies in order to bring the least amount of unneeded materials into the backcountry. This creates less waste. We will also pack out what we bring. Solid human waste will be dropped in 6 to 8 inch catholes at least 200 feet from campsite and water. Catholes will be covered as if they were not there.

We will stick to durable surfaces. We will do our best to stay on trail and single file in all situations, and set up tents at least 200 feet from lakes and streams where vegetation is at a minimum.

Throughout our expedition we will come across amazing and fascinating objects in the park. We will look and enjoy them with our eyes. All objects found in the park remain in the park in the same condition they were found in. This is the same for subarctic wildlife. We will respect them from a distance.

I. Cultural Considerations For a couple of days we will be following the historic native route. Any encountered archeological items belonging to the Alaskan Natives should be respected and left alone.

IV. Risk Management Plan

A. Anticipated Hazards

There are several anticipated hazards that must be taken into account when planning an extended trip in the Alaskan backcountry. This includes weather considerations, wildlife safety issues, river crossings, altitude gain, and hygiene. All of these considerations are discussed below in detail.

Weather

Weather is extremely variable in the Lake Clark area because it is located at the convergence of two different climate zones: that of the damp coast and the drier interior. The weather is thus

highly variable and may change rapidly at any moment. Park visitors may experience warm sunshine, torrential rainstorms, and fierce winds, all in one day.

Wetness and Cold

Expedition members are at 'risk' of becoming wet due to river crossings (which will be discussed in further detail) and rain. Wetness in this area is a precursor to hypothermia. Dry clothes should be available at all times. Only synthetic (or woolen) clothing will be worn during the trip, because 'cotton kills' and loses its insulating properties while wet. Packs and stuff sacs will be lined with plastic contractor bags (contractor bags are so much cooler than garbage bags, no really, you can buy them at Ace Hardware for pretty cheap!!). Expedition members will also be careful to stay well fed and warm; members will monitor each other for signs of hypothermia and encourage each other to eat/exercise as appropriate.

Lightning

Rainstorms may include lightning. Standard lightning procedures will apply to this expedition. Members will spread out and assume the 'lightning position.' This entails squatting on an insulated surface such as a sleeping pad or backpack, pressing the feet together, and elevating the feet from the ground. This prevents ground currents from both reaching the body and passing through it. During lightning and thunderstorms, high areas, lone objects/trees, and shallow caves will be avoided. While we will be hiking in many barren areas, we will attempt to take cover in wooded and unexposed areas, if possible.

Wind

Lake Clark National Park & Preserve is subject at times to fierce winds due to its mountainous terrain. Windburn can be an irritating experience; the teammates may avoid this by staying well covered. More importantly, wind is a liability to gear. Campsites should be particularly well kept. All possessions should be anchored-down and bomb-proofed.

Snow

We anticipate seeing snow so early in the season. We must be careful to stay warm with enough layers. We will also be using a four-season tent with zero degree sleeping bags (preferably synthetic). A more extensive description of snow hazards is included in the 'terrain' subsection (see below).

Terrain

Snow (continued)

Early in the season, we may have to cross snowfields. While we will try to avoid them, it may be necessary to cross them at times. We will use all proper snow-crossing techniques (kicking steps into the snow, following in each other's footsteps, descending with a heel-plunge). We will also be extremely aware of our surroundings, constantly observing the potential for avalanches.

Snowfields on steep gradients will be avoided. Regardless of potential snow-danger, we have been in touch with the park service and have, with their help, intentionally designed a non-technical backpacking trip in a relatively unglaciated area.

Boulders, Talus, Scree

Backpacking in mountainous terrain may include crossing dangerous boulder, talus, and scree fields. We must therefore be constantly aware of our surroundings and ready to react to falling rock. While crossing such terrain, we should tuck in any loose clothing or straps that could result in tripping. Routes will be planned in advance; it is important to be aware of areas where falling rock is common. The group should travel close together and in switchbacks, without having any members hiking directly below others. Expedition members should alert each other by shouting 'rock' if they see any falling rocks.

River Crossing

We will be crossing rivers during this expedition; this is potentially our biggest hazard. We will analyze and scout all rivers prior to crossing. Members will detect the speed of the current, depth of the water, and keep an eye out for good crossing lines (shallow areas, useful eddies, etc.).

The team will determine an appropriate method to cross, a likely one being the 'eddy line.' This technique involves placing the largest person at the front of the line and the smallest in the back. The leader at the front may use a large stick to probe the river bed. The team will cross as a group, in concert, with the leader shouting clear commands to the rest of the team. The beauty of the eddy line is that the bigger people in the front create eddies (with reduced current) for the smaller people behind them. In an eddy line, members stabilize the person in front of him or her by firmly gripping their backpack. Members should face upstream, unclasp hip straps, and loosen shoulder straps while crossing rivers, especially if the water is higher than knee-deep.

In the case that a team member is swept away, they should abandon their backpacks and swim to shore. They must be careful to avoid strainers, sweepers, white water, big rocks, and the like.

Footcare

As this is a backpacking trip, expedition members are at a heightened risk of damaging their feet. Members should thus take care of 'hotspots' immediately. If teammates feel hotspots they should tape up their feet before they develop full-blown blisters. Preventative methods include keeping feet dry and airing them out at the end of the day. If blisters do develop, they should be treated/padded appropriately. The first aid kit will be stocked with the appropriate foot-care supplies. Lastly, everybody in the group should be perfectly capable of taking care of their own feet.

Grizzly Bears

The Lake Clark area has a relatively large grizzly bear population. Furthermore, one of the expedition members had to evacuate once from a bear attack on his campsite, so the group is

particularly concerned about ‘bear safety’ (actually in retrospect it was a really cool experience, but we’d rather not have it happen again). We will be careful to make all campsites completely bear proof. For instance, we will designate a separate kitchen area at least 100 yards downwind of our campsites. We will store all food and odorous items in bear resistant containers (BRCs) and keep the kitchen areas completely clean, devoid of crumbs, dirty dishes, and exposed food items.

There have reportedly been no attacks by grizzlies on groups of three or larger in the Alaskan bush. We will thus always travel as a group, even on pooping excursions. Members will be loud while hiking and setting up camp, periodically shouting, “hey bear” to scare off any lingering grizzlies. Furthermore, we will be careful to have bear spray easily accessible at all times.

If a bear is encountered, expedition members should group together and become collectively very large, loud, and intimidating. If the bear approaches regardless, the bear spray should be triggered *upwind* of the bear (seriously, we’ve had another bad experience with this as well). If these efforts are to no avail and the bear attacks, members should lie face down on the ground with their legs apart, hands protecting the backs of their necks.

Other Wildlife

Other potentially dangerous wildlife includes black bears and moose. While grizzly bears may inflict more bodily harm than black bears, black bears are more likely to attack and are less timid. If a black bear attempts to attack, expedition members should, once again, act as big as possible and make a lot of noise. If the black bear continues to advance, members should attempt to fight it off.

Moose are scary animals. If we are confronted by one with its ears cocked forward, we are in the clear. If we see one drop its ears down or look sidewise, it is likely unhappy and we should probably slowly back away. If we see one exhibiting both traits, we should run for our lives.

Healthcare and Hygiene

Preventative medicine is a huge component of good wilderness travel. First of all, we will be careful to stay well hydrated and fed. Dehydration and hyponatremia can not only result in obnoxious and moody teammates but be extremely dangerous as well.

We also do not want oral-fecal contamination. All expedition members *will be required to wash their hands with soap* prior to each meal. Furthermore, picking individual pieces out of the GORP bag is taboo and is punishable. We will only pour GORP into each others hands, as opposed to picking.

Lastly, we must treat our water. Giardia and cryptosporidium are present in the Lake Clark area. We will treat with iodine, water pumps, or boiling, depending on the circumstances and personal preference.

Altitude

While we are all used to altitude here in Colorado Springs, we will be backpacking at elevations higher than 5000 feet; high altitude is still a potential hazard. This, however, is unlikely because we are flying directly from Denver, and will already be acclimated to this elevation. If a team member exhibits signs and symptoms of some sort of altitude sickness, we will rest as a group and stay well hydrated, allowing for an adequate amount of time to acclimate. If the symptoms do not improve, we will descend.

Other Considerations

Another consideration includes leaving a copy of the grant to the local park rangers.

B. Evacuation Procedures

We will follow standard WFR and WMI protocols for evacuation procedures (please consult Schimelpfenig's *Wilderness Medicine: National Outdoor Leadership School*). Please note that the following procedure is subject to change, depending on the circumstances (number of patients, weather, severity, etc).

In the event of a medical emergency, with the assumption that only one team member is injured (procedural adjustments can be made accordingly) an 'Evacuation Coordinator' will be designated to oversee and plan the entire evacuation procedure. Once the scene has been surveyed, a medical first responder will be assigned to stabilize and monitor the patient, and a third "runner" person will be made available to meet the specific logistical and physical needs of the coordinator and medic.

The runner should attempt to contact the emergency numbers with the satellite phone (see subsection IV D). The runner should have the team's exact location on the map at hand along with an updated report of the patient's medical history and vital signs. He or she may attempt to climb to higher areas to receive better phone reception.

If contact cannot be made with any of the emergency numbers, the Evacuation Coordinator will assess the situation and plan accordingly. For instance, if the patient has a spinal injury and cannot be easily or safely transported by the team, the runner may be required to wait for daylight and hike solo to a ranger station (either the Twin Lake or the Telaquana Ranger Stations). If the team can safely move the patient, it may make more sense to move as a group, due to this trip's highly remote nature and the time sensitivity of the situation. The coordinator will assess risks and potential hazards, such as the group's ability and energy levels, the patient's medical situation (life-or-limb, spinal injuries, injury usability, etc), the weather, the difficulty of the terrain, resource availability, and the like. The evacuation procedure is also dependent on the group's whereabouts. For example, if the team is relatively close to the Twin Lake or Telaquana Ranger Stations, it may make more sense to dispatch a solo runner because the runner is at a lower risk of injury or getting lost.

Lastly, the coordinator will be conscious of the overall needs of the group and not just the patient. It is important not to create new patients. Runners will be provided with adequate

medical supplies, food, and clothing if they must hike/run solo. All expedition members will be well-fed, warm, and taken care of by either the runner or coordinator.

C. Medical Histories

There are no pertinent medical histories that warrant special preparedness during evacuations in this expedition. Please consult the attached medical forms (Section VI) for confirmation.

D. Emergency Resources

A satellite phone will be rented for this expedition.

Primary contact: the Alaska Rescue Coordination Center Has the fastest and best-trained first responders. Responders are all trained paramedics; the ARCC also has helicopters for a rapid evacuation. **(800) 420 7230**

Secondary contact: the Lake Clark National Park & Preserve Field Office Is staffed with trained park rangers, many of whom are W-EMTs. The office is also outfitted with several planes and medical equipment to aid in an evacuation/search and rescue effort. **(907) 781 2218**

Tertiary contact: the Alaska State Troopers May also help with evacuations. **(907) 751 1871**

Medical Facilities The nearest one is the Nilavena Clinic, however it is too small to deal with traumatic injuries. The ARCC evacuates all patients to hospitals in Anchorage.

EXPEDITION MEMBERS WILL CALL THE ARCC FIRST IN AN EMERGENCY SITUATION

V. Itemized Budget

A. Budget Breakdown

Transportation	Description	Price
To AK	Roundtrip tickets from Denver to Anchorage (Alaskan Airlines 675 and 101 to Anchorage and Alaskan Airlines 675 to Denver); \$450 per person; \$1800 total	\$1800.00
To Homer	Roundtrip tickets from Anchorage to Homer on Grant Air, \$229 per person; \$916 total	\$916.00
Drop-off	Group and gear drop-off at Lachbuna Lake; \$600 per hour through John Berryman's Beluga Lake Float Plane Service; 3 hours of flying time required, \$1800 total	\$1800.00
Pick-up	Group and gear pick-up at Telaquana Ranger Station; \$600 per hour through Beluga Lake Float Plane Service; 3 hours of flying time required, \$1800 total	\$1800.00
	Total transportation costs	\$6,316.00

Food and Fuel	Description	Price
Travel food	We will fast, or spend our own money. McDonalds.	\$0.00
Expedition food	See section III. E	\$386.02
Fuel	1/6 quart of fuel per person per day; 2/3 quart of fuel per day total; 10 quarts of fuel for entire trip = 2.5 gallons white gas; 1 gallon of white gas in Homer is \$15.00 at Redden Marine Supply; \$38.00 total	\$38.00
	Total food costs	\$424.02
Map	Description	Price
Park map	Trails Illustrated Lake Clark National Park and Preserve	\$15.00
	Total map costs	\$15.00
Communication	Description	Price
Sat phone	Satellite phone rental = \$130 for two weeks	\$130.00
	Total communication rental costs	
Permits/Fees	Description	Price
Park permit	Free	\$0.00
	Total permits/fees costs	\$0.00
Gear Rental	Description	Price
Tent	4 season, 4 person REI brand rental from REI Denver; \$20 for first night and additional \$4 for every day after	\$92.00
Bear containers	Free; provided by the park	\$0.00
	Total gear rental costs	\$92.00
SUBTOTAL:		\$6,977.02

B. Efforts to minimize expenses

- (1) We selected Grant Air as one of our airline carriers because it offers discounts to students with good grade point averages.
- (2) We will not be paying for lodging during our stay in Homer. We are cutting back costs by staying at the Olsens' free of charge.
- (3) We have selected a park that does not charge for park passes and that rents out bear canisters for free.
- (4) We have cut out our plans to re-supply during the trip because the transportation costs are too expensive. We will be carrying quite a bit of weight for the first week.

VI. Forms and Individual Applications

The RKMF Expedition agreement, individual questionnaires, and risk & release forms are included in this section. We thank you, Ritt Kellogg Fund Advisory Committee, for considering our application.

Sincerely,

Alex Gould, Lindsay Chan, Max Stein, and Nikhil Ranadive

Works Cited

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