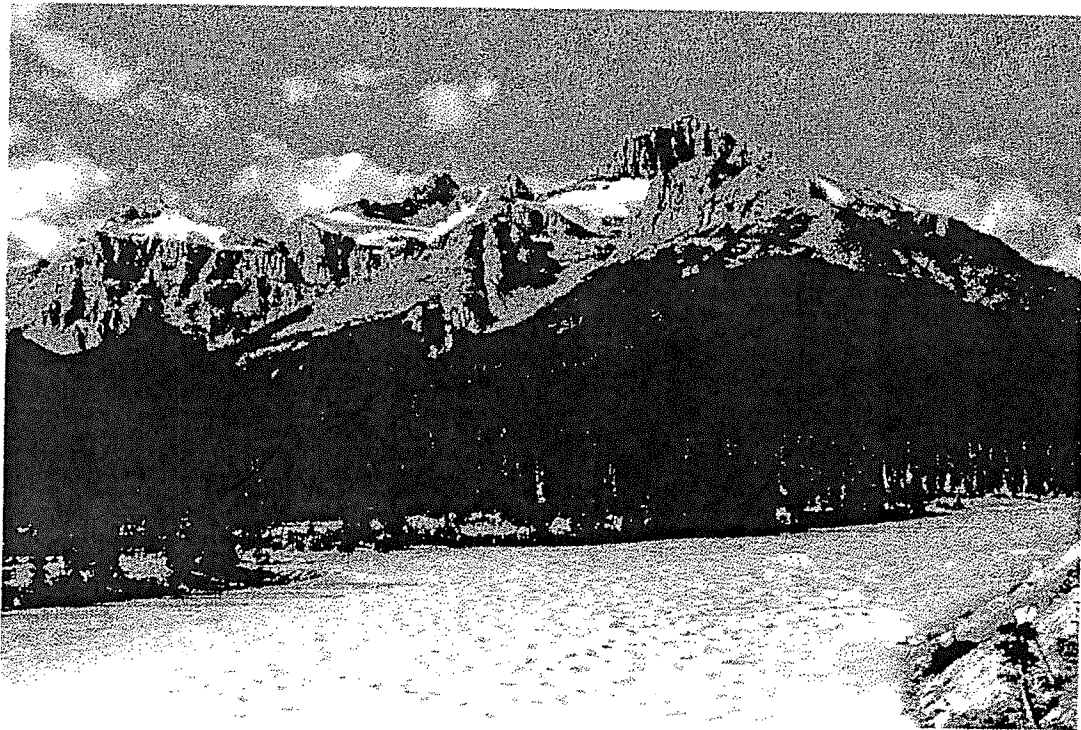


Yes.
2/6/82

**BANFF NATIONAL PARK
BRINGING THE FUNKE INTO THE
WOODS
RITT KELLOGG MEMORIAL FUND
PROPOSAL, 2007**

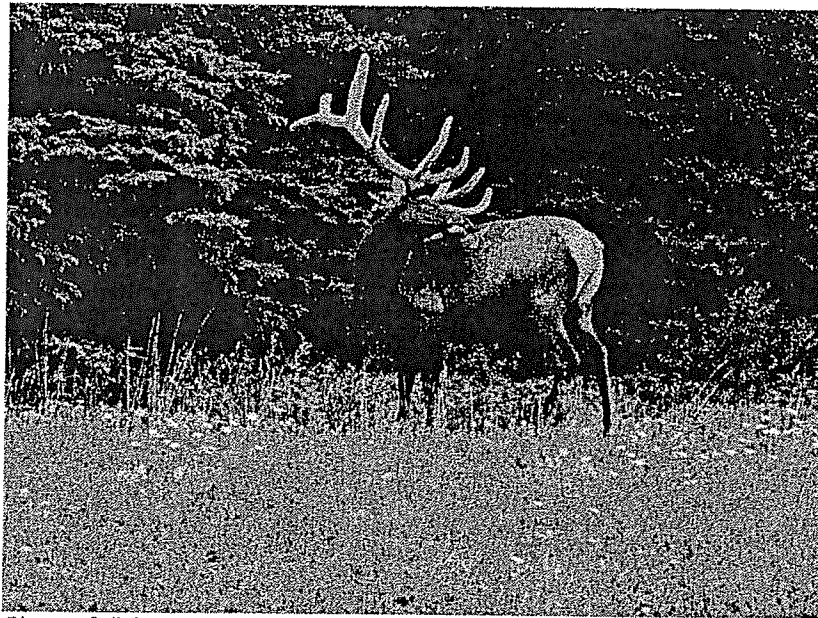


SHOCKEY FUNKE, NANCY CALHOUN, CHRIS
LATHROP AND MOLLY LONG
AUGUST 15TH TO SEPTEMBER 21ST, 2007

Bringing the Funke into the Woods
Banff National Park, British Columbia and Alberta, Canada
Shockey Funke, Nancy Calhoun, Chris Lathrop and Nancy Calhoun
August and September, 2007

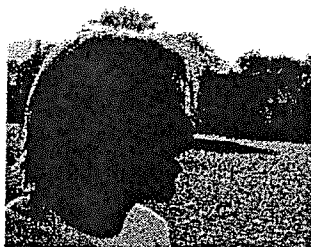
Being one of the oldest parks ever created (est. 1883), Banff is one of the most well-preserved and beautiful wilderness areas in North America. The Canadian Rockies are a long range of extreme relief mountains, with winding river valleys and prolific wildlife. With a wide variety of terrain, we hope to explore the far reaches of the park and immerse ourselves in the wild beauty that is Banff. By traveling on foot, over long distances, for a long period of time, the "Funke-masters" expect to gain an in-depth exposure and relationship to these exquisite mountain ranges and terrain. As our four wonderful years at CC come to an end, we aspire to create one last great experience as the first step in the transition to the outside world. Thus our group found it vital to go somewhere new and challenging to each of us. In the fall of next year, we hope to take advantage of our new freedom and spend an extensive amount of time in the backcountry. Our aim is to find a balance between physical challenges and gaining greater respect and understanding for wilderness and each other. Backpacking is dear to us and is a wonderful way to find this balance.

Practicing self-sufficiency, safe and respectful travel techniques, and proper expedition behavior create an atmosphere in which personal growth flourishes. We plan to bring the Funke to the backcountry by having a safe, fun and rewarding experience in Banff National Park. Thank you all for your time and consideration. Thank you also to the Ritt Kellogg Memorial Fund and Kellogg family, for the amazing opportunities it continues to endow to Colorado College students.



Picture of elk in Bow Valley and previous picture of Saskatchewan Crossing By Gary Herbert

Shockey Funke



Born and raised in Winnetka, IL (north suburb of Chicago) I have never taken the outdoors for granted. For me it was always special when my Dad took me to go camping in the North Woods of Wisconsin. Since then I have come to love the outdoors and I am always trying to spend time there, though it is frequently a struggle for me to get there. The following are examples of the types of trips I have done, and the experience I have gained from them.

Educational Endeavors:

The Colorado College: English Lit. Major and Japanese Minor

Outdoor Endeavors:

Mountaineering:

Spider, 12,692 ft Class 4 2002; **Shavano** 14,236 ft 2003; **Lindsey**, 14,025 ft Class 3, 2004; **Langley** 14,022 ft SE coolar Class 3, 2005; **Whitney**, 14,495 ft Class 2, 2005; **Muir**, 14,012 ft East facing Class 4 route, 2005.

Wilderness Travel:

Apalation Trail—5 days, 2000; **Utah Mountain Bike Tour**—24 days, 2001, Colorado **Outward Bound School**—23 Days of mountaineering in the Gore Range of Colorado. 3 Resupplies. 2002; **Prairie Portage Boundary Waters Area**—7 days, 2002, 2003; Inyo **National Forest / Kings Canyon National Park**—Various 3-5 day trips as an interning Forest Ranger, 2005.

Outdoor Leadership:

Though I wouldn't classify my Forest Service Internship so much as leadership I was daily responsible for educating the public on safe travel and Leave No Trace camping. I was also responsible for walking trails and ensuring the safety of those using them.

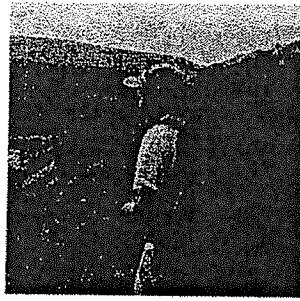
Medical Training:

WFR—Registered for a course beginning January 8th 2007 with Wilderness Mountain Outfitters.

CPR – Will be Completed during the WFR course

My heart condition is a minor one. I have a heart mummer in my left pulmonary valve. It is something that has been closely monitored throughout my life and it has never once given me a problem or restricted me from doing anything. Growing up I played hockey for 10 years and I played 4 years of varsity tennis in high school. In college I play Ultimate Frisbee 2 hours a day, 3 days a week. I am very active and I like to ski and generally play in the mountains. In High school I applied for and received a 1st class medical certificate, required for commercial pilots, in order to take flying lessons. If you have any questions about my condition please contact me and will be able to give extensive medical record if you wish. Thank you.

Nancy Calhoun



Current Address:



From children's natural science camp, to high school and now college outdoor clubs, being outside is where I am most stimulated. The backwoods and coast of North Carolina, and now the high peaks and valleys of Colorado, have given me deep respect and appreciation for the outdoors. Skiing, hiking, camping, biking and mountaineering keep me outside for as much of the year as I can. Last year, my expedition mates and I received a Ritt Kellogg Grant to do the West Buttress of Denali, with Breasts on the West Buttress. It was an amazing experience and I hope to augment and further my wilderness skills and love for the outdoors with an entirely different trip with "The Funke-masters" in the Banff National Park and surrounding wilderness. Also, the geology (I'm a geo major) of the Canadian Rockies is more than spectacular- I got to do a big project on the park's most recent glaciation and current glacier situation this year. Part of our route we visualized and planned using stereoscopic views of the aerial photos of the park (it makes the photos look 3-D)!

Educational Endeavors

The Colorado College: Senior Geology major, graduating May, 2007

Outdoor Endeavors:

Mountaineering:

Denali (20,320 ft.)- Alaska, (24 days, 2006)*; minor routes in the Sawatch Range, UT (2005/6)

*Heavy winds and poor visibility forced a turnaround at 19,400 ft.

Backcountry Travel:

Outdoor Recreation Committee (ORC) FOOT Trip Leader: San Juan National Forest, 2006*; Twin Lakes, near Silverton, 2004.

New Student Orientation Leader: Lizardhead Wilderness, trail maintenance, 2006.

Personal Trips:

Wahsatch Range, UT winter camping and backcountry skiing (3 days, 2006); **Kepler Track**, New Zealand, 2005; **Matukituki River Valley**, New Zealand (4 days, 2005); **Big Sur**, CA (4 days, 2005); **Joshua Tree**, CA (3 days, 2005); **Bandelier National Monument** (4 days, 2004); **Mt Antero**, CO- 14,220ft (3 days, 2003); **Pikes Peak**, CO- 14,420ft (2005);

National Outdoor Leadership School Course Northern Talkeetna Range, Alaska (28 days, 2002);

ORC Leadership Training 2003/4

Avalanche 1 Course 2003

Wilderness Medical Training:

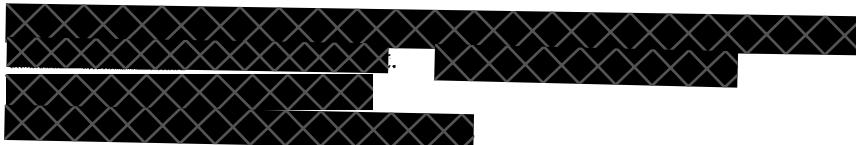
WFR Recertification, Jan. 2006

WFR Course, Jan. 2004

CPR Renewed Jan. 2006

About a week ago I got my wallet stolen and I have called WMI to have them send me new certification cards, and they should be here soon.

Christopher Lathrop



Colorado and its outdoors have always been home to me. With skiing in the winters and hiking/backpacking in the summers, I have always found happiness from the mountains. From my first horse pack camping trip when I was twelve to my most recent adventures of leading campers into the depth of Rocky Mountain National Park, I have enjoyed backpacking throughout my formative years. Now as I prepare to leave my four fast moving wonderful years at CC, I aspire to do an extensive backpacking trip in one of the most beautiful parts of North America.

Educational Endeavors:

Colorado College: Philosophy major and History minor

Outdoor Endeavors:

Peaks:

Mt Shavano: Aug 2003, 14,229ft, From Lake Shavano, Class 2 - **Mt Snowmass:** Sept 2003, 14,092ft, East Slope, Class 3 - **Mt Lindsey:** Sept 2003, 14,042ft, North Face, Class 2-3 - **Mt Massive:** Aug 2004, 14,421ft, East Slopes, Class 2 - **Longs Peak:** Aug 2006, 14,255ft, Keyhole Route, Class 3 - **Mt Meeker:** July 2006, 13, Longs Peak Trail Head

Trips:

Southern Sawatch Mountain Range: Colorado, 2003, 5 Days - **Maroon Bells-Snow Mass Wilderness:** Colorado, 2003, 4 Days - **San Rafael Swell Canyons:** Utah, 2004, 4 Days - **Northern Sawatch Mountain Range:** Colorado, 2004, 4 Days - **Sangre de Cristo:** Colorado, 2004, 4 Days - **Bandelier Wilderness Area:** New Mexico, 2004, 4 Days - **San Pedro Parks Wilderness Area:** New Mexico, 2004, 4 Days - **Rocky Mountain National Park:** Colorado, 2006, 6 Days

Medical Capabilities:

Wilderness First Responder: WMA, January 2006, expires 1/19/2009

Basic Life Support Skills: Adult CPR from WMA, expires 1/18/2009

Leadership:

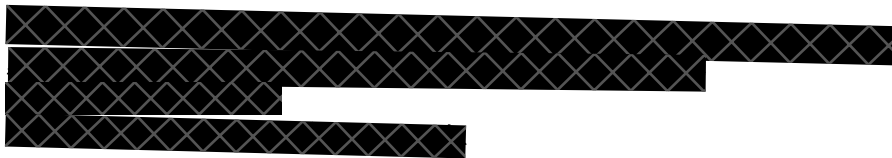
ORC Leadership Training: 2003-2004; After completing the training my freshman year, I have led New Student Orientation and Foot trips.

Avalanche Level 1 Training: 2004

Foot Trip Gear: In 2004, I organized the gear for all 24 of the foot trips.

Hiking Counselor: I worked two summers (2005, 2006) for Cheley Colorado Camps in Estes Park, leading 12-14 yr old campers into Rocky Mountain National Park.

Molly Long



I love being outside. Whether it be to think, play, exercise, or just enjoy life, for me outside, in wilderness, is where I most want to be. Growing up in the great North West, through trips with my family, I have always been allured by the wonder of the mountains, the ocean and the vast forests. Having the wonderful opportunity to come to CC I have been able to embark on my own journey gaining more experience and growing more enamored by the outdoors. Embarking on an expedition with the help of the Ritt Kellogg Fund, I can further my skills, experience, and gain more independence in my lifelong relationship with outdoor adventure. The skills I have will enable me to participate in this expedition and the trip hopefully give me new tools to pursue other wilderness expeditions.

Educational Endeavors:

Colorado College: Senior Psychology major

Outdoor Endeavors:

Mountain Summits:

Pikes Peak (14,110) - twice in 2005; **Mount Princeton** (14,197) - 2006; **Mt. Democrat** (14,148) - 2004; **Mt. Lincoln** (14,286) - 2004; **Kit Carson** (14,165) - 2005; **Mt. of the Holy Cross** (14,005) - 2003; **Mt. Mgoun** at 4068m is the highest peak in this part of the High Atlas - 2000.

Guided Wilderness Expeditions and Education:

1998 - 2 week trek traversing the Alps through Italy, Switzerland, and France; 1999 - 2 week Outward Bound course, specializing in canoe skill on Lake Ross, WA and mountaineering throughout North Cascade Mountains, WA; 2000 - 2 week trek

traversing High Atlas Mountains of Morocco, summiting Mt. Mgoun; 2001 - 2 week trek through high desert Mustang Region of Nepal; 2003 - 1 week trek on Inca trail, Peru and 1 week canoeing in Amazon Jungle, Peru; 2005 - 12 day trek in Sikkim Region of the Himalayas in India

Shorter Trips:

2003 - Sangre de Cristo Wilderness Area, CO 4 day peak traverse; 2003 - Holy Cross Wilderness Area, CO - 4 day backcountry hiking; 2003 - Mt. Hood Wilderness Area and Trillium Lake, OR - 1 week backpacking; 2004 - OR Cascades along PCT - 1 week backpacking; 2005 - Canyonlands, UT - 4 day backcountry hiking in Needles Region; 2005 - Bandelier Wilderness Area, NM - 4 day backpacking trip; 2005 - Yellowstone National Park - 1 Week backpacking trip; 2005 - Colorado National Monument - 1 week hiking 2005 - Enchantment Wilderness Area, WA Cascades - 4 day mountain traverse, backcountry; 2006 - Kit Carson Wilderness Area, NM - 4 days backcountry; 2006 - Moab, UT - 4 day bike trip along White Rim Trail

Wilderness Education and Medical Training:

1999 Outward Bound, North Cascades, WA - Canoeing and Mountaineering
2004 Emergency Medical Technical Certification - Through Pikes Peak and Colorado College
2005 Wilderness First Responder Certification, half block course through WMI and Colorado College
(2007) scheduled WFR recertification course at Naropa University, Boulder, CO on March 30- April 1.

Wilderness Leadership:

2003 Camp Adams Outdoor School, OR - Botany Instructor and supervised cabin of 12 campers
2004/2005 Summer co-leading 10-12 middle schoolers on 4 day backpacking and canoe trips in Olympic National Forest and the Puget Sound through YMCA Camp Seymour, organizing, guiding, and instructing campers on wilderness leave no trace guidelines, canoeing skills, map use
- Worked as the "Wilderness Survival Skills" leadership staff member for residential campers - teaching compass use, map use, fire making, tent care, animal and plant tracking, solo survival skills
- climbing wall instructor

Itinerary

Trip: 38 Days total from Aug 15th – Sept 21st

We had three main goals in mind when we put together this itinerary: first we wanted to avoid running into people; second we wanted to trek through different types of terrain; and third we wanted to physically challenge ourselves while at the same time taking the time to enjoy the beauty of Banff. With limited locations for resupply we decided to break our trip down into four stages, and each stage has a different goal or plan behind it.

Pretrip: Aug 15th – Aug 17th Getting There

Day 1-2: Chris drives from Denver to Calgary to pick up Nancy, Shockey, and Molly

Day 3: Drive from Calgary to Saskatchewan Crossing
Camp: At Saskatchewan Crossing Campground

Stage 1: Long distances on flat trails Aug 18th – Aug 23rd – Although we cover a lot of ground in this stage, we are doing a lot of flat valley hiking and will be able to move quickly each day..

Day 4: Saskatchewan Crossing to Spreading Creek, hike along North Saskatchewan River

Distance: 12 miles, E

Camp off the trail, still in the river valley

-no hazards, bridge crossing

Day 5: Spreading Creek to Siffleur Falls trail head

Distance: 9 miles, S

Camp: 3 km up trail from the trailhead

Day 6: Follow Siffleur River trail into Siffleur Wilderness Area

Distance: 11 miles, S

Camp: near confluence of Escarpment and Siffleur River

Day 7: Continue up Siffleur River trail

Distance: 11 miles, S

Camp: Proximal to Isabella Lake

Day 8: Quasi-Rest Day: Hike on Dolomite trail from Isabella Lake toward Dolomite Pass

Distance: 4 miles, S

Camp: Near unnamed creek bed, below Dolomite Pass and below tree-line

Day 9: Dolomite Pass to Bow Lake

Distance: 12 miles, S (460 meters elevation gain)

Camp: Bow Lake Campground

Emergency Route: The fastest way out for this stage is to cut off trail South West to Highway 93.

Stage 2: The Hard Stage, Mountains and Passes Aug 24th – Sept 3rd – This is our hardest and most physically challenging stage, and one where we will hike off trail and cross

- tough but feasible passes. This is also our chance to get away from people for several days, and explore terrain that has been less traveled.
- Day 10:** Resupply and Bow Lake to Mosquito Creek Trail Head along Hwy 93
 Distance: 7 miles, S
 Camp: 3 miles out of Mosquito Creek Trail Head
- Day 11:** Mosquito Creek Trail to Fish Lakes CG
 Distance: 10 miles, N (600 meters elevation gain)
 Camp: Fish Lakes Camp Ground
- Day 12:** Rest Day
- Day 13:** Fish Lakes Campground over Pipestone and Clearwater Passes to Clearwater River (below treeline)
 Distance: 12 miles, NW (500 Meters elevation gain)
 Camp: Along Clearwater River
- Day 14:** Clearwater River to Clear water Lake
 Distance: 7 miles, SE, down hill!
 Camp: Clearwater Lake
- Day 15:** Clearwater Lake to Roaring Creek, off trail
 Distance: 8 miles, SE
 Camp: In drainage along Roaring Creek
- Day 16:** Roaring Creek over Cataract Peak saddle into McConnell Creek
 Distance: 8 miles, SE
 Camp: McConnell Creek
- Day 17:** Hike Along McConnell creek, off trail
 Distance: 3.5 Miles, E
 Camp: Along Creek
- Day 18:** McConnell Creek downslope to juncture of McConnell Creek and Red Deer River Trail, off trail.
 Distance: 3.5 Miles, E
 Camp: Juncture of McConnell Creek and Red Deer River trail.
- Day 19:** Red Deer River Trail (McConnell Creek Jct) to Shingle Flats. (Back on Trail)
 Distance: 8 Miles, SW
 Camp: Shingle Flats
- Day 20:** Single Flats along Red Deer River Trail to Skoki Mountain
 Distance: 6 Miles, SW
 Camp: Skoki
- Emergency Route:** The fastest way out for this stage is to cut off trail South West to Highway 93.
- Stage 3:** The Mellow Stage: Back down valleys Sept 4th – Sept 12th – After extremely challenging hiking, we decided to take an easier route in order to travel farther south into Banff. We look forward to leisurely hiking and beautiful scenery.
- Day 21:** Day at Skoki and Resupply
 Camp: Skoki Mtn.
- Day 22:** : From Skoki Mtn. Along Baker Creek Trail to Wildflower Camp.
 Distance: 9 miles, S
 Camp: Wildflower Camp.

- Day 23:** From Wildflower Camp along Wildflower Creek Trail over Pulsatilla Pass to Pulsatilla + Badger Pass Jct.
Distance: 8 Miles, SE (500 M elevation gain)
Camp: Pulsatilla + Badger Pass Jct.
- Day 24:** Go down Johnson Creek Trail to Luellen
Distance: 4 Miles, SE
Camp: Luellen Lake
- Day 25:** From Luellen Lake to Junction of Johnson Creek Trail and Mystic Pass Trail
Distance: 6 Miles, SE
Camp: Junct. Of Johnson Creek Trail and Mystic Pass Trail
- Day 26:** Over Mystic Pass to Mystic Lake
Distance: 6 Miles, E (600 M elevation gain)
Camp: Mystic Lake
- Day 27:** Rest Day at Mystic Lake
- Day 28:** Mystic Lake to Forty Mile Creek Trail
Distance: 6 Miles, SE
Camp: Junct. With Forty Mile Creek Trail
- Day 29:** Down Mystic Creek Trail into the Town of Banff and Resupply
Distance: 6 Miles, SE
Camp: Banff Campground
- Emergency Route:** The fastest way out for this stage is to cut off trail South West to Highway 93.

Stage 4: Ridge Walks Sept 4th – Sept 12th – After much time spent in valleys, this stage is our chance to get on top of a range and do some ridge walks. The mountains in this part of the park are much more attainable, and we look forward to getting on them.

- Day 30:** From Banff take Spray Canyon Trail to Junct. of Goat Creek and Spray Creek
Distance: 6 Miles, S
Camp: Junct. of Goat Creek and Spray Creek
- Day 31:** Up Spray River
Distance: 3 Miles, SW
Camp: At base of Sundance Range
- Day 32:** Up unto ridge and along Sundance range
Distance: 6 Miles, S (500 M elevation gain)
Camp: Protected Saddle and unnamed lake along range
- Day 33:** Along Sundance range and down Turbulent Creek to Base Mt. Fortune
Distance: 7 Miles, SE
Camp: Base of Mt. Fortune at Spray Lake
- Day 34:** Spray Lake Reservoir Trail to Route 742 then take Canmore line Railroad to Banff
Distance: 7 Miles, NE + Train Ride
Camp in Banff
- Day 35:** Bus from Banff to Saskatchewan Crossing to Banff
- Emergency Route:** The fastest way out from this stage is to either hike back to Banff or cut east to Highway 792.

Post Trip: Sept 19th – Sept 21st Getting Home
Day 36-38: Drive Back to Colorado Springs

Safety

When planning any backcountry trip safety is always a number one concern. Not only do I have an aversion to intense physical pain or the thought of losing a limb, but an injury or death would really put a damper on the whole trip. The best way to prevent someone from getting seriously hurt is good planning and to have good information.

(emergency routes)

One safety concern is always the weather. Our trip shouldn't be too extreme in the weather we encounter, but it will get cold, especially towards the end of our trip. We will be well prepared for this with 0 degree sleeping bags, hats, long johns to wear under and various other warm clothing to wear on top. We will also be prepared for precipitation in whatever form it may come. We have all dealt with lightning storms before and will use a combination of training and good common sense, interesting how these often overlap, to avoid being caught in a dangerous situation. Furthermore we all will have had WFR and we feel confident that we can diagnose a situation and act accordingly whatever that situation may be.

One of our primary safety concerns that is unique to Banff will be Grizzly bears. We not only want to protect ourselves from the bears but protect the bears from us. The Parks Canada website, among other, offers good information about Grizzly safety. It is their guideline that we will be primarily following as bear behavior can differ from area to area. We are taking our travel season into consideration in the following safety procedures. Also before we depart for the backcountry we will be able to check on recent bear activity so that we are further informed. Following is a detailed description of the precautions we will take and how we will react any of these precautions fail.

The most common form of bear attack occurs when the bear is surprised and feels that you threaten itself, its young, or its food. The best way to avoid an attack is similar to the best way to avoid having a child. Don't have an encounter at all! To do this our group plans to travel loudly with bear bells. When we near an area with dense vegetation or see fresh bear sign we will take precautions to make extra noise by clapping and/or talking. We could sing a ditty as well but I think our group needs more practice at this point. We will always travel in groups including to the bathroom, though I'm sure we'll be making plenty of noise once there.

In the case of an encounter it is important to remain calm. Get the bear spray ready and talk to the bear like he's an old friend who you still owe some money. If the bear lays back its ears, begins to woof, rears up, or even charges you remain calm and don't run. These are defense mechanisms and a bear will often try to bluff its way out of a situation by charging and then turn away at the last minute. Running will trigger an automatic pursuit instinct and the bear will chase and most likely catch you. Back away slowly and try to form a large group, there is safety in numbers. Don't drop your pack because it will provide protection if you are attacked. Even though you may be scared with fear you need to think about the bear's fear. Leave the bear a way to get out of the situation.

In the case the bear makes physical contact with you keep in mind there are two types of attack. One: the bear attacks because it sees you as a threat, it is protecting its food source or its young. If it charges use the bear mace, if it makes contact play dead. Supplicate immediately. Spread your legs and cross your hands over neck using your arms and hands to protect your face and neck. Lay still. If your pack is on it will help protect your back and your spread eagled legs will make it harder for the bear to flip you and expose your stomach. These attacks rarely last longer than two minutes. If the attack lasts longer than this then it could mean the bear has switched to predatory attack. At this point you must fight back or escape. Grizzlies actually can't climb trees, so if there is a good climbing tree nearby make use of it. Be sure to get high enough because the bear is still 13ft tall and has a sizable reach. If you can't escape don't play dead but fight back, hit it with anything you can find. Make yourself difficult prey, the bear is looking for an easy source of fat and nutrition, it doesn't want to have to work for it.

Other wildlife can also be dangerous. Elk mating season begins in September and males become very aggressive during this time. Obviously the best way not to get hurt by these guys is to not encounter them. Our precautions with Grizzlies should help us with this.

We don't expect to have any problems with cougars, wolves or mountain lions, but if for some reason we do encounter one the best course of action is to appear big and scary to them like Batman. We will hold out our arms and say scary things.

If an injury does occur there are numerous places that we can hike out for help. For the first three stages of the trip we can cut South West over to Highway 93, and for the last stage of the trip we can either hike back to Banff or cut East to Highway 742. The phone number for the Mineral Springs Hospital in Banff is (403) 762 2222. The number with which we can contact the Banff National Park for an emergency is (403) 762 1550.

Impact Concerns

Of course we will all be practicing Leave No Trace during this trip, and we are very familiar and experienced with standard leave no trace procedure. We have all been thoroughly trained in LNT either through the ORC or summer jobs. Because of the Grizzly bears however special precautions are needed when setting up camp. First of we will need to make further from water than normal and in addition our tents need to be about 100 meters away from our kitchen and food storage location. If possible we will also take wind direction into consideration. We will stay on trail when a trail is present and we attempt to stay on rock when hiking off trail. Take only footprints leave only pictures. We will adhere by the following criteria:

- Plan Ahead and Prepare
- Dispose of waste properly
- Minimize campfire impacts
- Respect Wildlife
- Be Considerate to Visitors
- Leave what you find
- Travel and Camp on durable surfaces

Gear List

Personal Gear:

Pack (5,500+)
Sleeping Pad
Sleeping Bag – 10° or less
Shirts (2-3) Poly Pro
Shorts (2) Quick Dry
Pants (1-2) Quick dry and/or fleece
Rain Jacket
Rain Pants
Warm Fleece (1-2)
Sandals (Camp Shoes)
Hiking Boots
Socks (3-4)
Hat (2) Warm and for sun
Gloves
Sunglasses
Head Lamp
Knife Tool
Nalgene (2)

Group Gear:

Compass (2)
Four Person Tent
Space Blanket
Stove Dragon Fly
Fuel Canisters (3)
Pots (2) with frying pan lid
Dr. Bronners soap
Plastic Garbage bags
Bear Bags (3)
Bear Mace (2)
P-Cord (50ft)
Iodine Tablets (5 bottles)
Water Pump
Maps

Medical Supplies:

Reference Materials and Soap Notes:

WMI or WMA field handbook and
Notebook and a Pencil

Wound Care and Minor Maintenance Care Kit:

Rubber Gloves (4 pairs)
Irrigation Syringe
Antibiotic Ointment (Neosporin) (1
Tube)
Band-Aids (varied pack with multiple
sizes at least five each)
Sterile Roll of Gauze (3 rolls)
Athletic Tape (3 rolls)
Benzoin Tincture (2)
Wound Closure Strips (12)
Opsite (3)
2nd Skin and Mole Foam (a lot)
Green Soap Sponges (2)
Ace Bandage (2)
Ankle Brace (1 for precaution)
Trauma Sheers
Tweezers
Safety Pins (4)
Slings and Splints (We will have
bandannas and trekking poles)
Lots of Duck tape
Sam Splint
Nail Clippers

Medications

Ibuprofen and acetaminophen (40
500mg Tablets of Each)
Benadryl (15 Tablets)
Amodium (7 Tablets)
Epi-Pen (2)
Pepto Bismol (2 Packs)
Cough and Cold Medicine (10 of Each)
Cortisone (1 tube)
Deet (Bug Spray)
Sun Screen (30+ spf)

Food Rations

2.25lbs/person/day x 4 people x 33 days =

TOTAL= about 297 lbs = 74 lbs/person

Breakfast = 48 lbs

Pancakes = 4 lbs

Grits = 4 lbs

oatmeal = 10 lbs

dehydrated hash browns = 5 lbs

granola = 8 lbs

dried fruit = 7 lbs

bagels and breads = 8 lbs = \$10

Dinner = 54 lbs

Pasta = 12 lbs

Rice = 12 lbs

Dehydrated refried beans = 5 lbs

Macaroni and Cheese = 10 lbs

Couscous = 4 lbs

Potato Pearls = 5 lbs

Tortillas (12/1\$)

Dehydrated Veggies = 7 lbs

Cheese = 39lbs

Cream Cheese = 7 lbs = \$20

Blocks of Cheese = 19 lbs (donated)

Parmesan cheese = 1 lbs

Trail Food = 62 lbs

Nuts = 9 lbs

peanut butter = 10 lbs

Raisins = 9 lbs

chocolate chips = 8 lbs

hummus = 5 lbs

pita = 7 lbs

tuna = 8 lbs

dried fruit = 6 lbs

Flour and Baking = 21 lbs

Powdered eggs =

flour = 5lbs

cornmeal 5 lbs

Sugars and Fruits drinks = 21 lbs

Sugar = 5 lbs

Lemonade powder = 3 lbs

Tang = 2lbs

Brown Sugar 2lbs

Jello = 2 lbs

Apple Cider

Tea = 1/2 lbs

Milk, eggs and margarine = 30 lbs

margarine = 3 lbs

dehydrated milk = 10 lbs

Hot Cocoa = 6 lbs

Meats and substitutes = 14 lbs

dried jerky = 5 lbs

textured protein = 5lbs

falafel = 3 lbs

sausage = 1 lbs

Soups and Desserts = 17 lbs

dehydrated soups/chili = 5 lbs

ramen = 2 lbs

bowtie mix = 3 lbs

cheesecake mix = 1 lbs

jello pudding mix = 1 lbs

cookies = 4lbs

Spices and Liquids

spice kit

oil = 1 quart

soy sauce = 1 bottle

hot sauce = 2 bottle

Budget

Food: \$850

Travel Gas: Colorado Springs to Banff and Back \$350

It is significantly less expensive for Nancy, Shockey, and Molly to fly to Colorado Springs than to Banff, therefore they are going to fly to Colorado Springs and Drive with Chris

Greensboro to Colorado Springs **\$211**

Portland to Colorado Springs **\$195**

Chicago to Denver **\$227**

Total = \$983

Campsite Fees: reservations are \$11.85 for the group and we will stay at 11 reserved campsites **Total = \$130**

Park Entrance Fees: For the amount of days we are going out the yearly pass is cheaper than paying by day - \$62.40/person = **\$249**

Stove Fuel: \$35

Iodine: 3 tablets/person/day = 8 Bottles = **\$40**

Bear Mace: \$40

Maps: 6 Topos and 1 Overview = **\$95**

Train and Shuttles: Shuttle \$45/person train \$20/person = **\$260**

Emergency Fund: \$50

Total Request = \$2732

References

Harvey, Mark; The NOLS Wilderness GUIDE, Fireside, New York, NY, 1999.

Gadd, Ben; Handbook of the Canadian Rockies, Corax Press, Altona, 1995.

Maps

We have the six topographical maps we need for the region and one larger scale map of the whole park. This is the copy of the larger scale map and our route is the dotted dashes.

