



## Ritt Kellogg Memorial Fund Registration

Registration No. F8LT-31VMC

Submitted Jan 7, 2019 5:12pm by Jordan Averill

**Approved** Jan 8, 2019 10:12am by Andrew Allison-Godfrey

### Registration

2018/2019

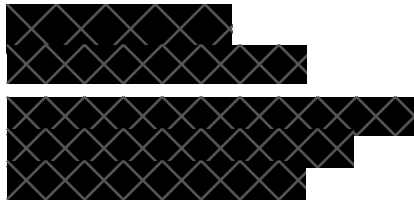
Ritt Kellogg Memorial Fund

**Registered**

#### **RKMF Expedition Grant** Group Application 2018-2019

This is the group application for a RKMF Expedition Grant. If you have received approval, you may fill out this application as a group. In this application you will be asked to provide important details concerning your expedition.

### Participant



### I. Expedition Summary

#### **Expedition Name**

Banff Backpacking Babes

#### **Objectives**

As outdoorswomen with a wide range of wilderness experience and skills, we wish to build on our backcountry knowledge by learning from each other in a new terrain: the Canadian Rockies. We aim to hone our hard skills such as navigation, stove maintenance and repair, and food storage/safety as well as get to know each other and our strengths and weaknesses in a new environment. Not only will we reinforce the skills we each have, we will learn tips and tricks from each other and build off our strengths. By the end of the trip, we hope to have gotten to know each other on a deep level, solidified the skills in which we already had confidence, built confidence in our weaker skills, and have a real understanding of what backpacking in the Canadian Rockies means.

#### **Location**

We will be backpacking through beautiful Banff National Park, Canada's oldest national park in the Rocky Mountains. This park offers numerous types of terrain, including mountains, ice fields, and dense forests. There are also countless crystal-clear blue lakes throughout the park that add to its pristine beauty.

#### **Departure Date**

Aug 7, 2019

#### **Return Date**

Aug 24, 2019

#### **Days in the Field**

16

#### **Wilderness Character**

Backpacking for sixteen days in this rugged wilderness will require proper planning and skills. We will be carrying all of our food, equipment, and fuel on our backs, having to resupply at least once along the way. Without cell phone

service, we will have to rely on our map and compass navigation skills to arrive successfully at our campsites each night. We will be subject to the elements and will have to prepare for cold nights and potential rainfall, meaning we will have to establish effective campsites daily. We will also have to purify water regularly to stay hydrated.

## II. Participant Qualifications

### a. Participants' Graduation Date

- Jordan Averill, Graduation Spring 2020
- Marta Sola-Pfeffer, Graduation Spring 2020
- Sarah Laico, Graduation Spring 2019

### b. Medical Certifications

- Sarah: June 3, 2020
- Jordan: January 17, 2020
- Marta: Expires March 2nd, 2021, recertifying March 2-3, 2019, in Golden, Colorado

### Does your group have adequate experience?

Yes

### d. Training Plan

Through either group or individual skill sessions, we will work with Rachael Abler at the Gear House to hone our map and compass skills as well as review Whisperlite maintenance and repair. We will practice making effective bear hangs and ensure we all are clear on how to purify water. In addition, we will hike with weight/backpack during the summer leading up to the trip to be in good physical fitness.

## III. Expedition Logistics, Gear and Food

### e. Travel Plan

We will complete the drive to Banff National Park in two days. We will travel from the location of our summer jobs and meet in Colorado Springs, CO, on August 6th, 2019, where we will gather our supplies. On the morning of August 7th, 2019, we will drive 12.5 hours on I-25 North through Wyoming to Armington Junction Rest Area, in Belt, MT, where we will camp for free on the first night. The second day we will drive 6.5 hours to Banff National Park, where we will drop off our supplies at the resupply area and prepare to begin our hike. The reverse of this will happen to get back to the Springs. Since the drive is long, we will switch off drivers every few hours to ensure maximum alertness and therefore safety.

### e. Expedition Itinerary

[Banff Itinerary.docx](#) (11MB)

Uploaded 1/7/2019 1:45pm by Jordan Averill

#### Empty

For re-ration we will keep the food items etc in the car and will park the car at the Cascade Amphitheater Trailhead. The route passes a junction that goes right to the trailhead so on day 7 we will get off the trail and resupply from the car. We will then hop back on the trail from the Cascade Amphitheater Trailhead and continue on our route.

### Food Storage

Every campground provides food storage cables from which we will hang all food and toiletries. We will bring Ursacks to hold these contents and also additional bear hang equipment (rope and carabiners) in case the cables fail.

#### **g. Food List**

**Banff Food.docx** (14KB)

Uploaded 1/7/2019 1:48pm by Jordan Averill

#### **f. Equipment List**

**Banff Gear.docx** (15KB)

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#### **b. LNT Principles**

Yes

#### *Empty*

First, we will properly reserve our campgrounds and park passes to ensure we are not intruding on the park without permission. We will stick to only marked trails to reduce further erosion in the park, and only camp in designated sites. We will dispose of human waste by using either designated outhouses or by digging proper catholes away from water sources. We will always hang our food using the provided food hang cables and be sure to pack out all of our rubbish. We will respect other visitors and wildlife by speaking at appropriate volumes while hiking and only build small fires if there is no current ban.

## **IV. Risk Management**

#### **b. Objective Hazards**

We will be hiking on generally well-trekked terrain, forest trails, but it is essential that we still exercise caution by properly hydrating and eating and being aware of our surroundings. The temperature in the park will vary from day to night, dropping below freezing - we will need to bring enough/appropriate layers to stay warm, as well as dry-fit layers to stay cool while hiking. Though rain is only predicted 4 days during August in Banff, we will bring rain layers as well. There is much wildlife in Banff, wildlife accustomed to many tourists trying to interact with them, particularly black bears. If we see a bear, we will navigate around it as best we can. To prevent interaction, we will talk as we walk to ward them off, and we will carry bear spray at all times (permitted in the park). We also will hang our food and toiletries at our campsites.

#### **Evacuation Plan**

ICE: We will notify our emergency contacts time/date when we depart (from camp to first day on the trail) and provide them with our exact itinerary (ahead of time, will provide with any updates before start of trip). Upon reaching our final destination we will call our contact to confirm our safety/arrival. If we do not call within 24 hours of that date, our emergency contact will notify the Banff National Park contact. If there is severe weather and we must spend an extra day at shelter we will contact our emergency contacts or ask fellow travelers leaving the trail sooner to alert park rangers. If there is an emergency, our contacts or the permit office will be able to provide rescue services with our itinerary/route and daily camp locations.

First Aid Evacuation: Jordan and Sarah are both Wilderness First Responders and Marta is a WFR and an EMT. Should one of us get hurt, one person will stay with the patient (whoever's medical training is most up-to-date), while the other exits the trail at the nearest point to get help. If two members are injured, the third will contact Banff Dispatch / 911 using the InReach to call for assistance. We will relay emergency services rendered to the patient. We will make sure to note each night at camp the easiest way to evacuate.

Weather Evacuation: If we need to evacuate due to severe storms, we will take every precaution we possibly can. We will immediately get off the trail and find/build a shelter. If for some reason there is a multi-day storm and the severity increases to a point where we cannot safely navigate the trail to finish the trip (very unlikely), we will alert our emergency contacts via InReach that we will be taking an extra day sheltered until the weather is safe to travel in. We will absolutely not hike in stormy weather or lightning as this could put us in danger, and we will be watching the skies constantly to avoid getting caught in a storm.

#### **Special Preparedness**

None of us have any known allergies, and do not feel like there are any special medical preparations we need to make beyond our current daily routines. Sarah and Jordan take daily medications that they are comfortable self-administering. We are not concerned that any foreseeable medical conditions will arise, and should something come up we will use our medical training and the emergency resources available to us to ensure everyone’s maximum safety.

**e. Emergency Resources**

List the emergency and rescue resources available in the vicinity of your expedition (phone numbers for land managers, ranger stations, hospitals, etc.) and how you plan on communicating with them if needed.

For emergencies in any national park in Canada, call: 1-888-762-1422

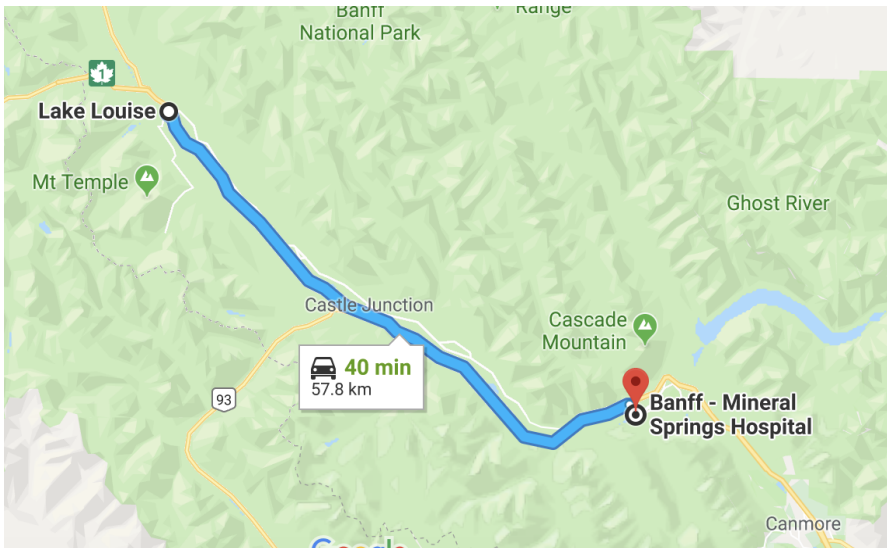
The dispatch number for emergencies to directly contact the Banff park rangers: 403-762-1470

Should something minor arise, the Banff Visitor’s Center contact is: 403-762-1550

Nearest hospital:

Banff – Mineral Springs Hospital, +1 403-762-2222

305 Lynx St, Banff, AB T1L 1H7, Canada



Personal ICE contacts:

Emergency Contact Jordan: Dedham, MA

Kristie Averill: mother, 7813661070

Christopher Averill: father, 5082800873

Emergency Contact Sarah: Warwick, NY



Emergency Contact Marta: Northampton, MA



**Emergency Communication**

Emergency contacts will be provided with daily itinerary and will relay this to park if we cannot reach them.

We will bring our cell phones but they are unlikely to work. In case of an emergency, we will be carrying an InReach, which may connect us to a rescue team and/or our emergency contacts of our location and the situation at hand. InReach connects wirelessly with iOS and Android devices using bluetooth, and allows you to compose messages up to 160 characters and send them directly to email, mobile phones, or SOS. Messages can also be posted to Facebook and Twitter as well as a MapShare page, a web-based map that allows your family and friends to follow you on your trail. The InReach also has an SOS button, which relays an emergency notice to the GEOS International Emergency Response Coordination Center (IERCC) and then to appropriate search and rescue authorities.

Should an emergency arise, we will use the InReach to send a text message describing our exact situation to properly prepare responders. We will text our emergency contacts, who in turn will contact 1-888-762-1422, the number that the park provides for emergencies.

## V. Budget

### Budget

[Banff Budget.docx](#) (14KB)

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### Transportation

278.98

### Food and Fuel

370.83

### Maps and Books

0

### Communication Device Rental

0

### Permits/Fees

531.20

### Gear Rentals

34.50

### Total Funding Request

405.17

### Cost Minimization Measures

To reduce the cost of purchasing permits at Banff National Park, we are buying a group pass, saving around \$40. We will be using free campsites to and from our destination to minimize campsite fees. We will purchase all of our groceries at King Soopers, where we have reward points that can be used on gas. We are only renting a tent, water purification, and fuel from the Ahlberg Gear House, providing all other gear ourselves. In addition, Sarah has a 50% discount at the Gear House as a "Level 3" leader for Outdoor Education. We will be renting an InReach from Outdoor Education free of charge as well.

## VI. Expedition Agreement

### Expedition Agreement

[Banff Agreement.pdf](#) (207KB)

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