



Ritt Kellogg Memorial Fund Registration

Registration No. RR63-FRV3X

Submitted Jan 5, 2018 8:03am by Sarah Laico

Registration

2018

Ritt Kellogg Memorial Fund

RKMF Expedition Grant 2017-18 Group Application

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.

**Waiting
for
Approval**

Participant



I. Expedition Summary

Expedition Name

Bowron Lakes Beauties "SUP" the Circuit

Objectives

We intend to paddle the entire Bowron Lakes Canoe Circuit of British Columbia, but with a twist: on stand-up paddleboards. As paddleboard and outdoor enthusiasts, we think this circuit would be ideal for the first ever stand-up paddleboard Ritt Expedition. As part of the trip, we'd develop our paddling skills each day on the water as well as our backcountry skills at camp each night. This trip not only entails paddling but hiking with our paddling gear through portages to get from lake to lake, throughout the entire circuit. The combination of stand-up paddleboarding and backpacking will require a lot of specific skills and preparation.

Location

The Bowron Lakes Canoe Circuit is located in beautiful Bowron Lakes Provincial Park in Cariboo, British Columbia, Canada. The circuit connects Kibbee, Indianpoint, Isaac, Lanezi, Sandy, Babcock, Spectacle, Swan, and Bowron Lakes, passing by peaks such as Vixen and Kaza Mountain.

Departure Date

Jul 27, 2018

Return Date

Aug 13, 2018

Days in the Field

12

Wilderness Character

Our paddle board trip combines camping and water skills in a pristine backcountry lake and forest setting. As the circuit is located in a national park, great care is taken to maintain this beautiful area and leave it as untouched as possible. Visitors are only allowed to sleep in designated camping grounds; portable speakers are prohibited; hunting is prohibited. There are many more clear regulations in place to allow for visitors to get in touch with this removed

part of nature without disturbing it. Calm days on the water, where we take in the sun and surroundings, will allow us to get intimate with this wilderness area, new to both of us. While we likely would see other people, we'd have no cell phone coverage, helping us take in the beauty of this wilderness both on land and on water.

II. Participant Qualifications

a. Participants' Graduation Date

Sarah Laico - graduating May 2019

Mary Murphy - graduating May 2018

b. Medical Certifications

Mary Murphy - Wilderness First Responder expires January 20th, 2019.

Sarah Laico - Wilderness First Responder expires January 13th, 2018. Intended course: June 1-3, University of Colorado, Boulder

Does your group have adequate experience?

Yes

d. Training Plan

We are both very confident in our skills on the water and together are certified in Small Craft Safety and Flatwater Endorsement. Sarah also has Swiftwater Rescue. In order to solidify our skills, we will be going on individual SUP trips and will lead SUP trips during the spring/summer at CC. We have both practiced towing other vessels in rescue situations. We will choose training locations that have similar water conditions (shallow/narrow channels, inlets, lakes). We will also practice our stamina of paddling longer distances closer to our trip dates (probably in Colorado lakes).

The average intermediate to advanced stand-up paddle boarder can paddle 3-6 mph, even with tides/mild wind. We are aiming to paddle 2-3 mph with the weight of our gear. We feel this is a good estimate given our skillset and conservative in terms of the weight we will be carrying. Even paddling 2 mph, our longest day will equal 5 hours of paddling. Even assuming the worst conditions of wind, rain and high tides, we are confident we can reach all of our destinations in each given day. We are excited to have both long and short paddle days throughout our trip. The shorter days also give us more time to hike across portages and fully immerse ourselves in our surroundings.

Traveling for this length of time on water required lots of preparation and training to hone our skills.

Here are the SUP techniques we have mastered and plan to use on the circuit:

- forward stroke (we will use regularly to propel ourselves forward)
- power stroke (we will use regularly to conserve energy on long paddle days)
- draw stroke (we will use to approach campsites, each other, and in changing winds)
- sculling draw stroke (we will use in narrow channels and tight spaces to stay straight)
- reverse stroke (will use to stop or to reverse through a narrow spot where we can't turn around, or to back away from wildlife)
- cross nose draw stroke (to straighten out our board if turning or using reverse strokes)
- pivot stroke (to make a sharp turn, we will use often to steer in/out of wind/away from wildlife)
- equal stance (feet equidistant from side to side, will use in calmer waters/straightaways)
- staggered stance (will use if we must navigate through narrow spots or to get more power)
- pivot stance (will use when doing a pivot turn)

We will be sure to rock back and forth on our feet, use whole surface of feet not just toes/ball of feet to ensure that our feet maintain good blood flow on longer days. We decided we will also alternate between standing and kneeling on longer days to stretch out our different muscles and to help with conserving energy.

III. Expedition Logistics, Gear and Food

e. Travel Plan

We will complete the driving portion in three days on the way there. First, we will meet at Colorado College. Then we will drive from Colorado Springs on I-25 up through Wyoming and cross the border in Montana. We will then drive west to the Bowron Lakes Registration Center. Upon conclusion of the trip, we will reverse this process. As the drive is long, we will trade off every few hours to ensure awareness and therefore safety.

e. Expedition Itinerary

[Ritt Itinerary.docx](#) (14KB)

Uploaded 1/5/2018 7:46am by Sarah Laico

Appendix A

Empty

No.

Food Storage

We will be carrying our food in dry bags. Upon reaching each designated campground, we will store it along with our other smelly items (deodorant, toothpaste) in bear caches provided by the park.

g. Food List

[Food break-down.docx](#) (13KB)

Uploaded 1/5/2018 7:47am by Sarah Laico

Appendix C

f. Equipment List

[Group Gear List.docx](#) (15KB)

Uploaded 1/5/2018 7:48am by Sarah Laico

Appendix B

b. LNT Principles

Yes

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Together, we have the knowledge to confidently navigate through the circuit (Sarah is Flatwater Endorsement Certified and Mary is Small Watercraft Safety Certified). We will camp only at designated campgrounds where we will use designated pit toilets and store all food in bear caches located there. We will also only use established fire rings and will pack out all of our waste. The biggest wildlife concern are grizzlies, so we will be vigilant and make sure our food is always properly stowed. We will plan ahead and check our route each day, and create a daily back-up plan for the day based on weather. We will stick to campsites as planned unless inclement weather or crowdedness prevents us. Finally, we will be quiet and abide by noise regulations to keep others from being bothered.

IV. Risk Management

b. Objective Hazards

The main hazards of the expedition include inclement weather, injury, and grizzly bears. We will watch weather closely and remain at camp if we do not think the waters are passable. If we are in the middle of paddling, we will dock on land or raft up, depending on our location on the lake. If we are on land during inclement weather we will seek higher ground. When it comes to paddling and hiking, we'll always stick together and monitor each other's hydration and blood sugar levels so we are less at risk for exhaustion/dehydration and injury. As for grizzlies, we will always use designated bear caches and be sure to remove ourselves cautiously and quietly from any area in which we see one. We will double seal all our food a) to prevent attracting bears and b) to protect it from water/weather. We will carry bear spray just in case.

Evacuation Plan

ICE: We will notify our emergency contacts time/date when we depart (from camp to first day on water) 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 Bowron Lakes Provincial Park contact. If there is severe weather and we must spend an extra day at shelter (and later an extra day paddling to finish the circuit), we will contact the park with one of the

radios to let them know, that way rescue parties will not be contacted. 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: If one person in our party is injured to enough severity not to paddle the rest of the route, we will get to the nearest emergency phone and call the park service. We will never separate as that could result in more problems (Sarah know how to tow others in a stand-up paddleboard rescue situation). In case of life-threatening emergency we will also call the hospital. We will provide them with our location to the best of our ability and will relay emergency services rendered to the patient. We can also blow on our whistles (three loud blows separated by three pauses, repeated) to try to get others' attention. We will make sure to note each night at camp the easiest way/mileage to paddle out of the narrow channels back to the main waterway. Depending on the injury and severity, we will dock our boards on land or raft them up so that we could better care for the patient. If we do this, we will make sure not to stray too far from our reported location.

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 water and find/build a shelter, using our paddle boards or sleeping pads as insulators from lightning. If for some reason there is a multi-day storm and the severity increases to a point where we cannot safely navigate the waters to finish the trip (very unlikely) we can potentially hike out, taking caution in the trees. We will absolutely not paddle 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

[Redacted]

e. Emergency Resources

In Case of Emergency on Circuit: we will head to the nearest emergency radio (there are six satellite radios placed strategically along the circuit)

Emergency Number: 250-377-8888 or Channels 16 or 2021 on Marine FM Radio.

In case of non-life-threatening emergency near start or end point:

Personal ICE Contact: [Redacted]

Nearest Hospitals:

University Hospital of Northern British Columbia 1475 Edmonton St, Prince George, BC V2M 1S2, Canada

Emergency Communication

We will bring our cell phones but they are unlikely to work. Luckily, there are 6 emergency phones located throughout the canoe circuit. We will also be carrying a Marine FM Radio, which is important should we be unable to reach an emergency phone. We will store this radio in a water-proof pouch and will secure it to either one of our PFDs or onto one of our personal boards. If we are near cell service and have an emergency situation, we will either contact the Bowron Lakes emergency phone or the hospital.

V. Budget

Budget

[Itemized Budget.docx](#) (13KB)
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Appendix D

Transportation

719

Food and Fuel

190.23

Maps and Books

0

Communication Device Rental

0

Permits/Fees

188

Gear Rentals

105

Total Funding Request

618.62

Cost Minimization Measures

After doing the research, we discovered that renting paddle-boards from any outfitter/rental company for a length of 12-14 days was very cost ineffective. Also, most companies only allow you to use the paddleboards onsite, not take them with you to another location. Nowhere nearby Bowron Lakes can you rent paddleboards; this is probably because we are the first to do a pack-paddleboarding trip in this area. To rent boards and paddles from the Ahlberg Gear House is only \$80 with our student leader discount (\$160 in full) so already we are saving money there. The transportation is the bulk of our cost, and we have minimized expensive flight, rental car, and underage car rental fees by driving. We are smart grocery shoppers and will save money on food, plus we require virtually no individual equipment purchases and can rent most group gear from the Ahlberg Gear House at a discounted rate.

VI. Expedition Agreement**Expedition Agreement**[Completed SLMM waiver.pdf](#) (306KB)

Uploaded 12/29/2017 9:26am by Sarah Laico

Appendix E

Appendix A- Itinerary

Itinerary:

July 27: Drive from CC to southern Montana. Camp at: Deadman's Basin, Ryegate, MT

July 28: Drive from Ryegate, MT to Banff, Alberta, Canada. Camp at Bow Valley Campground, Banff.

July 29: Drive from Banff, Alberta, CAN to Registration Center at NE corner of Bowron Lake, Prince George. Camp at designated ground there.

July 30: Hike 1.5 miles to Kibbee Lake portage from registration center with gear and boards. Paddle 1.5 km along Kibbee Lake. Hike 1.2 km to Indianpoint Lake portage. Paddle most of Indianpoint, stopping at group campground 9, around. Total mileage approx. 8 miles.

July 31: Finish paddling Indianpoint Lake if we have not done so already - end of this lake will be marshy. Hike about a mile to Isaac Lake portage. Isaac Lake is prone to strong winds, so be sure to scout. Isaac Lake's west arm is 4.2 miles - do as much of this as possible with lunch break. Try to make it to camp site 19, about 2.5 miles.

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

August 1: Paddle from site 19 to site 24 along Isaac Lake, approximately 11.4 miles - you can stop at earlier campsites if necessary.

August 2: Finish paddling Isaac Lake and look carefully for portage sign on left - river gets very difficult to navigate afterwards—around 5.7 miles. Hike 1.7 miles to Isaac River portage. Camp at McClearly Lake, site 30.

August 3: Paddle McClearly Lake, a short .75 miles. Carefully navigate Cariboo River - very silty - about 3.2 miles. Continue along Lanezi Lake to site 34, about 3 miles.

August 4: Continue on Lanezi Lake, carefully navigating Cariboo River again into Sandy Lake. Camp at site 37a, approximately 8.5 miles from site 34.

August 5: "Rest" day. Paddle directly across Sandy Lake to hiking trail that leads to Hunter Lake. Relax, snack, and return to site 37a.

August 6: Continue down Sandy Lake and into Cariboo River, being sure to get off the water upon reaching entrance to Unna Lake. Cariboo River to Babcock Creek: 2.25 miles. Paddle the .25 miles to Unna Lake, camping at site 40. Total travel: 4.5 miles.

August 7: Another "rest" day. Paddle to the south end of Unna Lake and take the hike to see Cariboo Falls. Spend the rest of day relaxing and maybe paddling to the north end of Unna Lake to Rum Lake. Camp at site 40 again.

August 8: Paddle the .25 miles back to Babcock Creek and then hike .75 miles to Babcock Lake. Paddle Babcock Lake, 1.75 miles. Quick .25 mile hike to Skoi Lake, then paddle Skoi Lake, .5 miles. Hike .25 miles to Spectacle Lake portage. Paddle to site 45 on Spectacle Lake miles. Total mileage around 5.5 miles.

August 9: Paddle on Spectacle Lake to Swan Lake, arriving at site 53/54, approximately 6.6 miles.

August 10: Look for signs pointing toward Bowron River and follow till reach Bowron Lake, 2.5 miles. Paddle Bowron Lake, 4.4 miles. Camp at registration center.

August 11: Wake up early, pack up and drive to Alberta. Camp at: Camp at Bow Valley Campground, Banff.

August 12: Drive from Banff to Ryegate, MT. Camp at: Deadman's Basin, Ryegate, MT.

August 13: Drive from MT back to CC. Arrive approx. at 9 p.m.

https://www.bowronlakecanoe.com/wp-content/uploads/2016/03/bowron_lk_broch_map_print_11x17-map-only.jpg

http://www.env.gov.bc.ca/bcparks/explore/parkpgs/bowron_lk/bowr_broch.pdf?v=1514041868783

http://www.env.gov.bc.ca/bcparks/explore/parkpgs/bowron_lk/can_broch.pdf?v=1514041979886

http://www.env.gov.bc.ca/bcparks/explore/parkpgs/bowron_lk/

Appendix B- Equipment

Group Gear List

- . 2 NRS Earl 6 Paddleboards
- . 1 Pump
- . 2 Paddles
- . 2 PFDs
- . 2 Ropes (ropes to anchor boats)
- . 1 Tent
- . 1 Stove
- . 4-5 Stove Fuel (1 Box Waterproof Matches)
- . Cooking pot/lid
- . Biodegradable soap
- . 1 FA Kit
- . 1 Trowel
- . 1 Compass, Maps, Marine FM radio
- . Whistles (have at home)
- . Water purification (rented from Ahlberg Gear House)

Personal Gear List (per person)

- . 1 base layer (sun protective shirt)
- . 1 pair water shorts
- . 2 swimsuit
- . 1 rain gear (jacket +pants)
- . 1 long sleeve top (for bugs)
- . 1 long bottom layer
- . 1 pair waterproof shoes
- . 1 Sleeping bag
- . 1 Sleeping pad
- . 1 Knife
- . Sunscreen Bug repellent (!)
- . Sunglasses
- . Wide-brim Hat
- . 1 Waterproof watch
- . 1 Quick-dry towel
- . 1 Dry Bag to hold all these personal items

First Aid Kit Contents (Enough for 2 people for 24 days)

Wound care items:

- . 4x 1 in. bandage strips
- . 3x butterfly closure strips
- . 6x spot bandages
- . 2x triple antibiotic ointments
- . 3x antiseptic wipes
- . 3x alcohol swabs
- . 2x pair of nitrile gloves

Bandages:

- . 8x sterile dressings
- . 2x non-adherent sterile dressings
- . 2x conforming gauze bandages
- . 3x knuckle bandages

Misc. Wound Care Items:

- . 1 roll medical tape
- . 1x elastic (ACE) bandage
- . 1 4x4 sheet moleskin

Medications:

- . 6x ibuprofen
- . 2x aspirin
- . 2x non-diphenhydramine antihistamine (loratadine)
- . 2x sting-relief wipes
- . 2x hydrocortisone cream

Special Items:

- . (Mary's allergy medications)/2 EPI PENS

Other equipment:

- 1x metal splinter forceps
- 3x safety pins
- 1x 2 in-wide roll of duct tape
- 1x medial scissors
- 1x SAM splint

Total Weight/board: Max. weight per board: 190-200 lbs/Paddlers' weight: 110- 115 lbs.

Max. gear weight: 50 lbs/person

Weight of Gear Breakdown:

2 bear cans: **4 lbs**

Personal gear: **10 lbs** x 2 ppl= **20 lbs**

Cooking supplies: stove+fuel: **4.5lbs** + pot/lid: **1.5 lbs**= **6lbs**

Shelter: **5.5 lbs**

Emergency supplies: FA kit/trowel: **1.5 lbs** + Radio: **0.4 lbs** + 2 PFDs: **1 lb.**= **2.9lbs**

SUP Pump: **1 lb.**

SUP Backpacks + 4 Dry bags: **4 lbs**

Anchor ropes: **2lbs** + 2 anchor lights: **0.6lbs**= **1.6 lbs**

Gear Weight Total=45 lbs

Total Weight of Food (see food list)=**40 lbs**

45 lbs. Gear+ 40 lbs. Food=82/2= 42.5 lbs. Per person

Appendix C- Food List

Food Cost and Calorie Breakdown

(Goal of 2,200cal per person: Mary needs 2200 cal/day, Sarah needs 2100cal/day)

Costs

Breakfast Food:

12 meals instant oatmeal: 4.8 lbs \$14.00

8 meals peanut butter powder (2 tbsp PPPM): .25 lb \$2.49

12 meals dried Fruit (apples, bananas, pineapple, etc.): 1 lb \$6.99

12 meals nuts: 1.5 lb \$10.99

Avg cal per breakfast meal: 500 cal

Lunch Food:

12 meals tortillas: 24 tortillas= 11lb \$1.79

10 meals hummus (2 oz. dry PPPM): 2.5 lbs \$8.59

2 meals PB/J: jelly= 1/8 lb \$3.49

Fresh Fruit/Carrots: 8 pcs. fruit ea.=4 lbs + carrots= 1 lb \$12.98

Average cal per lunch meal: 300 cal

Dinner Food:

6 meals inst. rice (4 oz dry PPPM)/6 meals inst. noodles (5 oz PPPM): 7lbs \$18.26

Dehydrated Beans (2 oz PPPM): 1.5 lbs \$9.00

Tomato Sauce: 8 oz. \$3.00

Toppings: Sriracha/Nutritional Yeast: 1 vial ea.: 1/8 lb \$2.95

Average cal per dinner meal: 500 cal

Snack Food/Misc:

Spice Mix/Cooking Oil: (garlic, onion, salt, pepper)= 1oz., cooking oil: 1/4 lb \$3.00

Trail Mix/Clif Bars: trail mix= 1.5 lbs, 48 clif bars (2 PPPD): 7lbs \$46.98

Salted Peanuts/Cashews: 0.3oz/pack x 4 packs= 1.2 oz \$3.92

Tea and coffee! (12 packets tea, 1 lb. coffee): \$10.00

Emergency Chocolate: 1/4 lb \$8.00

Average cal for snacks etc.: 880 cal

Total calories (avg) per day per person: 2,150 cal

Total Food Weight: 40 lbs Total Cost: \$166.43

Appendix D- Budget

Itemized Budget

Permits/Fees

Bowron Lake Circuit Reservation Fee: \$18.00
Wilderness Permit: \$120 (\$60/person for full circuit)
Driving days campgrounds: \$50

Transportation

Driving: 958 miles in US/20 mpg=47.9 gallons x \$3.50/gallon=\$143.70
+792 miles in CAN/20 mpg=39.6 gallons x \$5.45/gallon=\$215.80=**\$359.50 x 2= \$719.00**

Gear Rental (w/ employee discount of 50%)

Paddleboards: \$80
Paddles: \$16
Air pump: \$3
PFDs (we own): FREE
Dry Bags: FREE
Trowel: \$6
Water purification: FREE
Stove (Mary's stove): FREE
Pot/lid: FREE
Fuel cans: 4 @\$5.95 ea. = \$23.80

Misc. Purchases

Waterproof Matches: \$5.00
Transparent dry bag, 5L (for emergency equipment: maps, radio, epi-pens): \$30.00
Food Total (see breakdown in food document): \$166.43
Total Budget Request: \$1,237.23/618.62 per person

Transport total: \$719.00
Food/fuel total: \$190.23
Permits/fees total: \$188.00
Gear rentals total: \$105.00