

# **Following in John Muir's Footsteps**

**A Ritt Kellogg Memorial Fund  
Expedition Proposal**

**By Kate Leaf and Leah Danze**

Dear Ritt Kellogg Memorial Fund Association,

Thank you so much for taking the time to read over our expedition proposal to hike the John Muir Trail. We believe there is no better place to spend a month through hiking than the very forests that John Muir called the “cathedrals of light.” We hope you’ll find that this proposal epitomizes the goals of RKMF: to challenge oneself outside in a safe, well-planned manner and to enjoy the wildernesses that John Muir sought to protect.

We would like to apologize for the faint font color of some of Leah’s individual documents. Unfortunately, they were printed on a printer low on ink and then scanned and emailed to Kate’s email. The signatures are bold but the template writing remains fairly light. If these need to be resent please let us know. Due to extenuating circumstances (Leah’s Venture Grant in the Dominican Republic) and subsequent lack of internet, Kate was not able to change the faintness of these documents.

Again, we thank you for considering our application and here’s to the wonderful outdoors!

Sincerely,

Kate Leaf  
Leah Danze



## Ritt Kellogg Memorial Fund Expedition Application - Group Application

*Note, items to be attached to this application are indicated in bold text.*

### **I. Expedition Summary**

Expedition name:

Briefly describe the objective of your expedition below:

Location of expedition:

Firm expedition dates:

# days in the backcountry:

Describe the wilderness character of your expedition:



**II. Participant Qualifications**

List expedition members, expected date of CC graduation and Wilderness First Responder or Wilderness Emergency Medical Technician certification expiration in the table below.

Expedition Member	Date of Graduation	WFR expiration date*

\* If WFR training is needed, list the intended training provider and course date. Funding is not released until all expedition members show proof of WFR or WEMT.

Are all proposed expedition members experienced and/or trained to meet your expedition objectives? Yes                      No

**NOTE:** If any expedition member is deemed unqualified, funding may be denied.

Describe your team’s plan to solidify technical skills prior to the start of the expedition. (The RKMF provides education grants for technical training to support CC students in planning and executing responsible wilderness expeditions. Visit [www.rittkelloggfund.org](http://www.rittkelloggfund.org) for information.)

**Attach the Ritt Kellogg Memorial Fund Expedition Application – Individual Questionnaire for each expedition member (includes outdoor-skills résumé, references, copies of WFR certification, copies of relevant training certification, and medical release with original signatures).**

**Attach the Participant Acknowledgement and Assumption of Risks & Release and Indemnity Agreement, read and signed by each applicant and their parent (even if applicant >18 years). This agreement must have the original signatures.**

**Attach the Expedition Agreement, read and signed by all expedition members.**



### **III. Expedition Logistics, Gear, and Food**

Describe how expedition members will travel from home to the trailhead and back again.

**Attach a detailed, day-by-day itinerary, including maps, elevations, route topos, tide charts, etc., as appropriate. Don't just photocopy a guidebook, provide a discussion to demonstrate your understanding of the itinerary.**

Do you have plans to re-ration during the expedition? Yes      No  
If "yes", describe the re-rationing plan below.

Describe how you will prevent wildlife from getting into your food.

**Attach a detailed food list and show how it meets the caloric needs of the expedition.**

**Attach a thorough equipment list, including the detailed description of the contents of the First Aid kit.**



## Ritt Kellogg Memorial Fund Expedition Application - Group Application

Are all expedition members familiar with Leave No Trace principles? Yes      No  
Describe how you will adapt LNT principles to meet the environment of your expedition.

Are there cultural considerations for the expedition area? Yes      No  
If “yes”, describe how you will address those concerns.



#### **IV. Risk Management Plan**

List the anticipated hazards of your expedition and explain how they will be evaluated, avoided and managed. Discuss the technical skills your expedition members have to handle anticipated hazards. **NOTE:** Failure to identify major hazards and how they will be managed may result in denial of funding.(Attach more pages if necessary.)



## Ritt Kellogg Memorial Fund Expedition Application - Group Application

Describe your self - evacuation plan in the event of an emergency. Discuss any technical skills your expedition members have to handle various self-evacuation scenarios. NOTE: Failure to thoroughly discuss evacuation plans may result in funding denial.

Describe any measures taken for expedition members with medical histories that warrant special preparedness.

List emergency resources available in the vicinity of your expedition (phone #s for ranger station, hospital, etc).

List emergency communication devices you will be carrying. If none, explain why.





**V. Budget**

**Attach a detailed expedition budget and write totals in USD below. Do not round numbers up. Emergency money, supplies for first aid kits, first aid kit rental, and gear purchases are not funded. Car travel costs will be funded based on the vehicle mpg and may not include wear and tear/maintenance costs.**

Transportation: \_\_\_\_\_

Food and Fuel: \_\_\_\_\_

Maps/Books: \_\_\_\_\_

Communication Rental: \_\_\_\_\_

Permits/Fees: \_\_\_\_\_

Gear Rentals: \_\_\_\_\_

**Total Funding Requested (not to exceed \$1500 per applicant):** \_\_\_\_\_

Describe what measures you have taken to minimize expenses.

## **Budget Breakdown**

### **Transportation:**

One way flight from Dallas to Denver: \$125

Round trip flight between Denver and Sacramento: \$256 (x2) = \$512

Round trip Amtrak tickets: \$42 (x2) = \$84

Round trip YARTS bus tickets: \$50 (x2) = \$100

**Total: \$821**

### **Food:**

Total from Food Ration Estimates: \$223.28

**Total: \$223.28**

### **Maps/Books:**

*John Muir Trail: The Essential Guide to Hiking America's Most Famous Trail:* \$9.75(x2) = \$19.50

*John Muir Trail MapPack: Shaded Relief Topo Maps:* \$20.49

**Total: \$39.99**

### **Communication Rental:**

<http://www.satellitephonestore.com/iridium-satellite-phone-rental>

Iridium Satellite Phone: \$139.80 for four weeks

**Total: \$139.80**

### **Permits and Fees:**

Yosemite Permit: \$5 (for reservation) + \$5 per person = \$15

Mount Whitney Zone Permit: \$15

Red Meadows Resupply Fee- \$35

Vermillion Valley Resort Resupply - \$18 (holding fee) + \$18 (x2) for round trip ferry ride=\$54

Muir Valley Resort Resupply- \$50

**Total: \$169**

### **Gear Rental:**

Bear Canister from Yosemite NP: \$5 a week for four weeks= \$20

**Total: \$20**

$821+223.28+39.99+139.80+169+20=$  **\$1,413.07**

## **Equipment List**

### **Individual Clothing:**

synthetic short sleeve top  
shorts  
synthetic long sleeve layer  
long underwear  
fleece jacket  
fleece pants  
pull-over fleece  
warm jacket (down/synthetic)  
rain shell top and bottom  
undergarments  
light gloves  
warm hat  
4 pair wool socks  
durable hiking boots  
camp shoes (crocs/ tevas etc)

### **Individual Gear:**

backpack < 60L  
thermarest  
sleeping bag < 15 degree F  
toiletries: toothbrush/paste, hand sanitizer, contact solution, spare  
contacts, feminine products, chapstick  
sunscreen  
bug spray  
headlamp  
extra batteries  
mess kit (bowl + fork/spoon)  
pocket knife  
garbage bags

### **Group Gear:**

2 person tent with fly  
ground tarp  
trowel  
whisperlite stove  
4 30 fl. oz. fuel canisters  
2 bear canisters (under regulations of Yosemite NP)  
2 Ursaks  
1 pot  
1 pan

pot grips  
spatula  
big spoon  
first aid kit  
2 cans of bear spray  
satellite phone  
topo maps sealed within ziploc bags  
compass  
15 bottles of iodine  
> 3 lighters  
flagging material  
tent repair supplies  
biodegradable dish soap  
sponge

### **First Aid Kit Supplies**

#### **General Supplies:**

Wilderness Medicine book  
latex gloves  
trauma shears  
tweezers  
biohazard bag  
12 cc irrigation syringe  
pencil with duct tape  
SOAP notes  
Medical forms  
face shield  
thermometer  
ziplock bag  
safety pins

#### **Quantity:**

1  
3  
1  
1  
2  
1  
1  
5  
2  
3  
1  
3  
6

#### **Drugs:**

Acetaminophen 16 pills  
Ibuprofen 24 pills  
Diphenhydramine 16 pills  
Pepto Bismol 16 pills  
Iodine ointment 1 tube  
Triple antibiotic ointment 1 tube  
Antiseptic towelettes 15  
tincture of benzoin 4 ampules

**Wound Management and Bandaging:**

3" conforming gauze roll	2
3 x 3 sterile gauze pads	4
2 x 3 non-adherent dressing	2
3 x 4 non-adherent dressings	2
wound closure strips	6
triangular bandage	2
band aids	18
butterfly bandages	8
elastic bandage	1
2 x 3 adhesive patches	2
sterile cotton tipped applicator	2
pressure wrap	1

**Foot Care:**

1" athletic tape roll	3
moleskin (3" x 3")	5
adhesive knit (2" x 3")	3
2nd skin pads	4
1/2" athletic tape roll	2

**Attach a detailed food list and show how it meets the caloric needs of the expedition:**

Food will be vital to our abilities to through-hike, thus we have taken great care in preparing adequate food rations. We are aiming to eat between 2,500 and 3,000 calories a day, which is equal to between 1.5 and 1.75 lbs. Since we are both accustomed to throwing together backcountry meals using a the traditional hodgepodge of backpacking ingredients, we are listing staples rather than pre-made meals.

$$(2 \text{ people}) \times (21 \text{ days}) \times (1.62 \text{ lb/day}) = 68 \text{ lbs}$$

Breakfast- 18 lbs

Lunch and snacks - 20 lbs

Cheese- 11 lbs

Dinner- 17 lbs

Miscellaneous- 2 lbs

### Food List

<b>Breakfast</b>	<b>Weight in lbs</b>	<b>Price per lbs</b>	<b>Total Price</b>
Granola	7.00	4.00	36.00
Instant Oatmeal	8.00	1.75	14.00
Powdered Milk	1.00	3.75	7.50
Brown Sugar	2.00	1.24	1.24
<b>Lunch and Snackage</b>			
Bagels	4.00	1.79	7.16
Peanut Butter	2.70	3.50	9.45
Jelly	2.00	4.20	8.40
Energy Bars	3.60	7.00	25.20
Dried Fruit	2.00	3.50	7.00
Dried Hummus	1.00	3.25	3.25
Tuna	2.00	2.50	5.00
Beef Jerky	2.00	7.00	14.00
Candy	1.00	2.50	2.50
<b>Dinner</b>			
Pasta	3.75	2.25	8.35
Tortillas	1.75	1.85	3.24
Rice	6.50	1.50	9.75
Dehydrated Beans	3.00	4.00	12.00
Pesto Sauce	1.00	4.00	4.00
Tomato Sauce	1.00	2.49	2.49
<b>Cheese</b>	11.00	3.00	33.00
<b>Beverages</b>			
Tea	0.50	10.00	5.00
Hot cocoa	1.00	3.75	3.75
Gatorade Powder	0.50	2.00	1.00
<b>Total</b>	68.00		223.28

**Attach a detailed, day-by-day itinerary, including maps, elevations, route topos, tide charts, etc., as appropriate. Don't just photocopy a guidebook, provide a discussion to demonstrate your understanding of the itinerary.**

Day 1: Happy Isles to Half Dome Junction

- 12.3 miles
- cumulative ascent: 5000 feet

Day 2: Half Dome Junction to Sunrise Camp

- 7.6 miles
- cumulative miles: 19.9 miles
- cumulative ascent: 7600 feet

Day 3: Sunrise to Tuolumne Meadows

- 11.4 miles
- cumulative miles: 31.3 miles
- cumulative ascent: 8000 feet

Day 4: Tuolumne Meadows to Upper Lyell Canyon

- 9.5 miles
- cumulative miles: 40.8 miles
- cumulative ascent: 9200 feet
- easy hiking along the idyllic Lyell Creek

Day 5: Upper Lyell Canyon to Thousand Island Lake

- 9.7 miles
- cumulative miles: 50.5 miles
- cumulative ascent: 11,400 feet

Day 6: Thousand Island Lake to Devil's Postpile

**RESUPPLY POINT at Red Meadows in Mammoth Lakes**

- 16.2 miles
- cumulative miles: 66.7 miles
- cumulative ascent: 13,200 feet

Day 7: Devil's Postpile to Deer Creek

- 9 miles
- cumulative miles: 75.7
- cumulative ascent: 14,900 feet

Day 8: Deer Creek to Tully Hole

- 12.3 miles
- cumulative miles: 88 miles
- cumulative ascent: 16,950 feet

Day 9: Tully Hole to Edison Lake

**RESUPPLY POINT at Vermillion Valley Resort**

- 11.8 miles
- cumulative miles: 99.8 miles
- cumulative ascent: 18,800 feet

Day 10: REST DAY

Day 11: Edison Lake to Rosemarie Meadow

- Follow the cascades along Bear Creek, reach 2 creek crossings
- 12.3 miles
- cumulative miles: 112.1 miles
- cumulative ascent: 22,150 feet

Day 12: Rosemarie Meadow to Muir Trail Ranch

- Climb Selden Pass then descent to Muir Trail Ranch
- 9.5 miles
- cumulative miles: 121.6 miles
- cumulative ascent: 23,200 feet

Day 13: Muir Trail Ranch to McClure Meadow

- Follow the South Fork of the San Joaquin River, enter Kings Canyon National Park
- 10.6 miles
- cumulative miles: 132.2 miles
- cumulative ascent: 25,400 feet

Day 14: McClure Meadow to NE of Helen Lake

- 12.2 miles
- cumulative miles: 144.4 miles
- cumulative ascent: 27,850 feet

Day 15: NE of Helen Lake to Deer Meadow

- 11.3 miles
- cumulative miles: 155.7 miles
- cumulative ascent: 28,850 feet

Day 16: Deer Meadow to Kings River



- from Deer Meadow make ascent to Mather Pass (3,300 ft. ascent)
- 12 miles
- cumulative miles: 167.7 miles
- cumulative ascent: 32,150 feet

Day 17: Kings River to Woods Creek

- 11.6 miles
- cumulative miles: 179.3 miles
- cumulative ascent: 34,200 feet
- camp at White Fork, 2 miles from Woods Creek junction

Day 18: Woods Creek to Vidette Meadow

- 13.2 miles
- cumulative miles: 192.5 miles
- cumulative ascent: 37,850 feet
- camp at Upper Rae Lake

Day 19: Tyndall Creek to Guitar Lake

- Make it up Glen Pass
- 12 miles
- cumulative miles: 216.6 miles
- cumulative ascent: 43,450 feet

Day 20: Guitar Lake to Trail Camp

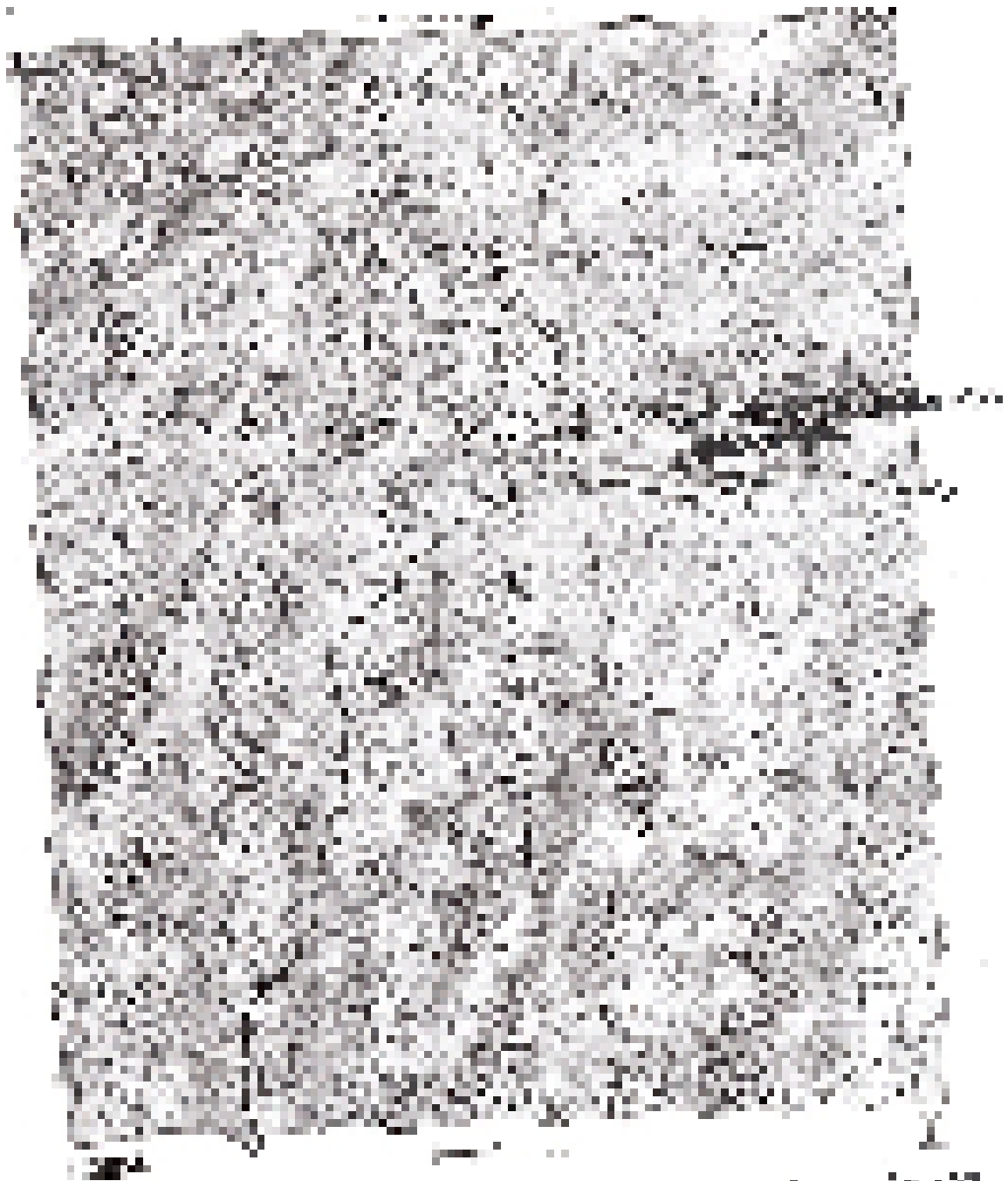
- 10 miles
- cumulative miles: 226.6 miles
- cumulative ascent: 46,650 feet

Day 21: Trail Camp to Whitney Portal

- 6.8 miles
- cumulative miles: 233.4
- cumulative ascent: 46,700 feet







Copyright © 2000 by McGraw-Hill Education, Inc.



\*\*\*\*\*



Page 1





















