



Ritt Kellogg Memorial Fund Registration

Registration No. VCYN-7D6F2

Submitted Jan 9, 2018 7:53pm by Claire Tobin

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

Granite, Grass, and Steep Grades

Objectives

We aim to complete the John Muir Trail in 17 days, beginning at the northern terminus and trekking south to finish our journey at the Mt. Whitney Portal. We will embark on our expedition with a two part goal in mind: seeking the joys of wilderness exploration and doing so in a safe and planned manner. As we complete the 220 mile trail, we plan to further our development as environmental stewards and take in the thrilling beauty that American wilderness has to offer.

Location

The John Muir Trail is located in California's Sierra-Nevada mountain range. We travel through Yosemite National Park, Ansel Adams Wilderness, John Muir Wilderness, Kings Canyon National Park, and Sequoia National Park.

Departure Date

Jul 29, 2018

Return Date

Aug 16, 2018

Days in the Field

17

Wilderness Character

The John Muir Trail weaves through isolated terrain and primitive landscapes. The trail will take us through three national parks and two wilderness areas-- it is most certainly an adventure characterized by remote wilderness. In fact, most of the trail is nearly 100 miles from civilization. It is very possible that, even in the high-trafficked months of July and August, we will encounter very few fellow thru hikers. The southern half of our hike consists of over 100 miles without a resupply point; this attests to the solitude and isolation that the John Muir Trail has to offer. We will come across crystal clear alpine lakes and meadows teeming with plants and animals, and plan to enjoy and appreciate every minute of the pristine landscapes we have the privilege to travel.

II. Participant Qualifications

a. Participants' Graduation Date

Josh Raizner and Claire Tobin both expect to graduate in 2020.

b. Medical Certifications

Josh Raizner - enrolled for WFR certification January 8 - 18 2018, WFR expires January 2020

Claire Tobin - WFR expires in January 2019

Does your group have adequate experience?

Yes

d. Training Plan

Due to the rigors of the John Muir Trail, we will stay consistently active over the summer. Claire is a member of the Colorado College cross country team and will be running 40 miles a week by the time she leaves for the expedition. Josh is a member of the Colorado College soccer team and will stay fit throughout the summer by weight training, running, and playing soccer. Both hikers will be above 6,000ft for the duration of the summer which will help prepare them for the elevation on the JMT

III. Expedition Logistics, Gear and Food

e. Travel Plan

To the trail - Claire will fly from Bangor, Maine to Fresno where she will meet Josh who flew from Denver to Fresno. They will get a hotel in Fresno for one night and then take the YARTS bus from the Fresno Airport to the Yosemite Visitor Center. They will taxi to and from the hotel to get the bus.

Home - After reaching the Whitney Portal, they will taxi to Lone Pine where they will get a hotel for one night. The next morning they will taxi to catch the Eastern Sierra Bus to the Reno Airport. They will then fly directly to Denver where Josh's parents will be waiting to take them back to Breckenridge.

e. Expedition Itinerary

[RKMF Itinerary.docx](#) (14MB)

Uploaded 1/8/2018 9:52pm by Claire Tobin

Appendix A

Empty

Yes, we will resupply twice on the John Muir Trail. Our first resupply will take place at Red's Meadow Resort which is at mile 59.2. We will mail a package of food to Red's Meadow for 35\$. Our second resupply will take place at Muir Trail Ranch which is at mile 107.9. We will mail a package of food and shoes to the Ranch for 80\$. We will make sure beforehand that all of our mailed food will fit into the bear canisters.

Food Storage

We plan to store our food in two bear canisters while hiking the John Muir trail. Bears in the Sierra Nevada have been known to frequent campsites and seek out food. As such, we will keep our bear canisters separate from our campsite, on flat ground, and in areas that make it difficult for a bear to move the canister. Food lockers will be used when available. Additionally, bear canisters are required in many areas along the John Muir Trail (Yosemite National Park, Kings Canyon National Park, and Sequoia National Park), and we will adhere to the rules of the trail. We will also protect our food by eating and cooking at least 200 feet from our campsite. Lastly, by practicing leave-no-trace principles, we will further discourage bears, rodents, and other animals from entering our campsite.

g. Food List

[RKMF Food.docx](#) (95KB)

Uploaded 1/8/2018 9:45pm by Claire Tobin

Appendix C

f. Equipment List

[RKMF Gear.docx](#) (68KB)

Appendix B

Uploaded 1/8/2018 8:49pm by Claire Tobin

b. LNT Principles

Yes

Empty

Following the Hetch Hetchy Dam controversy of the 1900s, historians often credit John Muir with spurring the preservationist movement. We plan to honor this sentiment by leaving the protected areas we explore in the same condition we found them. The John Muir Trail offers access to some of the most pristine areas of the continental U.S. In fact, a study by University of California, Davis researchers suggested that most water along the JMT is safe for consumption (though we still plan to purify water, of course!). We will use LNT principles to ensure these pristine areas remain as such.

Empty

1. Plan ahead and prepare:

Planning and preparation are essential to a successful trip. By fully detailing all our itinerary seven months before beginning the John Muir Trail, we are able to carefully devise the most efficient and undisruptive ways to travel the JMT. This includes planning to camp at established sites and establishing a plan to dispose of waste along the 220 mile trail.

2. Travel and camp on durable surfaces:

To minimize trail impact, we will avoid venturing off the trail and damaging the surrounding ecosystem.

The importance of camping on established and durable surfaces cannot be overstated. Since we are only using one tent, finding a camp site will be easier because we do not have to coordinate with a larger group. We plan to camp on compacted soil or granite rock, both highly durable surfaces. Additionally, Claire and Josh understand the delicate ecosystem we will be traveling through, and that camping on live vegetation can do years of damage. We plan to always use established campsites along the JMT.

3. Dispose of waste properly

Along the John Muir Trail, we will be required to pack-out our waste in the Mt. Whitney Zone (from Crabtree Meadow to Lone Pine Lake junction). We will collect our waste bags at the Yosemite Valley visitors center and dispose of them in specially marked waste bins at Whitney Portal. Along the rest of the trail, we will deposit our waste 6 inches underground, 100 feet from a water source/ trails, and pack out toilet paper.

4. Leave what you find:

We will not take anything out of the John Muir Trail, unless it is our trash or someone else's we happen to find.

5. Minimize campfire impacts:

We do not plan on starting a campfire during our time on the John Muir Trail. Considering the wildfires that have happened this past year across California, we will not be taking any chances with the risks associated with an open campfire.

6. Respect wildlife:

In regards to wildlife, we will be mindful to always store our food in a locked bear barrel so animals do not have access to it. We only plan to passively observe the creatures of the JMT from a safe distance.

7. Be considerate of other visitors:

We are taking a two week trip into the wilderness to escape many of the sounds and distractions that we humans create. We hope to allow for other visitors to have the same experience. We will do this adhering by to LNT principles and being respectful of other visitors.

IV. Risk Management

b. Objective Hazards

1. Bears. Bears are found all along the John Muir Trail with a decrease in bear density from the north to the south terminus. Bears found in Yosemite National Park are notoriously crafty when it comes to getting food from backpackers and inside cars so we will be especially vigilant during our hike of the John Muir Trail. To mitigate bear encounters, we will use our bear canisters religiously and maintain a clean campsite. Because our dinners will be MountainHouse Meals, we will promptly pack away wrappers in the bear canisters and clean our utensils well. We will also cook 200 meters downwind of where we are sleeping. If we do encounter a bear we will wave our arms and yell and hopefully the bear will be scared away. If we can not scare the bear away, then we will use one of our two cans of bear spray which we will practice the use of beforehand. Mountain lions have also been spotted, although rarely, along the John Muir Trail. If we encounter a mountain lion, then we will resist the instinct to run and slowly back away while maintaining eye contact and trying to make ourselves appear bigger.
2. Weather. The John Muir Trail has some of the most lovely weather to backpackers could hope for. Days are often dry, warm, and sunny while the nights stay slightly above freezing. For the sunny days we will apply sunscreen, chapstick, and wear sunglasses to protect ourselves. On the rare cold or rainy day, we will layer and take care to keep ourselves dry. We know that at high elevation thunderstorms can catch even the most seasoned backpackers by surprise so we will tirelessly scan the skies for cumulonimbus clouds. If we do see a building thunderstorm, then we will descend as quickly and safely as possible even if that means backtracking. If we are caught in a thunderstorm, then we will assume the lightning position and put on warm layers.
3. Altitude. The lowest point along the John Muir Trail is 4,035 feet while the highest point is the 14,505 foot peak of Mount Whitney. On average, we will be camping at 9,000 feet. We will try to minimize our incidence of altitude sickness by hydrating, maintaining adequate caloric intake and hiking the trail from north to south which will be a more gradual introduction to the altitude. We will both be spending our summers in Colorado so we will be somewhat acclimated to the altitude but we recognize that AMS can strike even the most fit of college students. If either of us presents with AMS we will hydrate and rest and descend if symptoms do not improve.
4. Foot Care. Foot care is of the utmost importance to us due to the speed at which we are hiking. To keep our feet in tip top shape we will put a pair of shoes that we broke in over the summer in our Muir Trail Ranch resupply box. On the trail, we will be careful to keep our feet dry and be proactive about treating potential blisters.
5. Terrain. We are hiking the John Muir Trail, a known strenuous hike, quite rapidly. There are sheer cliffs in spots, considerable elevation gains almost every day, and multiple stream crossings. We will have to carefully watch our footing along the trail and be proactive about injuries through stretching and listening closely to our bodies. In August, stream crossings should not be an issue but if they prove to be, then we will find the shallowest and safest spot to cross before linking our arms and crossing in footwear other than our hiking boots.

Evacuation Plan

The majority of the John Muir Trail is in designated wilderness areas, passing through beautiful alpine terrain. The isolation of the trail is one of the most appealing but also dangerous aspects of this hike. If we have to deal with an emergency situation, then it will be of the utmost importance to stay calm, cool, and collected. We have demonstrated our calm demeanors through jobs at wilderness summer camps where we worked with middle schoolers. In the event of a non-life threatening injury we will use our skills as a WFR to manage the situation and care for the injured individual. There are five evacuation spots along the trail that we can use. They are found at miles 23.9, 57.3, 106.4, 135, and 177.9.

In the event of a life threatening emergency we will use the satellite phone to call for aid and then try to move to a helicopter accessible area. Much of the John Muir Trail is not accessible to helicopters so we would most likely have to rely on an on foot rescue team. We will take every precaution to avoid an emergency and be safe on our hike.

Special Preparedness

e. Emergency Resources

Yosemite National Park 2093791992
Yosemite Village Medical Clinic: 209-372-4637
Madera County Sheriff 5596757770
Devils Postpile National Monument 7609342289
Fresno County Sheriff 5594883111

Sequoia and Kings Canyon National Park 5595653195
Inyo County Sheriff 7608780395

McClure Meadow Ranger Station (mile 119.1; no publicized phone number)
Crabtree Ranger Station (mile 202.9; no publicized phone number)
Lone Pine Ranger Station (not along trail;7608732483)
Mt. Whitney Ranger Station (not along trail; 7608766200)

Yosemite Medical Clinic (2093724637,Yosemite Valley)
Mammoth Hospital (7699343311, Mammoth Lakes)
Madera Community Hospital (5596755555, Madera)
Northern Inyo Healthcare District (7608735811, Bishop)
Southern Inyo Hospital (7608765501, Lone Pine)

Emergency Communication

We will be carrying a Garmin InReach Explorer satellite phone and our cell phones (turned off) in a dry bag.

V. Budget

Budget

[RKMF Breakdown.docx](#) (41KB)
Uploaded 1/8/2018 9:45pm by Claire Tobin

Appendix D

Transportation

893

Food and Fuel

406.37

Maps and Books

0

Communication Device Rental

35

Permits/Fees

15

Gear Rentals

0

Total Funding Request

1349.37

Cost Minimization Measures

To minimize the cost of our trip, we scoured the internet for the cheapest flights and food options and hotels. In addition, we asked our family and friends to borrow gear for our expedition so we did not have to spend money renting a large amount of gear.

VI. Expedition Agreement

Expedition Agreement

[Agreement.pdf](#) (2.1MB)
Uploaded 1/8/2018 10:00pm by Claire Tobin

Appendix E

Appendix A- Itinerary

Air Depart - Arrive evening of July 29th, get a hotel for one night. Take a bus from Fresno to JMT the morning of the 30th and begin the hike

Depart July 29th (morning)

Claire - BGR 9am to FAT 6:42pm [Flight](#) (\$411)

Josh - DIA 11:12 to FAT 12:37 [Flight](#) (\$121)

Fresno Hotel - University Square Hotel (80\$)

Ground Depart

Departs FAT 5:37am, arrive Visitor Center 9:43am [Bus](#) (32\$)

Ground Return - Taxi from Mt. Whitney Portal to Lone Pine, CA (20min). Stay the night in Lone Pine on the 15th

Lone Pine Hotel - Dow Villa Motel (70\$)

Aug 16: Take EST bus: Lone Pine→ Reno (leaves lone pine at 6:15am) [Bus](#) (60\$)

Arrive in Reno at 12pm

Air Return - Claire and Josh Reno 5:45 to DIA 8:55 [Flight](#) (\$119 each)

Day to day itinerary on the trail

Day to day itinerary:

Day 1: Happy Isles to Sunrise High Sierra Camp

- 13.2 miles
- Daily ascent: 5,000 ft.

Day 2: Sunrise High Sierra Camp to Evelyn Lake Junction

- 16.2 miles
- Daily ascent: 800 ft.
- Cumulative miles: 29.4

Day 3: Evelyn Lake Junction to Rush Creek Junction

- 10.0 miles
- Daily ascent: 2,160 ft.
- Cumulative miles: 39.9

Day 4: Rush Creek Junction to Trinity Lakes Outlet Crossing

- 13.8 miles
- Daily ascent: 1,130 ft.
- Cumulative miles: 53.7

Day 5: Trinity Lakes Outlet Crossing to Red's Meadow Resort to Deer Creek

- 13.5 miles
- Daily ascent: 1,750 ft.
- Cumulative miles: 65.0
- Resupply at Red's Meadow Resort (mile 59.2)
- Evacuation route at Red's Meadow Resort

Day 6: Deer Creek to Cascade Valley Junction

- 12.9 miles
- Daily ascent: 1,400 ft.
- Cumulative miles: 77.9

Day 7: Cascade Valley Junction to Bear Creek

- 15.6 miles
- Daily ascent: 3,550 ft.
- Cumulative miles: 93.5

Day 8: Bear Creek to Senger Creek

- 12.3 miles
- Daily ascent: 1,950 ft.
- Cumulative miles: 105.8

Day 9: Senger Creek to Muir Trail Ranch to McClure Meadow Ranger Station

- 13.3 miles
- Daily ascent: 1,730 ft.
- Cumulative miles: 119.1
- Resupply at Muir Trail Ranch (mile 107.9)
- Evacuation route at Muir Trail Ranch

Day 10: McClure Meadow Ranger Station to Starr Camp

- 13.9 miles
- Daily ascent: 2,350 ft.
- Cumulative miles: 133.0

Day 11: Starr Camp to Lower Palisade Lake Outlet

- 14.3 miles
- Daily ascent: 2,600 ft.
- Cumulative miles: 147.3
- Evacuation route at LeConte Ranger Station (mile 135)

Day 12: Lower Palisade Lake Outlet to Lake Marjorie

- 12.4 miles
- Daily ascent: 2,510 ft.
- Cumulative miles: 159.7

Day 13: Lake Marjorie to Baxter Pass junction

- 12.7 miles
- Daily ascent: 2,790 ft.
- Cumulative miles: 172.4

Day 14: Baxter Pass junction to Center Basin Creek

- 12.3 miles
- Daily ascent: 2,700 ft.
- Cumulative miles: 184.7

Day 15: Center Basin Creek to Wright Creek Crossing

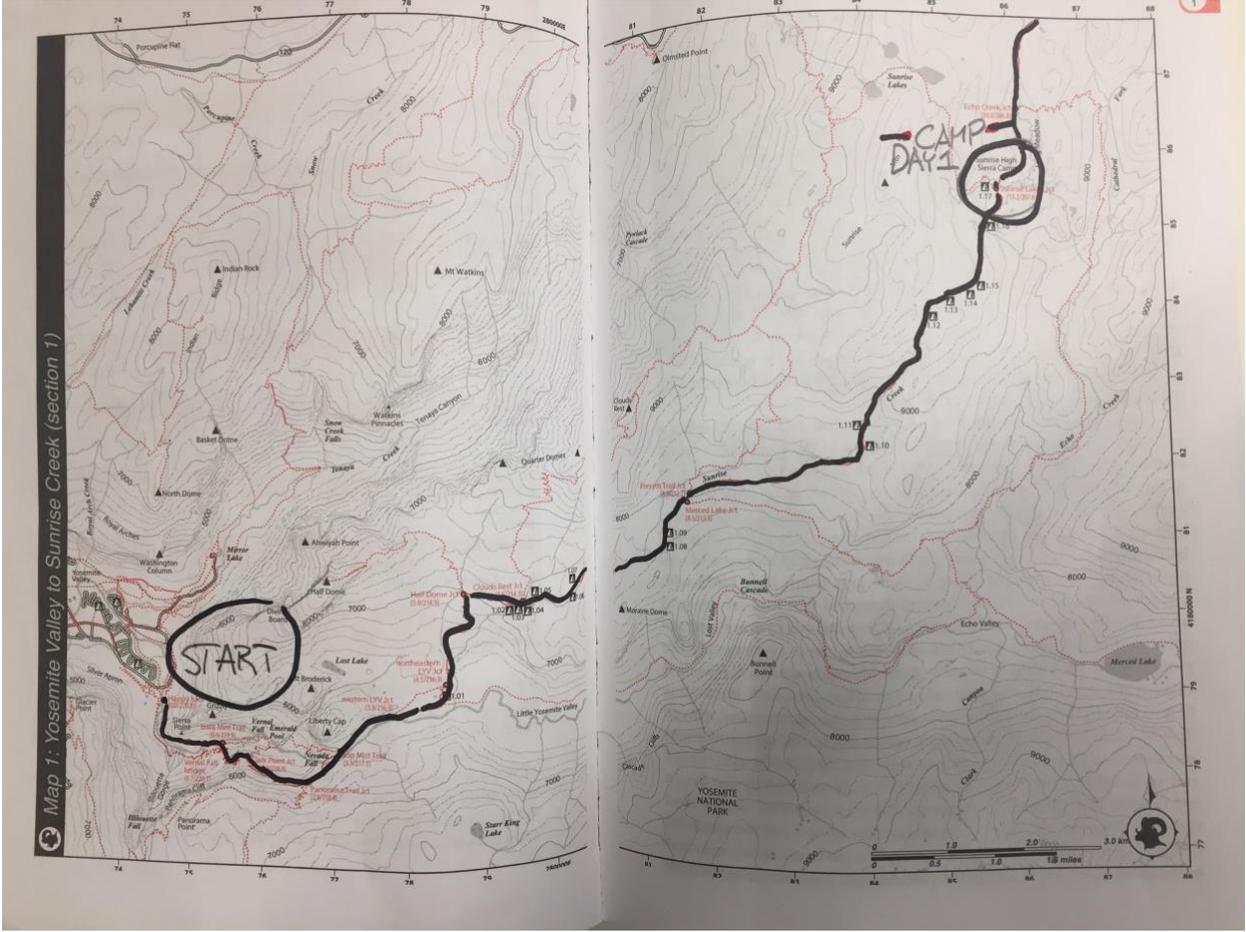
- 13.2 miles
- Daily ascent: 2580 ft.
- Cumulative miles: 197.9

Day 16: Wright Creek to Mt. Whitney Summit to Trail Crest

- 14.6
- Daily ascent: 3,825 ft.
- Cumulative miles: 212.5

Day 17: Trail Crest to Whitney Portal

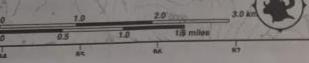
- 8.3 miles
- Daily ascent: 0 ft.
- Cumulative miles 220.8



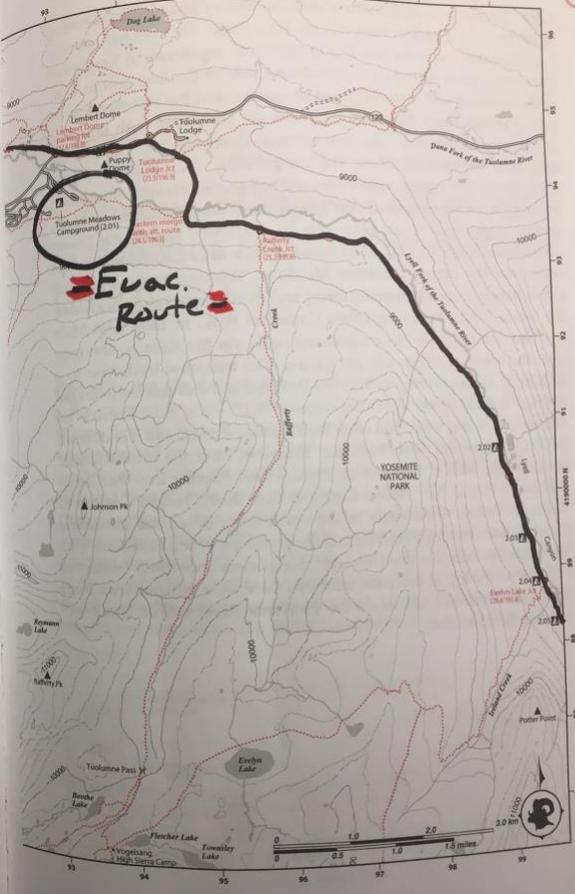
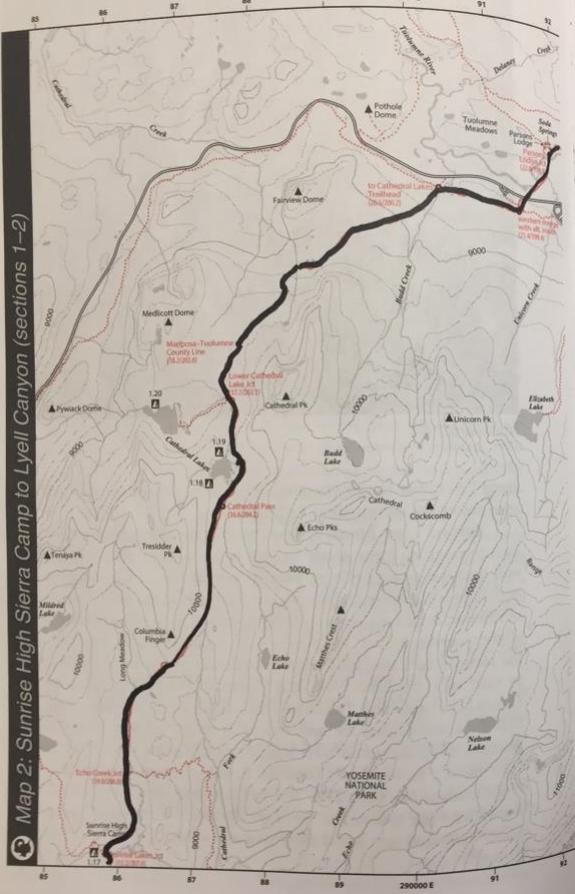
Map 1: Yosemite Valley to Sunrise Creek (section 1)

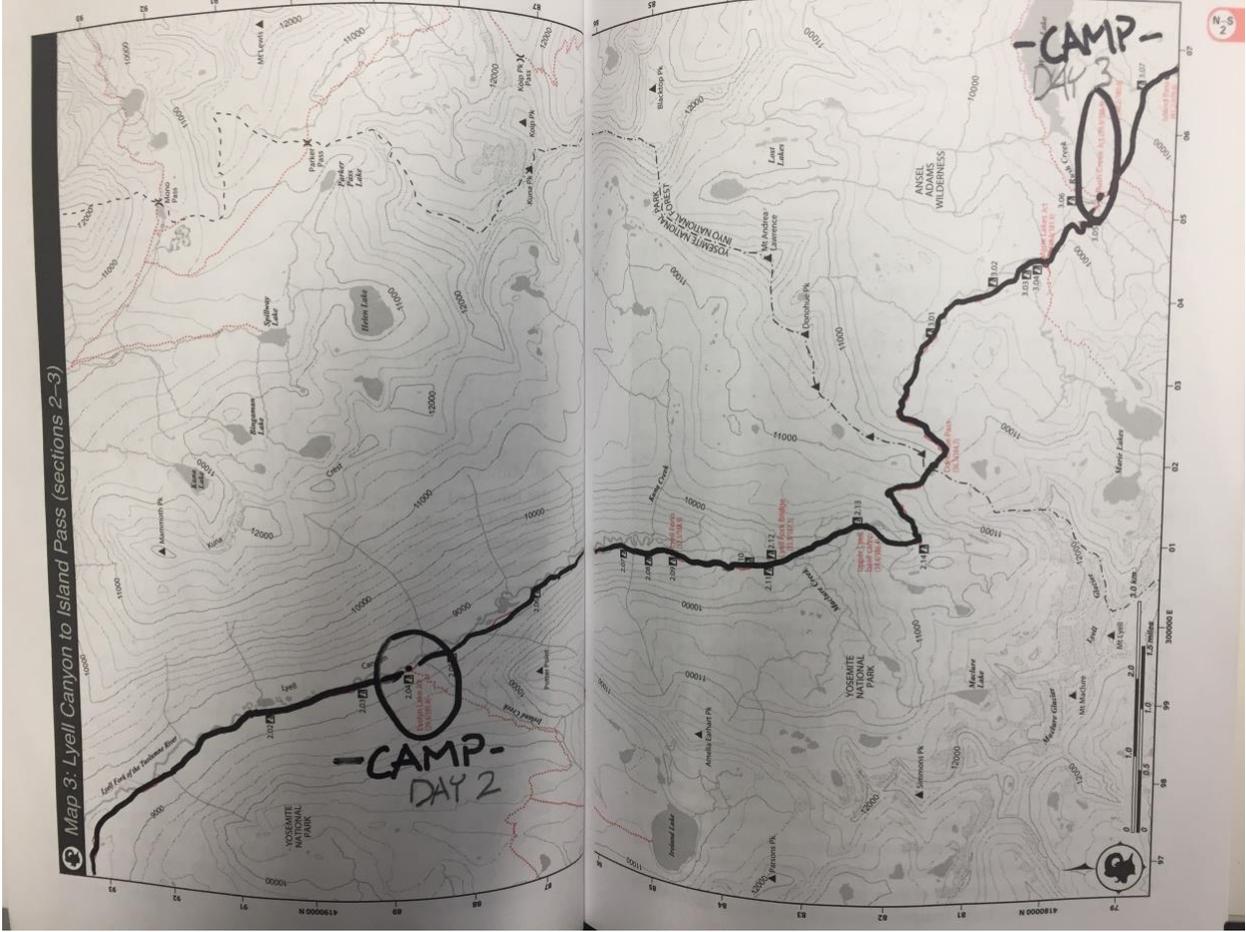
CAMP DAY 1

START

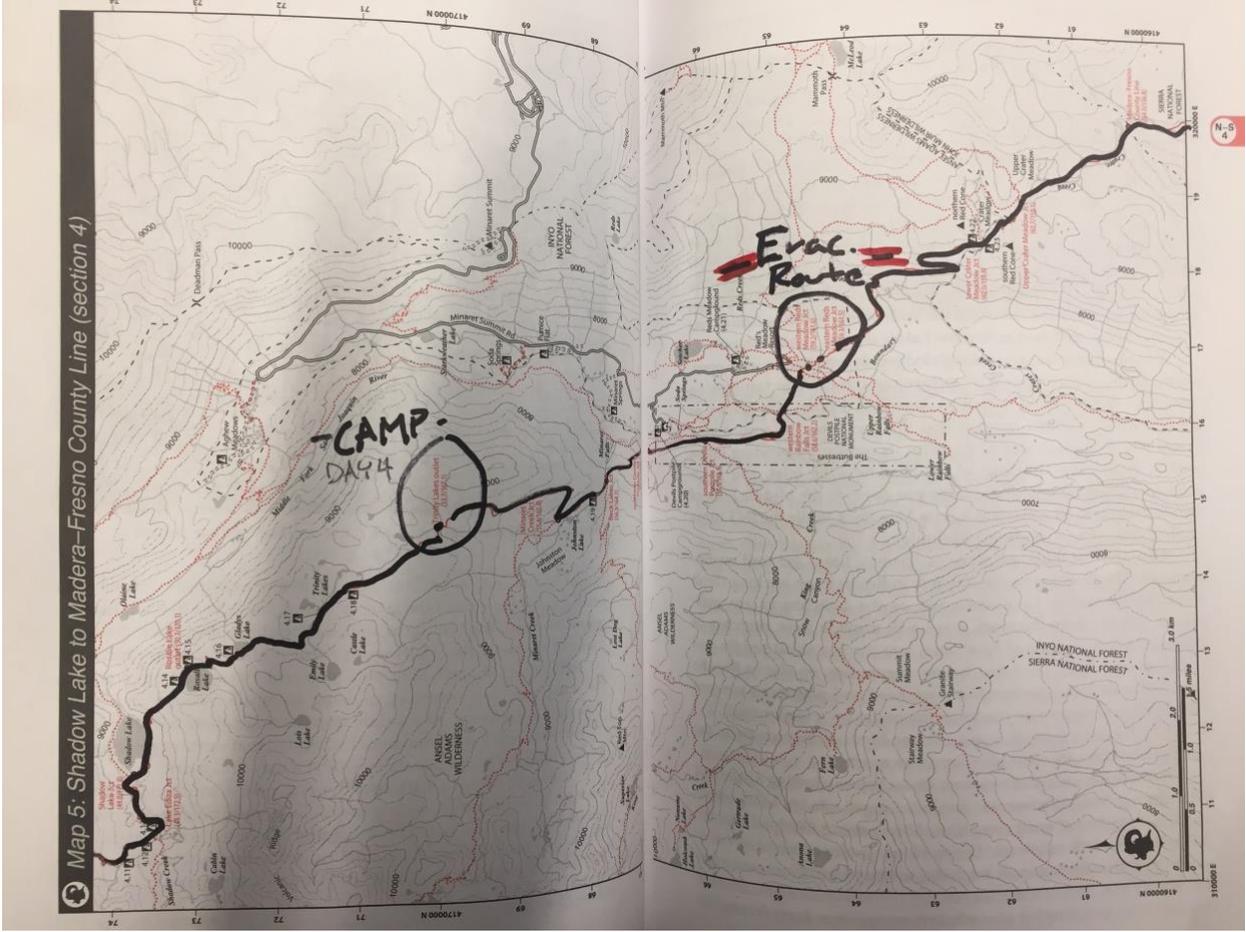


Map 2: Sunrise High Sierra Camp to Lyell Canyon (sections 1-2)

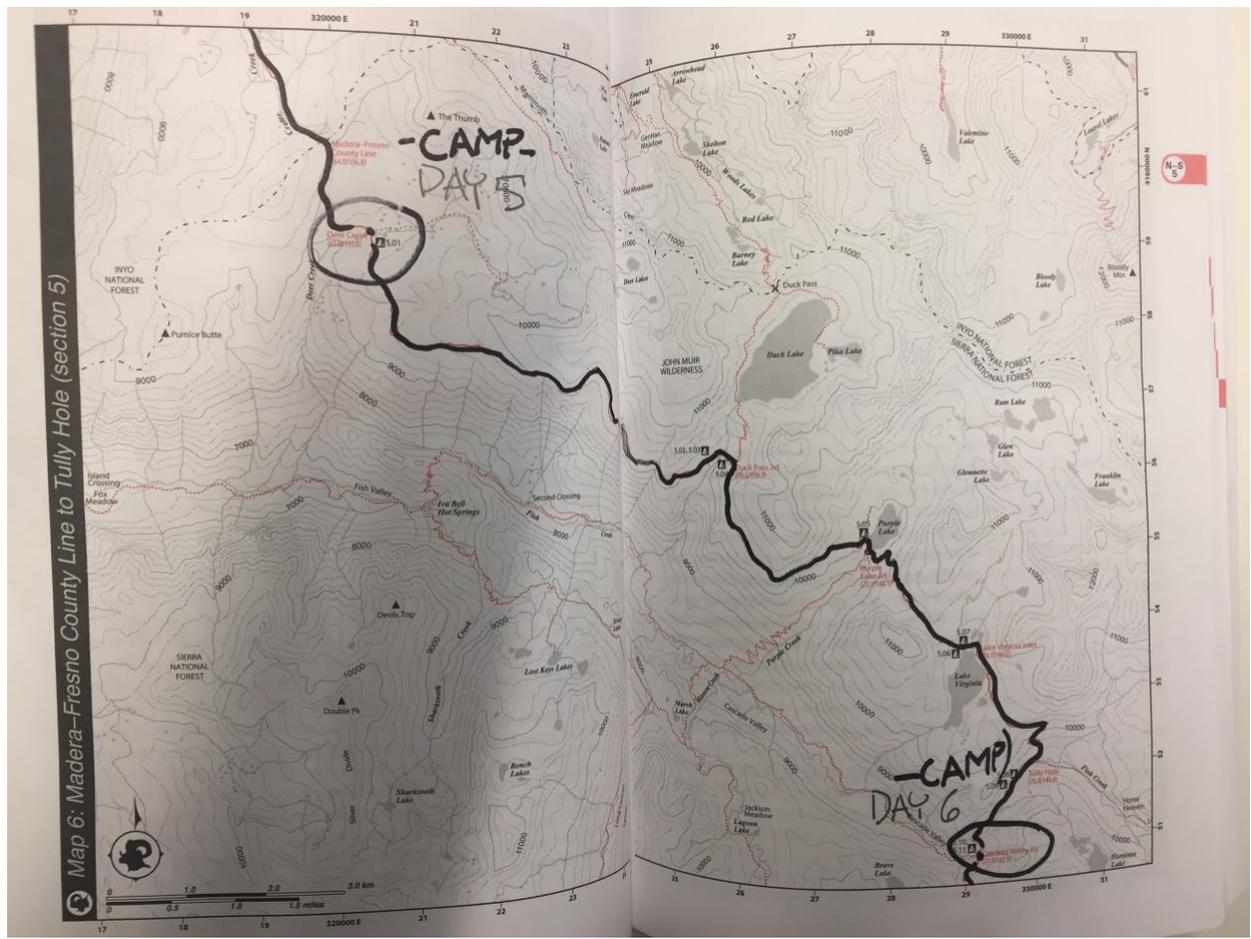


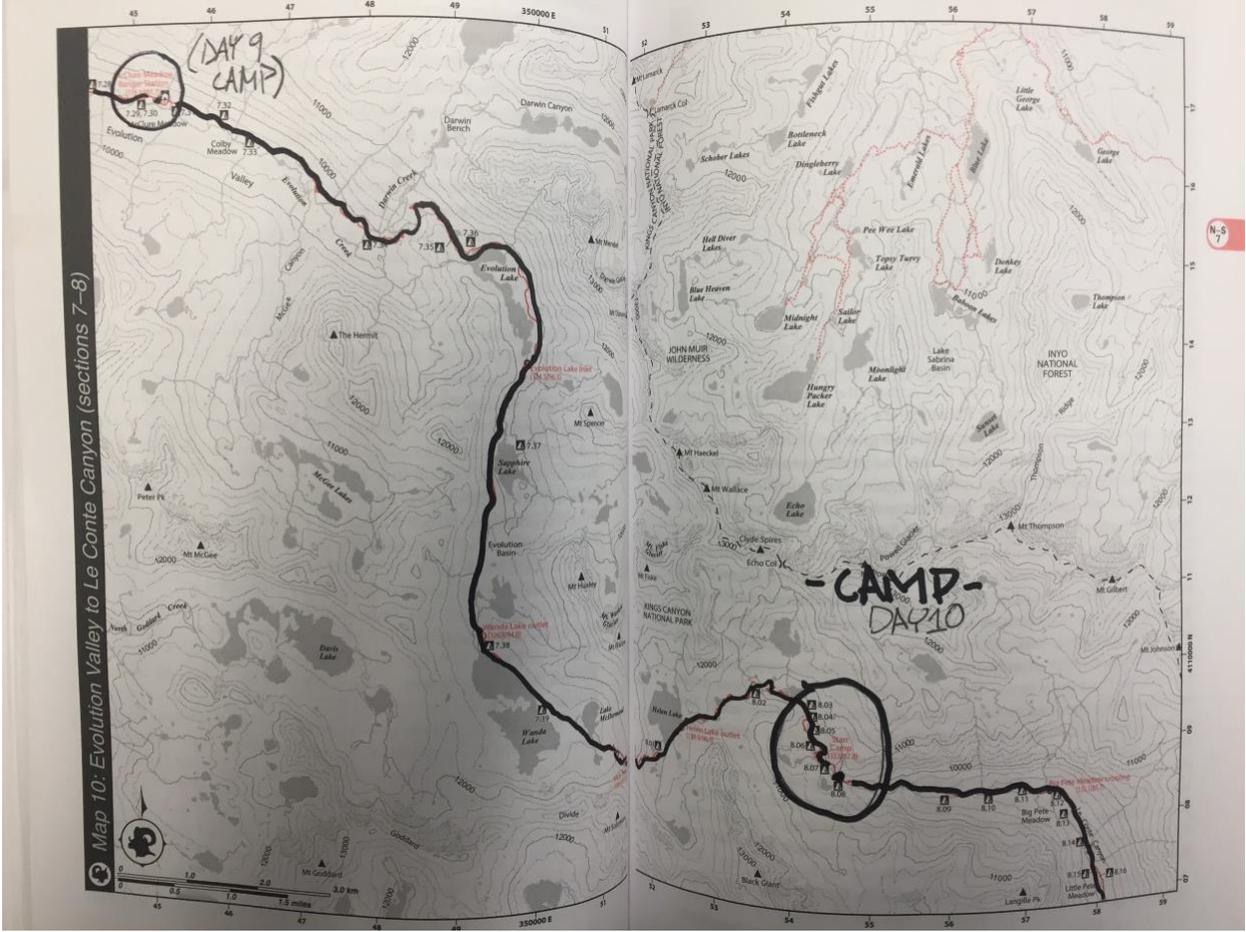


Map 5: Shadow Lake to Madera-Fresno County Line (section 4)



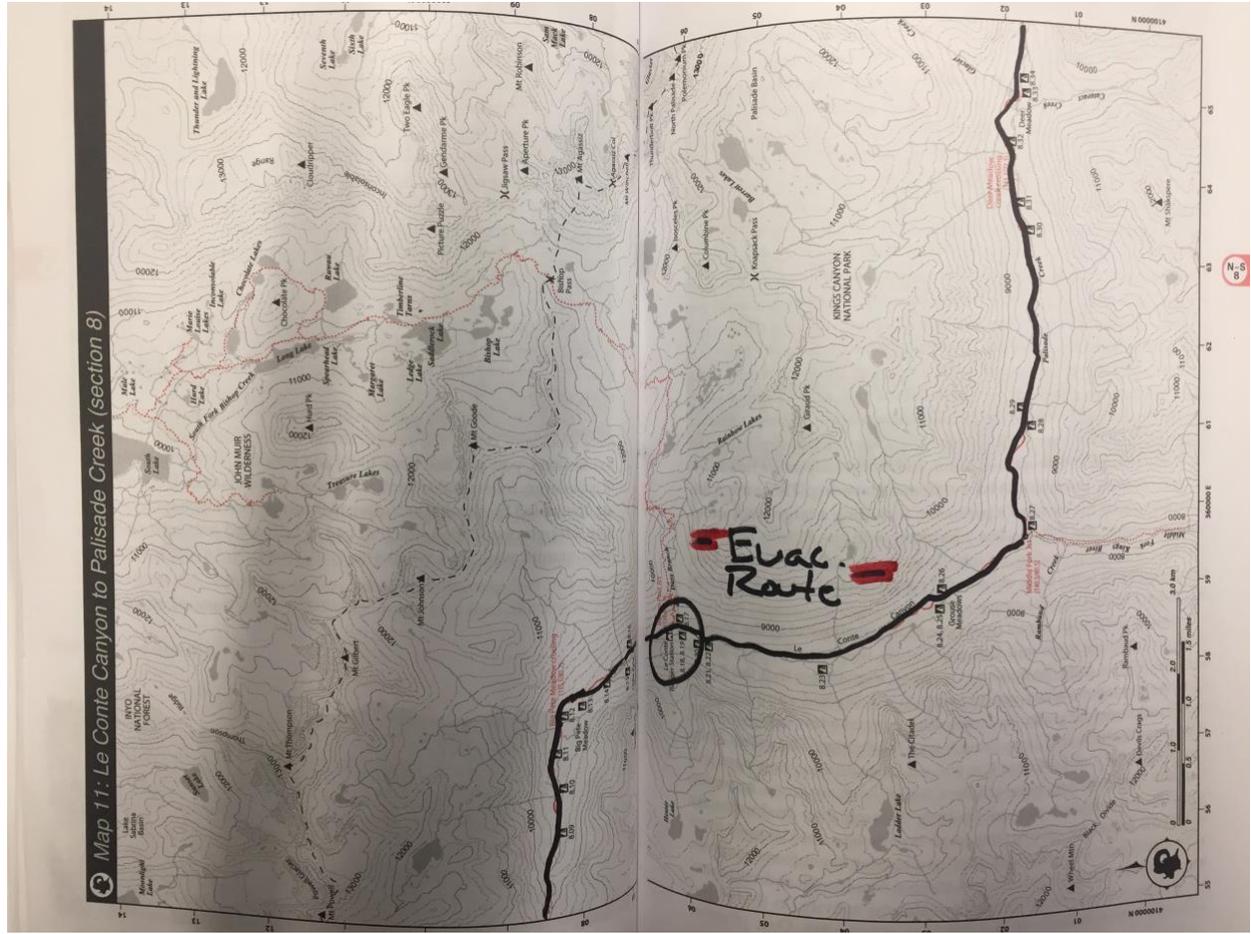
Map 6: Madera-Fresno County Line to Tully Hole (section 5)



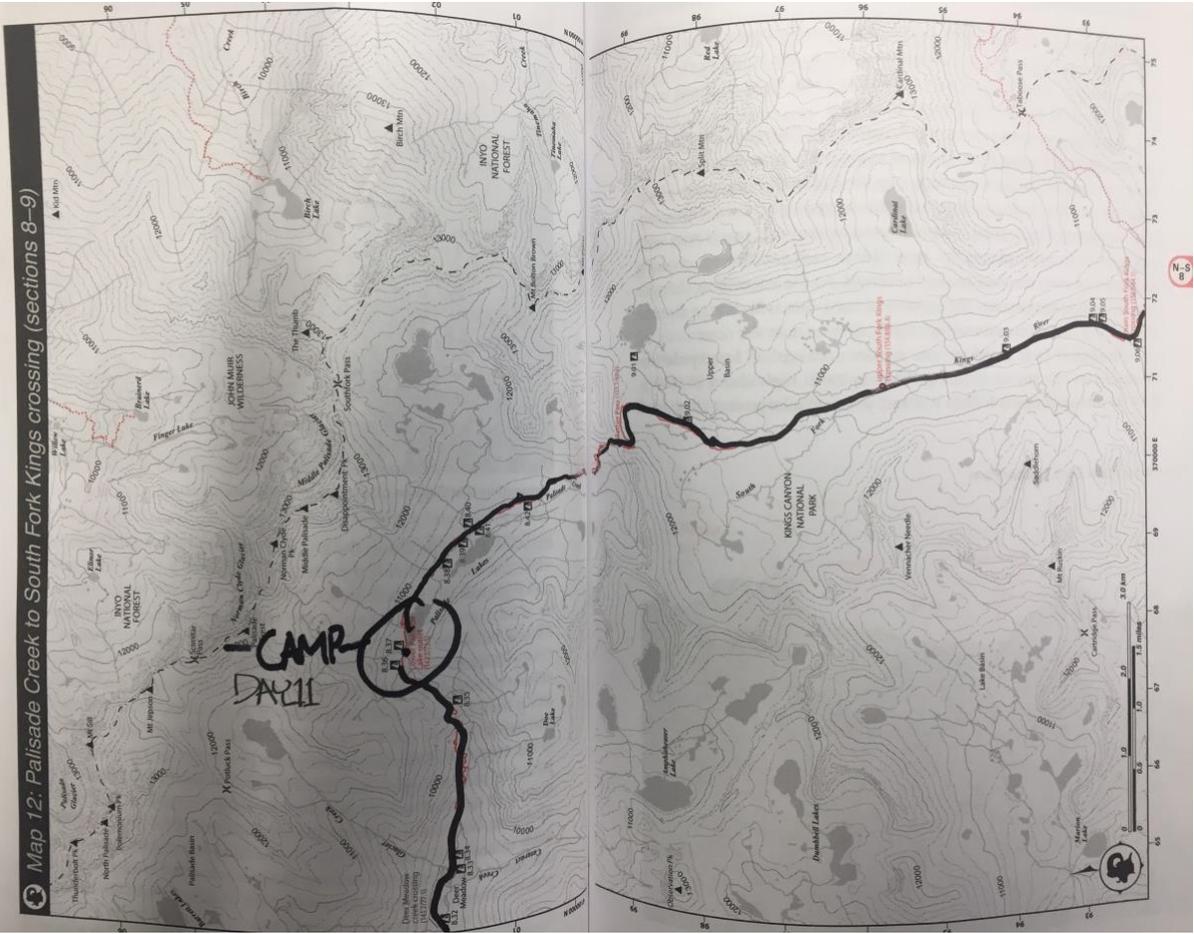


Map 10: Evolution Valley to Le Conte Canyon (sections 7-8)

Map 11: Le Conte Canyon to Palisade Creek (section 8)

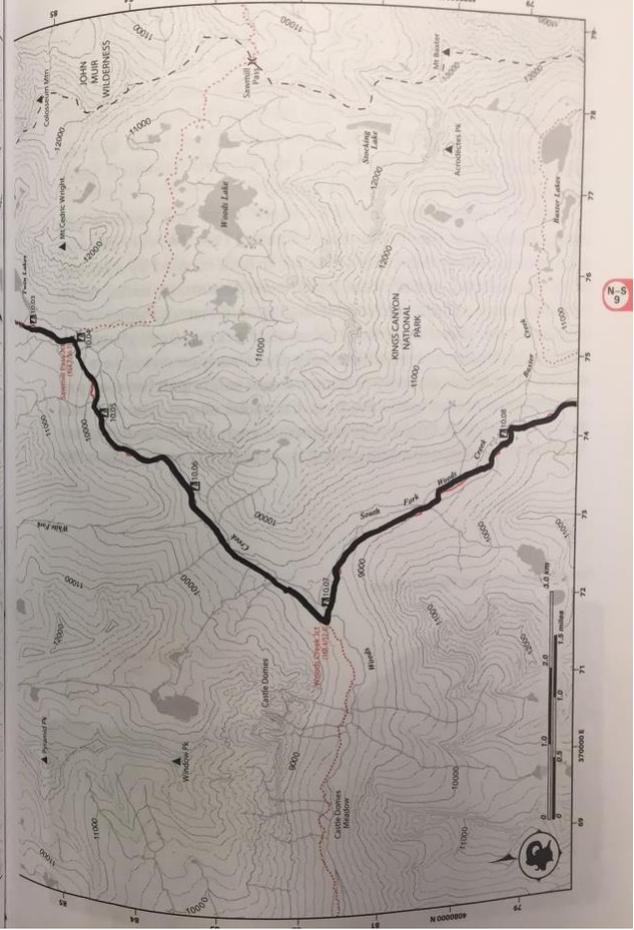
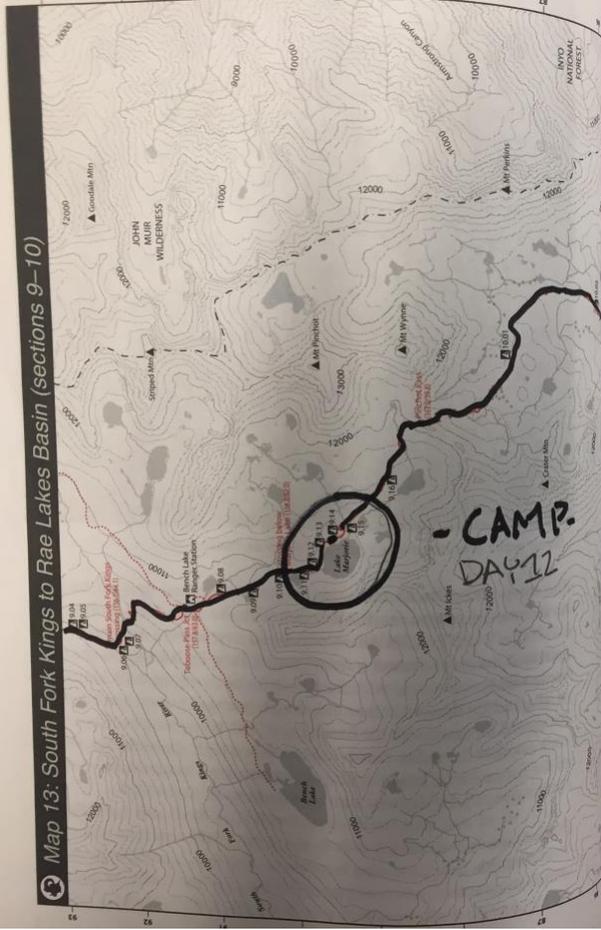


Map 12: Palisade Creek to South Fork Kings crossing (sections 8-9)

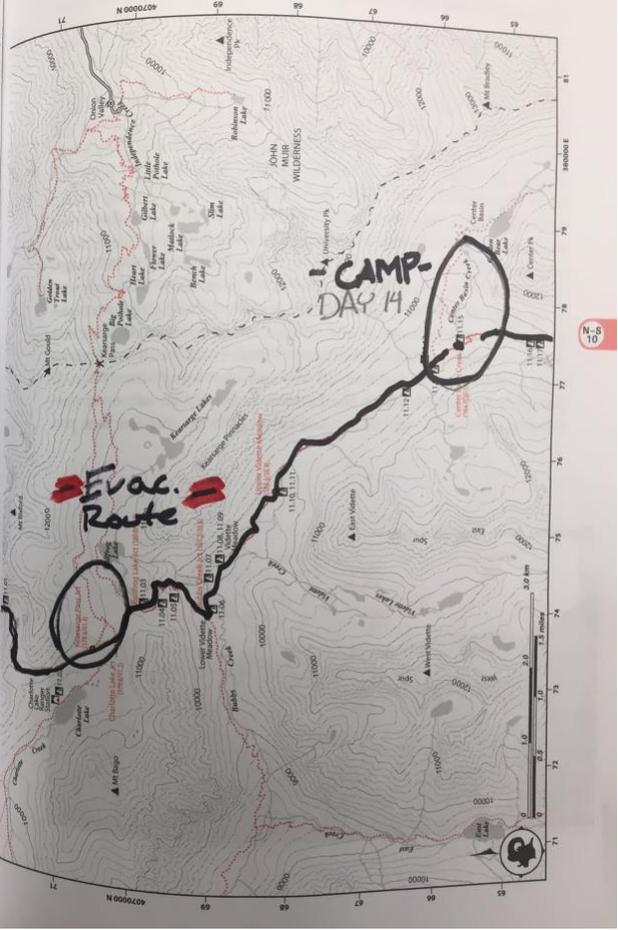
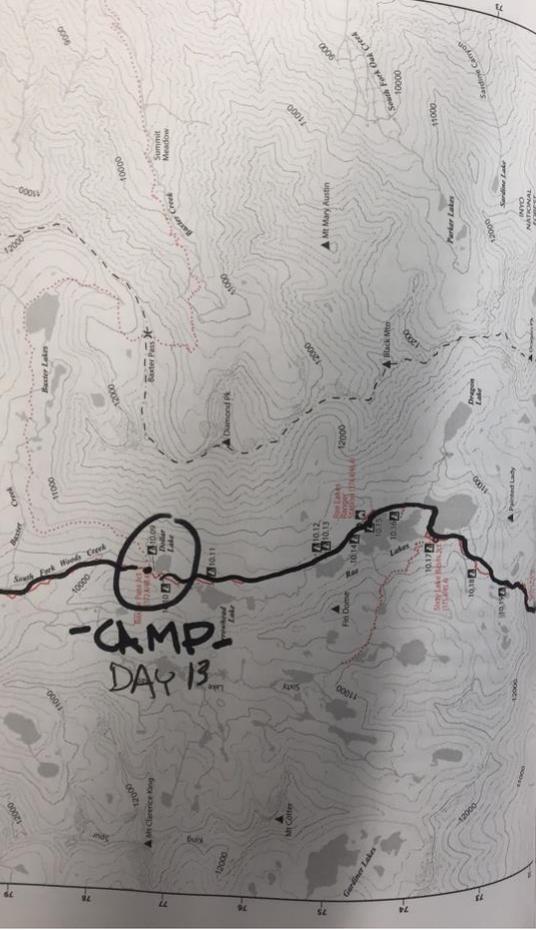


N-8

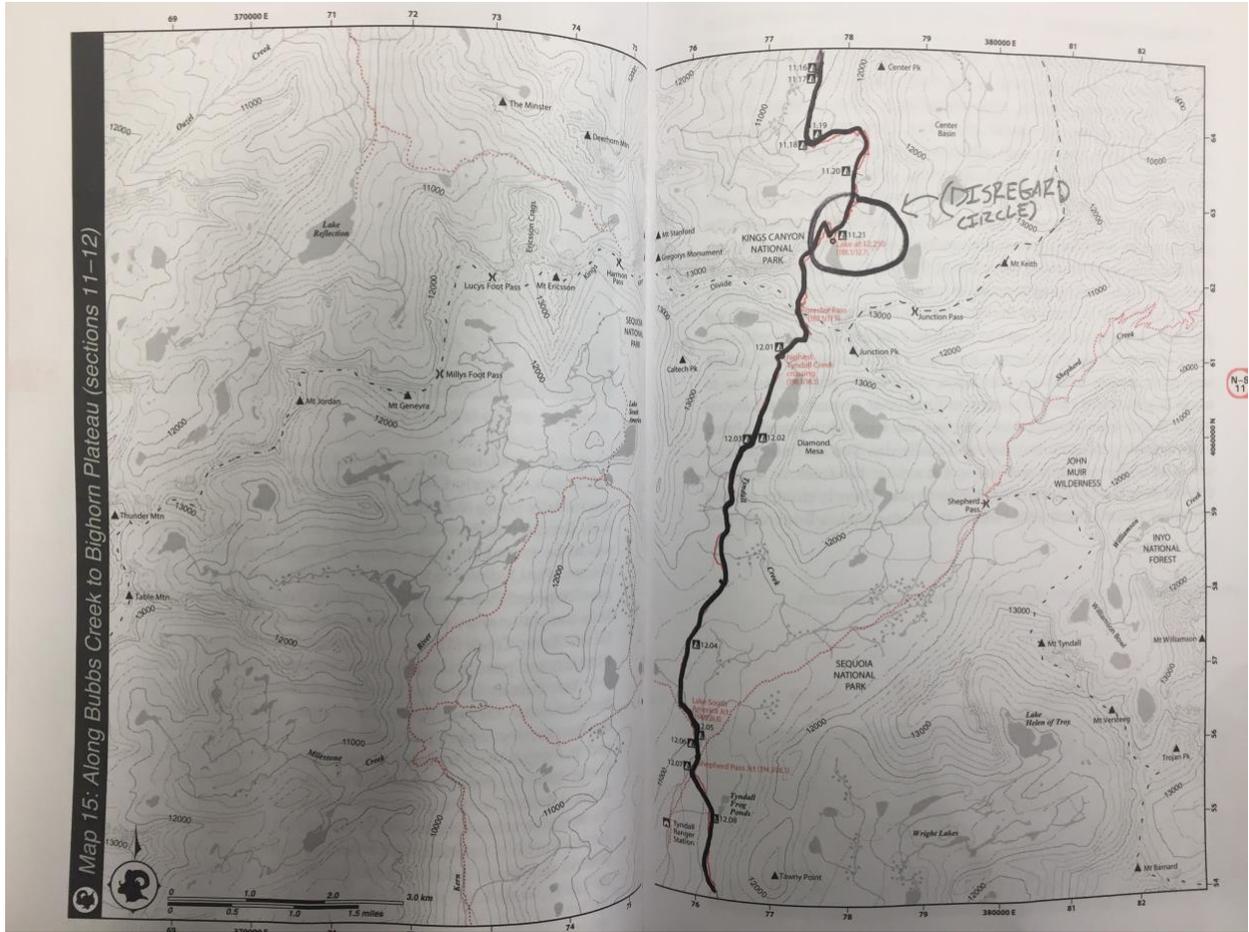
Map 13: South Fork Kings to Rae Lakes Basin (sections 9-10)

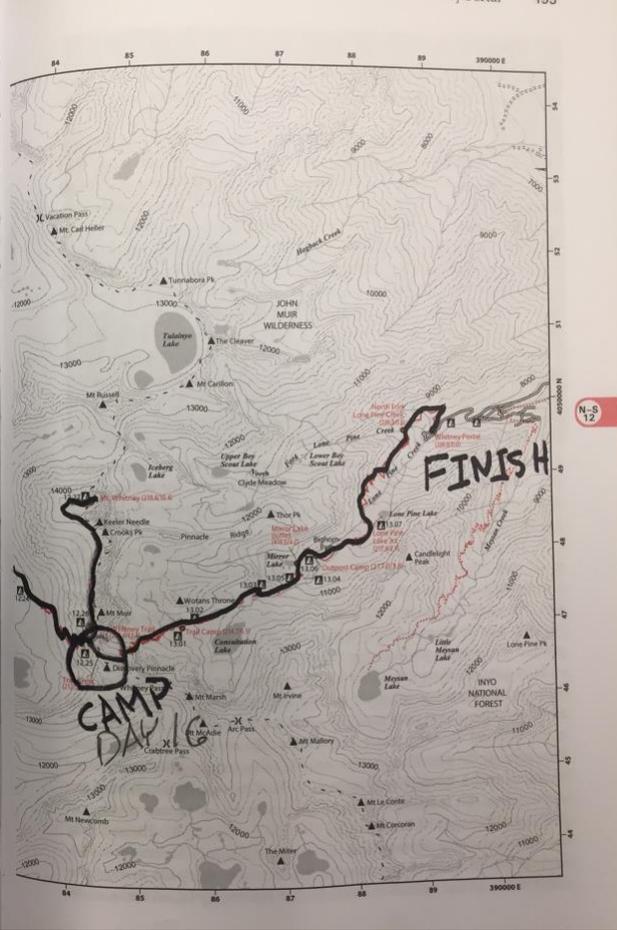
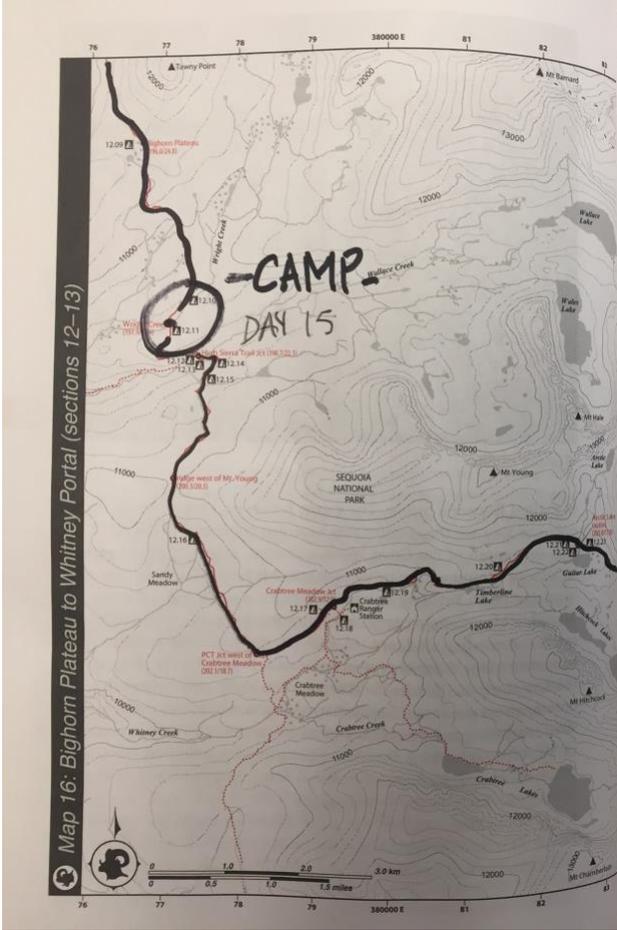


Map 14: Rae Lakes Basin to Center Basin Junction (sections 10-11)



Map 15: Along Bubbs Creek to Bighorn Plateau (sections 11-12)





Appendix B- Equipment

Individual Gear

- ~65-liter backpack and rain cover
- 30 degree sleeping bag
- sleeping pad
- toothbrush and paste
- headlamp with extra batteries
- 2 large Nalgene

Group Gear (per person)

- 1 warm hat
- 1 sun glasses
- 1 short sleeve base layer
- 1 long sleeve base layer
- 1 warm jacket
- 1 rain jacket/wind breaker
- 1 quick dry shorts
- 1 hiking pants
- 2 underwear
- 3 pairs socks
- 2 feet of duct tape

Cooking

- JetBoil
- JetBoil fuel (4x230g)
- Lightweight pot
- 2 mess kits (spoon, fork, bowl)
- 1 sharp not foldable knife
- Bronner's soap (1 small bottle)
- Small sponge

Navigation

- SAT phone
- Permits
- Compass
- Laminated area maps
- Laminated elevation maps

Misc

- 2 person tent
- trowel
- hand sanitizer (1 small bottle)
- camera and extra batteries
- 20 feet of utility cord
- 2 bottles sodium hypochlorite
- 2 bear canisters

First Aid Kit -

General

- NOLS Wilderness Medicine Book with SOAP notes in the back
- Pencil (1)
- 10cc irrigation syringe (1)
- Latex Gloves (3)
- Trauma Shears (1)
- Tweezers (1)
- Quart Ziploc (2)

Chlorine Drops
Sunscreen (1 tube)
Bug repellent
Vaseline

Drugs/Meds

Naproxen (NSAID, 20 pills)
Diphenhydramine (benadryl, 10 pills)
Epipen (2)
Albuterol Inhaler (2)
Imodium (8 pills)
Neosporin (1 tube)
Tincture of Benzoin (5 ampules)
Iodine towelettes (10)
Rehydration Salt (DripDrop)

Wound Management/Bandaging

Sam splint (1)
ACE wrap (1)
1" Athletic tape roll (1)
cravats (4)
BandAid (10)
Butterfly Bandages (10)
3" conforming gauze roll (25)
2x3 Second Skin (5)
3x3 sterile gauze pad (5)
2x3 non-adherent dressing (2)

Appendix C- Food

Meal	Cost per serving	Servings	Calories per serving	Total Cost
<u>Breakfast</u>				
Protein Pancake Mix (Krusteaz)	.44	24	220	10.56
Oatmeal (myprotein)	.70	20	390	14
Powdered Milk	.625	40	80	25
Brown Sugar	.06	60	15	3.6
<u>Lunch</u>				
Tortillas	.3126	64	200	20
Milky Way Candy	.75	40	264	30
Bean Powder (honeyville)	.31	36	80	11.25
Sunflower Butter	2.6	48	190	18
Dried cranberries	.20	56	123	11
Summer Sausage	1.03	24	200	24.75
ER Bar	.64	9	410	5.75
Clif Bar	.83	42	240	36
<u>Dinner (Mountainhouse)</u>				
Rice & Chicken	1.916	15	270	28.74
Chicken & Dumplings	1.916	15	310	28.74
Mac & Cheese	1.916	15	320	28.74
ChiliMac & Beef	2.156	15	230	32.34
Lasagna&MeatSauce	2.156	15	240	32.34
Beef Stroganoff	2.156	10	260	21.56

Total Food Cost 376.37

Appendix D Budget

Category	Cost	Explanation
Food	400.37\$	See food list
Travel (includes motels)	893\$	See itinerary
Permits/Fees	15\$	Cost of Yosemite Permit
Communication	35\$	Cost of recreation plan