



Ritt Kellogg Memorial Fund Registration

Registration No. 1BM3-4RWY5
Submitted Jan 4, 2016 4:22pm by Adam Young

Registration

Sep 1, 2015-
Aug 31

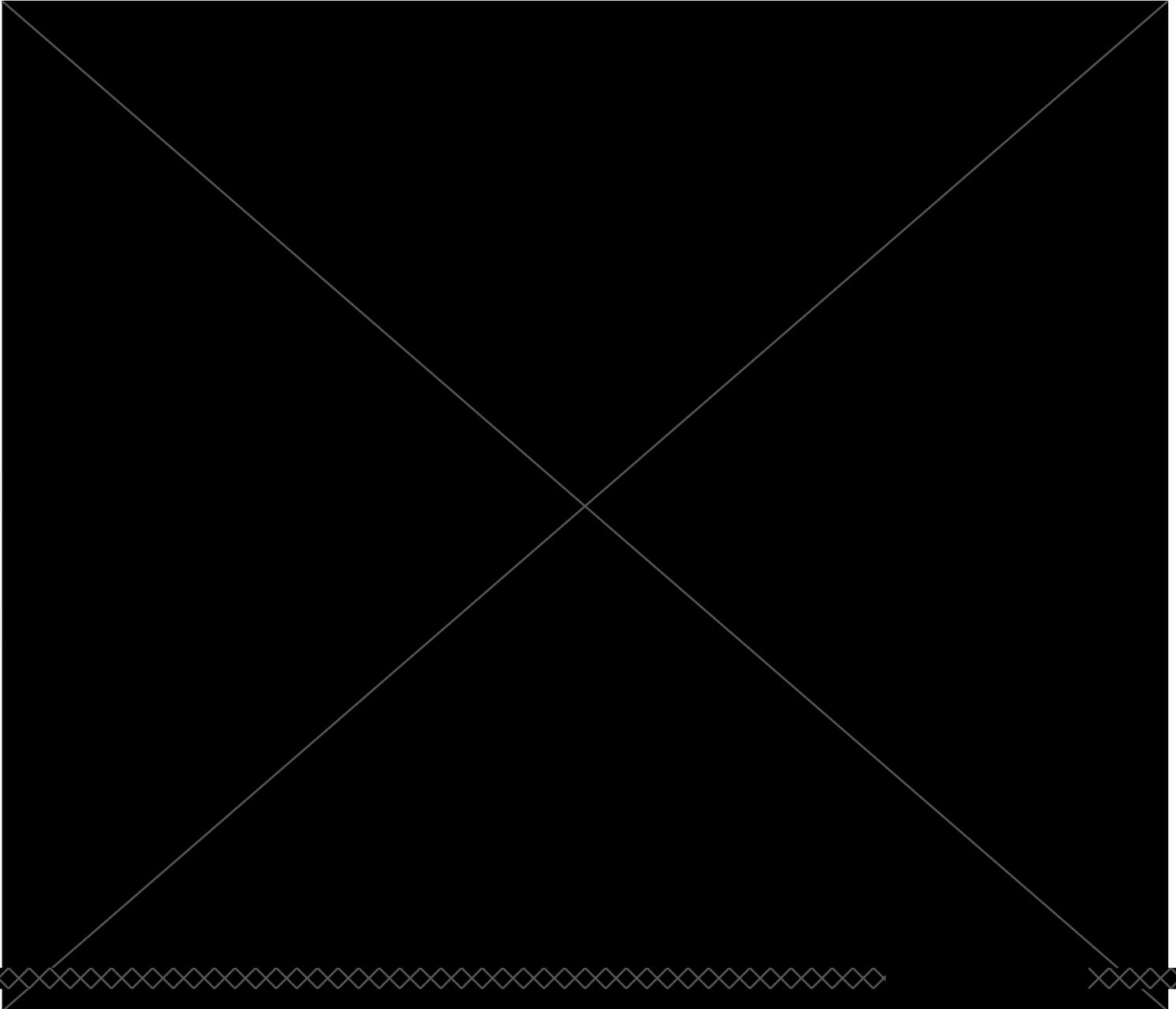
Ritt Kellogg Memorial Fund

RKMF Expedition Grant 2015/2016/Group Application

This is the group application for a RKMF Expedition Grant. In this application you will be asked to provide important details concerning your expedition.

**Waiting for
Approval**

Participant



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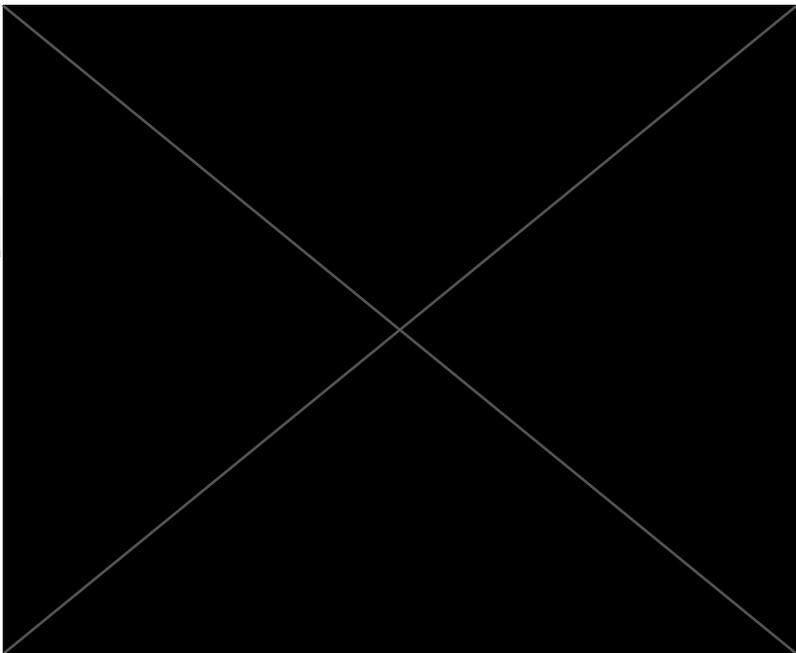
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I. Expedition Summary

Expedition Name

The Great Canadian Oar-Deal

Objectives

Above all else the objectives of this trip are to

Be Safe

Take only photographs and leave only ripples from our paddles

Return as friends

Discover a sense of place

Experience the truly remote

The Yukon territories and the rivers therewithin at the time of the Klondike Gold Rush inspired the great poet Robert Service to write these words in his poem "The Spell of the Yukon."

There's gold, and it's haunting and haunting;

It's luring me on as of old;

Yet it isn't the gold that I'm wanting

So much as just finding the gold.

It's the great, big, broad land 'way up yonder,

It's the forests where silence has lease;

It's the beauty that thrills me with wonder,

It's the stillness that fills me with peace.

It is this wonder and peace that Service speaks of in his eloquent writing that we wish to experience. We hope to return as more experienced backcountry canoers, with heightened insights on how to travel safely, as well as a new appreciation for the Big Salmon River watershed and the North American wild in general.

Location

Big Salmon River in Canada's Yukon Territory. We will begin the canoe expedition in Quiet Lake and we will finish in the historic Dawson City, a total distance of 770 km (478 miles).

Departure Date

Aug 13, 2016

Return Date

Aug 31, 2016

Days in the Field

18

Wilderness Character

The Big Salmon River winds its way through the dense and mountainous Black Spruce forests of the northern Yukon only a few hundred miles south of the Arctic Circle. Once we put in at Quiet Lake, roughly four hours from Whitehorse, the nearest large city, we will be wholly immersed in a wilderness setting.

Though we plan to paddle by many towns, we do not intend to resupply during our time on the water in order to further the wilderness character of this trip. In travelling this great waterway by canoe, we will get a taste of how the First Nations people of the Teslin Tlingit, the Kaska Dena, and the Little Salmon Carmacks travelled these lands for thousands of years before the arrival of Europeans. Furthermore, traditional travel by canoe leaves a very minimal impact as compared to other outdoor activities. Fishing the river will give us additional context for how First Nations people may have experienced this wilderness, though we will do so in a sustainable and conservative manner, with the interest of preserving these resources for future generations.

It is possible that we will see other parties on the river. In order to give everybody a shared sanctity of the wild and to avoid creating additional impact, we will camp far away from any other parties that we may encounter. It is these principles of leaving no impact and preserving the wild that we hope to embody to most appropriately respect the beliefs and practices of the Ritt Kellogg foundation, Ritt himself, and the First Nations people who have historically called the Big Salmon watershed home.

The Big Salmon river is known for evolving from season to season as erosion fueled by spring melt from the snowfields and glaciers in the mountains above reshape, bisect, or completely wash away existing bends of the river on its slow but steady race to its eventual end point in the Bering Sea. The ever-changing path of the river makes any guidebook inexact and each journey down the river a first of its kind. With this in mind we have thoroughly taken note of the most recent trip reports and compared them with what is presented in the guide books. We do not intend to take any risks with choppy water in our canoes, however the dynamic path of this river will likely bring with it some

surprises. At all times we will keep a keen eye down river to avoid potentially troublesome log jams, sweepers, beaver dams, sand bars, and points of turbulent water. We realize that keeping our vigilance will be of utmost importance due to the remote nature of this trip and the distance between our party and the nearest help. However, we all have mindful confidence that this trip is not exceeding our backcountry abilities, and know that some uncertainty will further our wilderness experience.

II. Participant Qualifications

Participants' Graduation Date

Adam Young- May 2016
Salvador Bastien- May 2016
Niall Griffin- May 2016
Nico Ravitch- May 2016

Medical Certifications

Adam Young- WFR Expires June 15, 2017
Salvador Bastien-WFR Expires May 30, 2015. Taking re-certification course 2/19/16-2/21/16 with WMI.
Niall Griffin-WFR Expires May 30, 2015. Taking re-certification course 2/19/16-2/21/16 with WMI.
Nico Ravitch- WFR expires January 19, 2016. Taking re-certification course 2/19/16-2/21/16 with WMI.

Does your group have adequate experience?

Yes

Training Plan

Motivated for their love of river travel by canoe, Salvador and Nico have worked as backcountry canoe leaders and have guided campers on multi-day canoe trips in the Boundary Waters of the midwest and the northern backwoods of Maine, respectively. Niall and Adam have also partaken in extended backcountry canoe trips both with their parents at a young age and more independently throughout high school and college. Furthermore, Salvador and Adam will likely work as camp leaders and canoe guides in the summer months immediately preceding our departure date for this trip.

Our training and preparation for this trip has already begun and we plan to continue ramping up our preparedness until the day that we depart for the Yukon. During this past third block break, the four of us decided to refresh our canoeing skills and explore our team dynamic by doing a three day canoe trip on Utah's Green River. The four of us have been going on various backcountry expeditions together for the past four years on top of our respective individual canoeing experiences, so it was not surprising how smoothly this canoe trip went and how well we worked together as a team. On the Green, we brushed up on our river reading and navigation skills as well as our paddling, canoe packing, water purifying, basic first-aid, trash/waste management, LNT camping and cooking skills. Furthermore, we rekindled our joy for canoe travel on beautiful and truly wild rivers.

The four of us intend to further our preparedness and increase our breadth of river safety and knowledge by taking a Swiftwater Rescue course during 7th block this Spring. Shortly after this, we intend on gaining more experience by doing an additional canoe trip over 7th block break. During the Spring leading up to this trip, we will also attend at least three roll sessions at the CC Pool to improve our confidence in water rescue techniques. Additionally, we will set aside serious and dedicated pre-trip time to review our Wilderness First Responder and Swiftwater Rescue knowledge. The four of us took WFR together our freshman year and in the time since then, we have pushed each other to make safe decisions, recertify for WFR, and ensure that all of our backcountry expeditions are as safe and fulfilling as possible. Once more, we will hold each other personally accountable to be fully prepared and well studied in Swiftwater Rescue as well as basic wilderness medicine before we allow any canoes to hit the water.

III. Expedition Logistics, Gear and Food

Travel Plan

Travel Plan

The four of us will be working out of or living in the greater Denver/Boulder region in the time preceding this trip so we have chosen Boulder, Colorado as our starting point. We will depart Boulder on August 13th, 2016, and cover the next 2,479 miles to Whitehorse, YT, over the course of the following four days, car camping along the way. We have decided that Nico's new Subaru Forester will be the ideal vehicle for the trip. The Forester will have less than 15,000 miles on it by the time we depart for Whitehorse. Adam has AAA roadside assistance plus which is valid in both the United States and Canada. We will schedule an oil change and maintenance check-up in Boulder before departure. The four of us are very competent and safe drivers with clean driving records and experience driving across the continent, however we acknowledge that this will be a very long drive and that necessary driving safety measures must be taken very seriously during our four days on the road.

On our drive up we will be car camping or staying at cheap campgrounds near the road. The first night we will stop in Harlowton, Montana. The second day we will drive cross the border and continue on to Drayton Valley, Alberta where we will spend the night. The third night we will stay at Fort Nelson, British Columbia. The fourth and final day we will complete the last leg of the drive and arrive in Whitehorse, YT. At the end of the trip upon our return back to Boulder, we will stop at the same waypoints in reverse order.

Upon reaching Whitehorse, we will be renting two canoes as well as all other necessary items (details in Gear List) from Up North Adventures, a local outfitter. Up North Adventures will be shuttling us and all of our gear to the put in location at Quiet Lake as well as picking us up at our end point in Dawson City.

Expedition Itinerary


Uploaded Jan 3 6:18pm by Adam Young

Appendix A

Re-Ration Plans

No

Food Storage

We plan on storing all food in airtight waterproof barrels rented in Whitehorse. This method of food storage, ensures that our food stays dry while minimizing the possibility of allowing smells to seep out that could attract animals. All of our food will be kept in the canoes during the night. We have had success storing food in this way on many river trips. Furthermore, local Yukon canoe guiding companies abide by these methods of food storage. We intend to be meticulous in cleaning up food scraps and managing microtrash. All of our food and any scented items will be stored in airtight containers before we retire each night. We will take care to camp at least 50 meters from our canoes each night.

Food List

[Food List.docx](#) (14KB)
Uploaded Jan 3 6:22pm by Adam Young

Appendix B

Equipment List

[Equipment List.docx](#) (14KB)
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Appendix C

Are all expedition members familiar with LNT principles?

Yes

Plan for Minimizing Impacts

The four of us have had the principles of Leave No Trace hammered into our brains since we were old enough to hike. As young adults, we have been on many extensive backcountry expeditions in which we have applied LNT principles ourselves. Furthermore, the four of us have work experience in teaching the principles of backcountry LNT to younger brothers, young campers, and new students of Colorado College as backcountry leaders.

Travel and Camp on Durable Surfaces → Canoeing is an inherently low impact activity that, if done responsibly, leaves virtually no trace. Serious precautions will be taken to avoid the contents of our canoes from entering the water for obvious reasons. We will manage our waste responsibly and strictly hold each other accountable for microtrash management. This means securing items that could be lost in wind gusts and being pertinently mindful as to not drop any items in the water. On land, previously established trails and campsites may not always be present. In their absence, we will do our best to camp on rock or other durable, inorganic surfaces and avoid creating new trails through the river bank ecosystems.

Leave What You Find → We may encounter some historical sites (Klondike Gold Rush era) as well as some prehistoric sites left behind by First Nations people who have lived here for thousands of years. We will not disturb any of these sites. Federal law in the United States and Canada prohibits the tampering or collecting of artifacts. Furthermore, we intend to fully respect what was left behind by previous inhabitants of the land by entirely leaving such objects alone.

Minimize Campfire Impacts → We are bringing a stove to use for cooking on this trip, but due to the nature of our trip, we do intend on making campfires where safely possible and legal. Living in the arid American west we have a heightened sense of the importance of safe campfire management. If wildfire risks are not high and we find damp and durable surfaces located far from potential fuels, we will create stone rings to entirely contain fires. Any time that we have a campfire, we will have water at hand to manage sparks or embers that may drift outside of our fire rings. Additionally, we will make sure to entirely drown the fire and scatter the ashes as well as the rocks and any unused wood.

Respect Wildlife → Between Quiet Lake and Dawson City we hope and expect to see lots of wildlife in and around the river from moose to salmon to black bears and more. All food and scented items will be properly stored in airtight waterproof bear resistant barrels. In selecting campsites we will pay keen attention to any signs of wildlife and pay the local fauna respect and give them their distance. We will camp at least 300 feet upwind from our food preparation and cooking area. It is important that we remember our place on this trip as visitors of the river. We aim to avoid altering the natural workings of the ecosystems to the very best of our ability.

Be Considerate of Other Visitors → The Big Salmon River has been described as a place abundant with wildlife yet scarce with visitors of the human kind. However, every summer there are a few guided canoe trips that put in at Quiet Lake to begin trips of varying lengths down the Big Salmon River. It is very possible that we will encounter other parties on the river. In the case that we do find others, we will provide them with plenty of space to be on their way.

Fishing → We do intend to legally fish for leisure as well as to supplement the food that we bring. We will be strictly following local fishing regulations, releasing most fish, and abiding by using proper tackle with barbless hooks. In the event that we do catch a fish that is legal to keep and we cook it for a meal, we will be cognizant that the scent of a captured fish may attract wildlife so we will strictly adhere the practices outlined above in the "Respect Wildlife" section.

Human waste → We will respect the suggested backcountry practice for this region and use cat holes for human waste disposal on this trip. These catholes will be dug at least 6 inches deep and 100m from water sources. If we do find ourselves in areas where digging a cathole seems out of place or proves to be exceedingly difficult we will bring

two wag bags and pack out our waste. Additionally, we will urinate in the river if a cat hole has not already been made this is an accepted LNT practice as the urine is quickly diluted by large rivers.

Cultural Concerns

First Nations people of the Teslin Tlingit, the Kaska Dena, and the Little Salmon Carmacks have lived and utilized the land around Big Salmon River for centuries. Thus, we will respect the area and its rich history. Any indication of indigenous life that we come upon during the trip will be left alone. More generally, adherence to LNT principles will help ensure that we respect the indigenous culture around Big Salmon River.

Land Management

We do not need permits to float any section of river or stay in any campsite proposed in this grant. We will purchase fishing licenses and salmon conservation catch cards adhering strictly to local fishing regulations.

IV. Risk Management

Objective Hazards

Objective Hazards (covered in depth under "Hazard Mitigation" section):

- >Swiftwater (small class I and class II sections)
- >Log jams/sweepers/obstructions
- >Water/Air Temperatures (hypothermia concerns)
- >Weather
- >Bears
- >Bugs
- >General backcountry injuries

Subjective Hazards

Communication and team dynamics can sometimes pose a problem on long backcountry trips if adequate effort is not given to working together and effectively communicating. Mental health as a group must be monitored and nurtured with the same diligence as physical health.

Hazard Mitigation

Swiftwater is one of the most obvious hazards associated with our trip. According to trip reports and information from local Up North Adventure guides who regularly take clients on similar trips, both the Big Salmon River and the Yukon River seldom produce dangerously high water levels or swift currents that would hinder safe travel by canoe. Furthermore, we will be running the river in late summer, long after any spring melt-off events could potentially create unsafe waters. Nonetheless, we will keep a keen eye on weather and flow rates in the time leading up to the trip to ensure that water conditions will be predictable and safe.

We fully expect water levels and flow rates to be safe and manageable during the time we are on the river. However, it is important to remember that even in calm, flat waters potential hazards could be lurking around the next bend. According to recent trip reports, certain places on the river have log jams, tangles, sand bars, hidden rocks, and sections of short class I/class II rapids. Furthermore, the location and scale of these hazards are known to evolve from season to season. In the event that a log jam creates an obstacle that obstructs any way across the river we will safely find shore and portage. Similarly, when approaching the brief sections of class I and class II rapids we will portage if we are uncomfortable with the risks on the horizon. These sections of rapids, according to all voices we have found that have ran them, should be of no trouble to us if we are aware and choose the safest possible line. Nonetheless, these sections will require our full attention and at all times we must keep our eyes down river in preparation for

unexpected hazards.

Water and ambient air temperatures on the Big Salmon River in late summer should be rather comfortable. Average air temperatures are roughly between 55 and 70 degrees fahrenheit during the month of August. The water temperature averages around 50-60 degrees fahrenheit. Trip reports mention clients going swimming in the late afternoon sun at the end of a long day of paddling. Furthermore, Up North Adventures and other local guiding companies do not require clients to wear dry suits or wet suits on guided river trips during summer months. In turn, we have decided that it will not be necessary to rent wet-suits for this trip. Hypothermia certainly still is possible if individuals find themselves in the water for an extended period of time. In the rare event of a flip we will work to minimize swimming time and take serious hypothermia precautions.

Other weather conditions such as heavy rainfall, hail, or even light snowfall and gusty winds could potentially create hazards. If such inclement weather does indeed turn dangerous we will ensure that our personal environments are protected by putting on warm synthetic or waterproof layers and then promptly setting up camp and pitching our tent in a safe location. From here, we can assess the situation and act appropriately.

Bears are present within the Yukon Territory and we will be taking bear precautions very seriously in the handling of our food and scented items as well as in our decisions for camping locations. However, local guides and trip reports claim that sightings of black or grizzly bears happen rarely between Quiet Lake and Dawson City. The four of us often joke that we never see wildlife because we are very loud when we are together but if our method of screaming political views at one another is not enough to scare off all bears in the province we will also be bringing two cans of bear repellent spray.

Bugs will be present on the river, however trip reports from the last couple of seasons have said that the presence of bugs has not been overwhelming in the late summer. It seems that bugs will only be a minor nuisance while we are on the river, nonetheless we will be bringing bug spray and bug headnets in the event that this minor nuisance becomes a major annoyance

There are many risks associated with backcountry travel and living. Some common backcountry injuries that we may encounter are sunburns, cuts from pocket knives, twisted ankles, burns from our cooking stove, and upset stomachs. We are all confident in our wilderness medicine skills to efficiently reduce and manage such injuries. However, we believe that if we make a very serious commitment to being mindful about these common risks and if we hold each other accountable to take risk mitigation efforts, then many common injuries will be prevented. Obviously, not all injuries can be prevented all of the time so it is important that we remain aware, alert, and ready to effectively reduce and manage any scale of medical accident or mishap to the best of our ability within the framework of our training in wilderness medicine.

Special Preparedness

N/A

Emergency Preparedness

Our evacuation plan will vary based on severity of illness or injury and location.

If the situation is non-urgent, we will paddle to our nearest evacuation point and seek help there. There are several towns or points where we can access a road along our route, these will be our go to locations to seek help. They are highlighted in orange on our maps.

If a situation is urgent, but life and limb are not in immediate danger and the person can paddle, we will paddle to our nearest evacuation point after providing necessary care to the extent that we are able with our WFR training. From here we will be able to contact medical assistance using our satellite phone. The closest evacuation point for each part of the trip as they correspond to our maps are listed below:

Day 1- Day 4: Quiet Lake

Day 5- Day 6: Robert Campbell Highway
 Day 6- Day 7: Carmacks
 Day 8: Klondike Highway
 Day 9- Day 13: Klondike Highway
 Day14- Day 16: Dawson City

If there is immediate danger to life or limb, the victim is unable to paddle, or if we deem we are too far from an evacuation point to get the victim out in a reasonable amount of time (especially likely on the 13 or 14th day of travel, we will contact rescue services with our SPOT locator beacon. Area rescue teams will be able to access our location by helicopter on the Big Salmon and by boat or helicopter on the Yukon.

Emergency Resources

Whitehorse General Hospital 1-867-393-8700
 Carmacks Health Centre 1-867-863-4444
 Dawson City Health Centre 1-867-993-5744
 1st Canadian Ranger Patrol 1-867-873-0700

V. Budget

Budget

[Detailed Budget.docx](#) (15KB)
 Uploaded Jan 3 9:44pm by Adam Young

Appendix D

Transportation

\$2226.05

Food and Fuel

\$1674.8

Maps and Books

\$9.89

Communication Device Rental

\$535

Permits/Fees

350.00

Gear Rentals

\$1325

Total Funding Request

\$6000

Cost Minimization Measures

Cost Mitigation

- Frugal Spending on the drive up and back at 15PPD
- Bringing much of our own gear including
- Stove
- Dry Bag
- Tents
- First Aid Kit

-We will be bringing our own fishing gear along with the fact that whatever fish we catch will supplement our meals during the trip.

-We will be printing all of our own maps at the CC GIS Lab

VI. Expedition Agreement

Expedition Agreement



Uploaded Jan 4 4:22pm by Adam Young

Appendix E

Appendix A

Overview:

We intend to paddle 478 miles from Quiet Lake to Dawson City. The first leg of the trip will be on the Big Salmon River and the second will be on the Yukon, which is larger and contains two notable rapids. We have planned sixteen days of paddling with two additional days for rest. We plan to take our duff days at Camp 7 and Camp 14, after our longest days of travel.

Day 1: 14 miles, descend to 2599'

We will be dropped off on Quiet lake, where we will begin our journey. The day's paddle will take us through Sandy Lake to Big Salmon Lake, between Tower peak and the Big Salmon range, where we will make our first camp. There are several campsites on this lake, but we intend to camp at the far side of Big Salmon Lake, close to the mouth of the river.

Day 2: 29 miles, descend to 2339'

Today we will enter the Big Salmon River for the first time, where the current will pick up almost immediately. We will paddle past the mouths of Sheep Creek and Moose Creek, and set up camp where the river meanders south.

Day 3: 25 miles, descend to 2202'

The river will take us briefly to the south and then westward. We will make camp just before the mouth of the South Big Salmon River with Last Peak visible to the East.

Day 4: 15 miles, descend to 2031'

Today the river will gain significant flow. We will join the South Big Salmon River early in the day and the North Big Salmon later in the day, where we will make camp.

Day 5: 34 miles, descend to 1900'

The river will take us generally northwest, passing the Headless Creek tributary early and joining the Yukon River about midday. About 2 miles later we will pass the mouth of Walsh Creek. The remainder of our paddling for the duration of the trip will be done on the Yukon River. We will make camp in a flat, wide area of the Stream. Some trips have reported class 2 rapids during this portion of the river, which means they are likely dependent on water levels. We may elect to portage here if conditions are worse than they have been in the past.

Day 6: 25 miles, descend to 1773'

We will travel generally westward today, passing Claire Creek around midday. We will paddle by the mouth of the little Salmon river about two miles before we make camp, near the stream that joins the Yukon from Mandanna Lake.

Day 7: 40 miles, descend to 1693'

The river meanders significantly today but takes us on a generally northwest trajectory. In the afternoon we will pass by the town of Carmacks and the mouth of the Nordenskiold River. We will camp a few miles past Carmacks west of Five Finger Mountain.

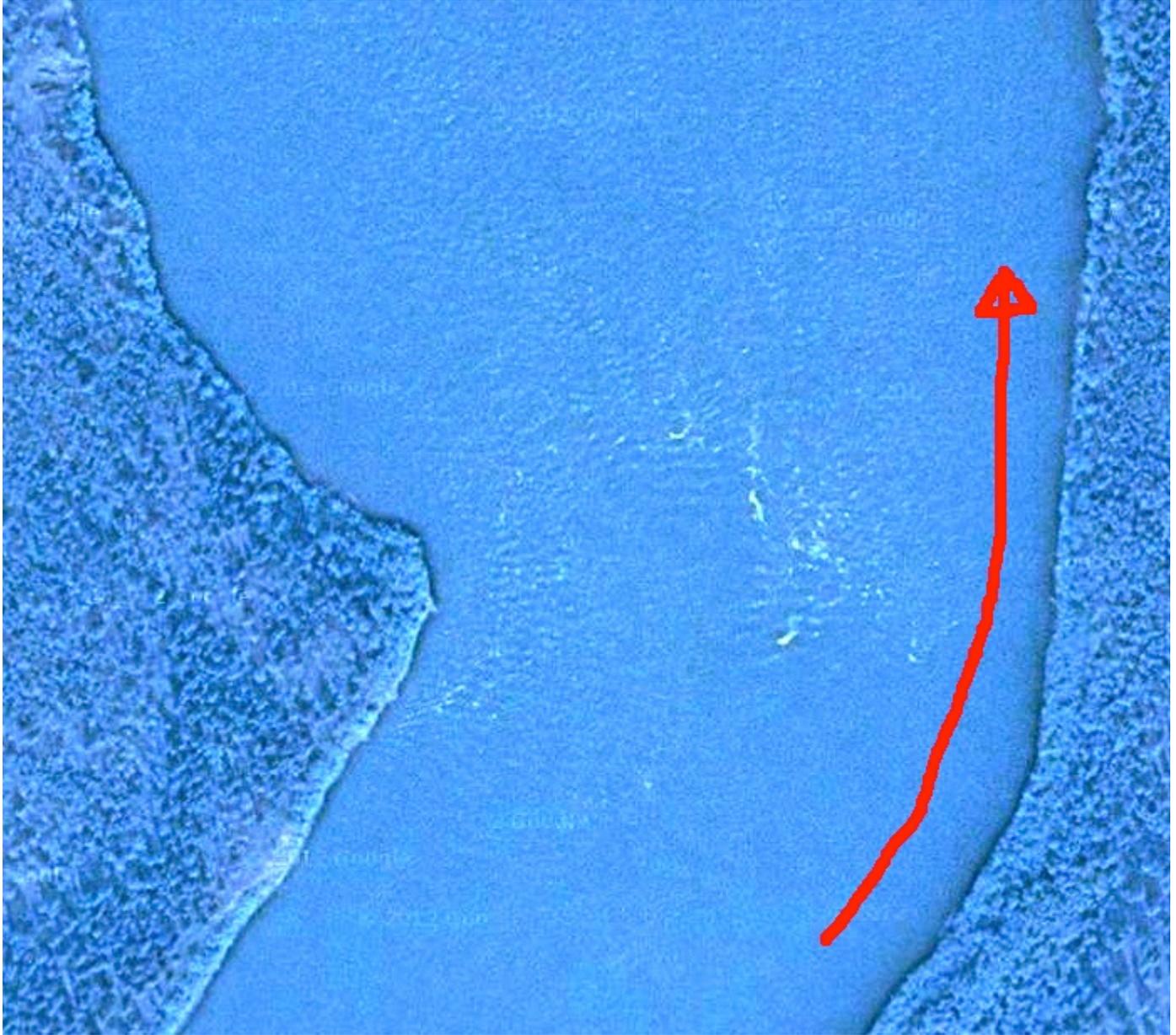
Day 8: 22 miles, descend to 1591'

Around six miles into today's section of river, we will encounter the Five Finger Rapids. The river is divided by four rock pillar islands here, with five fingers of water flowing between each (get it?). We will paddle through the center of the right most channel, the only passable option here. While impressive aesthetically, this rapid is reported to be relatively easy paddling. After five more miles we will encounter Rink Rapid, which can be almost completely avoided along the right side of the river. We will make camp near the Yukon Crossing trail.

Five Finger Rapids



Rink Rapid



Day 9: 19 miles, descend to 1515'

We will pass the mouths of McGregor creek, Merrice Creek, and William Creek early in the day and Camp at the Mouth of McCabe creek

Day 10: 28 miles, descend to 1502'

Today we will pass Minto, Big Creek, and the Ingersoll Islands. at the tail end of these Islands we will run the class I hellsgate rapid and make camp at Fort Selkirk near the confluence of the Pelly River.

Day 11: 20 miles, stay at around 1499'

We will pass the Black Creek tributary around midday and make camp about 8 miles after this.

Day 12: 22 miles, descend to 1425'

The river will take us several miles to the west, past Cripple Creek, Hayes Creek, Mascot creek and the Selwyn River before a sweeping bend to the south. We will make camp past the mouth of Isaac Creek

Day 13: 28 miles, descend to 1408'

Today we will pass nine notable creeks. Britannia Creek will come first, followed by Pedlor, Excelsior, Ballarat, Coffee, Tourleary, Halfway, Dan Man, Kirkman, and Independence. We will make camp near Independence Creek.

Day 14: 41 miles, descend to 1372'

This day of paddling will also be marked by a multitude of creeks, but more notably, we will pass the White River and the Sewart River. We will camp just after Chris Creek.

Day 15: 25 miles, descend to 1291'

We will travel almost due north, camping near Indian Creek.

Day 16: 28 miles, descend to 1214'

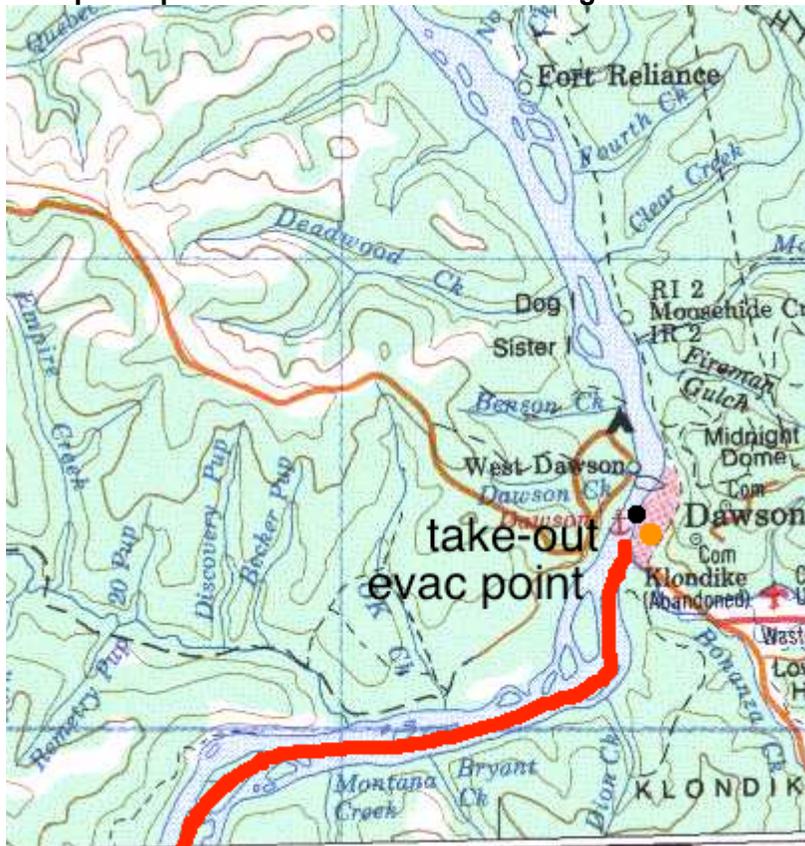
This is the final stretch to Dawson City, where we will have a pickup arranged.

Maps/Topos/Charts:

Complete interactive itinerary:

<https://caltopo.com/m/D1AR>

caltopo map not available for this final segment of river



Appendix B

Item	Amount	Per Unit Price	Total Price
Almonds	3.5 lbs	\$10/lb	\$35.00
Annie's Mac and Cheese	6 boxes	\$3.59/box	\$21.54
Apples, dried	2 lbs	\$16.23/lb	32.46
Apples, fresh	15 apples	\$.50 each	\$7.50
Apricots, dried	2.5 lbs	\$16.23/lb	\$40.58
Bacon	4 lbs	\$6.11/lb	\$24.44
Banana chips	2.5 lbs	\$3.47/lb	\$25.28
Bagels	30 bagels	bagels \$.50 each	\$15.00

Beans, Pinto, Instant	3 lbs	\$2.14/lb	\$6.42
Beans, Black, Instant	4 lbs	\$8.53/lb	\$34.12
Brownie Mix	3 lbs	\$3.14/lb	\$9.42
Brown Sugar	2 lbs	\$2.38/lb	\$4.76
Butter (Margarine)	5 lbs	\$3.50/lb	\$17.50
Carrots	4 lbs	\$6.65/lb	\$26.60
Cashews, Raw	3.5 lbs	\$13.86/lb	\$48.51
Cayenne Pepper	5 oz	Already own-will bring	N/A

Chai Tea	1 box (20 bags)	\$3.50/box	\$3.50
Cheesecake Mix	3 lbs	\$3.14/lb	\$9.42
Cheese, Cheddar	6 lbs	\$7.00/lb	\$42.00
Cheese, Cream	2.5 lbs	\$5.00/lb	\$15.00
Cheese, Parmesan	3 lbs	\$7.00/lb	\$21.00
Cheese, Pepper Jack	6 lbs	\$7.00/lb	\$42.00
Chili Powder	.5 oz	Already own-will bring	N/A
Chocolate Chips	2 lbs	\$4.97/lb	\$9.94

Clif Bars	20 Clif bars	\$1.50 each	\$30.00
Coffee	8 lbs	\$7.00/lb	\$56.00
Couscous	2 lbs	\$3.78/lb	\$7.56
Cornbread mix	3 lbs	\$2.10/lb	\$6.30
Cornmeal	1.5 lbs	\$2.10/lb	\$3.15
Cumin	.5 oz	Already own-will bring	N/A
Curry Powder	.5 oz	Already own-will bring	N/A
Eggs, Powdered	2 lbs	\$9.87/lb	\$19.74

Falafel, Instant	2 lbs	\$6.14/lb	\$12.28
Flour, White	6 lbs	\$1.94/lb	\$11.64
Flour, Wheat	2 lbs	\$1.94/lb	\$3.88
Garlic Powder	.5 oz	Already own-will bring	N/A
Granola	5 lbs	\$5.46/lb	\$27.30

Hashbrowns, dehydrated	8 lbs	4.80/lb	\$38.40
Honey	32 oz	\$4.38/16 oz	\$8.76
Hot Chocolate Mix	4 lbs	\$3.75/lb	\$15.00

Hot Sauce	64 oz	\$14.99/64 oz bottle	\$14.99
Hummus, Dehydrated	2 lbs	\$8.56/lb	\$17.12
Italian Seasoning	1 oz	Already own-will bring	N/A
Jelly	32 oz	\$6.91/32 oz	\$6.91
Jerky, Beef	4 lbs	\$10.14/pound	\$40.56
Lentils, Instant	2 lbs	\$2.59/lb	\$5.38
Mangos, Dried	2.5 lbs	\$15.63/lb	\$39.08
Mashed Potatoes, Instant	3 lbs	\$3.56/lb	\$10.68

Milk, Powdered	3 lbs	\$7.14/lb	\$21.42
Nutella	32 oz	\$8.45/ 32oz	\$8.45
Oatmeal	10 lbs	\$2.19/lb	\$21.90
Onions	10 onions	\$.49/onion	\$4.90
Oil, Vegetable	1 Liter	\$2.43/liter	\$2.43
Oranges, Fresh	10 oranges	\$.49/orange	\$4.90
Peppers, Fresh	12 peppers	\$.49/pepper	\$5.88
Potatoes, Raw	15 potatoes	\$.49/potato	\$5.88

Pancake Mix	9 lbs	\$4.11/lb	\$36.99
Pasta, Macaroni	2 lbs	\$1.10/lb	\$2.20
Pasta, Shells	2 lbs	\$1.12/lb	\$2.24
Pasta, Spaghetti	2 lbs	\$1.56/lb	\$3.12
Peanut Butter	4 lbs	\$3.80/lb	\$15.20
Peanuts	2 lbs	\$4.07/lb	\$8.14
Pepper, Black	1 oz	Already own-will bring	N/A
Pesto Sauce, Dehydrated	3 oz	\$.79/oz	\$2.37

Pineapple, Dried	2.5 lbs	\$5.19/lb	\$12.98
Popcorn	2 lbs	\$2.25/lb	\$4.50
Quinoa	3 lbs	\$9.16/lb	\$27.78
Raisins	2 lbs	\$3.24/lb	\$6.48
Rice, Instant	3 lbs	\$2.62/lb	\$7.86
Salt	2 oz	Already own-will bring	N/A
Soy Sauce	32 oz	\$4.35/ 32oz	\$4.35
Sugar	1.5 lbs	\$3.92/lb	\$5.88

Summer Sausage	4 lbs	\$3.98/lb	\$15.92
Sunflower Seeds	2 lbs	\$5.03/lb	\$10.06
Tea, Assorted	2 boxes (40 bags)	\$3.50/box	\$7.00
Tortillas	32 tortillas	\$4.83/ 16 tortillas	\$9.66
Tomato Powder	2.5 oz	\$7.64/lb	\$1.19

Total Cost: \$1,126.40

Appendix C

Equipment List:

Group Gear

2 kevlar canoes
5 paddles (1 spare)
5 Personal Flotation Devices (1 spare)
3 portage packs
1 sat phone (rented from Up North Adventures)
1 SPOT locator
1 first aid kit
1 fire starting set-up
2 lighters, Backup matches, Striker
Cotton balls dipped in vaseline in case of wet wood
2 Burner Propane Coleman Stove
2 Cans Bear Repellant Spray
1 pot
1 pan
1 backup alcohol stove (uses any pharmacy style alcohol to burn)
1 spatula
1 pot grip
1 4 person Mountain Hardwear Trango Tent with footprint (waterproof)
1 6x6 tarp
2 Wag Bags
Compass
Maps and copies of maps in ziplock bags
Guidebook
Large quantities of sunscreen (at least 1 bottle per person)
Large quantities of bugspray (at least 1 bottle per person)
Biodegradable soap
Sponge
Hand sanitizer
MSR Autoflow Microfilter; Aquamira and a steripen as backup
Fishing equipment (2 retractable fishing poles, 1 tackle box, separate multi-tool with pliers)

Personal Gear -- Each member will have this equipment

Passport
Chacos/Tevas
Close-toed sneakers
Rain Boots
Bug headnet
6 pairs of socks (wool or synthetic)
1 knife/leatherman multitool
1 set utensils plate/bowl and mug
2 Nalgene or Hydroflask waterbottles
1 headlamp (with extra batteries)
1 watch
1 sun hat
1 beanie
1 balaclava/synthetic scarf

- 1 bandana/Buff
- 1 rain jacket (Goretex)
- 1 fleece
- 1 softshell top
- 1 polyester top
- 1 top long underwear
- 1 bottom long underwear
- 1 pair of work pants
- 1 pair of shorts
- 1 pair of fleece pants
- 1 pair of rain pants
- 1 personal biodegradable soap or hand-sanitizer
- 1 emergency whistle to be worn on PFD
- toothbrush and toothpaste
- eating bowl and utensils

First Aid:

- 3 4"x4" Sterile gauze, Pkg./2
- 3 2"x2" Sterile gauze, Pkg./2
- 2 Conforming gauze, non-sterile bandage
- 6 Adhesive fabric bandage, 1"x3"
- 4 Adhesive fabric knuckle bandage
- 1 Tape, 1"x 10 yards
- 2 Cotton Tip Applicator, Pkg./2
- 1 Irrigation Syringe, 10cc, 18 gauge tip
- 2 Wound closure strips, 1/4"x4", Pkg./10
- 1 Povidone-iodine, 3/4 oz
- 12 Antiseptic Towelettes
- 4 Double Antibiotic Ointment, 1/32 oz
- 1 Pair Nitrile Gloves
- 1 Trauma Shears
- 15 Antihistamine (25mg)
- 20 Ibuprofen (200mg)
- 20 Acetaminophen (500mg)
- 5 Aspirin (325mg)
- 30 Diamode (2mg)
- 10 Dramamine (50mg)
- 1 SAM splint
- Waterproof Soap Notes
- 1 Tweezers
- 1 Pencil
- 1 Thermometer
- 1 Wilderness Medicine Field Guide Emergency Response Telephone Numbers

Appendix D

The Great Canadian Oar-Deal:

Adam Young
Salvador Bastien
Niall Griffin
Nico Ravitch

Detailed Budget:

All rentals will be through Up North Adventures in Whitehorse, the same outfitter that will also be shuttling us to our put ins and take outs.

Transportation:

- Driving from Boulder, CO to Whitehorse, YT: 2,479 mi. / 27 mpg x \$2.40/gal. = \$220.35 x 2 (return) = \$440.70
- Shuttle from Whitehorse to Quiet Lake (put in) = \$575.00
- Shuttle from Dawson City to Whitehorse (take out) = \$990.00

Total: 2,226.05

Gear Rentals

- Tandem Canoe Rental 18 days including 3 paddles, 2 PFDs, bailer and sponge set, throw bag, safety kit \$525.00 x 2 (2 canoes) = \$1050.00
- 1 60L airtight barrel = \$30.00
- 115L dry bag \$30.00 x 3 = \$90.00
- Satellite Phone \$150/week x 3 = \$450.00
- Tarp = \$15
- Tent Rental = 140\$
- SPOT Gen 2 Personal Tracker = 85\$

Total: \$1,860

License/Permits:

- Non-Canadian Resident Fishing Permit = \$35.00 x 4 = \$140.00
- Non-Canadian Resident Salmon Catch Card = \$52.50 x 4 = \$210.00

Total: \$350.00

Cook Fuel:

(Using Coleman 2-Burner White Gas Camping Stove)

- 1 canister every 2 days = 9 canisters (estimated from previous river trips using this model stove) at \$7.60/canister = \$68.4

Total: \$68.40

Food

- Food on 4 day drive: $\$15 \text{ PPPD} \times 4 \text{ days} \times 4 \text{ people} = \240 (drive to)
- Total expedition food \$1,126.40 (on the water)
- Food on 4 day drive: $\$15 \text{ PPPD} \times 4 \text{ days} \times 4 \text{ people} = \240 (return)

Total: \$1,606.40**Grand Total: \$6,110.85****Total Funding Requested (not to exceed \$1,500 per applicant): \$6,000**