



## Ritt Kellogg Memorial Fund Registration

Registration No. HJGC-DHLXJ

Submitted Jan 31, 2023 9:03pm by Cormac McCrimmon

### Registration

Jul 1, 2022-Feb  
1, 2023

Ritt Kellogg Memorial Fund

#### **RKMF Expedition Grant** Group Application 2022-23

*RKMF Expedition Applications due by Noon Feb 1, 2023 11:00am-11:59pm*

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

In addition to this Group Application, **each team member must submit an Individual Application**. All Group Applications and Individual Applications must be received by 1st Wednesday of Block 5 at noon.

For more information, example applications, proposal writing tips, and further guidance, please visit <https://www.coloradocollege.edu/other/rittelloggfund/grants/expedition-grants/overview.html>

If you have any questions please email Kacie Bell, Outdoor Education and Ritt Kellogg Memorial Fund Coordinator, at [kbell@coloradocollege.edu](mailto:kbell@coloradocollege.edu)

**Waiting  
for  
Approval**  
Jan 31,  
2023  
9:03pm

### Participant



**Cormac Cormac McCrimmon**



### Expedition Summary

#### **What is the name of your proposed expedition?**

Backpacking the Great Divide Trail

#### **If you have an alternate name for your expedition, please list it here.**

Striding High on the Great Divide: Backpacking in the Canadian Rockies

#### **Briefly describe the objectives of your expedition.**

(Note: The Ritt Kellogg Committee approved this expedition in March, 2020. Because of COVID, I couldn't do this hike. This application is an edited and updated version of the original proposal.)

We plan to hike a section of the Great Divide Trail in Canada's Rocky Mountains. We will backpack 315 miles north from Peter Lougheed Provincial Park to Jasper National Park, Alberta. The main goal of our expedition is to explore stunning alpine wilderness before it changes or disappears, and before the Great Divide Trail becomes more developed. While thru-hikes in the U.S., like the Pacific Crest Trail and Appalachian Trail, have sky-rocketed in popularity, the Great Divide remains largely undiscovered. This won't last forever.

We look forward to solitude in nature, seeing wildlife, and the chance to test our bodies and minds on a long, challenging trip. Even though we both have experience backpacking in remote locations, we have purposely picked a route that is long and will push our skills to the next level.

#### **Briefly describe the location of the expedition.**

The Great Divide Trail roughly follows the border of British Columbia and Alberta in Canada. The trail begins North of Glacier National Park, but we will begin the trail south of Banff National Park, at Mount Sarrail. We will travel north passing through the towns of Banff, Field, and Jasper. The trail typically finishes in Mount Robson Provincial Park. Due to a trail closure, prohibiting access to the Northern Terminus, we will finish our hike in Jasper National Park. The closest city to the Northern Terminus is Jasper, Alberta.

**Date that travel to the expedition will start.**

Aug 1, 2023

**Date that your team will enter the field.**

Aug 2, 2023

**Date that your team will exit the field.**

Aug 23, 2023

**Date that the last team member gets to their home location.**

Aug 24, 2023

**How many days will your team be in the backcountry?**

22

**How does your planned destination provide a "wilderness experience," and how will your expedition offer solitude and promote self-reliance and grit?**

The Great Divide Trail is one of the largest and wildest sections of the Rocky Mountain Range. Nearly two thirds of the trail lies in protected lands. The trail connects five National Parks—Waterton Lakes, Banff, Kootenay, Yoho and Jasper—seven provincial parks—Akamina-Kishinena, Castle, Elk Lakes, Peter Lougheed, Height of the Rockies, Mount Assiniboine, Mount Robson—three wildland Provincial Parks, two wilderness areas, and five forest districts. Despite these protections, the Great Divide Trail is not officially recognized. It is only because of a lack of complete trails and backcountry facilities that the trail remains a true wilderness route.

Scenery on our route includes glaciers, high peaks, turquoise lakes, meadows, streams, waterfalls, and wildflowers. This section of Canada is home to some of the country's most fascinating wildlife: caribou, wolves, black bears, grizzly bears, wolverines, moose, mountain goats, bighorn sheep and porcupines. Before the trip we plan to read George Scotter's Wildflowers of the Rocky Mountains, so we can identify some of the colorful plants we will encounter. The Great Divide Trail runs through one of the least light polluted areas in Southern Canada, which will allow us hundreds of miles of dark sky to view constellations and planets. Only in these types of truly remote areas can we feel both terrified and in awe of nature's scale and beauty.

While on trail, we will be fully self-reliant. We will spend minimal time in town to pick up resupply packages. This sense of remoteness will allow us to truly exercise our skills and experience. As siblings, we look forward to the opportunity to spend such a large amount of time dependent on one another.

## Participant Qualifications

**Expedition team member information**

Cormac McCrimmon - [REDACTED]  
WFR Expiration Date: January 29, 2025

Skye McCrimmon - [REDACTED]  
WFR Expiration Date: January 25, 2025

**Does your team have adequate experience?**

Yes

**Describe your team's training plan to solidify or improve technical skills, physical conditioning, and team dynamics prior to the start of the expedition.**

We both have strong technical backpacking skills and years of experience hiking, backpacking and recreating together. Cormac solo-hiked the Colorado Trail in 2017 and has completed multiple Ritt Kellogg Expedition and Pathways



grants, including hiking the Sierra High Route in California and the Wind River High Route in Wyoming. Skye is a certified backcountry leader through Outdoor Education and has led multiple trips for CC students. We have completed a number of shorter backpacking trips together in the Weminuche Wilderness and Gila Wilderness.

We will strengthen our physical fitness this spring and summer in preparation for our hike. We know that the best way to stay in shape and prepare is by hiking and backpacking, which we will plan to do on a regular basis between now and our proposed trip. We will also stay in shape doing other activities like swimming and running.

We will fine tune our river crossing skills, starting with the Outdoor Ed clinic, to mitigate risks. Although we have planned our trip to gradually get harder, with longer days and more elevation towards the end of the trip, we want to approach the trip with a strong base. We will work up to our mileage throughout the summer so we are comfortable with back to back 5,000 foot or 25 mile days. We plan to be comfortable hiking higher and further than our actual route will require in case of surprises or the need to evacuate.

For training trips, we plan to do several shorter trips in the Lost Creek Wilderness and Collegiate Peaks Wilderness. We plan to practice off-trail navigation on Father Dyer Peak and during these trips.

### Expedition Logistics, Equipment, and Food

#### Briefly describe how each expedition member will travel from home to the trailhead and back again.

Getting There:

We will get a ride with our parents to [REDACTED] International Airport. Then, we will fly from [REDACTED] to Calgary. From Calgary, we will take a Banff Airporter Bus company shuttle to get to Canmore. Then we will get a ride from the trail angel Nicole Sharp to Elk Pass trailhead.

Getting Back:

We will plan to take a bus from Jasper to Edmonton, specifically the Sundog Connector Shuttle.

The bus departs at 7 am from Jasper and arrives at Edmonton International Airport by 12:30pm.

We will then fly from Edmonton to [REDACTED]. Our parents will pick us up at the airport.

Measures for safety: Rather than hitchhiking, we will only get rides from people we trust, using establishing shuttle companies and hiring a known trail angel.

#### Upload a detailed day-by-day itinerary, beginning when the first team member leaves home.

[Itinerary Great Divide Tr....pdf](#) (61MB)

Uploaded 1/31/2023 8:58pm by Cormac McCrimmon

#### Please paste a URL to your complete digital expedition map.

<https://caltopo.com/m/587R2>

#### If you have plans to re-ration during the expedition, describe the plan below

We plan to re-ration three times throughout our trip. Our first resupply will take place at the end of Day 4. We will mail a hiker box to Sunshine Ski Area. Although the ski area charges a small fee for holding boxes, this option will allow us to stay on trail, in the backcountry, instead of spending a day traveling to Banff.

Our second resupply will be on day nine in the town of Field. We plan to send a box to the Field post office. Field is also on-trail.

Our third resupply will involve sending a box to the Saskatchewan Crossing resort. This resort is on-trail. We plan to pick up this box on Day 15.

#### Describe how you will protect your food from wildlife.

Most of the campsites in National Parks have bear poles or boxes for hikers to easily and safely store food. We will carry two, large Ursack bear resistant bags to store our food when boxes are unavailable. To limit odors, we plan to store food away from camp, tie our food to large branches and cook before reaching camp when possible. In addition, we plan to use two Opsak odor-reducing bags in conjunction with our Ursacks. Ursacks are approved and recommended along our route. Each of our campsites should provide sufficient tree coverage to hang food.

**Upload a detailed food list with budget numbers and show how it meets the caloric needs of the expedition.****GDT 2023 Spreadsheets - ....pdf** (96KB)

Uploaded 1/31/2023 8:15pm by Cormac McCrimmon

**Upload a thorough equipment list.****GDT 2023 Spreadsheets - ....pdf** (39KB)

Uploaded 1/31/2023 8:16pm by Cormac McCrimmon

**Upload a first aid kit list.****GDT 2023 Spreadsheets - ....pdf** (31KB)

Uploaded 1/31/2023 8:17pm by Cormac McCrimmon

**How will you limit and leverage your impact on this trip?**

We recognize how big a privilege going on this trip would be. In order to offset impacts from travel, we have calculated our offset and included it in our budget. Although we will be unable to support food companies in Canada, we may try to buy from smaller retailers to assemble our resupply boxes. As we travel we will be conscious of the, sometimes, bloody history of conservation and reflect on the Native peoples who have lived in the areas we will travel through.

As Outdoor Education certified trip leaders, and having done many backpacking trips by ourselves, we recognize the importance and effectiveness of implementing LNT principles. We will attain all the necessary permits and reserve all campsites before our expedition begins, so that we do not enter any parks or wilderness areas without permission. In creating a day-by-day itinerary for our trip, we will be prepared to handle and adapt to any obstacles or surprises that may come our way. We will travel and camp on durable surfaces, by hiking on trails where they exist and minimizing impact where they do not. Once on the trail, we will leave our campsites better than we found them by packing out all waste. In the evenings, we will not start a campfire unless there are designated fire rings and the fire danger in the area is very low. Lastly, we will respect all visitors and wildlife by speaking at an appropriate volume and hiking with respect and awareness when crossing through natural habitats. Given the unfinished nature of the GDT, it is more important to practice LNT.

Finally, we believe this trip will have enormous impacts on who we are. This is a trail I have wanted to do for nearly a decade. Because of COVID, the first version of this trip was canceled. It will help us build the confidence to take on other big trips after CC and grow close with a new region of the world. Through developing the relationships with these places, we can begin to help others recognize their importance.

**Risk Management****What are the main objective hazards of the expedition?**

Navigation (Getting Lost)

Although the Great Divide Trail is well maintained in National Parks and Provincial Parks, there are sections of cross country navigation. On days that require off-trail navigation, we have planned for lower mileage and a slower pace in order to practice diligent and precise route-finding skills. We will practice and hone our navigation skills prior to the trip, so as to further reduce the likelihood of getting lost. We will commit to sticking together and staying within each other's eyesight to reduce the possibility of getting separated, even while on an established trail. Lastly, we will only travel during times when there is daylight as navigation (macro and micro) in the dark is much more dangerous. Fortunately, as we travel north, daylight hours will become longer, allowing us more travel time. In addition to detailed maps and multiple compasses, we will have a GPS with waypoints programmed, and the GDT app with offline navigation on our phones. This system gives us two backups.

River Crossings

River Crossings are one of the greatest hazards we may encounter. Both Skye and I have experience fording rivers, but we are not afraid to retreat and find an alternate route if confronted with dangerous conditions.

According to the Great Divide Trail Association, "depending on seasonal water levels and the time of day, the following rivers and creeks can be challenging to ford: Palliser River (c4), Amiskwi River (d3), Cairnes Creek (d9), Lambe Creek (d10), Howse River (d13), Cataract Creek (e9), Maligne River (e23)" (Section letter and waypoint listed above). Because

these streams are glacially fed, they are easiest to cross in the early morning when flow is lightest. We are starting our trip later in the season to allow time for rivers to calm. Because these rivers have a predictable flow rate based on the time of day, we will plan to camp near the most serious crossings, and cross early in the morning. As rising global temperatures continue to thaw glaciers, these crossings could become more serious.

Besides knowing which crossings pose a potential for high water, we will safely evaluate each crossing. It is important to look for dangers downstream like fallen logs, strainers, rocks, waterfalls or slippery, steep banks. We will look for sections of the river that are wider, or have a slower current. According to the Pacific Crest Trail Association, crossing in slow, deep water is often safer than fast, shallow water. However, we will need to be aware of the height difference between Cormac and Skye. Part of scouting creek crossings also includes looking for good footing and evaluating depth. Because glacial debris can sometimes cloud water, it may be useful to use rocks, or sticks to check the depth before crossing.

Although logs, rocks, and debris can serve as natural bridges, it is important to evaluate the structure and safety of such objects. For any log bridge we will check several factors: "Is the log securely anchored on both sides? Is it wet? Is it large enough diameter to not bend or sway when you're on it? Are there branches in your way that could trip you up or catch your pack? Is your balance very good or more mediocre? Is there bark or rot that might break apart when you step on it?" (PCTA) Although it is unlikely to encounter snow bridges when we are hiking, we will not use them because of their potential to collapse and bury hikers.

If we decide a crossing is safe, we will use safe crossing techniques like the tripod method, bracing with trekking poles, unstrapping hip and sternum straps and walking at an angled path downstream, while facing upstream. If need be, Skye and I will use group crossing techniques, like holding each other's hips or locking arms. Finally, we will be aware of hypothermia. It is important to cross with stable footing, but it is also important to spend as little time in cold water as possible. We will use WFR experience to check each other for signs and symptoms of hypothermia.

#### Wildlife

The Great Divide Trail is a habitat for hundreds of species of wildlife. Wildlife viewing opportunities were one of the reasons we selected the Great Divide Trail, but wildlife demands respect. We will focus on avoiding encounters with bears and other animals. Glacier National Park recommends giving bears at least 100 yards of space and other animals at least 25 yards.

While walking, we will avoid surprising a bear by making noise. We will stick together as a team. Finally, we will carry bear spray on our hip belt in case of emergency. If we encounter a bear, we will use the National Park Service's suggestions:

#### Talk Firmly and Calmly

Do not run! Back away slowly, but stop if it seems to agitate the bear.

Try to assume a non-threatening posture. Turn sideways, or bend at the knees to appear smaller.

Use peripheral vision. Bears may interpret direct eye contact as threatening.

Continue to move away as the situation allows.

The main way to avoid wildlife encounters is to keep a clean camp. We plan to cook meals before arriving at camp, giving ourselves several miles of separation from food odors. At many of the campsites we are staying at, there are permanent wires or boxes to safely store food. At other camp locations, we will hang food at least 12 feet off the ground and 4 feet from any branches. We will also use an Opsack, odor proof bag, to further deter bears and other animals from visiting our camp.

#### Fires

Sadly, wildfires have become more and more common in the Canadian wilderness. We will remain fire-safe by using a stove with an on/off valve and only cooking in areas free of flammable materials. While using fire we will use tried-and-true methods, like not touching hot pots.

Because of the danger of encountering a wildfire, we will be in contact with other hikers, land managers, and family from home to check on fires that could interfere with our route. By using an inReach and observing conditions, like smoky or hazy air, and always knowing the closest evacuation path, we can mitigate fire danger.

#### GDT Guidelines For Safe and Legal Campfires

When there are no fire restrictions in place, campfires are permitted on some sections of the GDT:

Designated campgrounds in National and Provincial parks with metal fire grates or rings.

Random camping sites below the treeline. Use pre-existing fire-rings or pits whenever possible.

Where campfires are permitted, and approved fire-rings or pits are not available, follow these guidelines when building your campfire:

Prepare your campfire location by removing all leaves, twigs and other flammable material and scraping or digging down to the dirt in an area extending at least 30 centimeters around the fire.

Build your campfires at least three metres from any log, stump, snag, standing tree or wooden structure

Keep fires small. Backcountry campfires should not be larger than 0.5 metres in height and 0.5 metres in diameter, or roughly a foot-and-a-half by a foot-and-a-half.

Equip yourself with a shovel or a large container of water and keep near the fire at all times.

Use only small pieces of fallen dead wood as firewood. Do not cut down live trees for firewood. Do not burn garbage. Never leave a fire. Fires must be attended at all times and completely extinguished before going to bed or leaving the campground. Soak it, stir it, soak it again.

If applicable, purchase a permit. Campfire permits are required in National Parks.

#### Snow

We will monitor snow conditions this winter by looking at the levels of snow in basins and by talking with other hikers who start earlier than us via the Facebook Group. There is also a small chance of snow at any time of the year. We will be prepared for this by carrying sufficient warm and waterproof layers.

For up to date snow level data:

in BC, we will use the Snow Survey and Water Supply Bulletins or the Automated Snow Weather Station Map and, In Alberta, we will use the Alberta River Basins map.

#### Water

Contaminated water can pose a large threat to hikers who do not take the necessary measures to purify their drinking/cooking water and can result in serious illness, such as Giardia. We will reduce our risks of contracting Giardia by properly purifying our water using a filter, collecting water from fast moving sources, and using proper techniques to bottle our water. The GDT has an abundance of fast-moving streams, creeks and rivers that will be ideal to purify during our time in Canada. We will have the capacity to carry 2 liters of water each and will fill up as often as needed. When at higher elevations, there tend to be fewer water sources, but overall there are plenty of streams, creeks and lakes. We will consult our map for distances between water sources.

#### Weather

We will need to prepare for variable weather. According to the Great Divide Trail Association, "During the typical hiking season you can have lows of -5°C (23°F) and highs up to 30°C (85°F)." When hiking on high ridges or above treeline we will need to watch for lightning storms. If we plan on having long stretches above the treeline, we will get an alpine start and always know our escape options.

Rain is likely on the GDT. Both Skye and I have finely tuned our rain gear, but we will need to be prepared to dry socks, tent flies, and clothing on the sides of our pack. Because rain can quickly worsen other problems and lead to serious discomfort, we will make sure to put rain jackets and pants on quickly, as well as protect gear using pack covers/trash bags.

Snow is possible at high altitudes. As we described above, we will have extra warm layers if we receive snow.

Finally, we will be using our inReach satellite messenger to receive a 7-day weather report for the trail to help prepare for storms and plan ahead.

#### Terrain

The GDT is notoriously steep, with lots of ups and downs. Terrain is difficult in sections. It will be very important to come to the trail in good shape and never push ourselves into exhaustion. We have given ourselves sufficient time to gain our hiking legs. Sections of the trail will be muddy, or overgrown. Given the consequences of a fall in the backcountry, we will limit travel to only Class 1 and 2 sections. We have marked other alternate trails that we intend to do on maps. In some cases, these higher elevation tracks can help avoid thick willows and marshy conditions in the valleys. We will take it slow on any steep, loose descents and use trekking poles to aid in balance.

#### Remoteness

Due to the relative lack of signage along the route and the several different trail systems that conjoin to form the GDT, the hike is considered rather remote and without cell reception for a majority of the hike. Besides the National Parks, the GDT varies from being a well-developed, blazed trail to an unmarked, cross-country route that requires navigation skills and physical endurance. If there is an emergency (medical or otherwise) we will identify the nearest evacuation

route and have the ability to call for search and rescue with our InReach. Because our route requires off-trail navigation, we plan to cover fewer miles and hike at a slower pace in order to reduce the risk of getting lost.

### Hiking Injuries

While small injuries like sprained ankles and blisters are common causes of evacuation in the backcountry, we will take care to 1) act proactively and prevent the initial injury and 2) prevent the injury from worsening over time by remaining cognizant of recovery times and adjusting our itinerary to promote a faster healing process. With WFR certifications, we can confidently treat small injuries and assess a person for any further treatment. We will prevent blisters by wearing proper footwear and treating blisters as soon as they begin to form. We can prevent severe sun burns by wearing sunscreen and hats consistently. If more serious injuries do occur, such as infections from open wounds or cold-related injuries (hypothermia), our training and planning will prepare us to make a call and evacuate if necessary.

### Subjective Hazards:

#### Mosquitos

According to trip reports we've read, mosquitos can be quite fierce during prime hiking season. We will bring strong repellent and face nets for camp. While moving, mosquitos shouldn't be bad, but we will prevent each other from scratching bites and make sure mosquitos don't ruin morale.

#### Group Dynamics

Given the length of our hike, we will need to be cognizant of giving each other space, while maintaining group safety. Skye and I have backpacked together and know the importance of finding a pace that works for both of us, as well as switching off who does which chores. On long stretches where we can see each other, we can plan to hike further apart and give each other time alone at camp. If group dynamics shift, we will plan to sit down and discuss issues before they worsen. But since we have spent long trips and time together, we don't foresee many issues arising.

#### Mental Fatigue

Thru-hikers often claim that hiking is 90% mental. This is a long hike that will challenge us physically and mentally. Skye and I will support each other, and we have tried to mitigate mental fatigue by thinking long and hard about why we want to spend part of our summer doing something so difficult. We have also planned days to give ourselves lower miles and incorporated three zero/near zero mile days.

### **Describe your self-evacuation plan in the event of an emergency.**

Because Skye and I are Wilderness First Responder certified, we feel comfortable treating injuries. If one of us suffers from a more serious injury or illness we will assess the situation and plan to evacuate. For less urgent evacuations, where the injured person can walk on their own, we have listed all access points and have maps showing how to exit the trail (indicated by green lines on our caltopo map). We will discuss escape routes at camp for the following day.

If injury prevents us from self-evacuating, we will use our inReach communicator to contact Search and Rescue using the SOS button. Once we establish a two-way communication channel (instructions listed below), we will inform them of our exact location, and wait for help, making sure to stay warm and dry in the meantime. Emergency contacts for each National Park are listed below, but because of the likelihood of not having service, we will use our inReach first.

In situations that involve life-or-limb urgency, we will assess the situation for danger, use our inReach SOS button to notify search and rescue and inform them of the urgency of our situation and location. We will stay with each other, keep the injured person warm and dry, and arrange for a possible helicopter rescue.

Both Skye and I will have the information (maps, escape routes, and supplies) to execute an appropriate evacuation. The inReach will prevent having to abandon one another, even in an emergency. We will evaluate situations for self rescue based on weather, trail conditions, supplies, and type of injury.

#### Escape Routes

Evac routes are marked on our Caltopo map in green. Our itinerary indicates preferred evac routes by day.

#### Access Roads and Trails

#### Nearest Waypoint

Distance to the GDT  
 Burstall Pass Trail  
 c6  
 11.3 km  
 Mount Shark Trail  
 c7  
 5.8 km  
 Sunshine Village Trail  
 c15 or c16  
 1 km  
 Healy Creek Trail  
 c17  
 6.5 km  
 Tumbling Creek Trail  
 c31  
 10.5 km  
 Helmet Creek Trail  
 c35  
 13.6 km  
 Sunset Pass Trail  
 e6  
 12.6 km  
 Nigel Pass Trail  
 e13  
 7.4 km  
 Poboktan Creek Trail  
 e20  
 6 km

Trailheads directly on the GDT and destination  
 Corresponding Waypoint  
 North Interlakes Trail  
 c1 on Kananaskis Lakes Trail  
 Hawk Creek & Floe Lake Trails  
 c23 on Highway 93  
 Ottertail Trail  
 c38 on Highway 1  
 Tally-Ho Trail  
 c39 near Field  
 Natural Bridge & Amiskwi Trail  
 d0 on Emerald Lake Road  
 Howse Pass Trail  
 d16 on Highway 93  
 Owen Creek Trail  
 e1 on Highway 11  
 Skyline Trail  
 e25 on Maligne Lake Road  
 Signal Mountain Trail  
 e32 on Maligne Lake Road  
 Old Fort Point  
 e34 near Jasper

**Discuss any measures taken for teammates with medical histories which warrant special preparedness.**

N/A

**List the emergency and rescue resources available in the vicinity of your expedition.**

Parks Canada Emergency contact numbers (Sections B-G)  
 Banff, Kootenay, Yoho: 911 (emergency number with cell phone) or 1-403-762-4506 (backcountry emergency number)

with satellite phone)

Jasper and Glacier: 1-877-852-3100 or 1-780-852-3100 (backcountry emergency number with satellite phone)

In or near Kananaskis Country (Sections B and C)

Tell 911 dispatcher that there is an emergency in Kananaskis Country to be transferred to the Kananaskis Country Emergency Services Centre

If using a satellite phone, call the local emergency number 403-591-7767

Using a Garmin inReach to call Parks Canada Visitor Safety for HELP

For non-emergencies within the National Parks you can contact a park warden toll-free 24 hrs a day, 7 days a week: 1-888-WARDENS (1-888-927-3367)

Should something minor arise, the visitor centers and ranger stations are listed here:

#### Visitor Centers

-Banff Visitor Centre

224 Banff Avenue

403-762-1550

Banff 24-hour Dispatch: 403-762-1470.

-Kootenay National Park

Radium Hot Springs, BC

250-347-9615

Kootenay 24/7 Dispatch: 403-762-1473

-Yoho National Park Visitor Centre

Field, BC

250-343-6783

Yoho 24/7 Dispatch: 403-762-1473

-Jasper National park

500 Connaught Drive

780-852-6176

Backcountry Trail Office: 780-852-6177

Jasper 24/7 Dispatch: 780-852-615

#### Closest Hospitals

##### Section C

-Banff Mineral Springs Hospital

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

Open 24 hours

+1 403-762-2222

-Canmore General Hospital

1100 Hospital Pl, Canmore, AB T1W 1N2, Canada

Open 24 hours

+1 403-678-5536

##### Section D

-Golden & District Hospital

835 9 Ave S, Golden, BC V0A 1H0, Canada

+1 250-344-5271

Open 24 hours

##### Section E

-Seton General Hospital Jasper

518 Robson St, Jasper, AB T0E 1E0, Canada  
780-852-3344  
Open 24 hours

-Cottage Medical Clinic  
505 Turret St.: 300 Miette Ave, Jasper, AB T0E 1E0, Canada  
780-852-4885



**List the emergency communication devices you will be carrying on your expedition. If none, explain why.**

InReach, cellphones (T-Mobile)

Our emergency contacts will be kept up to date and given a copy of our daily itinerary to notify park authorities of our location if needed. We will contact our emergency contacts upon arriving at our final destination. If we do not call within 24 hours of that date, our emergency contacts will notify park emergency services. If we have to spend extra time on the trail due to severe weather, etc. we will ask another hiker (leaving the trail sooner) to notify park rangers of the situation.

We will both be carrying cell phones (service provided by T-Mobile) during the trip, but they are unlikely to work in an emergency due to limited cell phone service. That's why we are carrying an InReach to contact emergency services or a rescue team to notify them of our location and emergency situation at hand. Currently, Parks Canada emergency dispatch centers are not set up to receive texts directly, so we will only attempt to make voice calls to contact the Parks Canada dispatch center. Using an InReach will notify Parks Canada and pass the information to the Parks Canada dispatch center. The dispatch center should then send the phone number of the Parks Canada Visitor Safety leader. We would then communicate our location and emergency to the Safety leader (discussed above).

## COVID-19 Preparedness

**What is the current COVID-19 situation in the area where you are intending to travel?**

Throughout the course of the pandemic, Canada has eased their restrictions for COVID-19. There are no special COVID requirements to enter Canada at the moment. We will be spending time in Alberta and British Columbia. There are no longer local, county or statewide restrictions or any changes to backcountry travel due to COVID-19. According to both Albert and British Columbia's government website their number of cases have remained low in recent weeks (as of January 2023). In addition hospitalizations and severe cases have also stayed low or continued to drop. While examining these statistics it is also flu and respiratory virus season so rates are likely to remain the same or even lower during our anticipated travel time.

**How do you intend to mitigate the risks of exposing yourself and your teammates to COVID-19 while traveling to your trailhead?**

In order to help mitigate potential risks of traveling during the pandemic, we will be fully vaccinated, test before departure and wear masks while in transit to decrease the chances of exposure to COVID-19. In order to minimize risks specifically while traveling, we will practice social distancing and use good hand hygiene in addition to our masks and vaccines.

**How do you intend to mitigate the risks of exposing the residents of the area(s) where you will be traveling to COVID-19?**

We would never want to risk exposing people to anything we might be carrying with us from our travels. So in addition to testing for COVID-19 prior to departure for our trip we will use the utmost caution in our journey to the trailhead. We will wear KN95 masks while flying and keep vaccinations updated. Since we are relying on the generosity of a trail angel for a ride to the trailhead, we will be sure to exercise as much caution and make sensible decisions leading up to the trip.

**How do you intend to mitigate the risks of COVID-19 while in the field?**



We will be traveling to the trailhead together and likely will have been together at home for at least a week before our departure. So the plan will be to act as a family unit from the get go. We both want to protect each other as best we can and wouldn't want to get each other sick. If one of us does begin to develop symptoms of COVID-19 on trail we will reevaluate. We are sharing one tent but will bring masks and a thermometer in our first aid to help protect us and make the most informed decisions possible.

**If someone on your expedition develops COVID-19 symptoms, how will you handle it?**

If one of us begins to develop COVID-19 symptoms we will attempt to physically distance as much as possible and ensure that we are using good trail hygiene like washing our hands with soap and hand sanitizer as well as taking advantage of the masks we are bringing. In addition, we will carefully monitor symptoms to decide whether or not it is safe and a good decision to continue on with the expedition for both members of the group. We specifically will provide each other with comfort care and monitoring for worsening symptoms that would suggest we need more help. Because of the precautions we took above and our vaccination status, we don't expect severe illnesses. Given our wilderness setting and remote nature of our expedition we will make conservative and quick decisions to protect our safety and well being.

**Budget****Upload a detailed and complete expedition budget.**

**GDТ 2023 Spreadsheets - ....pdf** (56KB)

Uploaded 1/31/2023 8:43pm by Cormac McCrimmon

**What is the total funding request for your trip?**

4,151

**What is the funding request per person?**

2,075

**Describe what measures you have taken to minimize expenses for your expedition.**

Gear and Meals:

To minimize costs, we will be renting from the Ahlberg Gear House where we can receive a leader discount. Instead of using expensive dehydrated meals, we are buying in bulk and repackaging our meals.

Transportation:

We've selected the cheapest transportation options that still serve our needs.

Campsite Selection:

Whenever possible, we've selected campsites that are free and don't require permits.

**Expedition Agreement**

**The Expedition Agreement must be printed, read, and signed in ink by each member of the expedition team. Once the Agreement is filled out, it should be scanned into PDF format and uploaded here. The group application will not be considered complete until this form is submitted**



Uploaded 1/31/2023 8:55pm by Cormac McCrimmon

Itinerary Great Divide Trail 2023  
Cormac McCrimmon and Skye McCrimmon

Link to Caltopo Map <https://caltopo.com/m/587R2>

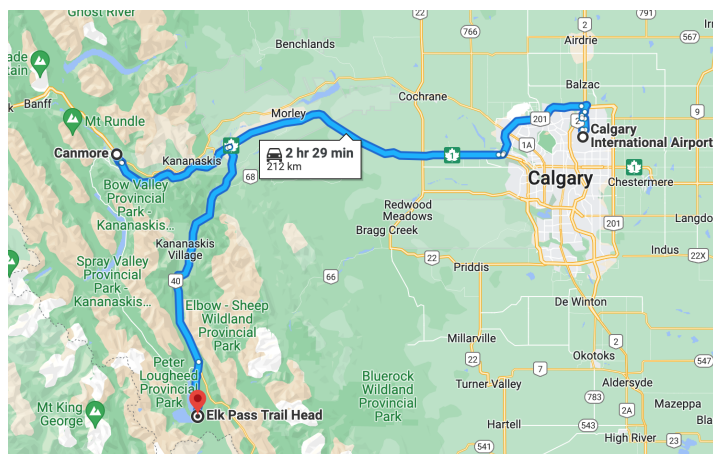
Map Legend: purple = main route, green = evac route, orange = alternate

Day	Campground (Pink=Random camping allowed; Yellow=Resupply location)	Notes	Daily Walking Distance (km)	Elevation Gain	GDT Total Distance (km)	Campground Popularity	Cost
0	Mount Sarraill (Peter Loughheed PP)		0	0	340.1	High	\$31
1	Palliser River (Height of the Rockies PP)		26.1	3198	366.2	Low	-
2	Big Springs (Banff NP)		28.8	2143	395	Medium	\$12.75
3	Porcupine (Mt. Assiniboine NP)	3 km down parallel alternate that adds 500 m	29.7	2888	424.2	Low	-
4	Healy Creek (Banff NP)	Resupply Sunshine Ski Area	20.81	3182		Very High	\$12.75
5	Ball Pass (Banff NP)		15.74	2475	457.7	High	\$12.75
6	Floe Lake (Kootenay NP)		22	4168		Very High	\$12.75
7	Wolverine Pass		19.57	4350	497.5	Low	-
8	McArthur Creek (Yoho NP)		22.1	2463	519.4	Low	\$12.75
9	RESUPPLY in Field, camp outside town	Easy miles	23	1335	542.4	High	\$35
10	Amiskwi Bridge Random Camp (Yoho NP)	Rest day but short hike to Amiskwi bridge to camp	6.4	293	548.8	Very Low	\$12.75
11	Little Yoho (Yoho NP)	Kiwetinok Alternate Route	22.5	5104		Very High	\$12.75
12	Amiskwi River (Yoho NP)	Finish Kiwetinok Alternate	13.3	2694	571.9	Very Low	\$12.75
13	Cairnes Creek	Mostly road walk; 8.5 km shorter on Collie Creek alternate	22.2	3199	606.4	Low	-

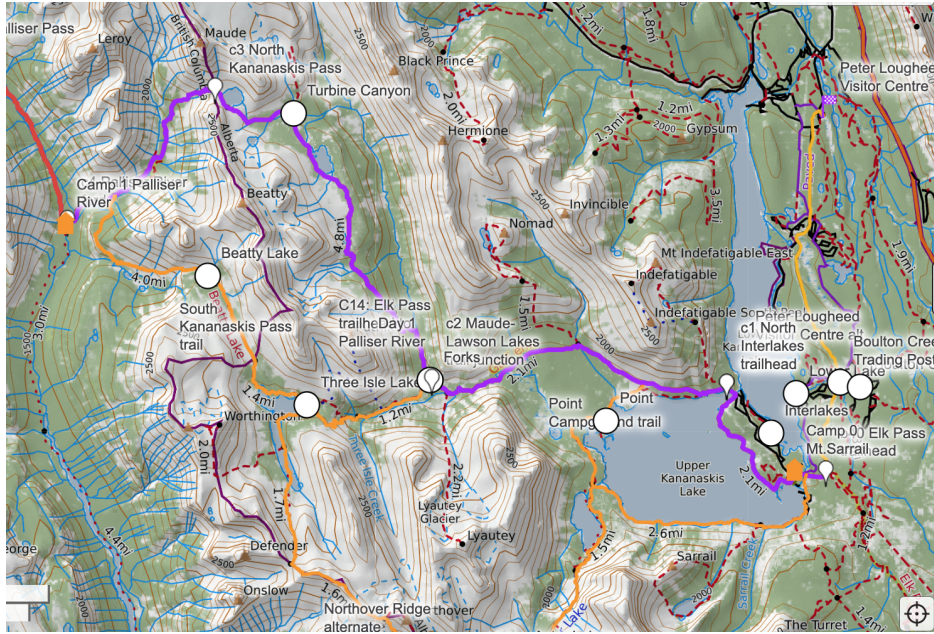
		Lots of random camping opportunities on floodplain					
14	Howse Floodplain Horse Camp (Banff NP)		19.3	1747	625.7	Very Low	\$12.75
15	RESUPPLY at Sask Crossing Resort	1.5 km off route	24.6	714	648.8	High	\$\$
16	Park Boundary cutline	Rest Day with short hike to clearing just outside Banff NP	5.48	118	654.4	Very Low	PLCP
17	Pinto Lake North	Rugged day	26.6	5547	678.3	Low	PLCP
18	Boulder Creek (Jasper NP)		29	2928	707.3	Medium	\$12.75
19	Avalanche (Jasper NP)		40.5	3908	746.6	Very High	\$12.75
20	Evelyn Creek (Jasper NP)		41.28	7311	786.6	Medium	\$12.75
21	Signal (Jasper NP)	Very good trail	31.7	4075	818.3	Medium	\$12.75
22	Finish Hike, Jasper Campground		19.7	298	838	High	\$\$

## Travel Day August 1, 2023

We will leave XXXXXXXXXX in the morning and fly to Calgary, Canada. From there, we will take a bus to Canmore and connect with trail angel Nicole Shape, who will drop them at the Elk Pass trailhead. We will camp near the trailhead at the Mount Sarraill Campground.



## Day 1, August 2



On our first day, we will leave Peter Lougheed Provincial Park and enter Height of the Rockies Provincial Park. We will hike on-trail around Upper Kananaskis Lake and over North Kananaskis Pass to reach camp at Palliser River.

Distance 26.1 km

**+3193' -3695'**

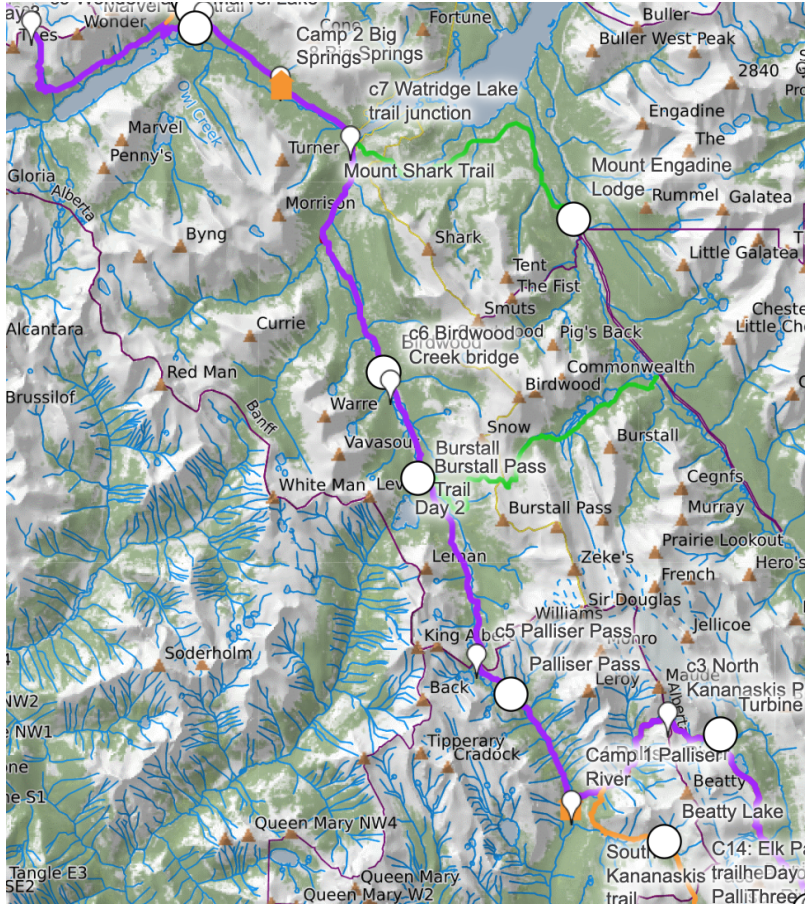
Evac Plan: Return along GDT to Elk Pass Trailhead

Hazards: altitude sickness, athletic injuries

Notes-Route Finding Plan and Expected Hazards: To start off the day we will cross three bridges where we will stop to assess their safety. After reaching North Kananaskis Pass, we will enter Height of the Rockies Provincial Park where we start navigating wilderness trails. This will make navigation more difficult, so we will use our map and compass diligently to stay on course. We will make a minor crossing of LeRoy Creek in a boulder field to arrive at the Palliser River.

**Day 2, August 3rd**





Having camped at Pallister River, we plan to ford the river early in the day when its glacial flow will be lowest. After the ford, we will gain Palliser Pass then hike along a trail which parallels the Spray River until we reach camp at Big Springs.

Distance 28.8 km

**+2143' -1597'**

Evac Plan: Burstall Pass Trail, Mt. Shark Trail

Hazards: Palliser River ford, altitude sickness, minor off-trail navigation

Notes-Route Finding Plan and Expected Hazards: We will ford Palliser River upstream of its confluence with LeRoy Creek and join a horse trail. After hiking on the horse trail for 2km, we will reach a ford of the Palliser River. If we do cross, we will follow a tributary of the Palliser then hike Palliser Pass. We will then descend into Spray River Valley where we will cross Spray River four times (twice on a bridge). If the crossings look too dangerous, we will either find a more shallow crossing or wait until the morning to do so when the river will be slower.

Navigation in this section should not be difficult since we will mostly be hiking with a clear view of the valley.

**Day 3, August 4th**



We will traverse Marvel Lake then climb Wonder Pass on trail. We will descend the pass on a trail passing Lake Magog. Near the end, we will take a left at the junction to reach Porcupine Camp.

Distance 29.7 km

**+2888' -2757'**

Evac Plan: Mt. Shark Trail, or Follow GDT to Sunshine Ski Resort (Faster than Assiniboine Pass Trail)

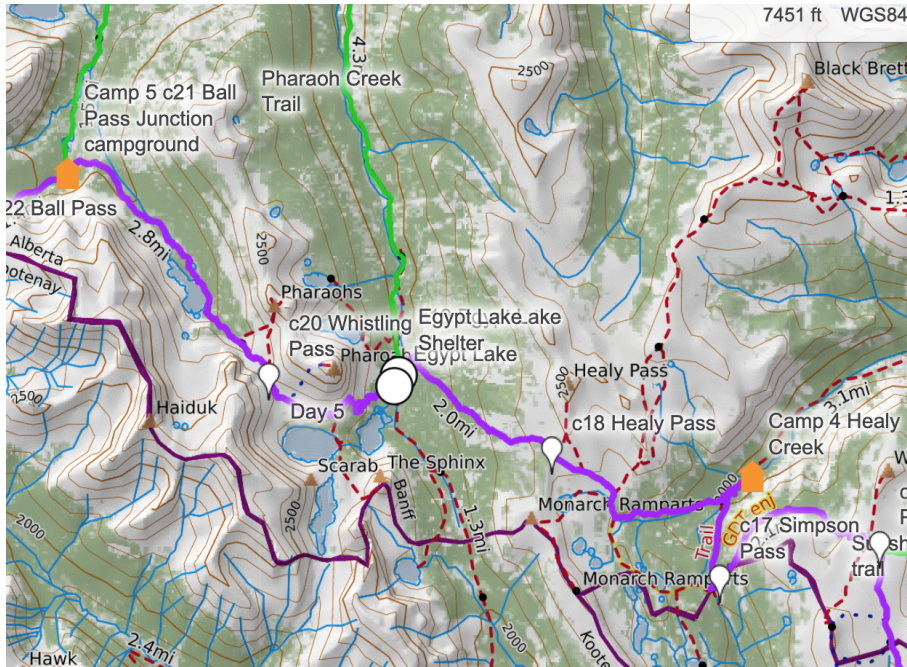
Hazards: Steep climb (on-trail), 9 km stretch without water

Notes-Route Finding Plan and Expected Hazards: Soon after leaving camp, we will cross Bryant Creek on a bridge. At a junction in 1.1 km, we will take the Spur Trail down to a lake to fill water before starting up Wonder Pass. There is no dependable water for 9 km. Luckily, the trail is well-maintained up the pass. Coming down from the pass, we will cross Magog Creek on a bridge and fill up our bottles here. This is the last creek for 9 km. More amazing trails! After passing Og Lake Campsite, we once again fill up water for another dry stretch. At the Simpson Trail Junction, we will hop off the main GDT route and take the short-cut “Porcupine Alternate,” (shown on map) to our campsite.

**Day 4, August 5th Resupply 1 Sunshine Ski Resort**







We will continue on a trail over Healy and Whistling passes. Although these passes are on trail, this will be our first day with multiple passes. We will make sure to start early and take adequate breaks. We will camp at Ball Pass.

Distance 15.74 km

**+2475' -2657'**

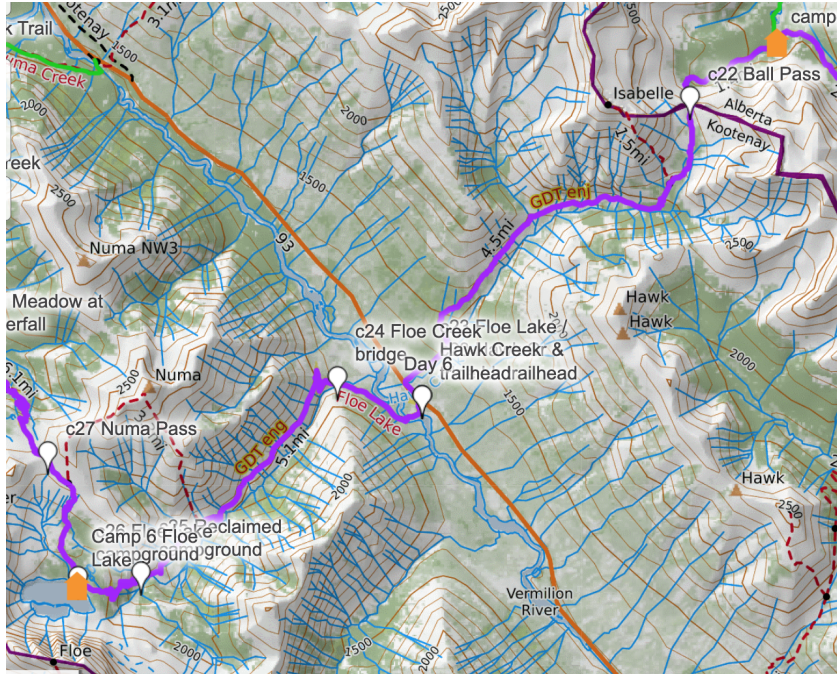
Evac Plan: Sunshine Ski Area, Pharaoh Creek/ Redearth Creek Trail

Hazards: Standard

Notes-Route Finding Plan and Expected Hazards: Today we will begin by tackling Simpson pass. After the pass we will cross the bridged Healy Creek and continue to Healy pass. This will be a steep day, so we've limited our kilometers. When climbing these passes, we will make sure to practice proper hiking technique on loose rock. The final pass, Whistling Pass, offers a final steep climb. From the top we will be able to see our campsite below. No Fires at campsite.

**Day 6, August 7**





From camp, we will stay on trail and cross Ball Pass. We will cross the Vermilion River and join the Floe Lake Trail. We plan to camp at Floe Lake

Distance 22 km

**+4168' -3734'**

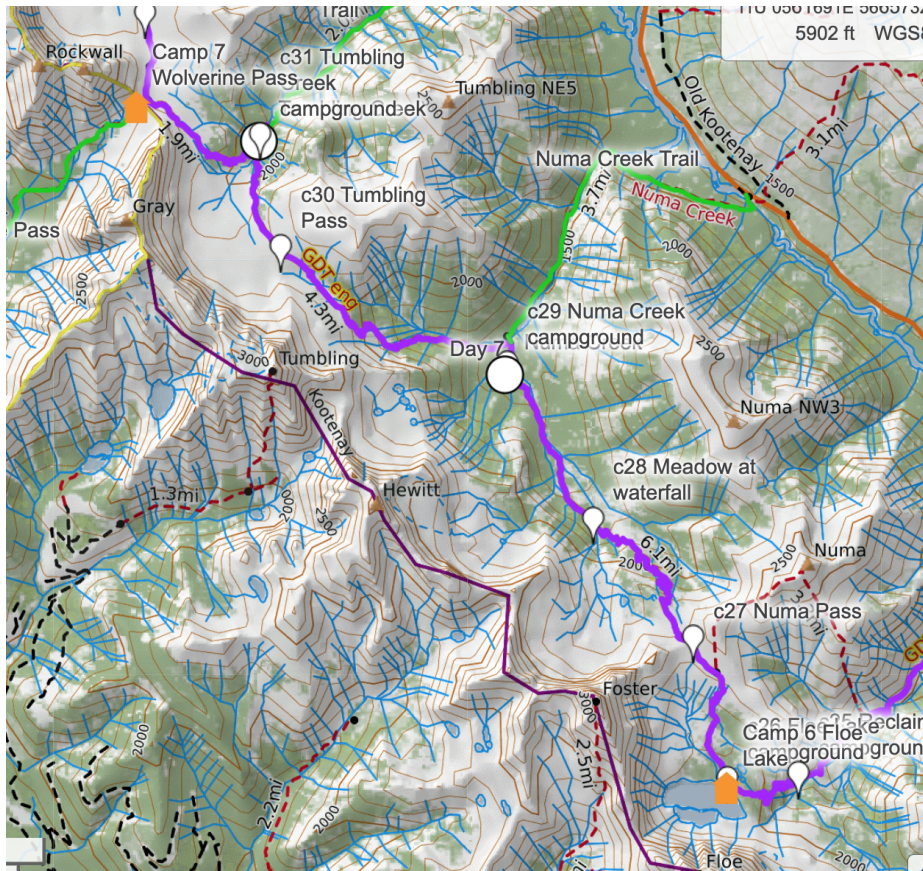
Evac Plan: Floe Creek Bridge, Pharaoh Creek/Redearth Creek Trails

Hazards: Sustained climbing

Notes-Route Finding Plan and Expected Hazards: Before setting out, we need to fill up water.

There is no water for 7 km. We will continue up towards Ball Pass, another steep pass to keep things interesting. 4.2 km after descending we will cross a tributary with a log bridge. The trail is in good shape until Floe Lake, however, when we leave Floe Creek we will make sure to fill up for the last time in 9km. No Fires and camp might be busy.

**Day 7, August 8**



From Floe Lake, we will continue over Numa and Tumbling passes. We will camp at Wolverine Camp. Today is another big day. Thankfully, we will still be on-trail. With proper training, we hope to begin hitting our stride by today.

Distance 19.57 km

Elevation **+4350'** **-3895'**

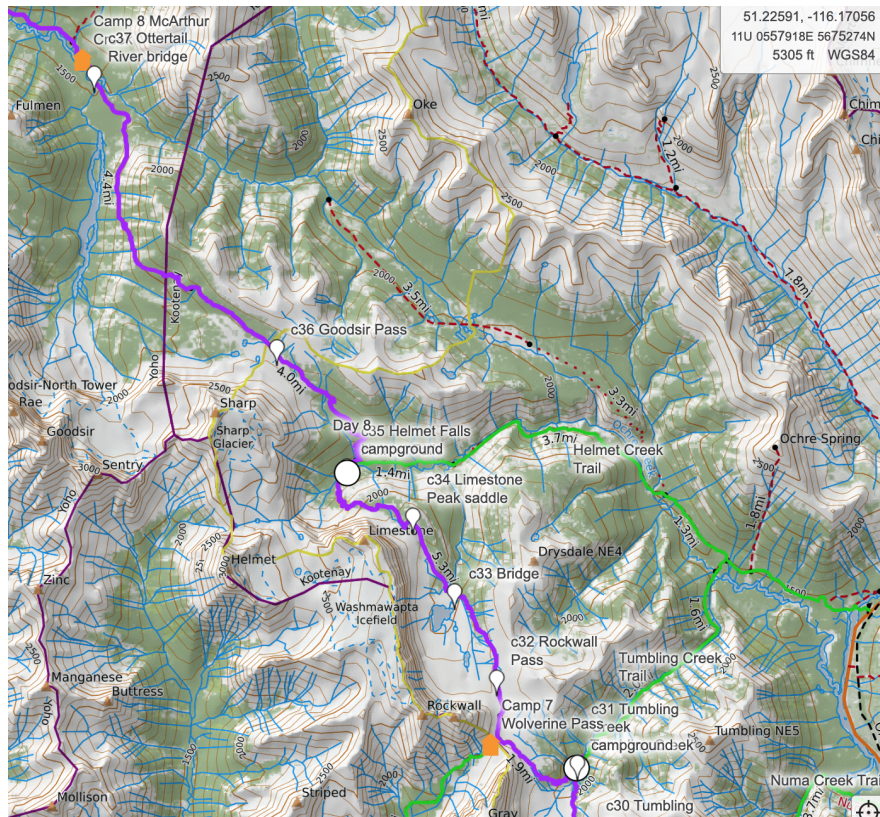
Evac Plan: Floe Creek Bridge, Numa Creek Trail, Tumbling Creek Trail

Hazards: Sustained climbing; Numa and Tumbling Passes.

Notes-Route Finding Plan and Expected Hazards: If we have any type of minor issues, it's worth noting the nearby Warden Station. Leaving Floe Lake the trail uses bridges and boardwalks to avoid boggy sections. From the lake, we will ascend to Tumbling pass. At the Wolverine Pass junction, we will follow the trail outside the National Park boundary to find random camping. 200 m West of Pass outside Kootenay NP, NO WATER AT CAMP.

**Day 8, August 9**





Today we will hike past Rockwall. We will continue on the trail over Good Sir Pass. We will follow the river valley until our camp at MacArthur Creek.

Distance 22.1 km

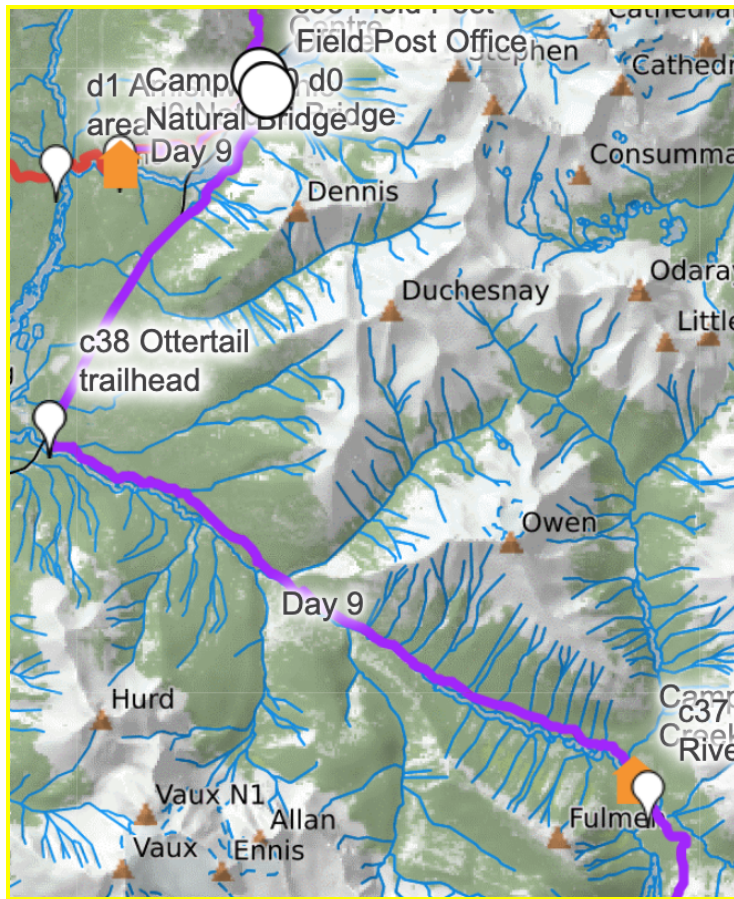
**+2463' -4778'**

Evac Plan: Tumbling Creek Trail, Helmet Creek Trail, Ottertail River Bridge

Hazards: 9 km waterless stretch

Notes-Route Finding Plan and Expected Hazards: Returning to the main trail, we will climb gradually to Rockwall Pass. We will descend to cross a bridge across a small tarn. Start moderate ascent to saddle below Limestone peak. From here we will be able to see the second highest waterfall in the Canadian Rockies, Helmet Falls! We will then cross a bridge over Helmet Creek. Fill up at the creek. We will climb Goodsir Pass (great name), passing from Kootenay to Yoho NP. We will cross a bridge over Ottertail River and then follow the trail to the campsite.

**Day 9, August 10, Resupply 2 Field**



We will follow the Ottetail River to the town of Field for our Resupply. We expect easy miles today. We will collect our resupply in town, then camp outside of town at Kicking Horse Camp.

Distance 23 km

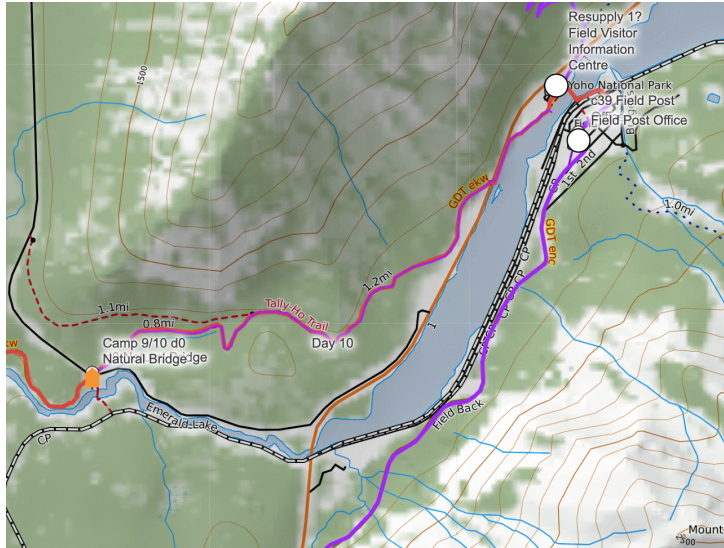
**+1335' -2116'**

Evac Plan: Ottetail River Bridge, Follow GDT to Field

Hazards: 14 km waterless stretch

Notes-Route Finding Plan and Expected Hazards: Follow an old fireroad, crossing McArthur Creek. We have to hike along the highway for 5km. This roadwalk is likely the most dangerous part of the hike, but the highway shouldn't be busy. We will walk on the edge, facing traffic and give cars space.

**Day 10, August 11**



We will spend the day resting and planning for Section D. We plan to hike several miles in the afternoon to camp outside of town at the Amiskwi Bridge.

Distance 6.4 km

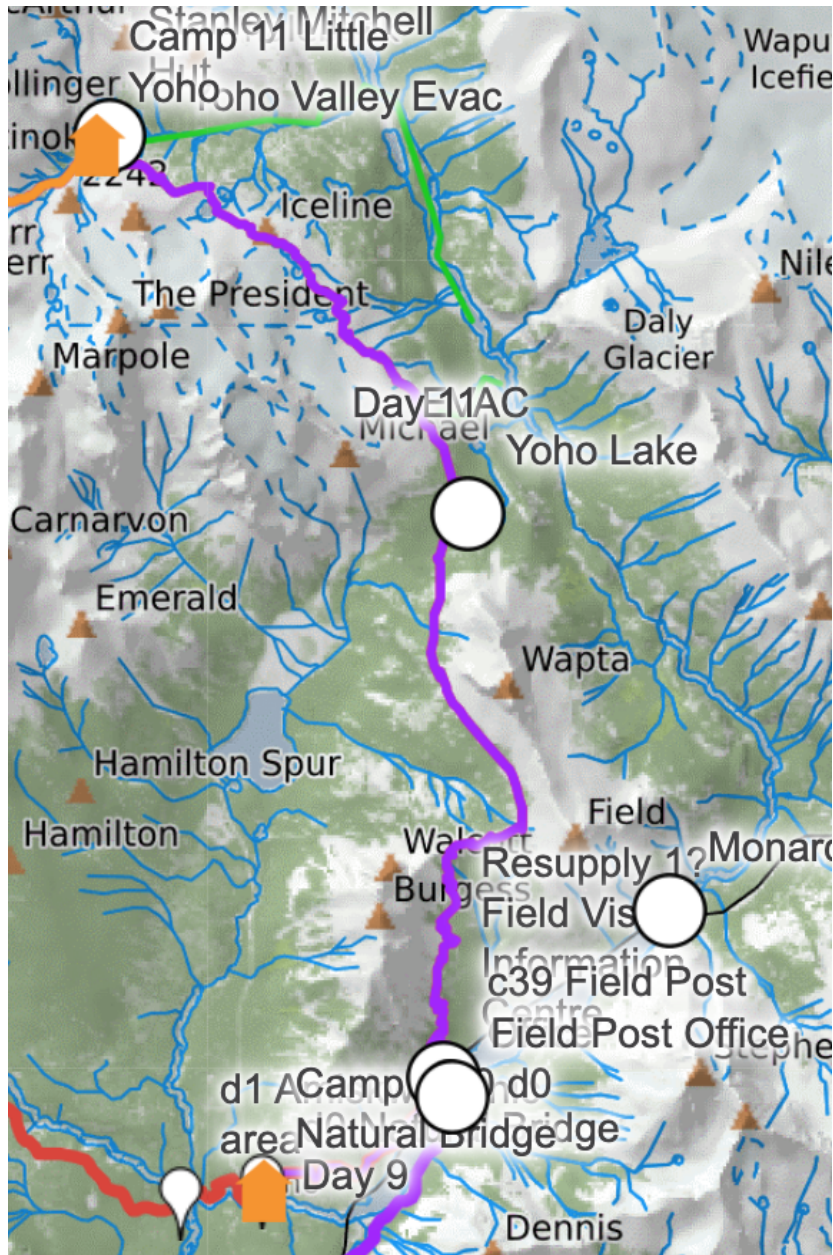
**+293' -344'**

Evac Plan: Follow GDT to Field

Hazards: civilization

**Day 11, August 12**





From Field, we will take the Kiwetinok Alternative which offers a scenic, alpine alternative to poor trail conditions of the original route. We will spend the first 8 km off-trail, using cross country travel techniques. Since this is the first place we leave the trail, we will pay especially close attention to our maps. The terrain, which is open and surrounded by glaciers, should offer excellent views and easier conditions for cross-country travel. After 8 km, we will regain the trail. We plan to break the elevation up by stopping at Little Yoho.

Distance 22.5 km

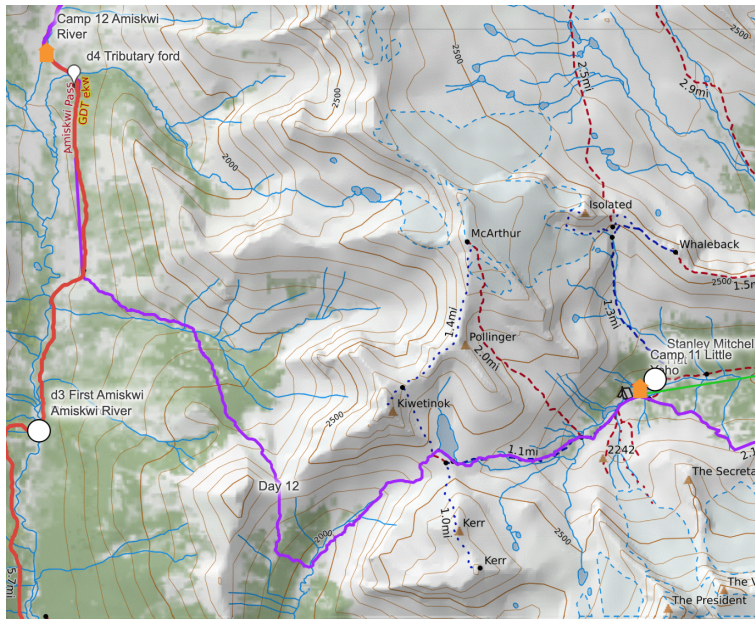
**+5104' -2424'**

Evac Plan: Follow GDT to Field, Yoho Valley Evac Trail

Hazards: off-trail travel, strenuous climbing

We will begin hiking on the Kiwetinok Alternate trail. The Great Divide Trail Association recommends this alternate, to avoid nasty bushwhacking near the Amiskwi River and a difficult ford. We will follow the Kiwetinok Trail, crossing Burgess Pass, Yoho Pass and Kiwetinok Pass.

## Day 12, August 13



Today, we will finish the Kiwetinok Alternative. We will start on a trail, then leave the trail descending towards the close side of the Amiskwi River. We plan to randomly camp along the river.

Distance 13.3 km

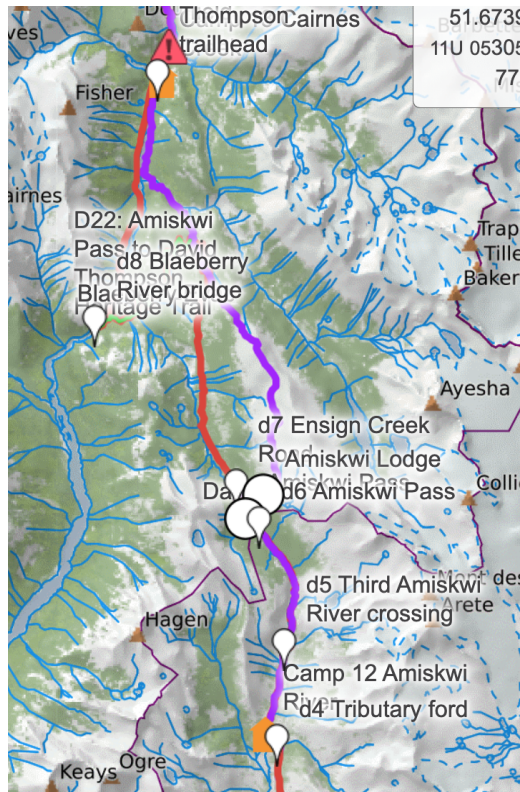
**+2694' -4156'**

Evac Plan: Yoho Valley Evac/Blaeberry River Bridge

Hazards: Potential light routefinding

Notes-Route Finding Plan and Expected Hazards: Today, we will finish the Kiwetinok Alternate. Camping midway will help to shorten the final 20 kilometers of this trail. Because we will be up high, we will likely be off trail. We will make sure to be aware of both micro and macro route finding concerns. Early on in the day, we will ford a small tributary of the Amiskwi River which should not pose a threat due to the time of day and the size of the stream. We will be using dispersed camping by the Amiskwi River. This demands our closest attention to upholding LNT principles.

## Day 13, August 14



We will follow the trail along the Amiskwi River to a junction with a road. We plan to have two fords of the Amiskwi. Since flows can be high, we will cross early in the day and employ safe river crossing techniques. We expect mostly easy walking. In order to avoid hiking along a logging road, we plan to take the highly recommended Amiskwi Ridge Alternate and the Collie Creek Alternate. The alternate is shorter and more scenic. We will camp at Cairnes Creek.

Distance 22.2 km

**+3199' -4351'**

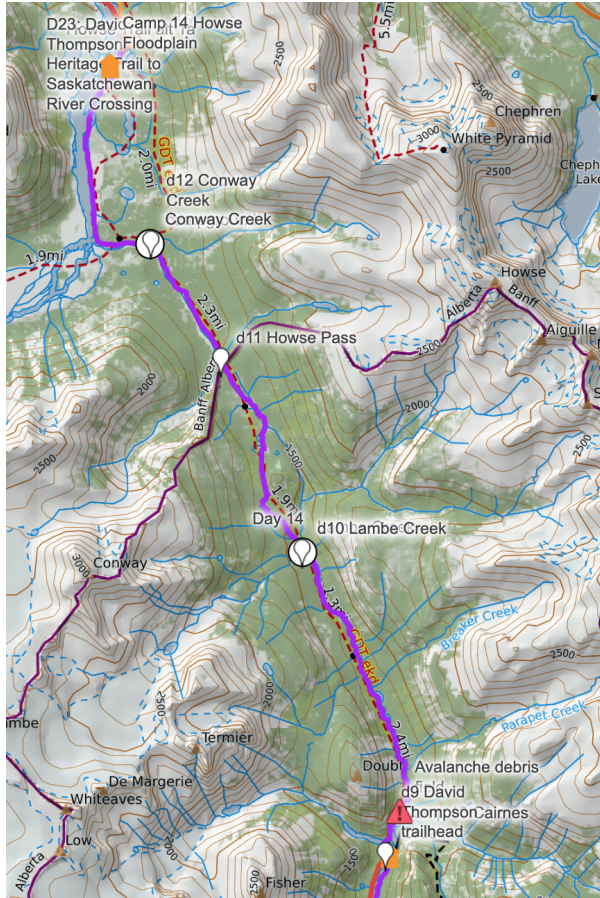
Evac Plan: Blaeberry River Bridge TH

Hazards: Amiskwi river ford, potential route finding along Amiskwi ridge alternate

Notes-Route Finding Plan and Expected Hazards: In typical Section D style, we will be tasked with route finding, some bushwhacking, and blowdowns. Fortunately the GDTA is making great strides towards clearing this trail. The main hazard for today will be route finding. Fortunately, we can follow the floodplain for most of the day. The trail will start with several kilometers of roadwalking, until we reach the David Thompson Heritage Trail near our campsite.

**Day 14, August 15**





Today we will ford Cairnes Creek and Lambe Creek. Since we have camped here, we will plan to cross as early in the day as possible and use safe river crossing techniques. We will continue on trail. In the morning we will pass an avalanche debris field. Volunteers have cleared a path, but we will use caution while crossing. We will continue over Howse Pass, then follow the river and camp along the Howse River floodplain at a horse camp.

Distance 19.5 km

**+1747' -979'**

Evac Plan: Blaeberry River Bridge TH

Hazards: Cairnes Creek and Lambe Creek ford

Notes-Route Finding Plan and Expected Hazards: Today will be another day of fun hiking and overgrown trails. Maybe the GDTA is hoping to keep the trails in the state in which David Thompson found them hundreds of years ago. We will follow the Blaeberry River, until reaching an aluminium bridge crossing the Lambe Glacier Flow. There will also be a significant ford of the Carines River. If there is not a safe log bridge to use during our crossing, we will wait until morning to cross when the flow is slower. According to GDT Hiker Notes, this section is hard, but short. Leading up to Howse Pass, there are a few minor tributary crossings. The day will end climbing and descending Howse Pass. We will camp at the bottom of the pass.

## Day 15, August 16 **RESUPPLY 3 The Crossing Resort**



We will follow the trail along the Howse River and ford it reaching the Saskatchewan River Crossing. Here, we will receive our resupply. We plan to camp along the river, near the resort.

Distance 22.7 km

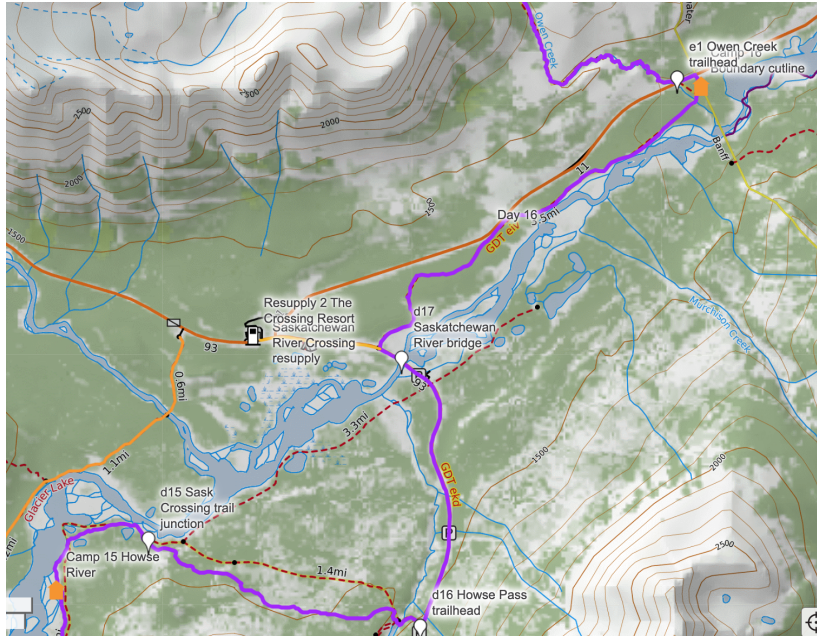
**+714' -977'**

Evac Plan: Saskatchewan River Crossing access

Hazards: Short road walk

Notes-Route Finding Plan and Expected Hazards: From the Howse River, we will road walk to the Crossing Resort for our resupply. After picking up a fresh supply of ramen, we will start onto Section E.

## Day 16, August 17



Today will be a rest day for us. We plan to hike a short distance to reach the boundary with Banff NP, but we will focus primarily on rest and recovery.

Distance 5.48 km

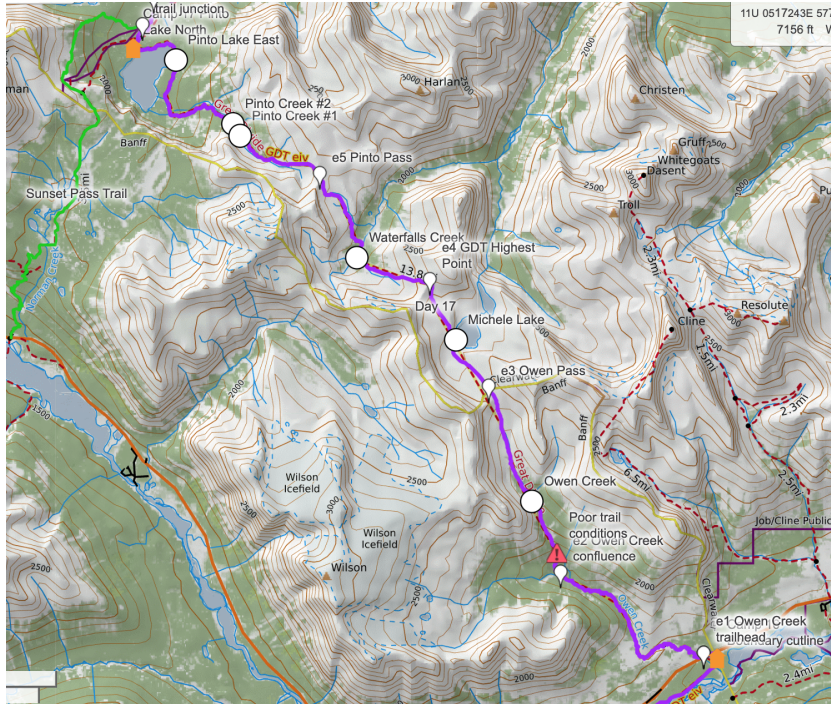
**+118' -242'**

Evac Plan: Saskatchewan River Crossing access

Hazards: Short road walk

**Day 17, August 18**





Today we will enter Banff National Park. We expect challenging trail conditions today. Poor trails and rock hopping along a creek are the main challenges today. At 6 km, we will make sure NOT to take a side trail away from the creek that is a deadend. Thankfully, today's mileage is shorter. We will have some off trail sections today, with straightforward route finding. We will cross Owen Pass, the reascend to gain our GDT high point. After Pinto Pass, we will descend and camp at the lake.

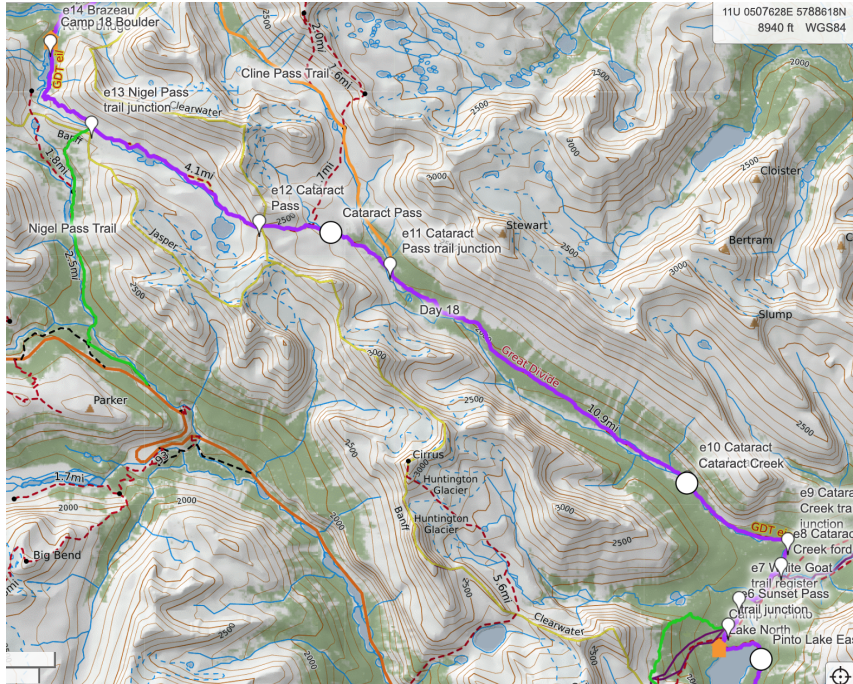
Distance 26.6 km

**+5547' -4379'**

Evac Plan: Saskatchewan River Crossing access, Sunset Pass Trail

Hazards: Strenuous climbing

**Day 18, August 19**



Soon after leaving camp, we will take a left at a trail junction to ford Cataract Creek. We plan to cross early in the day. We will then follow Cataract Creek. We will ascend Cataract Pass, then stay high, until descending to Boulder camp.

Distance 28.5 km

**+2928' -1964'**

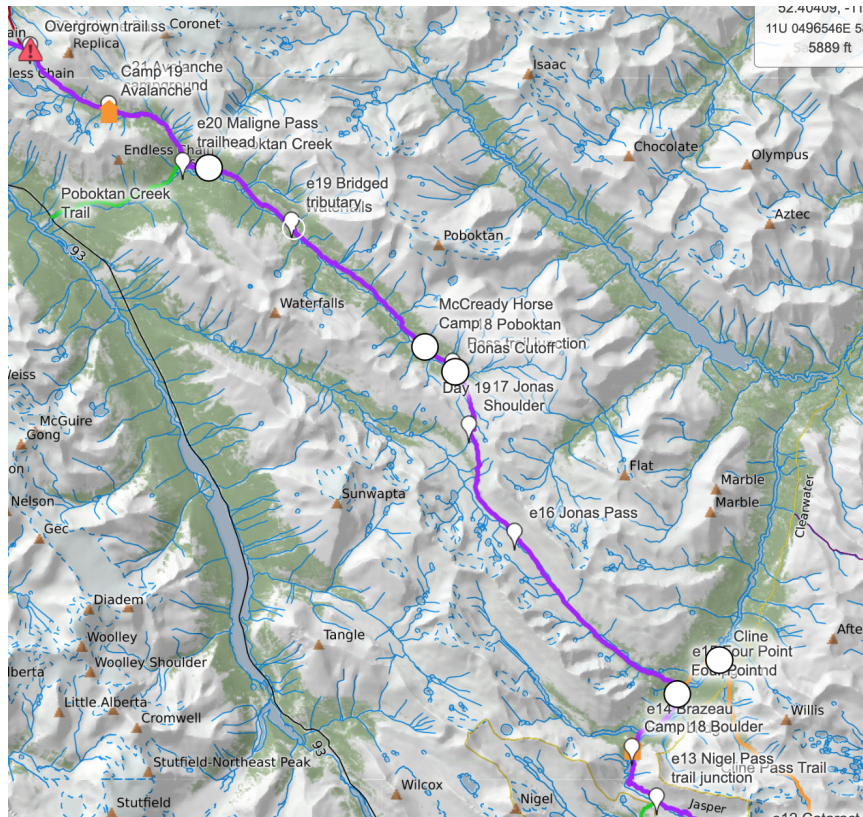
Evac Plan: Sunset Pass Trail, Nigel Pass Trail

Hazards: Cataract Creek Ford, blowdowns

Notes-Route Finding Plan and Expected Hazards: In the early season, Cataract Creek can be a serious ford. Because it will be mid-August, Cataract Creek should not pose a problem, but we will still evaluate and cross at the best location (e9). If the creek happens to have swollen from rain or heat, we will camp on the near side and cross early in the morning. From Cataract Creek, we will pass a large boulder.

**Day 19, August 20**





From camp, we will hang a left and travel north up a valley. We will follow the GDT over Jonas Pass. After passing a series of trail junctions, we will reach Avalanche camp. Today is another large mileage day, but it is important we set ourselves up well for the 6 pass alternate route the following day.

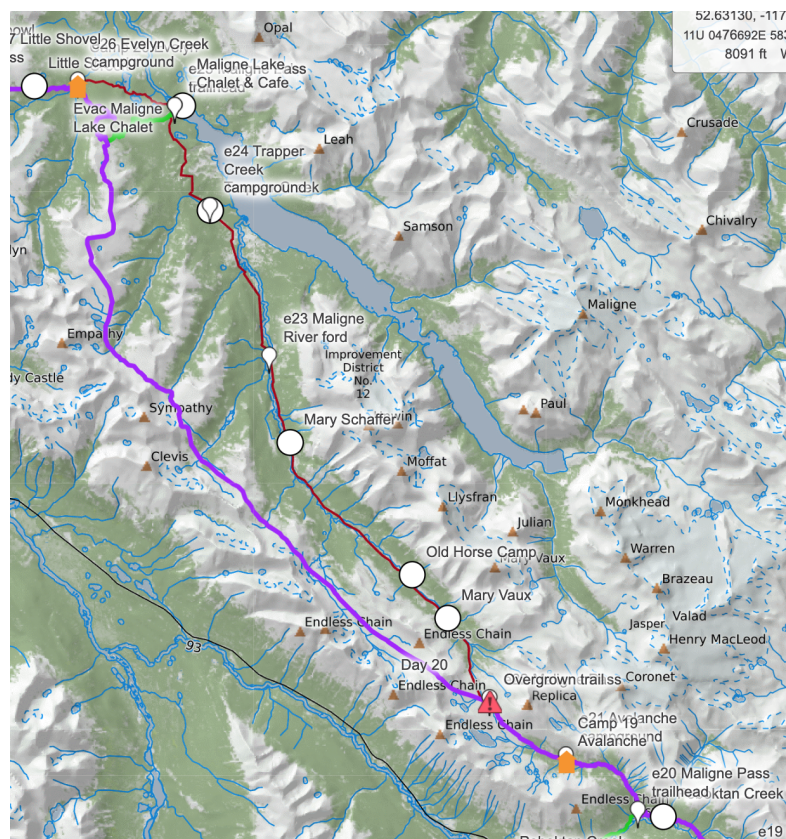
Distance 40.5 km

**+3908' -3840'**

Evac Plan: Nigel Pass Trail, Pobokan Trail

Hazards: high mileage day

**Day 20, August 21**



Today we will take on the 6 pass alternate route. This alternate avoids poor trail conditions and a series of river fords. The alternate route has a fair amount of climbing, some of which is off trail. We expect lots of cross-country navigation and light scrambling. In order to minimize these hazards, we will wake up earlier than usual, and give ourselves to navigate and travel safely. We will camp at the bottom of the 6 pass alternate route at Evelyn Creek. Since this route parallels the easier, traditional GDT route, we have the option to take an easier path if we decide the high mileage and climbing are too strenuous.

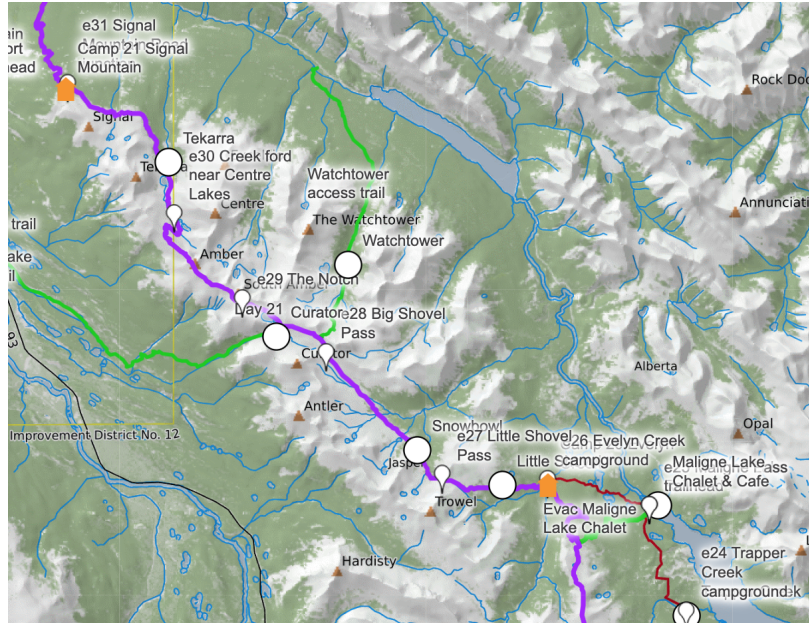
Distance 41.28

**+7311' -8111'**

Evac Plan: Pobokan Trail, Maligne Chalet

Hazards: High mileage day, strenuous climbing, one easy scrambling section

**Day 21, August 22**



From Evelyn Creek, we will travel over Little Shovel and Big Shovel passes. We will be back on trail today. We expect good trail conditions. We will set ourselves up for the next day by camping at Signal, outside of town.

Distance 31.48 km

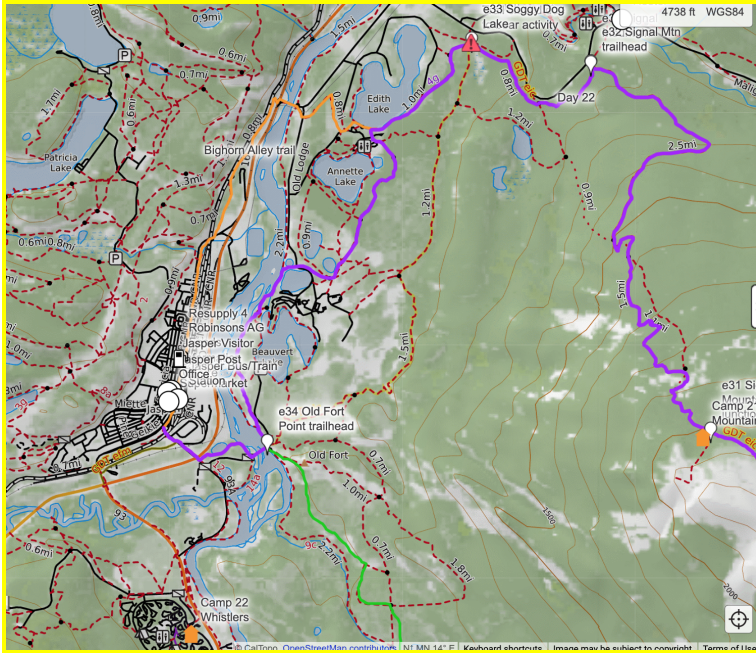
**+4075' -3398'**

Evac Plan: Maligne Chalet, Watchtower Access Trail, Wabasco Access Trail

Hazards: Strenuous climbing, remnant snow

**Day 22, August 23 Finish in Jasper**





Today we will finish our hike in Jasper. We expect easy walking into town. We plan to camp outside of town at the Whistler site.

Distance 19.97 km

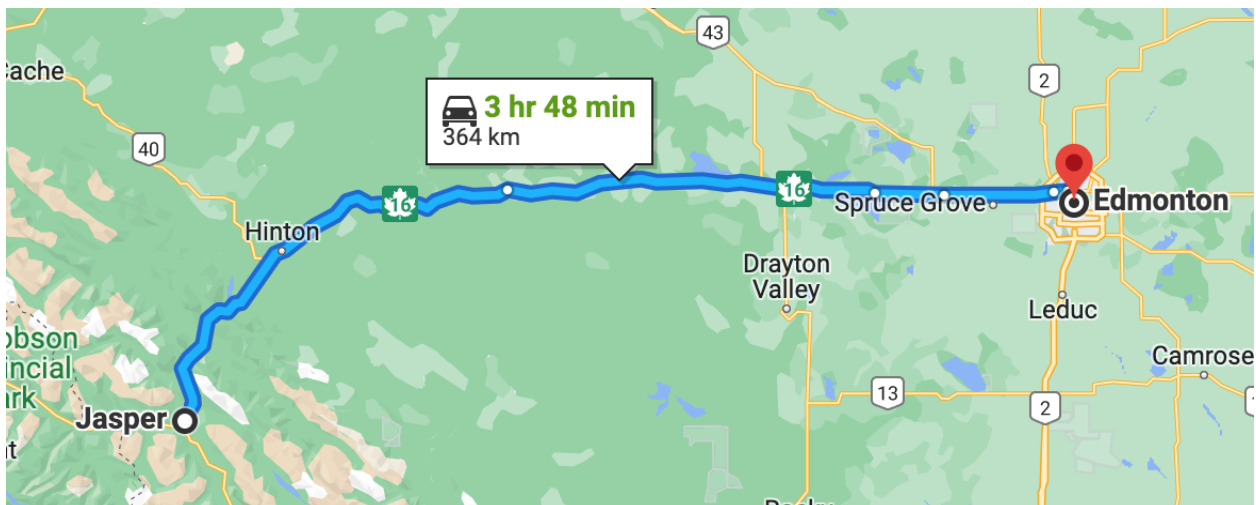
**+298' -3503'**

Evac Plan: GDT to Jasper

Hazards: long descent, possibility for road walk

### Day 23, Travel Day, August 24

From Jasper we will take a bus to Edmonton. We plan to fly from Edmonton to XXXXXXXXXX in the afternoon.



<b>Group Items</b>
Garmin in-reach rental
1 First aid kit (See First Aid)
2 lighters
1 pot (with grip)
1 spoon
Printed Mapset
Guidebook
2 compass
2 16 oz bottles of sunscreen
1 biodegradable soap
8 pack aaa bateries
1 sponge
3 2 oz hand sanitizer
1 trowel
1 2/3 Person tent
1 backpacking stove
3 8 oz Isobutane containers
1 Sawyer Squeeze
2 Packs Aquamira
2 Ursack Bear Bags Large
1 leatherman
2 Bear spray
1 bugspray
1 external battery
<b>Personal Items</b>
1 knife
1 headlamp

1 warm hat
1 sun hat
1 pair hiking shoes
1 set camp shoes
2 masks
1 rain jacket
1 rain pants
1 pair light gloves
1 bowl with utensils
1 sleeping pad
1 sleeping bag
1 puffy jacket
1 chapstick
2 pair underwear
1 synthetic t shirt
1 synthetic long sleeve
1 long underwear
1 pair of shorts
2 pair hiking socks
1 fleece jacket
2 liters water capacity
1 set toiletries
1 pair trekking poles
Book
Journal/Pen
<b>First Aid</b>
Medication

Acetaminophen- 15 doses, 30 pills
Ibuprofen- 13 doses, 26 pills
Benadryl- 10 pills, 5 doses
Electrolyte tabs- 10 doses
Anti-diarrheal- 4 doses
Hydrocortisone- large tube
Antibiotic Ointment 1 small tube
Burn Cream- 3 packets
<b>Misc.</b>
ACE Bandage- 2
Athletic tape, 1" roll
Moleskin sheets- 3 thin, 3 thick
Liquid Bandage- 1 pack (for blisters)
Ziplock bags- 3
Foil Blanket- 1
N-95 masks- 2
Tools
Tweezers- 1
Oral thermometer- 1
Bandage scissors -1
Irrigation syringe- 1
Triangular bandage- 3
Safety pins- 6
CPR mask- 1
SAM splint- 1
Gloves- 4

Wounds
Band-Aids- 15 misc.
Wound closure strips- 3 packs
4" x 4" gauze pad- 6
Non-adherent dressing- 5
Gauze roll- 2
Antiseptic wipes- 12
Benzoin swab- 5
WFR field Guide

Daily Caloric Intake Target: <b>3500-4000 calories.</b>							
Food	Calories	Price	Quantity	Total (22 Days)			
<b>Breakfast</b>							
<a href="#">Instant Oatmeal Pack</a>	160	5.99/18	4	\$23.96		<b>Breakfast</b>	
<a href="#">Poptarts</a>	400	2.99/12	1	\$2.99		Oatmeal(3)	480
<a href="#">Milk Powder</a>	90	8.99/12 oz	2	\$17.98			
<a href="#">Granola</a>	220	5.99/12 oz.	12	\$53.88		Clif Bar	250
<b>Snacks</b>						Nuts/Dried Fruit	200
<a href="#">Cliff Bar</a>	250	12.99/12	4	\$51.96			
<a href="#">Nuts/Dried Fruit</a>	200	5.99/lb.	4	\$23.96		<b>Snack</b>	
<a href="#">Gummy Bears</a>	150	6.99/29 oz.	3	\$20.97		Almond Butter	200
<a href="#">Beef Jerky</a>	80	9.99/8 oz.	6	\$59.94		Gummy Bears	150
<a href="#">Pringles</a>	150	1.67/can	3	\$5.01			
<a href="#">Hummus Powder</a>	75	34.95/12 packs	2	\$69.90		<b>Lunch</b>	
<a href="#">Kind Bar</a>	180	7.99/6	4	\$31.96		Tortilla (1.5)	210
<a href="#">Almond Butter Packets</a>	200	11.90/10	4	\$47.60		PB&J	248
<b>Lunch</b>						Beef Jerky	80
<a href="#">Tortillas</a>	140	5.99/20	2	\$11.98		Kind Bar	180
<a href="#">Peanut Butter</a>	190	4.99/28 oz.	1	\$4.99		Summer Sausage	165
<a href="#">Jelly</a>	58	2.99/24 oz.	1	\$2.99			
<a href="#">Swedish Fish</a>	124	6.99/24 oz.	2	\$13.98		<b>Snack</b>	
<a href="#">Tuna Packets</a>	70	\$26.35/24	2	\$53.98		Swedish Fish	124
<a href="#">Summer Sausage</a>	165	5.99/20 oz.	3	\$17.97		Hummus	75
<a href="#">Nutella</a>	200	6.99/26.5 oz.	2	\$13.98			
<b>Dinner</b>						<b>Dinner</b>	
<a href="#">Knorr Chicken Rice</a>	700	1.00/1	4	\$4.00		Knorr Side (1)	700
<a href="#">Knorr Spanish Rice</a>	575	1.00/1	4	\$4.00		Chicken Packet	70
<a href="#">Knorr Mexican Rice</a>	575	1.00/1	4	\$4.00		Veggies	55
<a href="#">Knorr Chicken Broccoli</a>	575	1.00/1	4	\$4.00		Olive Oil	90
<a href="#">Idahoan Potatoes</a>	440	2.50/8 oz.	4	\$10.00		Salami	100
<a href="#">Chicken Ramen</a>	570	2.39/6 packs	3	\$7.17		Dehydrated Beans	200
<a href="#">Parmesan Cheese</a>	110	7.49/8 oz.	2	\$14.98		Nutella	200

<a href="#">Broccoli</a>	30	5.99/28 oz.	3	\$17.97			Parmesan	110
<a href="#">Bell Pepper</a>	25	3.99/16 oz.	3	\$11.97				
<a href="#">Freeze Dried Veggies</a>	100	12.95/10 oz	2	\$25.90			Estimated Total	3887
<a href="#">Chicken Packets</a>	70	17.88/12 packs	2	\$35.76				
<a href="#">Dehydrated Beans</a>	100	12.95/18 oz.	2	\$25.90				
<a href="#">Olive Oil</a>	120	8.07/48 oz.	2	\$16.14				
<a href="#">Salami</a>	100	7.49/15.2 oz.	2	\$14.98				
<b>Misc</b>								
<a href="#">Cholula</a>			2	\$13.98				
<a href="#">Mio</a>		4.29/1	6	\$25.74				
<a href="#">Condiment Packets</a>								
<a href="#">Spice Kit</a>								
			<b>Total Cost</b>	\$766.47				
			<b>Cost per perso</b>	\$383.24				

RKMF Expedition Budget Proposal				
Striding High on the Great Divide: Backpacking the Great Divide Trail				
Cormac McCrimmon and Skye McCrimmon				
Item	Amount	Unit Price	Cost	Notes
<b>PERMITS AND CAMPGROUNDS</b>				
Parks Canada Discovery Pass Family	1	\$145.00	\$145	National Park pass
Backcountry Camping Reservation Fee	3	\$11.50	\$35	Cost to cover 3 reservations for online campsites
Backcountry Camping Permit	14	\$12.75	\$179	Backcountry Campsite costs
Alberta Public Lands Camping Permit	1	\$31.00	\$31	Alberta Public Lands camping permit to cover certain dispersed camping sites
Campground Permits	4	\$35.00	\$140	Cost to camp during travel days and in Field
<b>TRANSPORTATION/TRAVEL</b>				
Flight to Calgary from XXXX	2	\$227.00	\$454.00	Average price based on Google Flights data
Flight from Edmonton to XXXX	2	\$315.00	\$630.00	Average price based on Google Flights data
Bus from Calgary to Banff	2	\$77.99	\$155.98	Banff Airporter Company
Transportation to Trailhead	1	\$100.00	\$100.00	Trail angel Nicole Sharpe
Carbon Offset	1	\$9.97	\$9.97	CC Carbon Offset
Bus from Jasper to Edmonton	2	\$99.00	\$198.00	Sundog Connector Shuttle
<b>FOOD AND FUEL</b>				
Total food cost	1	\$766.47	\$766.47	See food list for breakdown
Isobutane Fuel	3	\$7.00	\$21.00	We will rent three-large fuel bottles from the gear house. We will buy fuel in Santa Barbara after our flight.
Shipping to Sunshine Ski Area	1	\$133.45	\$133.45	Shipping to Resupply 1
Holding Fee Sunshine Ski Area	1	\$100.00	\$100.00	Holding Fee Resupply 1
Shipping to Field Post office	1	\$133.45	\$133.45	Resupply 2 Shipping Cost
Shipping to Crossing Resort	1	\$133.45	\$133.45	Resupply 3 Shipping Cost
Holding Fee Crossing Resort	1	\$45.00	\$45.00	Resupply 3 Holding Fee
Food for Travel Days	4	\$15.00	\$60.00	Per diem for Travel Days
<b>MAPS AND BOOKS</b>				
Great Divide Trail	1	\$35.00	\$35.00	Guidebook with route descriptions
Gem Trail Overview maps	5	\$14.95	\$74.75	Overview Maps 1:70,000
Large 1:24,000 Maps	5	\$21.00	\$105.00	Printed Maps at Mountain Chalet of off-trail portions
Printed maps	1	\$85.00	\$85.00	Printing Costs for 11*17 Maps for Navigation
Gaia offline map subscription	1	\$59.99	\$59.99	Backup offline GPS on phone for micro-navigation
<b>EQUIPMENT</b>				
Garmin in-reach rental	1	\$0.00	\$0.00	Rented from OE
Sunscreen	2	\$15.99	\$31.98	\$15.99/16 oz. bottle
Opsack smell-proof bags	4	\$7.50	\$30.00	Used in conjunction with Ursack for Food Storage
Baby Wipes	1	\$1.99	\$1.99	Personal Hygiene
Ziplock Bags	1	\$4.29	\$4.29	Used for for Packaging Resupply
Hand Sanitizer	3	\$1.75	\$5.25	2 oz bottles, \$1.75/bottle
Cookset	1	\$11.50	\$11.50	Rented from OE, \$1 + \$0.5 after
Aquamira	2	\$15.00	\$30.00	Water purification backup/alternate



Trekking poles	2	\$11.50	\$23.00	Rented from OE, \$1 + \$0.5 after
Tent	1	\$45.00	\$45.00	Rented from OE, \$3, + \$2 after
Bear Spray Holster	2	\$0.00	\$0.00	Rented from OE
Bear Spray	2	\$60.00	\$120.00	Because we are flying, we have to buy bear spray in Canada. We will bring holsters with us.
Biodegradable soap	1	\$3.50	\$3.50	Cleaning dishes and hands
AAA Batteries	1	\$15.50	\$15.50	Headlamp batteries
Ursaks	2	\$0.00	\$0.00	Rented from OE
Total Funding Request			\$4,151.52	
Per Person Funding Request [1]			\$2,075.76	