



Ritt Kellogg Memorial Fund Registration

Registration No. K9DY-8RLPP

Submitted Jan 7, 2017 2:31pm by David Melone

Registration

Aug 29, 2016-
Aug 27, 2017

Ritt Kellogg Memorial Fund

RKMF Expedition Grant 2016-2017// 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

I. Grant Summary

a. Expedition name:

Infinite Pacific: Backpacking and Meditating along the Lost Coast

b. What is the primary activity (or activities) of your expedition (i.e. rock climbing, packrafting and hiking, etc.)?

Backpacking and meditation

c. Briefly describe the objective(s) of your expedition:

Our highest goal with this trip is to undertake a pilgrimage of sorts, a purposeful and extended, well-paced walk through the wilderness, dedicated as a time for contemplation, meditation, prayer and exploration. Both of us will have just graduated from college, and will have our 'whole lives' spanning before us, formless and mysterious - we hope that carving aside a set and intentional time to examine ourselves and the world around us, all while within the purity and release of a wilderness context, will help us to lead more informed lives, and become people better able to discern what is right. Both of us through the years have sought to relate to nature with spiritual rather than recreational intent, and so hence, this trip will be a sort of capstone for how, over the years, we have both deepened and enlivened our respective relationships with nature. David has been coming to this particular wilderness routinely for near seven years now, and completing this particular pilgrimage, the full 112 mile loop of the Lost Coast's northern and southern wildernesses, has been a dream and plan of his for years. The wild coast of California and the old-growth redwood and douglas fir forests which cling to this coast are particularly vibrant and soulful ecosystems, and will be the ideal location for the pilgrimage we intend to lead.

Our direct and practical objective with this pilgrimage is to complete a 112 mile figure-eight-shaped (hence the infinite in 'Infinite Pacific') hike of the California Lost Coast, passing through both the King Range National Conservation Area in the north, and Sinkyone Wilderness State Park in the south. On the trail, we will pass along wild beaches, over inland chaparral, along the peaks of the adjacent King Range, and through new and old growth redwood and douglas fir forests. Most common backpacking trips these days seem to be undertaken at a quickened, physically-pressed pace, and our hope is to invert that, taking as much time as we may. Our hope is to not so much move through this environment, as exist within it, in the present tense, without the constant scheduled need to press on. Certain days, we will have to hike at a more regular, urgent pace, in order to arrive at necessary water sources, but for most days, we will slow down as much as we can. We plan to take 21 days for this trip. A portion of each day will be relegated to hiking, and the remainder to meditation and contemplation.

d. Describe the location of the expedition:

This thru-hike will pass through the King Range National Conservation area, which makes up the northern section of the Lost Coast, and Sinkyone Wilderness State Park, which makes up the south end. The middle town of Shelter Cove, which sits between these two wilderness areas, will be our starting and finishing point, as well as where we will resupply, fourteen days into the trip (our figure-eight loop will take us back to this parking lot and resupply point halfway through the trip). Shelter Cove is located west of the town of Garberville, which sits on California Highway 101, about 200 miles north of San Francisco.

Attach an area overview map.



King Range.jpg (10KB, 188x269px)

Uploaded Jan 7, 2017 11:10am by David Melone



Sinkyone Wilderness.jpg (163KB, 752x1024px)

Uploaded Jan 7, 2017 11:10am by David Melone

e. Expedition dates:

June 19th to July 10th, 2017 will be spent in the field. We will take our time with the drive west from Colorado Springs,

taking from May 24th to June 19th, visiting other wildernesses along the westward route, and all while reflecting on graduation, the four years that have passed, and our futures. After the completion of the trip on the 10th, we will head north to Canada, as Lykke is an international student and must leave the US before her visa expires on July 16th.

f. Number of days in the backcountry:

21

g. Describe the wilderness character of your expedition (100 words or less):

The Lost Coast is the section of the California coast that was too rugged, mountainous, and dramatic to inhabit. Highway 1 spurs inland around the Lost Coast, road-building upon it being impossible. Ecologically, the area could be described this way: long sandy beaches, with steep cliffsides abutting the beaches; inland, the land is deeply sliced and ridged by river systems; in some areas the ridges are dry and scrubby, in other areas they are lush and vegetated; some valleys still host massive old growth forests, though most forest is second growth; the peaks of the King Range reach 4000 feet.

h. Funding request, per person, in \$USD:

883.77

II. Participant Qualifications

a. Participants' Graduation Date

Lykkefry Bonde and David Melone, both May 2017

b. Medical Certifications

David Melone: WFR certification: January 2015, Colorado College; WFR re-certification: January 14th-16th, 2017, Cal Adventures at UC Berkeley.

Lykkefry Bonde: WFR certification: January 2015, Colorado College; WFR re-certification: January 19th-22nd, 2017, Colorado College.

c. Additional Certifications

Lykkefry Bonde: Backcountry Assistant Leader I, Colorado College, 28 April 2014; Backcountry Leader II, Colorado College, 20 January 2015; Backcountry Instructor Leader III, Colorado College, 16 February 2016; AMGA Single Pitch Instructor, Colorado College, Joshua Tree, January 9th - January 16th 2017.

d. Training Plan

Through the spring semester, we will hike regularly and backpack on weekends when possible. Regular conditioning runs will take place. In addition, we will climb to keep in shape. We plan to go on an extended backpacking trip during Spring Break and on our way to California after graduation, we will backpack plenty in varying climates. All gear has been or will be thoroughly tested.

III. Expedition Plan

a. Land Management

This trip will take place in the King Range National Conservation Area, which is managed by the BLM, and within Sinkyone Wilderness State Park, which is managed by the California State Parks System. Both areas require a permit, though these permits are both free and issued self-serve at the relevant trailheads. Each permit holds a cap of 14 consecutive days in each wilderness area, which we will abide by, given that we plan to take 14 days in the northern section and 7 in the southern.

b. LNT Principles

Yes

Empty

Both areas require the use of bear-safe canisters, as there are coastal black bears in the region (though this local subset of the species is nearly extinct, and rarely ever seen). Having bear canisters, we will have an easy and effective way to pack in and out all our trash; bear cans double as great receptacles. In this way, we will also respect wildlife by not feeding them and potentially altering their behavior. While on the beach, the officially-sponsored procedure for defecating is simply to do so on the sand at low tide, so that the sea and shoreline ecosystem takes care of it. When inland, we will defecate in holes following standard LNT-procedures. Through one section of the trail we will be camping on sand, which is highly low-impact; through the rest of the trail, as we will be inland, we will use already established campsites. We will remain on-trail through the duration of the trip, so as to not disturb off-trail ecosystems. As this is a culturally significant site with remnants of indigenous settlements, we will leave what we find. Campfires are permitted on the beaches when burning collected driftwood, and other than that, we won't make fires.

c. Cultural Considerations

Yes

Empty

Both of these areas contain remnants of indigenous settlements, such as middens (specific piles of discarded, collected shells), which dot many of the beaches. These sites are not to be disturbed.

d. Re-Ration Plans

Yes

After the first fourteen days in the northern section, we will loop back to the Black Sands Beach parking lot, where we will have left our car and a cache of food and socks and such. Arriving back at the lot, we will resupply with the final week's worth of food, and then loop south, into the southern and second and final section of the trail.

e. Expedition Itinerary

[Expedition Itinerary 1 of 3.pdf](#) (14MB)

Uploaded Jan 7, 2017 11:19am by David Melone

[Expedition Itinerary 2 of 3.pdf](#) (17MB)

Uploaded Jan 7, 2017 11:20am by David Melone

[Expedition Itinerary 3 of 3.pdf](#) (14MB)

Uploaded Jan 7, 2017 11:21am by David Melone

Appendix A

f. Equipment List

[Equipment list.pdf](#) (51KB)

Uploaded Jan 7, 2017 10:49am by David Melone

Appendix B

g. Food List

[Food List.pdf](#) (277KB)

Uploaded Jan 7, 2017 11:11am by David Melone

Appendix C

Food Storage

We will use bear canisters, stashing these each night in a secure and isolated place from our campsites. As well, we will cook away from where we will sleep, store food, etc.

IV. Risk Management

a. Travel

Both of us will rotate driving while on the road, so as to mitigate exhaustion. As well, we have laid out a particularly

extended amount of time to travel from Colorado to the trailhead and from the trailhead to Vancouver, so we won't really be pressed for time on the drive, and may thus drive slowly and safely.

b. Objective Hazards

The primary and most pressing hazard is high tide, while on certain thinned sections of the coast. The second most pressing hazard is water while in the higher elevations. Wildlife poses no extreme threat. Weather can be expected to be in the 60s, and sunny.

The tidal hazard is extremely simple to mitigate: we will travel with tide charts and plan the sections of our hike accordingly. It should perhaps be pointed out that we will not be swimming in the ocean: riptides are very dangerous here, and the water is too frigid to survive in for long.

There are a number of springs in the highlands, and we have planned our itinerary around these springs so as to always have a constant source of water, but these conditions are subject to change (this year's rainfall is good though). We will speak with a ranger beforehand to check spring conditions, and as well, for the sections in question, travel with sufficient extra water.

c. Subjective Hazards

As can happen during extended periods of closeness with others, we will likely grow irritable or exhausted with one another, at some point or another. As well, the two of us have come up backpacking in different ideological contexts, and our techniques and daily approaches will likely be at least subtly dissimilar. Lykke is more technically experienced than David, but David is more locally experienced. We cannot foresee any matters of health coming up, but unforeseeable health concerns are always of course potential.

Luckily, with our well-paced schedule, we will not be too physically stressed throughout the trip, and this will likely ease relational stress as well. As we have time allotted each day for meditation and such, it would be surprising, moreover, if we spent the entire time arguing. Nonetheless, we are extremely good communicators with one another, operating on very similarly intense wavelengths, and so heavy matters can be sorted through with a conversation, no problem.

As David knows the local climate and terrain more thoroughly than Lykke, and has lead backpacking trips along the Lost Coast specifically in the past, he will take the reigns with the most immediate decisions regarding route and weather. As well, he honors Lykke's thorough experience through the CC ORC, and will cede to her wisdom when concerns arise. Our communication skills, here, will be a great resource.

Regarding health, we will wear sunscreen, eat regularly, sleep regularly, be kind to our bodies in general, remain warm and dry. We will be attentive to blisters, and to each other's health.

d. Emergency Preparedness

Firstly, as said before, should anything unwieldy arise, we have our SOS beacon. Depending on the nature of the emergency, of course, the nature of the evacuation will change. Both of us will be WFR certified, and will apply all that we have learned through that certification to the relevant, possible scenarios.

Throughout the itinerary we've listed briefly the most expedient on-foot routes out of the wilderness, to the nearest town or trailhead. For the most part, this will mean retreating along our trails to the towns of Shelter Cove or Mattole while in the northern section, and to Shelter Cove or the Needle Rock Visitor Center or Usal while in the southern section. At no point will we be withheld by any great and unaccomplishable distance from a town or road, simply because of the shape of the two wilderness areas, and the location of Shelter Cove in the middle.

e. Emergency Resources

King Range National Conservation Area

PO Box 189

768 Shelter Cove Road
Whitethorn, California 95589
(707) 986-5400

Bureau of Land Management
Arcata Field Office
1695 Heindon Road
Arcata, California 95521-4573
(707) 825-2300

Jerold Phelps Community Hospital (Nearest)
733 Cedar St, Garberville, CA 95542, USA
+1 707-923-3921

Redwoods Rural Health Center
101 West Coast Rd # B, Redway, CA 95560, USA
+1 707-923-2783

Redwood Memorial Hospital
3300 Renner Dr, Fortuna, CA 95540, USA
+1 707-725-3361

St. Joseph Hospital Eureka
2700 Dolbeer St, Eureka, CA 95501, USA
+1 707-445-8121

We will be traveling with a Delorme inReach device, which is equipped with an SOS beacon. Should something happen, we will be able to signal the nearest relevant station for a rescue. Should we not need to go to such extremes, and should we simply manage an accident ourselves, we will be able to exit the trail, and contact these resources by phone from town.

V. Budget

Budget

[Budget.pdf](#) (79KB)

Uploaded Jan 7, 2017 11:57am by David Melone

Appendix D

Transportation

242.62

Food and Fuel

629.15

Maps and Books

0.00

Communication Device Rental

12.00

Permits/Fees

0.00

Gear Rentals

0.00

Total Funding Request

883.77

Cost Minimization Measures

We will be driving rather than flying to and from the trailhead. As well, we will be driving to Canada after the trip, which is a shorter and thus a less expensive route than back to Colorado. We will be buying food in bulk, and dehydrating it ourselves so as to cut costs. We are using all gear that we already own, so as to not require any rentals.

VI. Expedition Agreement**Expedition Agreement****Appendix E****scan0001.jpg** (739KB, 1434x1848px)

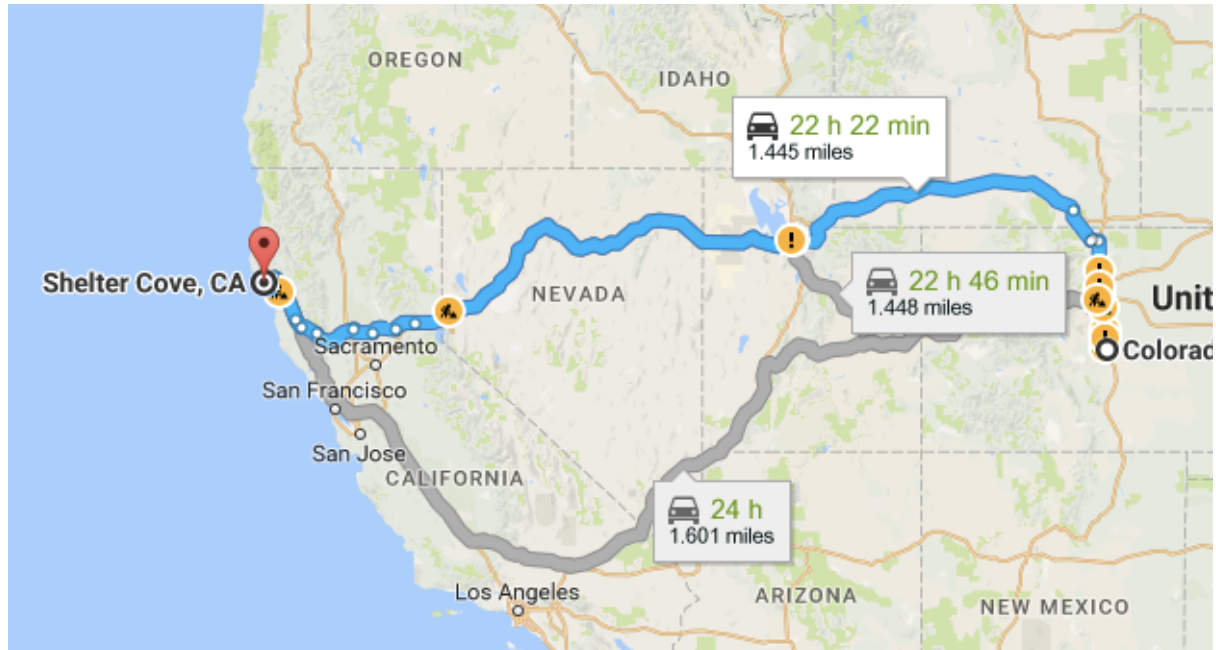
Uploaded Jan 7, 2017 2:24pm by David Melone

Appendix A- Expedition Itinerary

Infinite Pacific: Expedition Itinerary

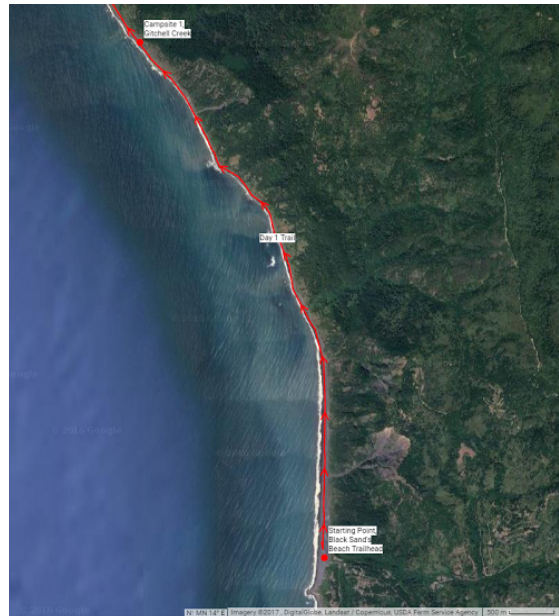
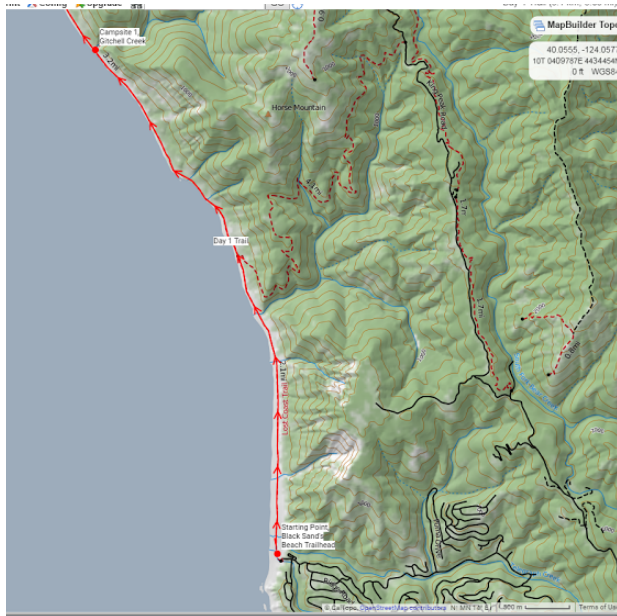
****Note:** We've had to split this document into three files to upload it to the application, as one file was too large.

May 24, 2017 - June 18, 2017



Preliminary Game Plan: We will leave CC after graduation and travel westward, taking our time. We will stop along the way to enjoy the wilderness areas of the American West. By the 18th of June, we plan to arrive at San Anselmo, CA, where David's family lives, and it is there that we will spend our final night prior to the trip's beginning.

June 19, 2017, Day 1, Entry Day



Some preliminary Details: We will leave San Anselmo, Ca at 5am in David's Subaru, and will drive for the next 4 hours north to Shelter Cove, Ca, aiming to arrive by mid to late morning. Just before arriving at Shelter Cove, we will stop at the King Range Field Office, where we will check in with the rangers on any developments (trail hazards, etc.), and where we will pick up an up-to-date tide chart. Once arrived at Shelter Cove, we will drive slightly further to the Black Sands Beach parking lot and trailhead, where we will park and take our permits. Parked, and packed up with what we will need for the next two weeks, we will begin hiking along the beach.

Distance: 5.1 miles

Elevation: None

Trail type: Beach

Tidal considerations: None

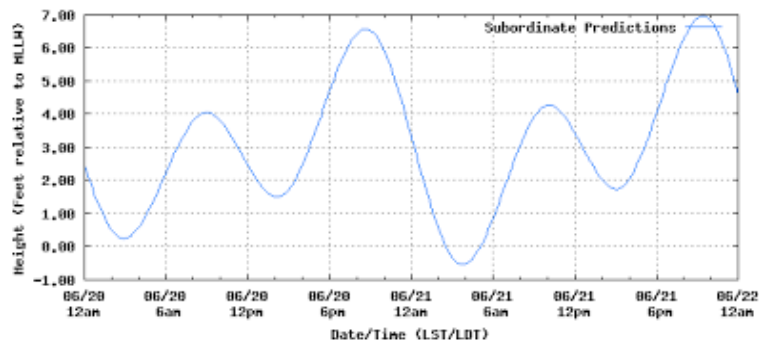
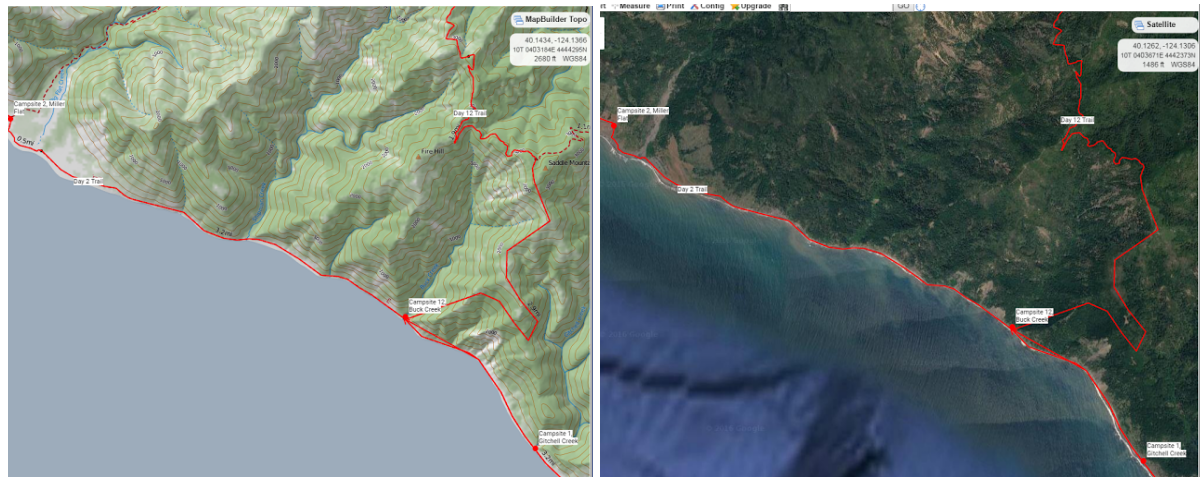
Water sources: Abundant, at least 7

End Campsite: Gitchell Creek Outlet

Coordinates for Campsite: 40.0939, -124.1020

Evacuation Consideration: If walkable, fastest route back is a retreat along the path we came. At all times, as well, we have our Delorme InReach SOS beacon.

June 20, 2017, Day 2



Distance: 3.7 miles

Elevation: None

Trail type: Beach

Tidal considerations: The first 3 miles may be impassable at high tide. We can expect a low tide in the early morning and at 2pm, and we will plan our hike accordingly.

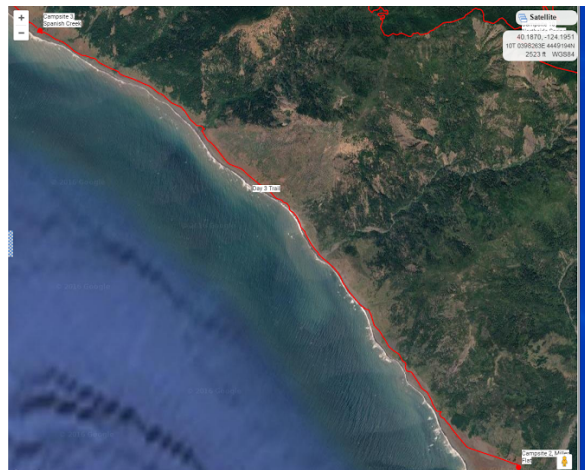
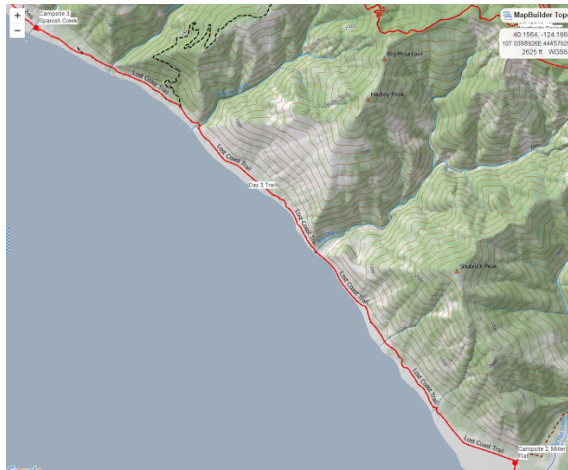
Water sources: Abundant, at least 5

End Campsite: Miller Flat

Coordinates for Campsite: 40.1314, -124.1797

Evacuation Consideration: If walkable, fastest route back is a retreat along the path we came. Miller Flat, as well is host to two active homestead cabins, and a dirt airstrip. At all times, as well, we have our Delorme InReach SOS beacon.

June 21, 2017, Day 3



Distance: 5.8 miles

Elevation: None

Trail type: Beach

Tidal considerations: None

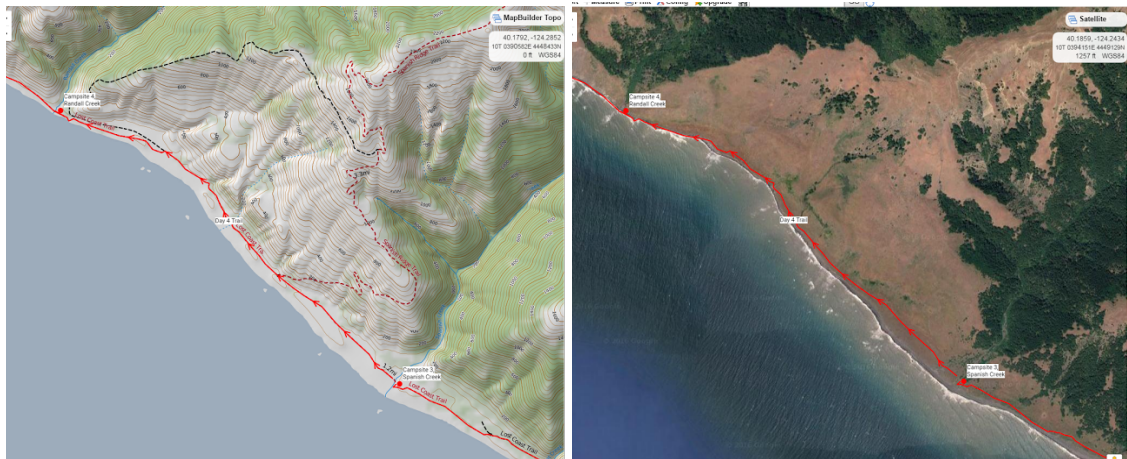
Water sources: Abundant, at least 6

End Campsite: Spanish Creek

Coordinates for Campsite: 40.1841, -124.2556

Evacuation Consideration: If walkable, fastest route back is walk ahead along the beach to the Mattole Trailhead. At all times, as well, we will have our Delorme InReach.

June 22, 2017, Day 4



Distance: 1.8 miles

Elevation: None

Trail type: Beach

Tidal considerations: None

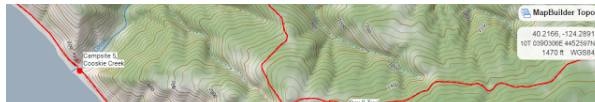
Water sources: 3

End Campsite: Randall Creek

Coordinates for Campsite: 40.2004, -124.2823

Evacuation Consideration: If walkable, fastest route back is walk ahead along the beach to the Mattole Trailhead.

June 23, 2017, Day 5



Distance: 2 miles

Elevation: None

Trail type: Beach

Tidal considerations: This section may be impassable at high tide. We can expect an extreme low tide at 6am, we will hike then.

Water sources: 2

End Campsite: Cooskie Creek

Coordinates for Campsite: 40.2191, -124.3098

Evacuation Consideration: The fastest route remains along the beach forward to the Mattole Trailhead.

June 24, 2017, Day 6



Distance: 1.5 miles

Elevation: None

Trail type: Beach

Tidal considerations: This section may be impassable at high tide. There is again a major low tide at 6am, and we will hike then.

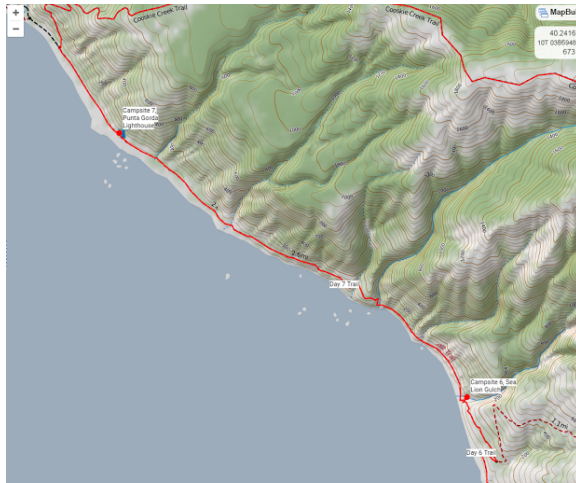
Water sources: 4

End Campsite: Sea Lion Gulch

Coordinates for Campsite: 40.2346, -124.3249

Evacuation Considerations: The fastest route remains along the beach forward to the Mattole Trailhead.

June 25, 2017, day 7



Distance: 1.8 miles

Elevation: None

Trail type: Beach

Tidal considerations: None

Water sources: 3

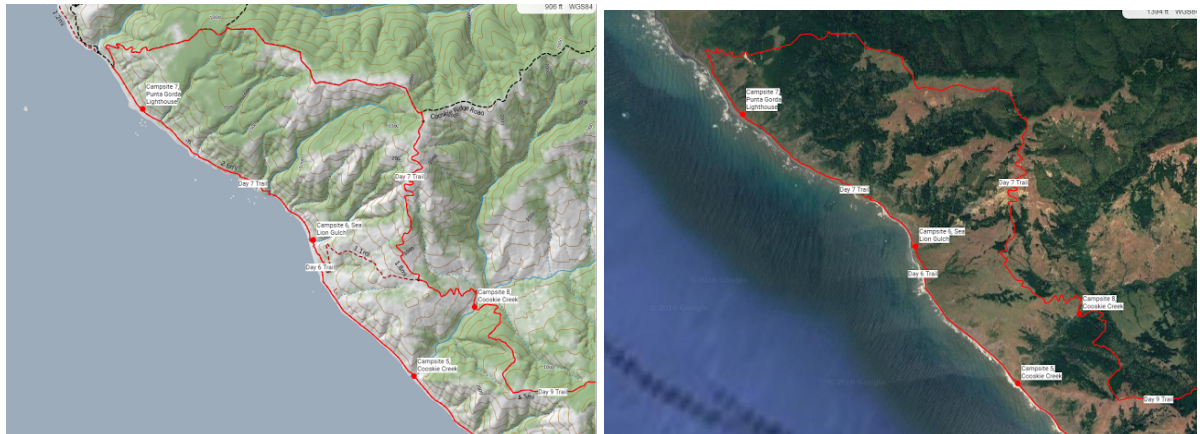
End Campsite: Punta Gorda Lighthouse

Coordinates for Campsite: 40.2494, -124.3505

Evacuation Considerations: We will be very near the Mattole trailhead to the north.

As well, there is a homestead cabin near the lighthouse.

June 26, 2017, Day 8



Distance: 6.5 miles

Elevation: +2510/-2415 ft.

Trail type: Inland ridges

Water sources: 2

End Campsite: Cooskie Creek

Coordinates for Campsite: 40.2270, -124.3007

Evacuation Considerations: Our fastest evacuation route will be to retreat along the trail, toward Mattole.

June 27, 2017, Day 9



Distance: 3.4 miles

Elevation: +2024/-87 ft.

Trail type: Inland ridges

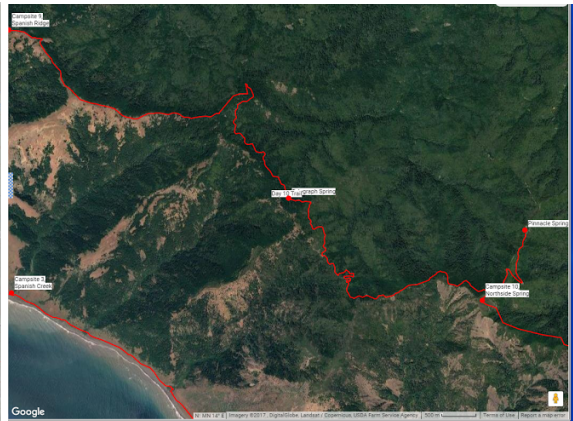
Water sources: 1

End Campsite: Spanish Ridge

Coordinates for Campsite: 40.2164, -124.2561

Evacuation Considerations: Our fastest route will be forward to the Spanish Ridge Trailhead, which links to a road leading to the town of Honeydew.

June 28, 2017, Day 10



Distance: 7.1 miles

Elevation: +2218/-932 ft.

Trail type: Inland ridges

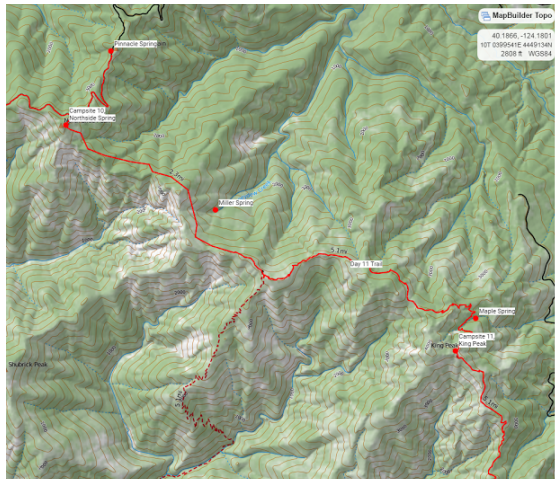
Water sources: 3

End Campsite: Northslide Spring

Coordinates for Campsite: 40.1832, -124.1796

Evacuation Considerations: Our fastest route will be to the Northslide Peak Trailhead, and the Smith Etter road, which links to Honeydew.

June 29, 2017, Day 11



Distance: 5.4 miles

Elevation: +2949/-2523 ft.

Trail type: Inland ridges

Water sources: 2

End Campsite: King's Peak

Coordinates for Campsite: 40.1567, -124.1201

Evacuation Considerations: Our fastest route will be to the Lightning Trailhead, 1.7 miles east of King Peak, which links to King Range road and Shelter Cove.

June 30, 2017, Day 12



Distance: 6.8 miles

Elevation: +1713/-5548 ft.

Trail type: Inland ridges to beach

Tidal considerations: None

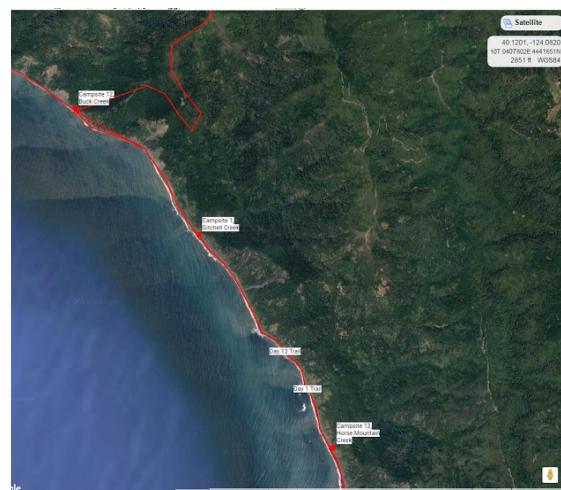
Water sources: 1

End Campsite: Buck Creek

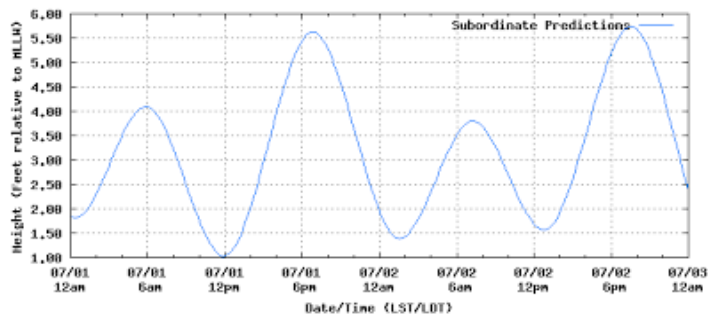
Coordinates for Campsite: 40.1089, -124.1212

Evacuation Considerations: Our fastest route from Buck Creek will be back along the beach, to Shelter Cove.

July 1, 2017, Day 13



V



Distance: 3.6 miles

Elevation: None

Trail type: Beach

Tidal considerations: The first 1.5 miles may be impassable at high tide. Low tide hits at 12 noon, we will hike then.

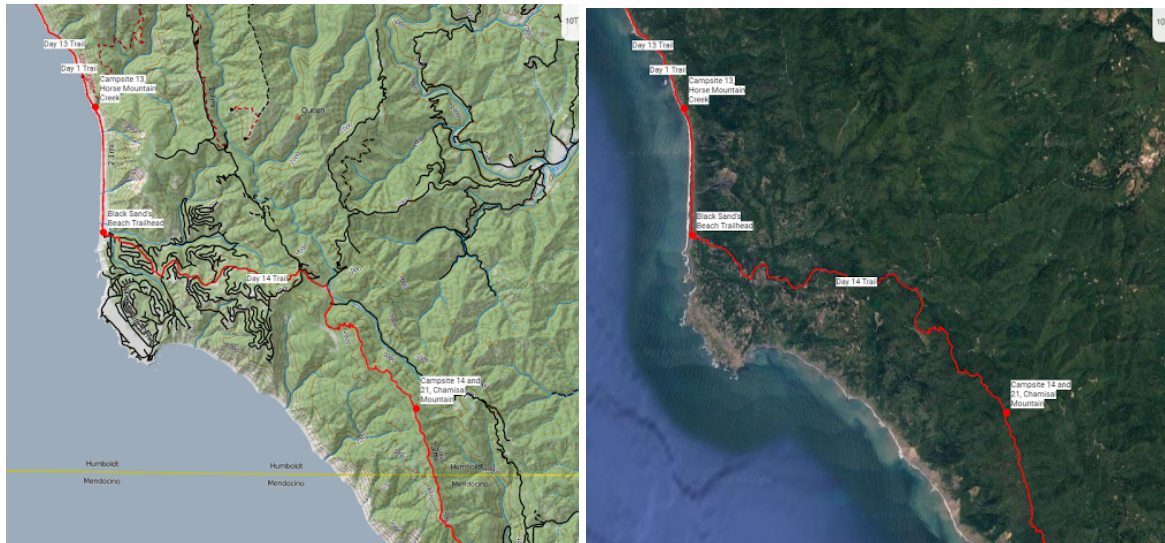
Water sources: Abundant, 5

End Campsite: Horse Mountain Creek

Coordinates for Campsite: 40.0687, -124.0810

Evacuation Considerations: Our fastest route will be back along the beach, to Shelter Cove.

July 2, 2017, Day 14



Some Details: Day 14 is our re-supply. We will be leaving the King Range National Conservation area, to pick up our food and gear, which has been stashed in our car, at the Black Sands Beach Trailhead. After re-supplying, we will walk to the opposite side of Shelter Cove, where our trail into the Sinkyone Wilderness State park begins.

Distance: 8.4 miles

Elevation: +3278/-722 ft.

Trail type: Beach, road, inland ridge

Tidal considerations: None

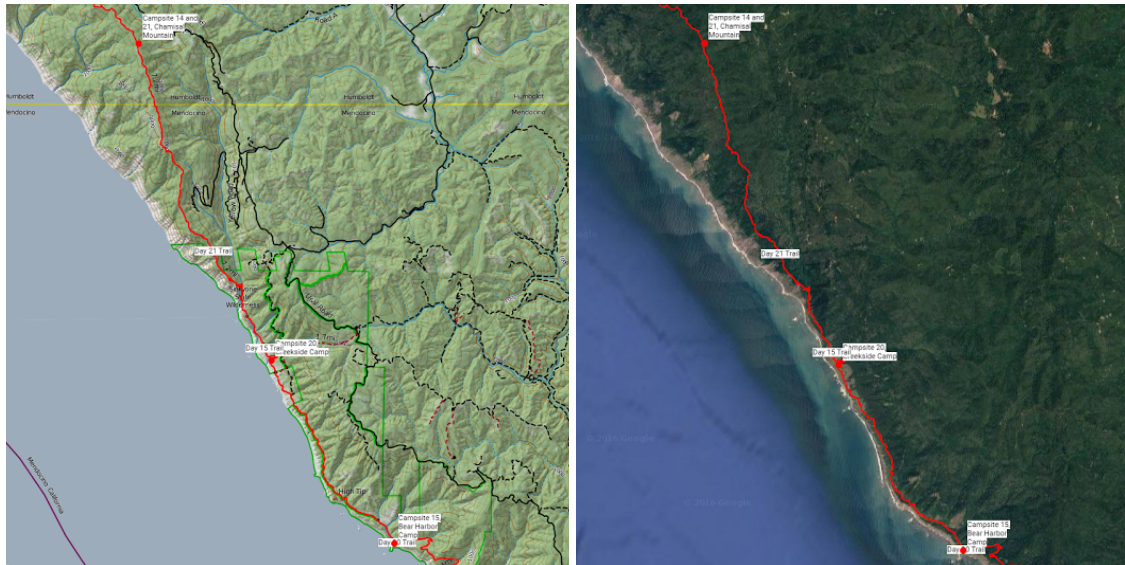
Water sources: Abundant, 4 (plus a resupply)

End Campsite: Chamisal Mountain

Coordinates for Campsite: 40.0136, -124.0046

Evacuation Considerations: We will be in Shelter Cove for the middle portion of the day, so proximate to town the whole time.

July 3, 2017, Day 15



Distance: 9.5

Elevation: +1417/-3957 ft.

Trail type: Inland ridges, coast

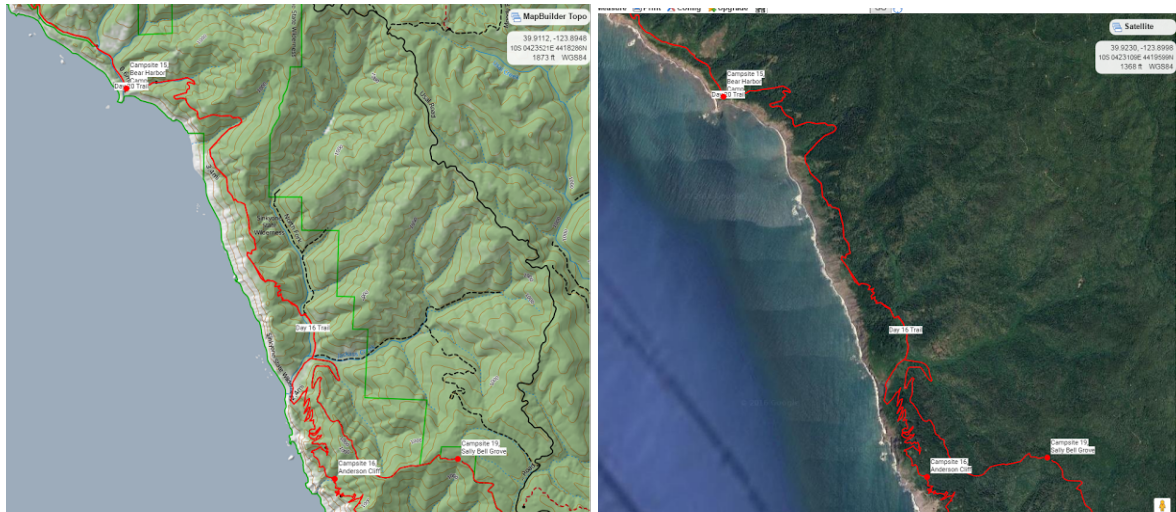
Water sources: 3

End Campsite: Bear Harbor Camp

Coordinates for Campsite: 39.9141, -123.9385

Evacuation Considerations: Our fastest route will be to simply return down trail to the Hidden Valley Trailhead, which links to Shelter Cove

July 4, 2017, Day 16



Distance: 6.8 miles

Elevation: +3921/-3553 ft.

Trail type: Inland ridges

Water sources: 3

End Campsite: Anderson Cliff

Coordinates for Campsite: 39.8714, -123.9087

Evacuation Considerations: In the middle of the day, we will pass by the Needle Rock Visitor Center, which links to Briceland road, and Shelter Cove.

July 5, 2017, Day 17



Distance: 4.6 miles

Elevation: +2802/-3064 ft.

Trail type: inland ridges

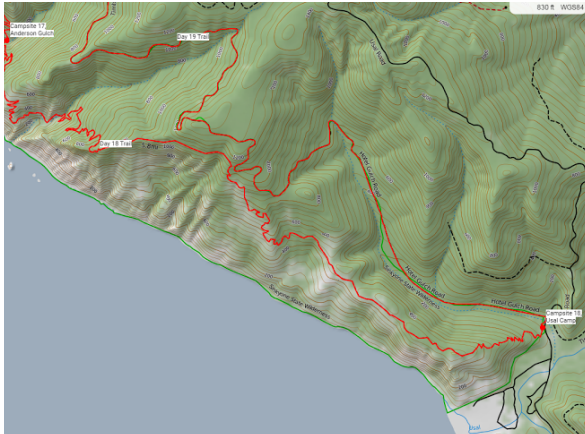
Water sources: 2

End Campsite: Anderson Gulch

Coordinates for Campsite: 39.8536, -123.8852

Evacuation Considerations: Our fastest route will be to return downtrail to Briceland road, linking to Shelter Cove.

July 6, 2017, Day 18



Distance: 5 miles

Elevation: +2395/-2444 ft.

Trail type: Inland ridges

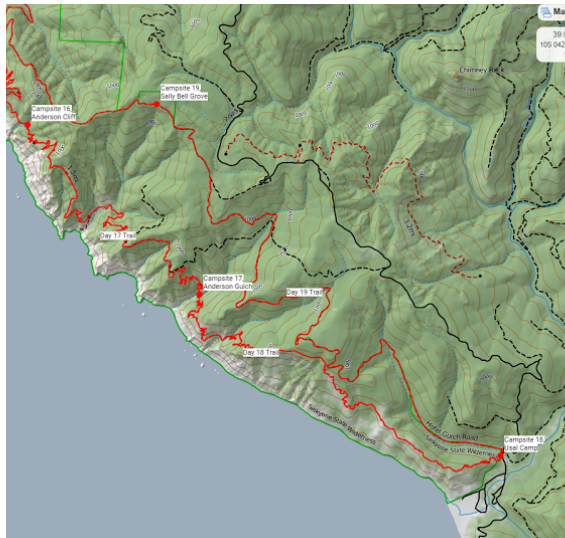
Water sources: 2

End Campsite: Usal Camp

Coordinates for Campsite: 39.8367, -123.8442

Evacuation Considerations: Usal Camp is beside Usal road, which links to Shelter Cove.

July 7, 2017, Day 19



Distance: 6.5

Elevation: +2776/-1365 ft.

Trail type: Inland ridges

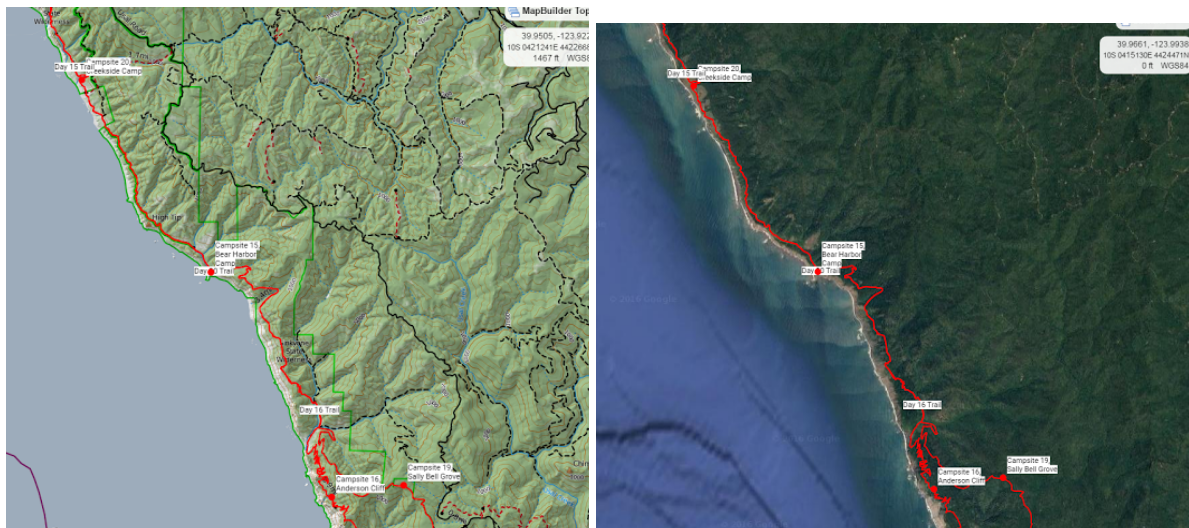
Water sources: 3

End Campsite: Sally Bell Grove

Coordinates for Campsite: 39.8736, -123.8911

Evacuation Considerations: Near the Sally Bell Grove there is a small spur which links our trail with Usal road.

July 8, 2017, Day 20



Distance: 10 miles

Elevation: +2583/-3983 ft.

Trail type: Inland ridges

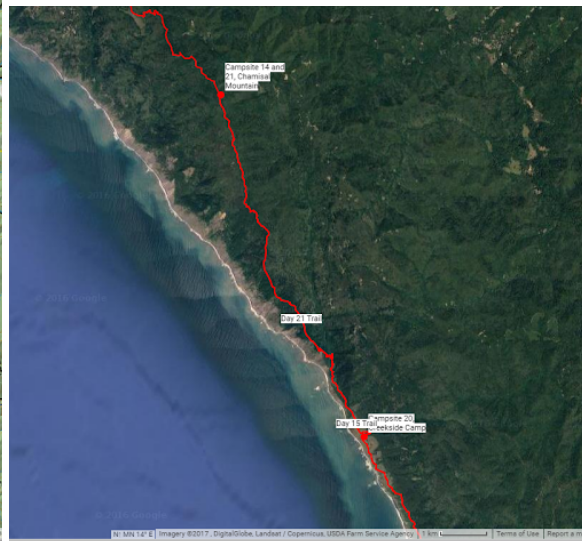
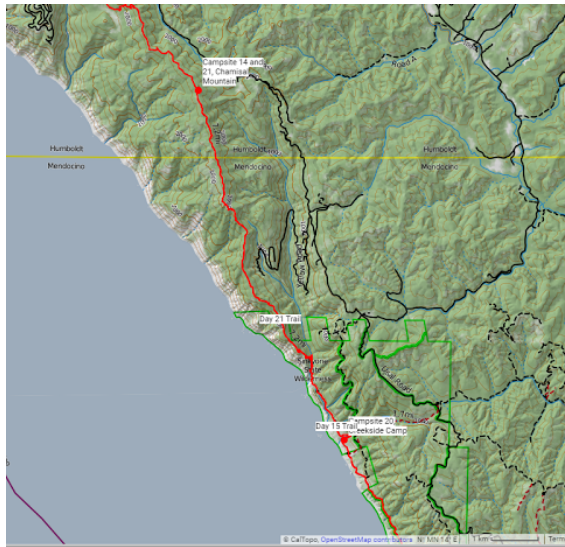
Water sources: 4

End Campsite: Creekside Camp

Coordinates for Campsite: 39.9506, -123.9703

Evacuation Considerations: Creekside Camp is near the Needle Rock Visitor Center, which is attached to Briceland road.

July 9, 2017, Day 21



Distance: 6 miles

Elevation: +3386/-899 ft.

Trail type: Inland ridges

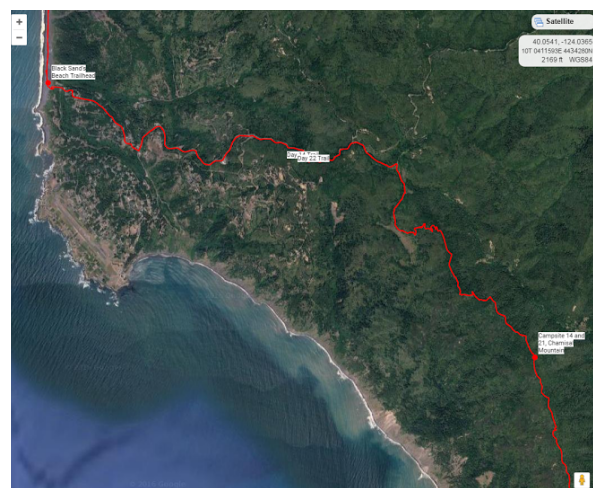
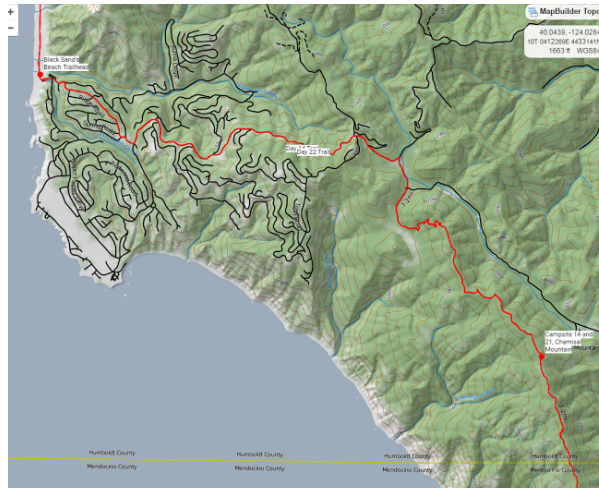
Water sources: 3

End Campsite: Chamisal Mountain

Coordinates for Campsite: 40.0136, -124.0046

Evacuation Considerations: By the end of the day, we will be within walking distance of the Hidden Valley Trailhead and Shelter Cove. At the beginning of the day, we will still be near enough to the Needle Rock Visitor Center.

July 10, 2017, Day 22, Exit Day



Distance: 6.5 miles

Elevation: +669/-3110 ft.

Trail type: Inland ridges, road

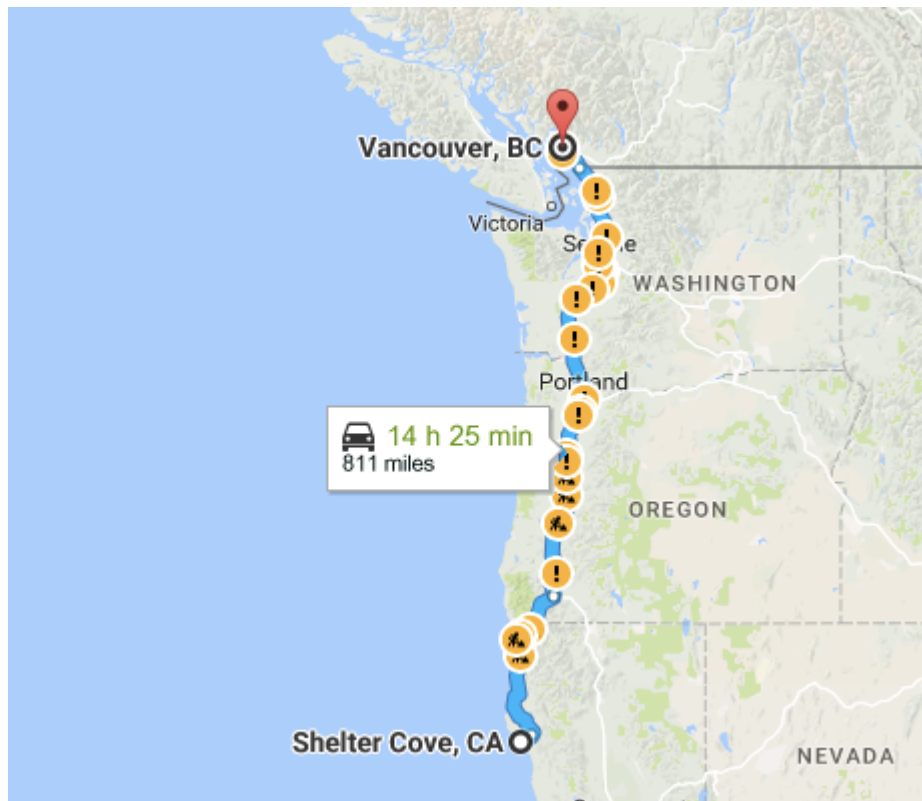
Water sources: 1

End Campsite: Our beautiful waiting Subaru

Total distance: 112 miles

Total elevation: +34753/-34753 ft.

July 11-15, 2017



Exit Strategy: We shall drive north to Canada, because Lykke as an international student must leave the US before her visa expires.

Here is a link to the full caltopo: <http://caltopo.com/m/UFQ7>

Appendix B- Equipment List

Equipment list

Group Gear

Mutual Shelter

2-person tent (1)

Rope (2)

Mutual Cooking

Jetboil Stove (1)

Jetboil 8.11 oz fuel canister (4)

Lighter (2)

Matches (2)

Cooking Utensils (2)

Dish rag (1)

Pots (1)

Duct Tape (1)

Ziplock bags (6)

Mutual Sanitation

Handsantizer (1)

Dr. Bronners Camp Soap (1)

Trowel (1)

Water Filtration (Katadyn Gravity Filter) (1)

Organic Wet Wipes (2)

Mutual General

First Aid Kit (1)

Communication Device: Delorme InReach SOS beacon (1)

Bear canisters (2)

Sunscreen (1)

Compass (1)

Topographic Trail Map (1)

Lykke's Personal Clothes

Hiking pants (1)

Rain Jacket (1)

Rain Pants (1)

Shirt (1)

Underwear (2)

Sports bra (1)

Hiking Boots (1)

Liner Socks (1)

Wools socks (1 for hiking, 1 for sleeping)

Sandals (Camp shoes) (1)

Warm hat (1)

Sun Hat (1)

Thermal underwear, top and bottom (1)

Puffy (1)

Wool Sweater (1)

Buff (1)

Gators (1)

David's Personal Clothes

Long quick-dry pants (1)
Running shorts (1)
Button-down, long-sleeved shirt (1)
Underwear (2)
Hiking socks (2)
Sun hat (1)
Puffy (1)
Button-down, long-sleeved wool shirt (1)
Rain Jacket (1)
Thermal underwear, top and bottom (1)
Hiking boots (1)
Five-fingers (1)
Gators (1)

Lykke's Big Gear

Sleeping bag (rated 20 degrees F) (1)
Sleeping pad (1)
Backpack 75L (1)

David's Big Gear

Sleeping bag (rated 15F) (1)
Sleeping pad (1)
Backpack, 75L (1)

General

Bandana (1 each)
Platypus (3 liters) (1)
Water bottles (2 each)
Head lamp (1 each)
Extra batteries (2 sets each)
Bowl, utensils, mug (1 set each)
Personal Toiletries (1 set each)
Pocket knife (1 each)

Extra

Kite (1)
Disposal camera (2 each)
Journal (1 or 2 each)

Appendix C- Food List

Food List

Total Amount of Food for Expedition

2.0 lbs/day * 21 days * 2 people= 84 lbs

* All numbers of poundage are when the food is hydrated.

** All costs are in USD.

*** These calculations are made on a Danish computer, which required “,” instead of “.” to symbolize decimal numbers in order to make calculations. Hopefully this is not too confusing.

<i>Ideal Poundage of Food per Meal</i>	
Breakfast	0.5 lbs
Lunch/Snacks	0.7 lbs
Dinner	0.8 lbs
Total Food/Day	2.0 lbs

Breakfast

Amount needed: 0.5 lbs/day * 21 days * 2 people = 21 lbs

<i>Food Item</i>	<i>Lbs</i>	<i>Cost per pound</i>	<i>Total cost</i>
Organic Oatmeal	8	5	40
Organic Dried Fruit	4	8	32
Homemade Granola	6	9	54
Hash Browns	1	9,69	9,69
Organic Eggs	1	2,5	2,5
Powdered Milk	0,5	4	2
Nutella	0,5	8	4
Total	21		144,19

Lunch

Amount needed: 0.7 lbs/day * 21 days * 2 people = 29.4 lbs

<i>Food Item</i>	<i>Lbs</i>	<i>Cost per pound</i>	<i>Total cost</i>
Organic Tortillas	4	3,5	14
Organic Dried Fruit	3	8	24
Peanut Butter	0,5	4	2
Organic Dehydrated Hummus	0,5	24	12

Local Jerky	2	30	60
Local Carrots	2	3	6
Snickers	1,5	8	12
Apples	3	3	9
Local Trail Mix	4	5,5	22
Granola Bars	5	6	30
Local Summer Sausage	1	12	12
Local Cheese	2	7	14
Wheat Thins	1	6	6
Homemade Kale Chips	0,5	3	1,5
Dehydrated strawberries	0,5	3	1,5
Seaweed snack	0,3	50	15
Total	30,8		241

Dinner and Dessert

0.8 lbs/day * 21 days * 2 people= 33.6 lbs

Since our first section before our re-ration is long it is important that we are able to carry food for all 14 days. Therefore, we will borrow a friend's dehydrator and dehydrate many dinners so our food is weight-sufficient.

<i>Meal</i>	<i>Food items</i>	<i>Lbs</i>	<i>Cost per lbs</i>	<i>Total cost</i>
<u>General</u>	Onions	2,5	1,5	3,75
- To use for all meals	Garlic	0,7	4	2,8
	Spice kit			8
	Cheese	4	6	24
	Olive Oil			9
<u>Spaghetti Bolognese x 3</u>	Organic Spaghetti	1	3	3
- To be dehydrated	Bolognese Sauce	1	5	5
	Organic Beef	1	6	6
	Carrots	0,5	3	1,5
	Tomatoes	0,5	5	2,5
<u>Risotto x 3</u>	Rice	2	2	4
- To be dehydrated	Organic Mushrooms	1	8	8

	Organic butter	0,5	5	2,5
	Chives	0,5	2	1
	Parmesan	0,5	10	5
<u>Chili con Carne x 3</u>	Rice	1	2	2
- To be dehydrated	Organic Beef	0,7	6	4,2
	Black Beans	0,5	2	1
	Red Beans	0,5	2	1
	Tomatoes	0,5	5	2,5
	Carrots	0,5	3	1,5
	Bell Peppers	0,5	4	2
<u>Curry x 3</u>	Organic Quinoa	1,5	9	13,5
- To be dehydrated	Canned coconut milk	2 cans	2 per can	4
	Bell Peppers	0,5	4	2
	Broccoli	0,5	4	2
	Cashews	0,3	9	2,7
<u>Ramen Extreme x 2</u>	Ramen	0,7	3	2,1
- Made on site	Instant Mashed Potatoes	0,7	3	2,1
	Dehydrated organic mushrooms	0,5	8	4
	Instant Miso Soup packets	0,5	4	2
<u>Gado Gado x 2</u>	Noodles	1	2	2
- Made on site	Peanut Butter	0,5	4	2
	Soy Sauce	0,5	6	3
	Brown Sugar	0,5	3	1,5
<u>Thanksgiving in a Can x 1</u>	Instant mashed potatoes	0,7	3	2,1
- Made on site on July 4	Instant stuffing	0,7	3	2,1
	Cranberries	0,2	6	1,2
	Dehydrated chicken	0,5	4	2
<u>Burritos x 2</u>	Instant dehydrated beans	0,7	4	2,8
- Made on site	Instant Brown Rice	0,7	2	1,4
	Organic tortillas	0,5	3,5	1,75
	Taco Seasoning	0,2	4	0,8
	Dehydrated salsa	0,4	3	1,2
	Dehydrated bell peppers	0,4	4	1,6

<u>Mac & Cheese x 2</u>	Macaroni	1	2	2
- Made on site	Organic butter	0,3	5	1,5
	Cheese (from general supply)			0
	Instant Alfredo Sauce	0,2	2	0,4
	Dehydrated Pesto Sauce	0,1		6
<u>Dessert</u>	Brownie Mix	1,5	12	18
	Tea			8
Total		35,7		196

Food	<i>Lbs</i>	<i>Cost</i>
Breakfast	21	144,19
Lunch	30,8	241
Dinner and Dessert	35,7	196
Total	87,5	581,19

Appendix D- Budget

Budget

2004 Subaru Forester drives 22 miles a gallon.
The average price per gallon, December 2016, was \$2.366 (Source:
https://www.eia.gov/dnav/pet/pet_pri_gnd_dcus_nus_m.htm).

* All costs are in USD.

** These calculations are made on a Danish computer, which required “,” instead of “.” to symbolize decimal numbers in order to make calculations. Hopefully this is not too confusing.

Transportation	Milage	Cost for Gas
CC - Lost Coast	1445	155,40
Lost Coast - Vancouver	811	87,22
Total	2256	242,62

Total

Transportation \$242,62

Food and Fuel

Fuel	Amount	Price per item	Price for amount
Jetboil Fuel Canister (230 g)	4	11,99	47,96

Food	Pounds	Cost
Breakfast	21	144,19
Lunch	30,8	241
Dinner and Dessert	35,7	196
Total	87,5	581,19

Total

Food and Fuel \$629,15

Maps and Books

David already has maps and books of the area so we will need to buy neither maps nor books.

Total

Maps and Books \$0

Communication Device Rental

We will use David's communication device, Delorme InReach SOS beacon. The price for the monthly plan is \$12.

Total

Communication Device Rental \$12

Permits and Fees

Although permits are required at the Lost Coast, these are free. We will thus have no expenses related to that.

Total

Permits and Fees \$0

Gear Rentals

We either have or can borrow all the gear that we need for this trip.

Total

Gear Rentals \$0

Total Costs	
Transportation	242,62
Food and Fuel	629,15
Maps and Books	0
Communication Device	12
Permits and Fees	0
Gear Rentals	0
<i>Total</i>	883,77