



Ritt Kellogg Memorial Fund Registration

Registration No. Y86J-PMNTJ
Submitted Jan 4, 2016 4:41pm by Erin Burk

Registration

Sep 1, 2015-
Aug 31

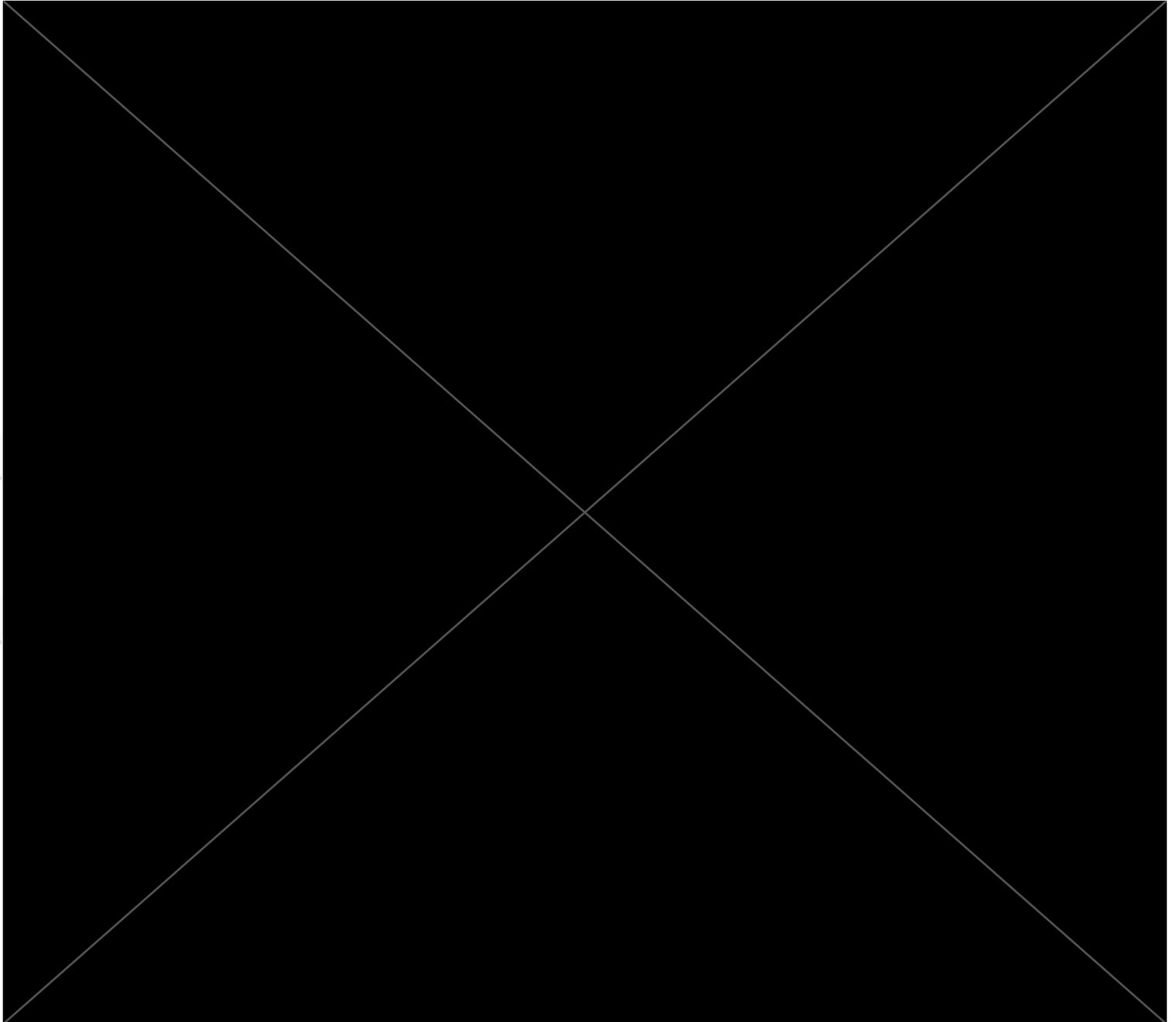
Ritt Kellogg Memorial Fund

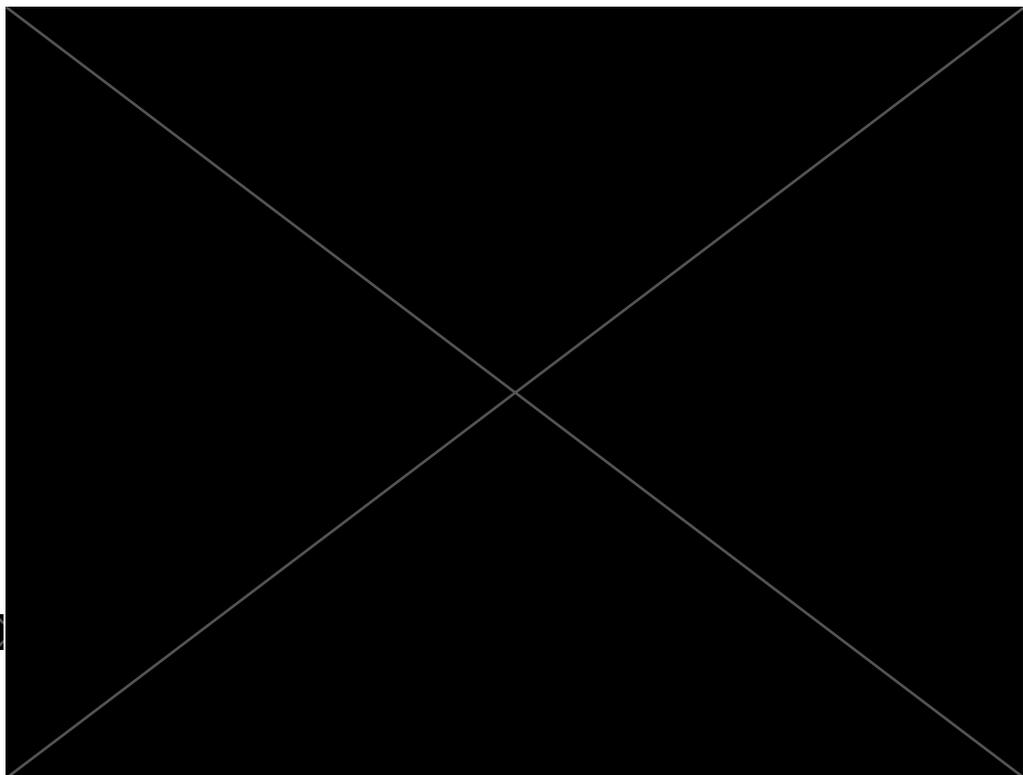
RKMF Expedition Grant 2015/2016/Group Application

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

**Waiting for
Approval**

Participant





[Redacted]

I. Expedition Summary

Expedition Name

Llamas in the Wind

Objectives

The main objective of our expedition is to climb the traditional and alpine multi-pitch routes of the Cirque of Towers in the Wind River range, Wyoming. We would like to create a good base for ourselves here in the alpine, expand our climbing experience, work as a self-reliant team, and to remain respectful to our environment through LNT tactics. Above all, we would like to focus on exploring this area as safely and efficiently as possible.

Location

Cirque of the Towers and Deep Lake Area, The Wind River Range, Wyoming

Departure Date

Aug 15, 2016

Return Date

Aug 28, 2016

Days in the Field

12

Wilderness Character

The Wind River Range is a member of the Central Rocky Mountain chain. It is located entirely in Wyoming and is the highest range in the Wyoming-Idaho-Montana group of ranges. It also contains the largest system of glaciers in the American portion of the Rockies. The 63 glaciers of the range are more than in any other range of the American Rockies and surpassed in the continental USA only by the Washington Cascades.

The "Winds" are the southernmost Continental Divide range of the Central Rockies and at their southern end (near South Pass), the Divide transitions to high desert where it crosses the Great Divide Basin. Further south the divide rises once again at the Colorado Rockies south of Interstate 80. The north end of the range ends in a high forested plateau at Union Pass. Between these two points, no road crosses or even penetrates the crest and it's entirely wilderness. The range is bound by high desert on both the west (Green River Basin) and the east (Wind River Basin). (Summit post)

II. Participant Qualifications

Participants' Graduation Date

Nina Riggio, May 2017

Erin Burk, May 2017

Medical Certifications

Nina Riggio

- Graduation: May 2017
- WFR Exp: January 2017

Erin Burk

- Graduation: May 2017
- WFR Exp: January 2017

Does your group have adequate experience?

Yes

Training Plan

-Nina will be taking SPI January 5-13th in Joshua Tree to refine skills. Erin obtained her SPI training in April of 2014, but has not taken the test.

-Erin and Nina are also planning on taking a rock rescue course this spring through Pikes Peak Alpine School. Classes are offered by request and can be scheduled any day.

- We will complete many training routes and continue climbing and general exercise to prepare for the strenuousness of the trip:

-Lost in Space, South Platte (5.9 Trad, 4 pitches, III) (we completed it in 2014 together)

- We will create a climbing/training schedule, consisting of indoor climbing at least 2 days/week and outdoor climbing 1 day/week while weather permits.

-We will spend at least one block break in either Red Rocks, Nevada or Indian Creek, Utah to keep up our training in trad climbing.

- We will spend at least one weekend in Eldorado Canyon to get reacquainted with granite trad climbing.
- In the spring we will spend a weekend or two in RMNP with the objective of climbing Hallet's Peak, 5.9 trad 8 pitches and try for Crestone Needle via Ellingwood Ledges, 5.7 trad, about 10 pitches.
- Most importantly, we plan on practicing our rescue skills/multi-pitch skills in the Ritt Kellogg climbing gym and City Rock, along with practicing general team efficiency, communication, and dynamics during outdoor excursions.

III. Expedition Logistics, Gear and Food

Travel Plan

We will meet up in Colorado Springs on August 3rd to prepare gear and food. We will drive together to the Wind River Range together for the expedition and back to Colorado Springs after the expedition for the start of school. We will be taking Nina's car, which is 4-wheel drive. We will take turns driving so that neither of us gets too tired.

Re-Ration Plans

no

Itinerary- Appendix A

Food Storage

Bear-proofing will be necessary in the Wind Rivers. We will use odor-sacks and bear canisters to store our food, and will do bear hangs if our campsite permits. If there is nowhere to do a bear-hang, we will hide the bear canister at least 50 yards from our campsite in a place where a bear could not get a hold of it (under a boulder). Furthermore, we will be sure to store all of our trash and food scraps in the odor bags or bear canisters in accordance with LNT principles.

Food List

[Food List Wind Rivers.xlsx](#) (11KB)

Uploaded Jan 4 4:23pm by Erin Burk

Appendix B

Equipment List

[Packing List Wind Rivers.docx](#) (62KB)

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Appendix C

Are all expedition members familiar with LNT principles?

Yes

Plan for Minimizing Impacts

- We will bring wag bags in our backpacks and on day trips in case we find ourselves in an alpine environment where digging and burying would not be appropriate. At lower elevations, where there is more vegetation, we feel that digging holes will be sufficient for disposing of human waste.
- We will make sure to pack out all wrappers/trash/food scraps. We will take extra precautions to avoid depositing food waste in this delicate alpine environment in order to not contribute to animals becoming dependent on human food.
- We will be sure to follow established hiker and climber trails--on approaches, descents, and relocations--in order not to trample any vegetation, which could harm the ecosystem. If we must go off trail, we will do so carefully, trying not to trample delicate vegetation.
- We will use well-established campsites when possible, and camp in untouched areas when necessary. We will not use campsites in the process of becoming established, as prescribed by LNT principles.
- We will not take anything from its original site--only pictures.
- If we find any unnatural or non-archaeological items, such as old gear, food wrappers, etc., we will pack it out. We will

use our best judgement when it comes to removing old gear. If it looks like the gear was necessarily left to help all climbers ascend or descent, and is still in good working condition, we will leave it.

Cultural Concerns

The first signs of indigenous peoples in the Wind River Range date back to between 7000 and 9000 years ago. Native Americans dominated this area until the mid-1800s, when they were relocated to today's Wind River Indian Reservation located in the Wind River Basin and surrounded by the Wind River Range, Owl Creek Mountains, and Absaroka Mountains. Many Native American artifacts have been found in the Winds that indicate previous settlement here. If we stumble across anything that looks like an artifact, we will leave it in its place.

Land Management

The area in which we will be hiking and climbing is partly within the Bridger-Teton National Forest and partly in the Shoshone National Forest. No pass is required to enter the Cirque of Towers area, though we are aware that we will be in a protected wilderness area and thus will treat it with respect.

IV. Risk Management

Objective Hazards

Objective hazards include rugged terrain, access to drinkable water, freezing temperatures, potentially high winds, intense sun, and required technical knowledge of rope and gear systems during climbs.

Subjective Hazards

Though we have plenty of climbing experience, this will be our first true alpine climbing trip as a team. The reason this area was chosen is because of its relative popularity, and therefore the abundance of information on approaches, descents, camping options, and detailed topographies. This trip will be a learning experience when it comes to alpine climbing and a testament to our problem-solving and teamwork abilities in a high alpine environment.

Hazard Mitigation

Our biggest plan to mitigate both objective and subjective hazards is preparation.

In the way of objective hazards, we will have both completed AMGA's SPI course and a rock rescue course. We believe that familiarity with rope systems, climbing gear, and rescue tactics will give us the confidence and ability needed to complete the longer alpine routes, or to safely get down if something goes wrong.

Climbing-specific considerations:

- We will always wear helmets when in a potential rock-fall zone, while climbing and scrambling, or at any other time when a fall is possible.
- A gri-gri will always be used when belaying from above. If an ATC is used when belaying from below, special attention will go to watching the climber and being prepared to catch a fall.
- Each anchor will consist of no less than three pieces of solid gear strung together by an equalized cordelette and secured with an overhand knot on a bight.
- When rappelling, knots will always be tied in the end of the rope and a third hand will always be used.
- The belayer will never take a climber off belay until she has been given a clear verbal indication that the climber is safely attached to the anchor or on solid ground.
- Each climber will always carry their personal rescue kit (extra locking carabiner, double-length sling, prusik, knife).

Rock Rescue considerations:

- Both team members will have taken a rock rescue class before the expedition.
- Erin has already taken the SPI course and has learned the climber "pick-off," counter-balance rappelling, belaying and load-transfer (assisted rappelling) with a munter hitch, building an all-in-one anchor system, 3:1 and 5:1 haul systems, and practiced basic knots and hitches.
- Erin has also taken the Aid-climbing skills clinic series in the Ritt Kellogg Gym with instructor Jamie Sarafan. She has learned how to ascend a fixed line using jumars and aiders as well as with a prusik, gri-gri, and double-length sling.

She has practiced lead aid-climbing on a bolt ladder.
-Nina will take the SPI course and exam this January in Joshua Tree.

Furthermore, to mitigate subjective hazards, we plan to take multiple climbing trips together throughout the spring to dial our team dynamics, communication, and general efficiency on longer climbs. We will also make an endurance training schedule for the spring and summer as to maintain the physical condition necessary to move long distances and complete longer alpine climbs without getting fatigued. We will carry an extra layer, water, food, and a headlamp on each climb in case we end up being away from base camp longer than expected.

Animals

As mentioned above, we will take special precautions to store our food and waste in odor bags and bear canisters at least 50m from our campsite during the night. When cooking, we will be careful not to drop or throw out any food scraps that may attract animals to our base camp. When climbing, we will pack out all trash and wrappers.

Weather

We will do our best to check the weather forecast before we depart in order to plan the days that will be best for climbing, also with the Inreach GPS device we can get updated weather forecasts emailed to us. While in the field, we will be mindful and cautious of afternoon storms common during the month of August, and will start climbing early in the morning to avoid any problems. If we feel that a storm is coming early, we will err on the side of caution and plan to climb another day. If a storm looks to be coming in mid-climb, we will discuss what might be the quickest and safest way to get back to base camp.

Special Preparedness

Erin has a slight sensitivity to dairy; therefore, we will cook group meals without using dairy products and buy pre-wrapped food containing minimal amounts of dairy.

Emergency Preparedness

We will do everything we can to avoid having to do an emergency evacuation. However, if a rapid evac is necessary, we will use our Rock Rescue training and best judgement in deciding how to bail from the route we are on. We will use the Inreach GPS device to call for a helicopter. Since we are only two, the non-injured person will wait with the injured person until the helicopter comes, then return to base camp, pack what they can, and do a self-evac by hiking back out to the trailhead via the route on Trail Map 1 or Trail Map 3, depending on if we are at Base Camp 1 or 2. The non-injured person may not be able to carry everything in one load, and multiple trips may have to be made. In this case, after the hike out, the non-injured person would spend the night at Big Sandy Trailhead, then return to Base Camp 1 or 2 to retrieve the rest of the gear the next day. If the non-injured person feels uncomfortable doing this alone, she may have to call a friend or parent from the trailhead, or ask a fellow climber in the area to help her self-evac.

If a non-rapid evac is necessary, we will use our best judgement to decide which steps to take. If we are in the middle of a route, we will choose whether it would be better to finish the route and take the descent trail down, or to bail from where we are. This will all depend on the route we are on and the severity of the injury. Once back to base camp, the non-injured person will pack up and take the majority of the load and the two will travel at a moderate pace back to the trailhead. Again, since we are only two, we will be sticking together the whole time. Once we get into an area of cell service, we will call for medical help if necessary.

We will use the ORC Backcountry Leader protocol to decide who to call and when. We will be in touch with the ORC Office if something goes wrong.

Emergency Resources

Shoshone National Forest

Washakie Ranger District

333 East Main St.

Lander, WY 82520-3499

(307) 332-5460

Bridger-Teton National Forest

Pinedale Ranger District

29 East Fremont Lake Road

Pinedale, WY 82941

(307) 367-4326

Sublette County Sheriff Office

Sublette County, WY

(307) 367-4378

Tip Top Search and Rescue

Sublette County, WY

(307) 367-2849

(307) 360-6927

Lander Regional Hospital

1320 Bishop Randall Drive

Lander, WY 82520

Telephone: 307-332-4420

Fax: 307-332-3548

St. John's Medical Center

625 East Broadway

Jackson, WY

Main Number/Operator - 307-733-3636

V. Budget

Budget

[Food List Wind Rivers.xlsx](#) (11KB)
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Transportation

165.90

Food and Fuel

319.32

Maps and Books

36.86

Communication Device Rental

0

Permits/Fees

16

Gear Rentals

62

Total Funding Request

600.08

Cost Minimization Measures

We have chosen a trip to the Wind River Range because of its proximity to Colorado College--we will not need to use much money or resources to get there and back. Furthermore, since Nina will be receiving an Inreach GPS device for her birthday, we only have to rent one device which can be done through the CC outdoor ed office.

VI. Expedition Agreement

Expedition Agreement



Appendix E

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Appendix A

WIND RIVER RANGE TRIP ITINERARY NINA RIGGIO & ERIN BURK

Day 1: August 13

Arrive in Colorado Springs, organize and evaluate gear.

Day 2: August 14

Buy food, rent bear canisters and bags from REI, re-check gear and supplies and check again.

Day 3: August 15

Depart from Colorado Springs early in the morning by car--the drive will take about 9 hours. We will arrive at the Big Sandy trailhead in the early evening. The Big Sandy Trailhead is located on the southwestern edge of the Wind Rivers, down a 30-40 mile dirt road.

Campsites are available at the Big Sandy Trailhead for \$8/night, and this is where we will sleep for the first night.

Day 4: August 16

Distance: 7.13 mi.

Elevation Gain: 1,041 ft.

Hike from Big Sandy Trailhead to Base Camp 1 located at about 10,100 ft. between Clear Lake and Deep Lake and below Haystack Rock (see Trail Map 1). We will take Big Sandy Trail to Big Sandy Lake, where we will split from the trail that goes north around the lake and instead skirt to the south of the lake to shave off some distance. Once we pass the lake, we will continue hiking east until we met up with Loop Trail. We will follow Loop Trail south, then take a left at the fork and follow Little Sandy Trail east past Clear Lake, then follow the trail as it bends south until we are below the west face of Haystack Mountain. We will camp by the stream under the shadow of our next day's objective.

Day 5: August 17

Distance: ~1 mi.

Elevation Gain: 1000ft.

Objective: Haystack Mountain

Route: Minor Dihedral (III/IV 5.9)

This route is located on the West Face of Pingora Peak. It begins from a high grass well to the right of the route, traversing across the slab to the start of the climb. Route-finding is generally easy, and there are only a few 5.9 moves (See Route Topo 1). However, if we find we are in over our heads or weather starts to move in and we need to bail, we will bring extra gear and webbing and will be able to essentially rappel the route, ending back on the grassy well where we started. To descend from the top, we will use the Grassy Goat Trail (4th class) that follows a series of grassy ledges diagonally across the west face of Haystack. We will end up just south of where we started and return to Base Camp 1 for the night.

Day 6: August 18

Rest day. We will scout the approach for our climb up Steeple Peak the next day and maybe take a swim in Deep Lake.

Day 7: August 19

Distance: ~3 miles

Elevation Gain: 1850 ft.

Objective: Steeple Peak

Route: North Ridge (III 5.8)

The North Ridge of Steeple Peak is a 5-pitch classic of the Deep Lake area. It is best known for its tunnel pitch--where you have to climb between the tower and a huge chockstone (See Route Topo 2). To approach this route, we will hike from our base camp just north of Steeple Peak, scramble up 3rd and 4th class ledges from Deep Lake, then rope up where the climbing turns to 5th class. After we begin roped climbing, it will be difficult to bail, so we will have to decide before we rope up if the weather will hold out and if we feel good enough to do this climb. To descend from the top, we will rappel and scramble down the east face of the South Ridge back to Deep Lake and back to Base Camp 1.

Day 8: August 20

Distance: 4.7 mi.

Elevation Gain: 391 ft.

Hike from Base Camp 1 to Base Camp 2, located at about 10,500 ft. in the meadows below the Cirque of Towers (See Trail Map 2). We will retrace our steps along Little Sandy Trail to Loop Trail, then follow Loop Trail until it joins back with Big Sandy Trail. We will follow Big Sandy Trail until we reach a faint climber's trail that forks off the main trail just south of Arrowhead Lake. We will use the climber's trail that cuts to the west of Arrowhead Lake to avoid adding extra distance by going over Jackass Pass via Big Sandy Trail. We will set up Base Camp 2, rest during the afternoon.

Day 9: August 21

Distance: ~2 miles

Elevation Gain: 1,550 ft.

Objective: Overhanging Tower

Route: Northeast Ridge (II 5.2)

This route is described as an easy afternoon jaunt up the ridge of Overhanging Tower (See Route Topo 3). It is easily approached from Cirque Lake via the couloir between Shark's Nose and Overhanging Tower. Though the route could be up to 10 pitches long, we will take the opportunity on this easy climb to practice our simul-climbing efficiency, which could come in handy during longer routes later in the trip. To descend, we will downclimb Northeast Ridge, bringing extra webbing and gear to leave in case we need to do some short sections of rappelling. We will rope up as necessary and give belays for the downclimb on exposed sections and return to Base Camp 2.

Day 10: August 22

Rest day. Possible day hike to Lonesome Lake or the waterfall below Cirque Lake.

Day 11: August 23

Distance: ~2 miles

Elevation Gain: 1,630 ft.

Objective: Shark's Nose

Route: Thoroughfare Route (II 5.6)

This route is another shorter, moderate alpine route. We will approach this route via the Wolf's Head/Overhanging Tower couloir, then following third class ledges around the west side of Overhanging Tower to reach the notch between it and Shark's Nose, where the route begins (See Route Topo 4). As we will have to rappel the same route to descend, we will be able to bail at any time if something goes wrong. We will retrace our steps along the 3rd class ledges around Overhanging Tower to get back to the couloir and back to Base Camp 2.

Day 12: August 24

Distance: ~1.5 miles

Elevation Gain: 1,280 ft.

Objective: Pingora Peak

Route: Northeast Face (IV 5.8+)

This is one of the most classic routes in the Cirque, so we will aim to get an early alpine start to beat some other parties to the base of the climb. To approach, we will drop down from our high meadow base camp to the north side of Lonesome Lake, staying as close to the vertical slabs of Pingora as possible. The route is sustained, most pitches going at 5.7 or 5.8 (See Route Topo 5), so it is a good climb for the day after a rest day. Because this route is long and committing, we will have to be sure we are ready before we start climbing. If this climb is too crowded, weather looks to be coming, or we decide we are not up for the commitment of Northeast Face, we will try for East Face, Left Side Cracks (III 5.7), located just around the corner. (See Route Topo 6). This route has an escape option onto the south shoulder of Pingora about halfway up. To descend from the summit of Pingora, we will do four rappels down the South Buttress route, which will land us on the south shoulder. From there, we will scramble down 3rd and 4th class ledges to the base of the peak and back to Base Camp 2.

Day 13: August 25

Rest day. We will take one last rest day after our longest and most sustained route, and before one last day in the alpine and the hike out.

Day 14: August 26

Distance: ~2 miles

Elevation Gain: 1,550 ft.

Objective: Wolf's Head

Route: East Ridge (III 5.6)

This route is approached from Cirque Lake by scrambling up to the saddle between Wolf's Head and Pingora. This will be mostly 4th class with some 5th class moves, so we will simul-climb the first section in order to move more efficiently. Once we reach the snowpatch, we will traverse up and right to the true saddle, rope up, and begin the climb up the exposed East Ridge (See Route Topo 7). If we decide to bail because of incoming weather or any other reason, we will need to do so before we begin up the ridge. We will be able to descend the same ledges we used to gain the saddle. To descend from the top, we will traverse the spine of Wolf's Head to get to the West Face Route, then downclimb and do short rappels as necessary to reach the Overhanging Tower/Wolf's Head couloir. From the couloir, we will descend back to Base Camp 2.

Day 15: August 27**Distance: 8.0 miles****Elevation Gain: -1,421 ft.**

Hike out to the trailhead (See Trail Map). We will pack up Base Camp 2 and use the climber's trail that we used on the way up to descend back to the west side of Arrowhead Lake, then meet up with Big Sandy Trail and follow it out to the parking lot. We will camp at Big Sandy Trailhead.

Day 16: August 28

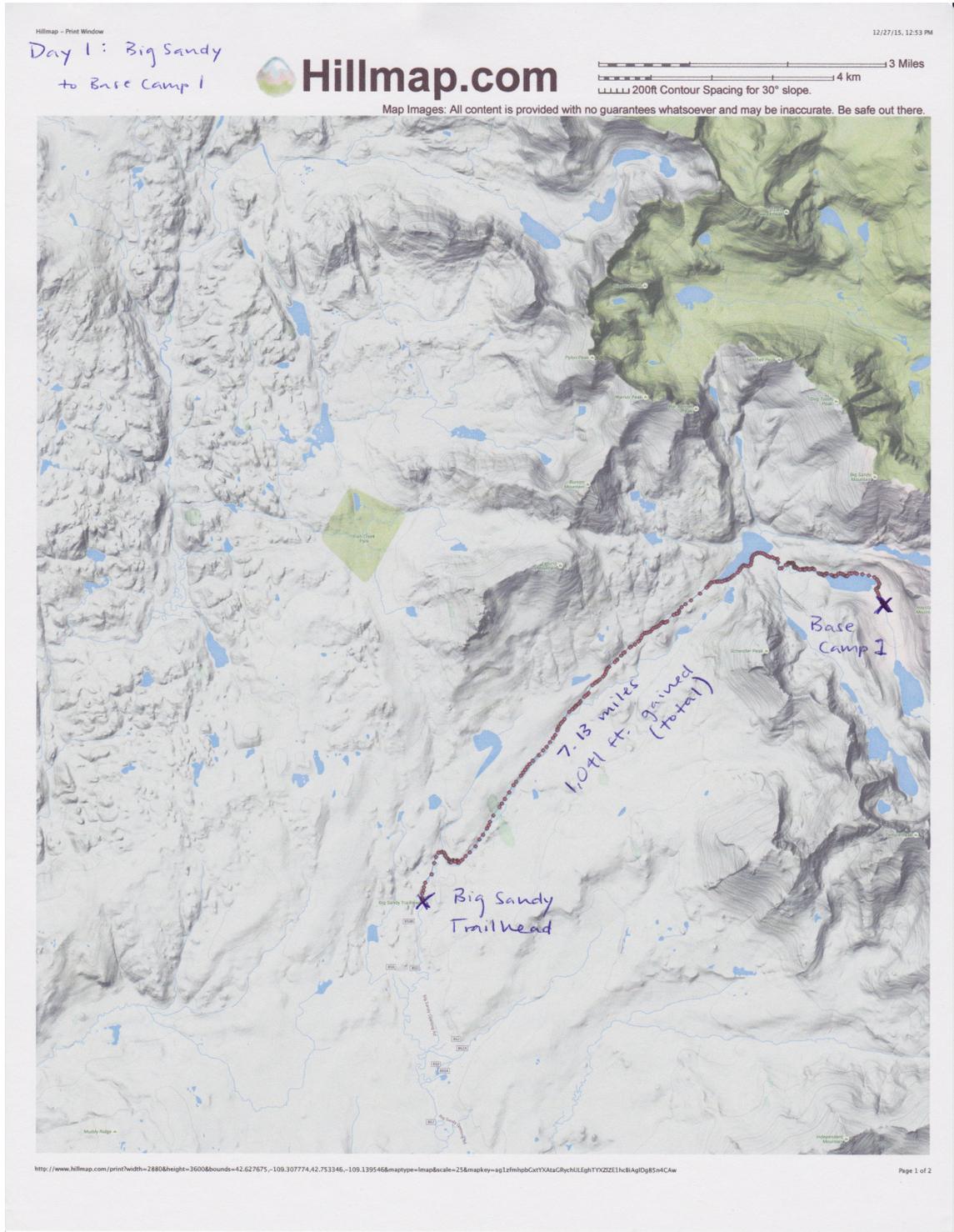
Drive back to Colorado Springs.

Maps & Topos

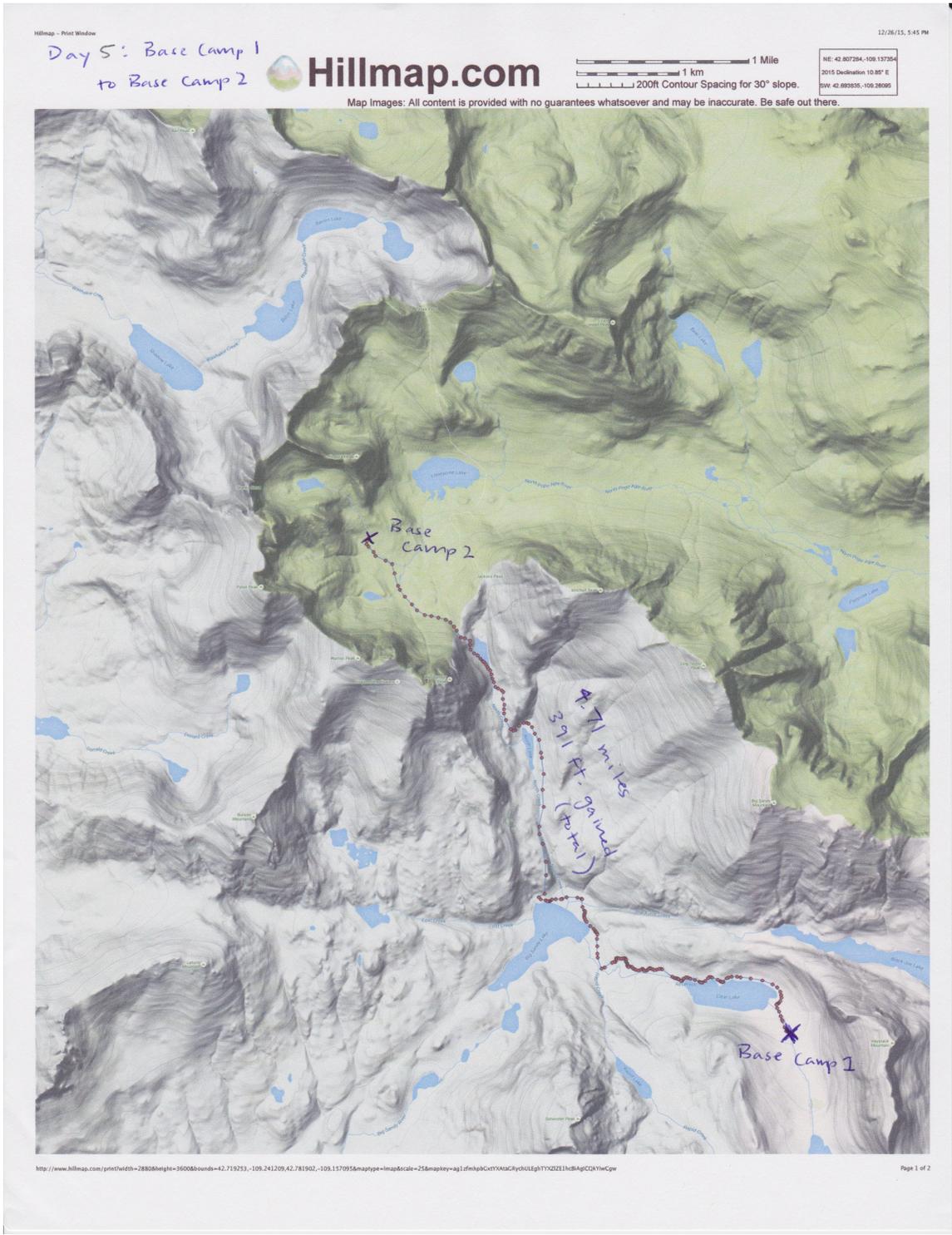


Figure 1: Area Map. Big Sandy Trailhead is in the bottom left corner, Haystack Mountain and Steeple Peak on the right side of the map, and the Cirque of Towers toward the top.

Trail Maps

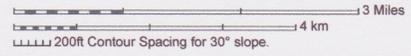


Trail Map 1: Big Sandy Trailhead to Base Camp 1 (below Haystack Mountain)

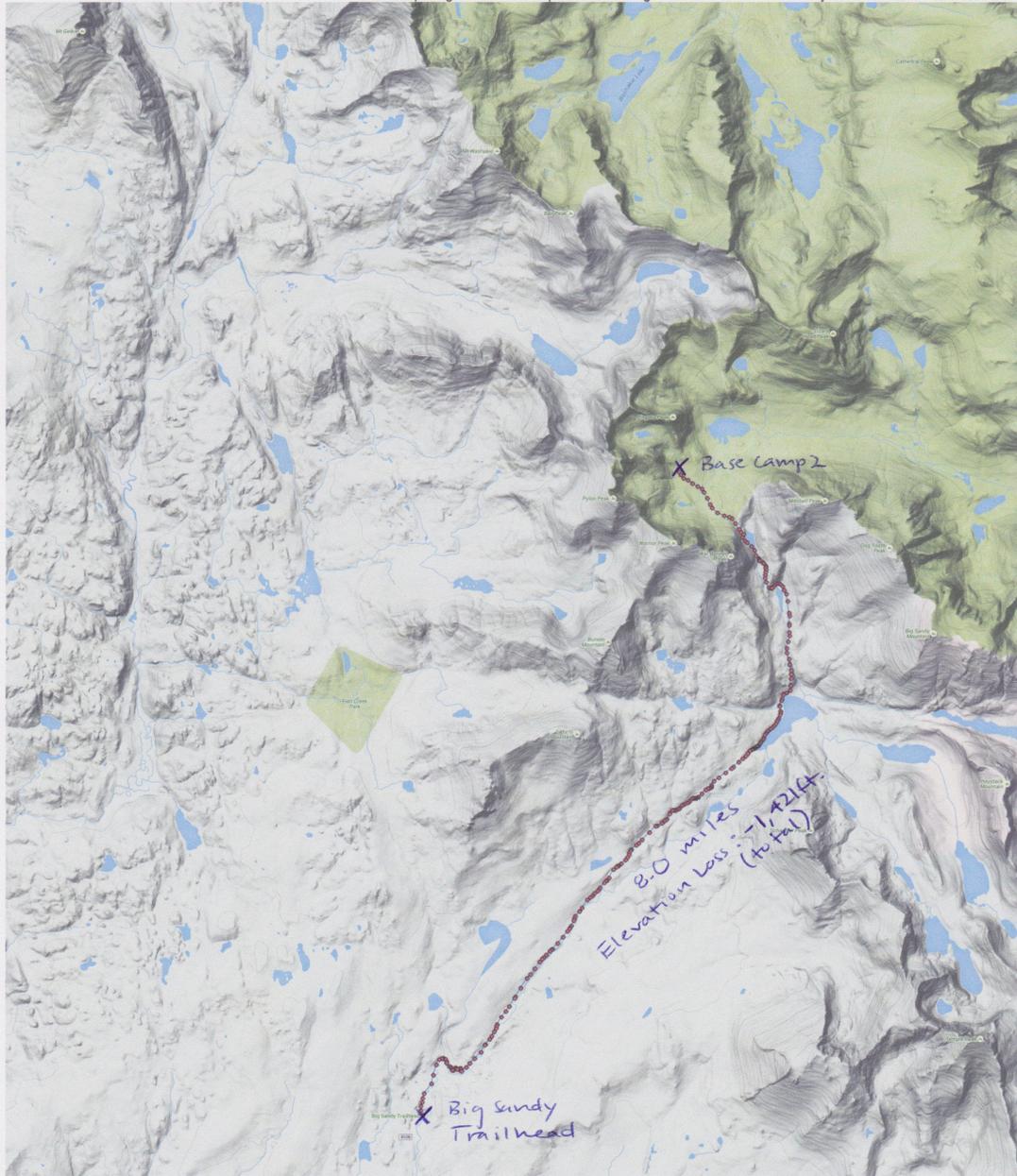


Trail Map 2: Base Camp 1 (below Haystack Mountain) to Base Camp 2 (in Cirque Meadows)

Day #12: Base Camp 2
to Big Sandy

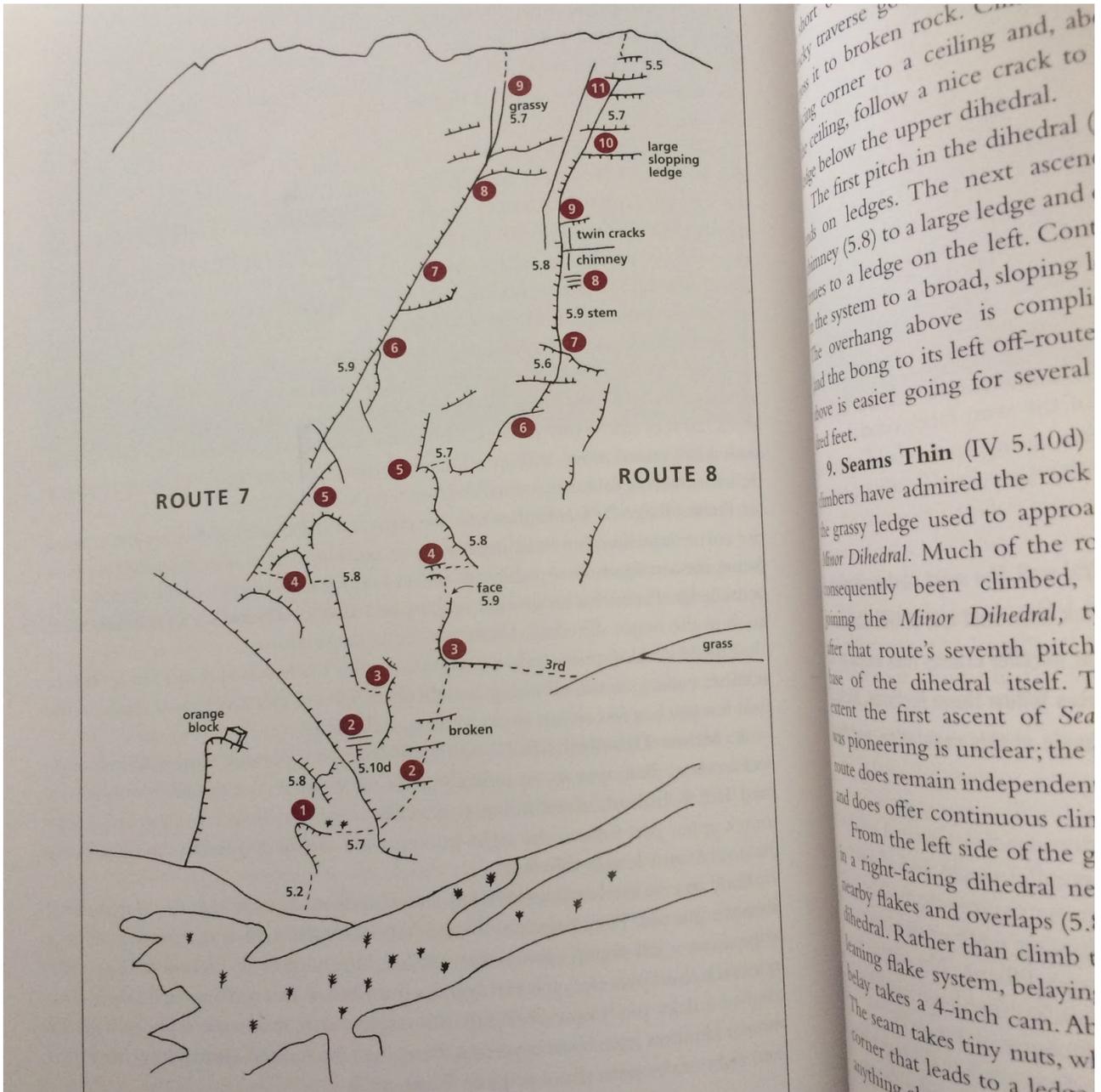


Map Images: All content is provided with no guarantees whatsoever and may be inaccurate. Be safe out there.

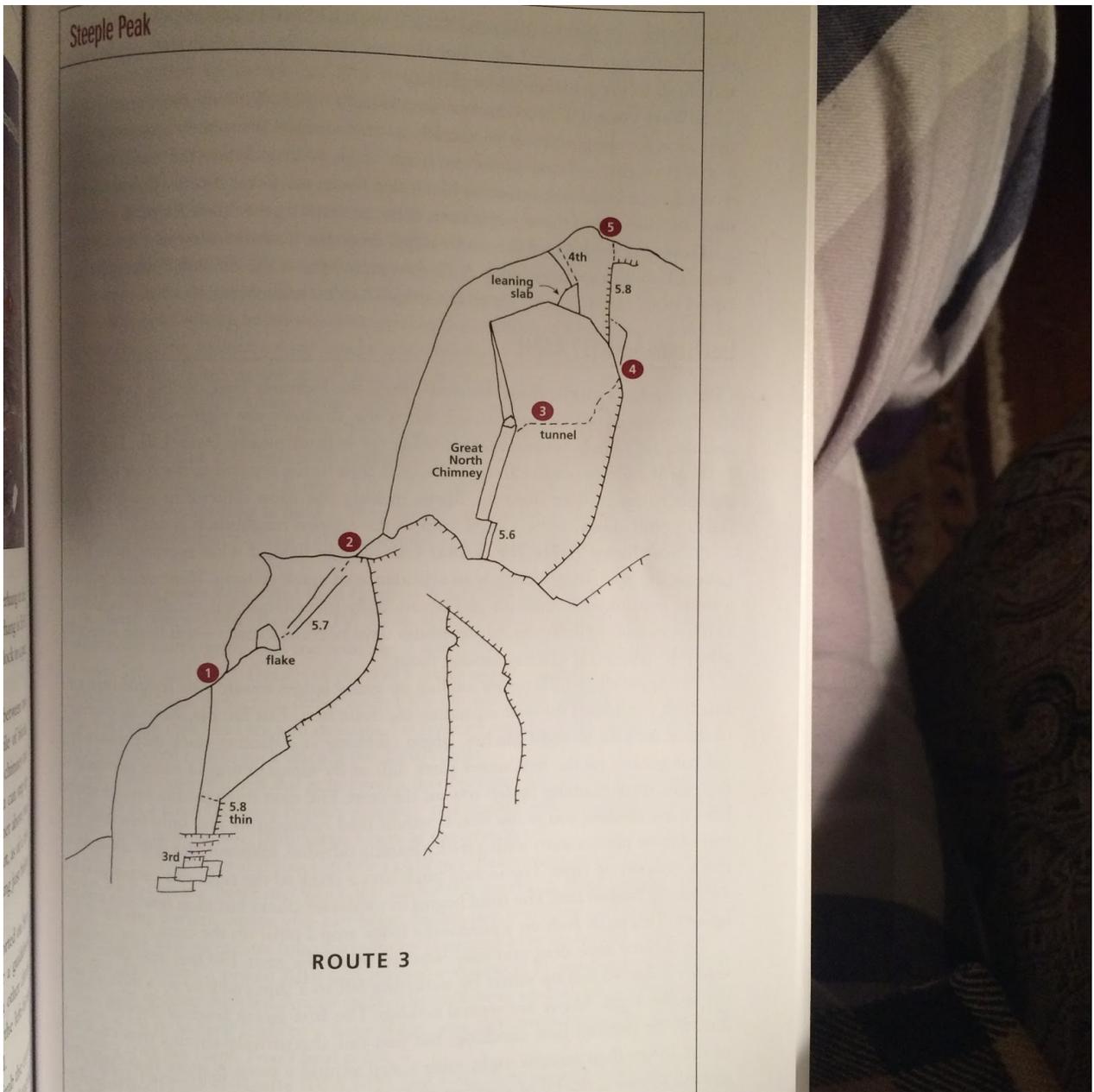


Trail Map 3: Base Camp 2 (in Cirque Meadows) to Big Sandy Trailhead

Route Topos



Route Topo 1: Haystack Mountain- Minor Dihedral (III/IV 5.9)- Route 8: We will start from the grassy flat on the right side of the photo and traverse across to the belay ledge at the top of the 3rd pitch.



Route Topo 2: Steeple Peak- North Ridge (III 5.8)



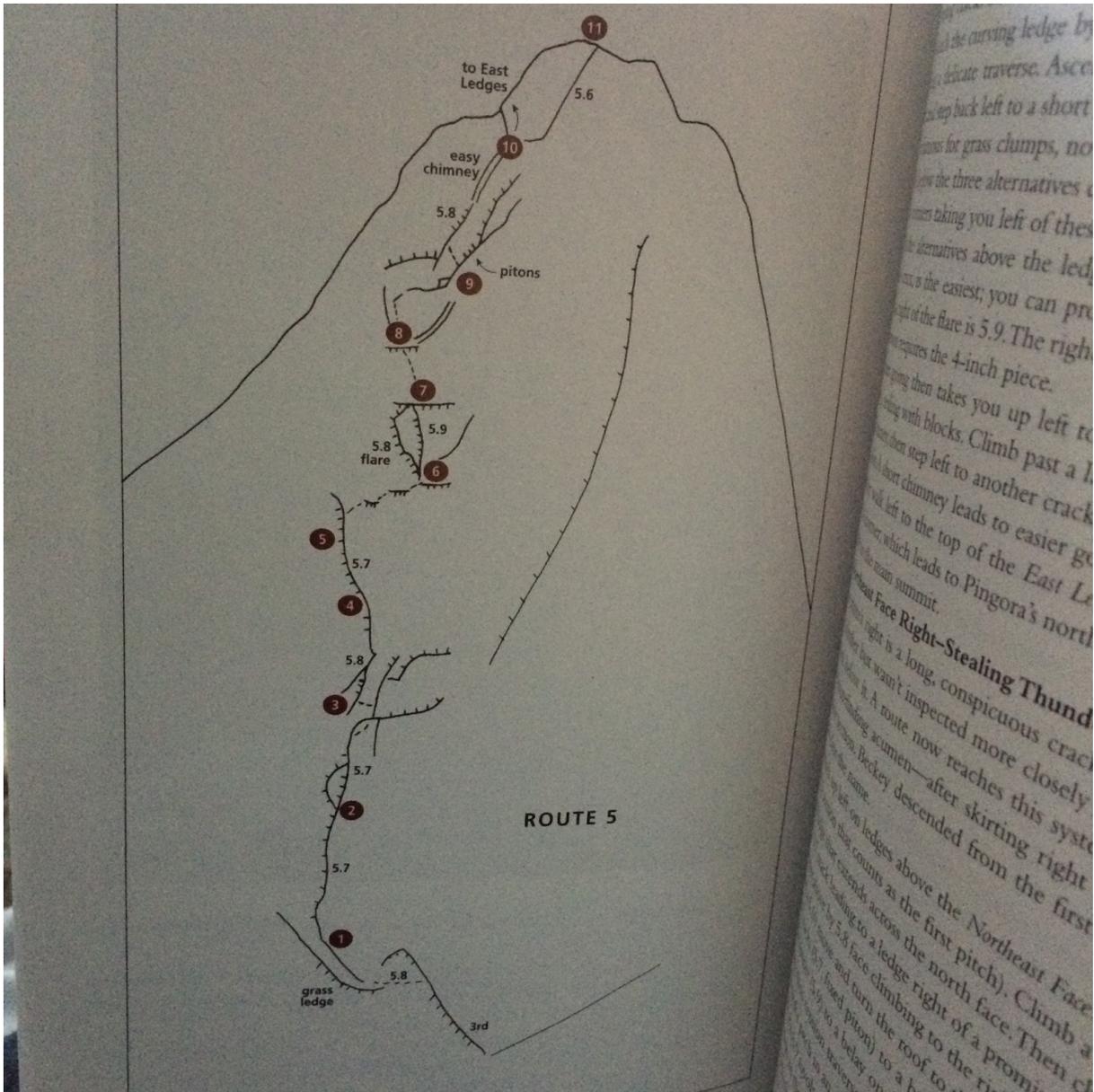
Route Topo 3: Overhanging Tower- Northeast Ridge (II 5.2)

THE THOROUGHFARE (NW BUTTRESS) II, 5.6, 5 PITCHES

SHARK'S NOSE, CIRQUE OF THE TOWERS, WYOMING



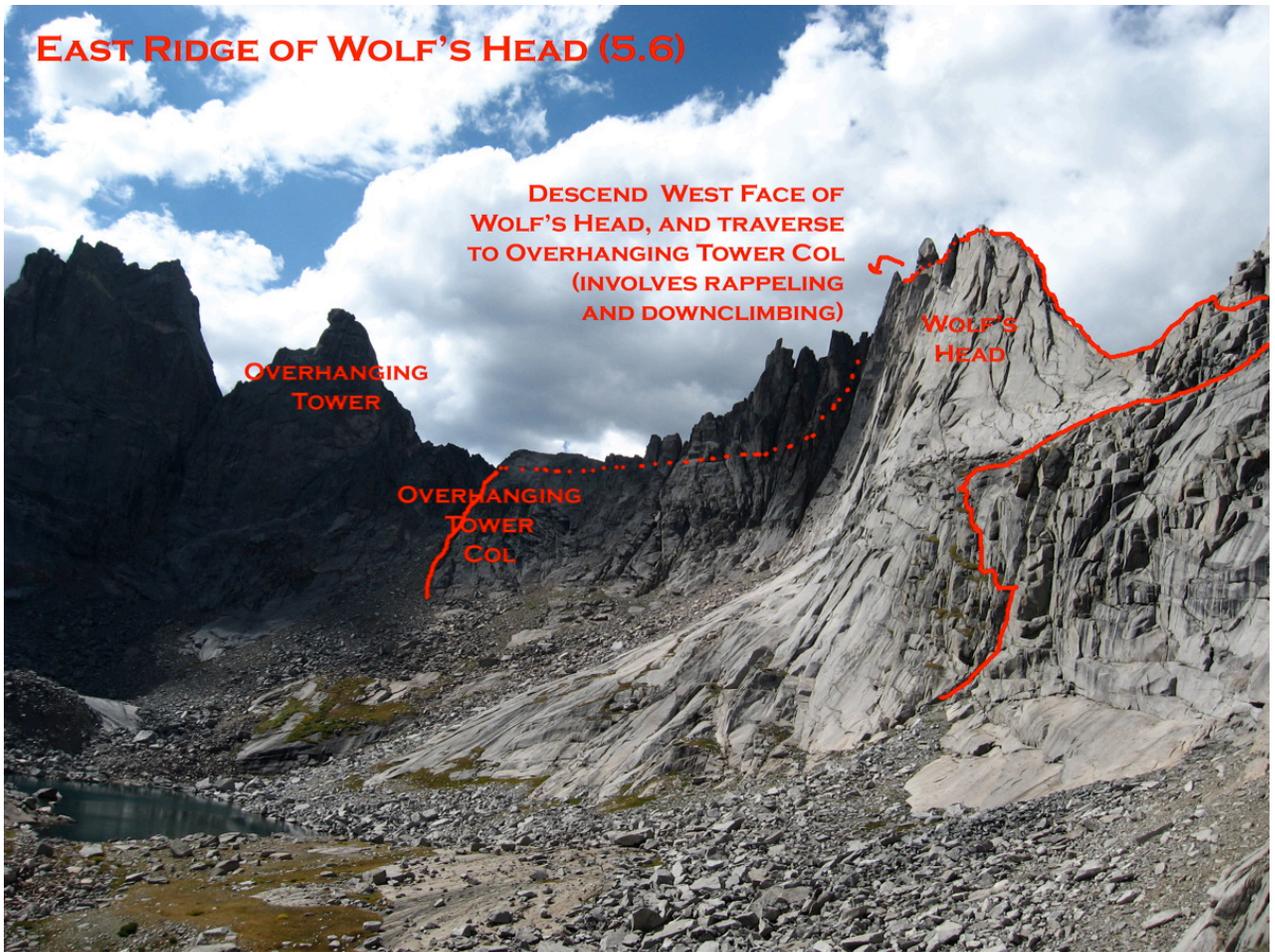
Route Topo 4: Shark's Nose- Thoroughfare Route (II 5.6)



Route Topo 5: Pingora- Northeast Face (IV 5.9)



Route Topo 6: Pingora- East Face, Left Side Cracks (III 5.7)



Route Topo 7: Wolf's Head- East Ridge (III 5.6)

Appendix B

Meal	USD Price/lb	Quantity in Lbs
Breakfast		
Oatmeal	2.5	2
Bobo's bars	3	2
Instant Coffee	2	0.5
Granola	4.99	3
Lunch/Snacks		
Dried Mangos	6.75	2
Dried Strawberry's	7.25	2
Beef Jerky	5.89	2
Bobo's Oat bars	5.82	2
Cheese	7.98	2
Wheat Tortillas	3.49	3
Peanutbutter packets	4.22	2
Jelly	3.55	1
Apple Chips	5.25	2
Chocolate almonds	8.9	1.5
Dinner		
Rice noodles	3	3
Summer sausage	9.4	2.5
quinoa	4.96	2
lentils	1.86	1
penne pasta	2.55	5
dehydrated veggies	7.82	2
dehydrated black beans	6.5	3
Dessert/climbing food/Drinks		
Chocolate Bars	3	5
Buzzwaffle	6	2
Hot Cocoa	3.92	2
Tea	9.6	1
Total	130.2	55.5

55 lbs in total weight

Packing List: Wind River Range
Nina Riggio & Erin Burk

Personal Gear

Upper Layers

- 1 Sports Bra
- 1-2 Non-cotton T-shirts
- 1 Long-Sleeve Thermal Base Layer
- 1 Fleece Jacket
- 1 Down/Synthetic Insulated Coat
- 1 Rain Coat

Lower Layers

- 3 Non-cotton underwear
- 1 Shorts
- 1 Light climbing pants
- 1 Thermal Base Layer Pants
- 1 Fleece/Insulated Pants
- 1 Rain pants

Footwear

- 4-5 Pairs of wool hiking socks
- 1 Hiking boots or Approach Shoes
- 1 Camp shoes (closed-toed)
- 1 pair of gaiters for couloir travel

Clothing Etc.

- 1 Baseball cap
- 1 Fleece or wool hat
- 1 Fleece or wool gloves

Sleeping Gear

- 1 Down or Synthetic Sleeping Bag and stuff sack (rated to 20 degrees or less)
- 1 Sleeping pad + repair kit

Packs

- 1 Frame Pack (at least 65L)
- 1 Small day pack
- 2 Trash bags or 1 Rain cover for backpack

Climbing Gear

- 1 Harness
- 1 Pair climbing shoes
- 1 Helmet
- 1 Chalk Bag

- 1 ATC & locking carabiner
- 1 Cordelette for anchors (15-20 ft. 7mm)
- 1 Personal anchor system
- Personal Gear for Self-Rescue: 1 double-length sling, prussik cord, extra locking carabiner, knife

Miscellaneous

- 1 Knife
- 1 Headlamp with extra batteries
- 1-2 Lighters
- 1 Sunglasses
- 1 Compass
- 1 Whistle
- 1 Bear Bell
- 1 Plastic Bowl
- 1 Spoon/ Eating utensil
- 1 Mug
- 2-3 Water bottles (each 1L or more)
- 1-2 Bandanas/ small camp towel
- Camera
- Chap Stick
- Sunscreen
- Bug Spray
- Hand Sanitizer
- Toothbrush & Toothpaste
- Contacts/Glasses

Group Gear - Backpacking

- 1 2-person tent with rainfly, ground tarp, and repair kit
- 1 Jetboil stove
- 2 Large Jetboil fuel bottles
- 1 Cooking pot w/Lid
- 1 Small skillet
- Cooking Utensils
- Duct Tape
- Plastic Ziploc & Garbage bags
- First Aid Kit
- 2 Bear Canisters
- 7 Odor Sacks
- Bear Spray
- 1 Trowel
- 5 Wag bags
- Water Purification method: Hand pump, 2 bottles of Iodine tablets
- 1 SPOT device

Appendix C

1 Mosquito Net

First Aid Kit

General Supplies

- 3 Pairs Nitrile Gloves
- 1 12cc irrigation syringe
- 1 Trauma Sheers
- 1 Tweezers
- 3 Biohazard stickers for bags
- 2 Ziplock bags
- 3 SOAP notes
- 2 Face Shields
- 1 WFR book
- 1 Emergency blanket

Medications:

- 30 pills Ibuprofen
- 20 pills antacids
- 10 pills Diphenhydramine
- 1 tube Neosporin
- 2 Tincture of Benzoin apules
- 4 Iodine towelettes

Wound Care/Bandaging

- 2 Wet Prep Soap Sponges
- 10 Antiseptic towelettes
- 1 3" gauze roll
- 4 3x3 sterile gauze pads
- 2 3x3 non-adherent dressings
- 4 Trauma Pads
- 3 sets of steri-strips
- 2 Ace elastic bandages
- 4 Butterfly bandages
- 10 Sterile Q-tips
- 1 roll 1.5" athletic tape
- 1 roll Moleskine
- 20 Small bandages for blisters

Group Gear - Climbing

- 1 set stoppers sizes #4-13
- Singles of Camelots #0-3 with doubles #.4-3
(trcams? hexes?)
- 2 Cordelettes, 15-20ft. for anchor building
- 6 locking carabiners

- 10 alpine draws (single-length runner & 2 non-locking carabiners)
- 5 quickdraws
- 1 9.8 mm rope
- 1 nut tool
- 2 rolls climbing tape
- 1 Gri-gri & locking carabiner

Extra Gear for Rapelling/Bailing

- 1 set stoppers #4-13
- 4 rappel rings
- 50 ft. webbing
- 30 ft. 7mm cordelette

Appendix D

Detailed Budget: Cirque Of the Towers

Category	Description	Cost in USD\$
Transportation	<p>Drive from Colorado Springs to Boulder, Wyoming and Drive approximately 18.0 miles southeast on highway 353 on a paved road. Upon reaching a junction, shortly after the pavement ends, bear left (southeast) for 2.9 miles. At 2.9 miles bear right (still southeast). After approximately 6 miles, you will come to a signed intersection (A). Turn left (east), following the sign to Big Sandy. After 7.5 miles you will find another signed intersection (B) where you turn left (north) to Big Sandy. This winding road is steeper, and rockier but is still fairly good. Follow this road and signs for approximately 10.5 miles until reaching Big Sandy campground and trailhead (9080 ft)</p>	<p>Mazda Tribute 2009 gets 21 MPG, 499 miles, divided by 21= 23.7 multiplied by the gas price in the summer in Colorado, 3.50\$, 82.95\$(x2roundtrip)= 165.90\$</p>
Fuel	230g canister Jetboil Fuel= \$5.99(X2)= \$11.98	\$11.98
Food	See detailed list above	\$307.34

GPS Device
Permits/Fees

Free rental through
Colorado College
Outdoor Edu and One
Inreach device- Nina will
buy for later personal use
No Fees or permits

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