



Ritt Kellogg Memorial Fund Registration

Registration No. 87XV-Y3B59

Submitted Feb 1, 2023 11:50pm by Nick Bishop

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/rittkelloggfund/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

**Waiting
for
Approval**

Feb 1,
2023
11:50pm

Participant



Nick Bisho



Expedition Summary

What is the name of your proposed expedition?

The Ups and Downs of the Olympics: A Clarke D Expedition

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

Gold Medals in the Olympics

Briefly describe the objectives of your expedition.

The objectives of this expedition are not only to explore an area that is (basically) brand-new to both of us, but also to utilize the opportunities that CC has to further relationships and expand on hobbies we are passionate about. Wilderness can be, when done safely, a powerful tool of therapy, discovery, and beauty at any point in one's life. Our goals for this trip are not only to learn more about ourselves as individuals, but also about what we are capable of while exploring a beautiful part of the country.

Briefly describe the location of the expedition.

We will be hiking in the Olympic National Park located in Washington State. Becoming a national preserve in 1897, Olympic National Park has always had rich ecological and wildlife diversity, as well as a deep history beginning with the Indigenous Peoples of the land. Eight contemporary tribes of the Olympic Peninsula - the Makah, Quileute, Hoh, Quinault, Skokomish, Port Gamble S'Klallam, Jamestown S'Klallam, and Lower Elwha Klallam - exist and still have a close relationship with the land and its waters within Olympic National Park.

Additionally, Olympic National Park is home to glaciers, rivers, ocean, and trees; such as the world's largest Sitka Spruce. Although we will not be near the ocean at any point, exploring these varying environmental attributes is something Ewan and I both are interested in (hence us being EV majors!).

Date that travel to the expedition will start.

Aug 8, 2023

Date that your team will enter the field.

Aug 10, 2023

Date that your team will exit the field.

Aug 22, 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?

13

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

The "wilderness experience" has different meanings to different individuals. To us, being detached from technology, day-to-day work and academic life, and in a place of beauty and nature separate from general civilization are some ways we define our "wilderness experience".

Our expedition, accumulating 174 miles and ~54,000~ feet of elevation gain in total, rings the core of the park. Being in complete backcountry terrain fits with our definition of a wilderness experience, even though other people will be present at campsites and on trails. Furthering this point, solitude will not only be certain due to the limited number of backpacking spots that each campsite allows, but also because of its location in the center of a park totalling almost 1 million acres.

Lastly, any backcountry experience will promote self-reliance and grit due to the problem solving and spontaneity of backcountry travel. Weather, wildlife, and other natural events can change your plans at any moment. Similarly, there is no way to perfectly prepare for how your trip will actually turn out. Yes, looking at detailed weather predictions for the national park (<https://www.nps.gov/olym/planyourvisit/weather.htm>), checking snow levels, and confirming campground conditions are important, but you must be adaptable to the conditions experienced as you go on your adventure.

Participant Qualifications

Expedition team member information

Nick Bishop: [REDACTED] WFR expiration date is January 19th 2024.

Ewan Henderson: [REDACTED] WFR expiration date is January 19th 2024.

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.

Spring Semester 2023: Throughout the rest of this semester, we plan on keeping in shape and staying up to date in three ways: Firstly, we both consistently exercise here on campus. Ewan, who is an active climber on the club team, and Nick who is on the tennis team, both exercise daily. In regards to conditioning, we will go on at least four three-mile runs increasing in distance and length weekly. As the weather gets warmer, we also plan to do the incline twice a week on Sunday and Wednesday afternoons, to keep in good ascent shape (starting in mid-7th block).

May + June + July 2023: As the summer progresses we plan to gradually increase the distance of our training runs and hikes to build up our endurance. Each week we will run 3 times per week with one hike of a longer distance and

greater elevation gain. We will aim to be comfortable completing 4-6 mile runs and 6-8 mile hikes by the end of May. We will then increase our goal for June to be completing 6-8 mile runs and 8-10 mile hikes. And lastly by the end of July we will be aiming to up our mileage to 8-10 mile runs and 10-12 mile hikes. To hold each other accountable while in different locations throughout the summer, we will be following each other on Strava to keep track of our progress. We are hoping the gradual increase in mileage by month will prepare our bodies for the daily mileage on the trip.

August 2023: In the beginning of the month we will complete increasing the distances on our endurance training to 10-15 miles hiking to replicate our daily mileage. In the week leading up to the trip we will reduce the intensity of our distances to rest our body in preparation for the trip. In the first week of August, although we will not be in the same location, we both plan on going on extended day hikes in our area. This will include a single night camping trip to test our gear (tent, sleeping bags, stoves, etc) to ensure they are working properly before the trip. Secondly, we will continue to watch weather reports, trail conditions, and other Olympic National Park alerts that may alter our expedition.

Expedition Logistics, Equipment, and Food

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

On August 8th, Ewan will fly into [REDACTED] International Airport (flight not booked yet). On August 9th, we will spend a day doing last-day preparations - checking all of our food supplies, gas, stoves, the re-ration pile, clothing (basically the gear list), and then will make any last minute adjustments. Nick will already be in [REDACTED] at this point, as that is where he spends his summers. On the morning of August 10th, we will drive the 3.5 hours and 166 miles out to the trailhead with two cars: one car will be driving to the Graves Creek Trailhead, our starting spot, and our other car will be driving to Irely Lake trailhead. Here are the links to the trailheads, respectively:

<https://www.wta.org/go-hiking/hikes/graves-creek>

<https://www.wta.org/go-hiking/hikes/irely-lake-1>

One car will be dropped at the Irely Lake trailhead and will remain there for 13 days. To prevent car battery death, we keep a battery starter in the car at all times that does not need another car to start it. We do this regardless year round. The other car will go to the Graves Creek trailhead, and it will drop us off. The driver, [REDACTED] will return back after she drops us off. After we return from the Expedition, we will drive back from the Irely Lake trailhead back to Seattle. On August 24th, we will take flights back to Colorado to prepare for the beginning of the Fall Semester.

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

[Itinerary.pdf](#) (54KB)

Uploaded 2/1/2023 11:10pm by Nick Bishop

Please paste a URL to your complete digital expedition map.

<https://www.alltrails.com/explore/map/map-february-1-2023-11c484e>

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

Our plan to re-ration will occur on day 6, when we are between Falls Camp Primitive Camp and Roaring Winds camp. Exactly 10-miles from the Falls camp, we will arrive at Deer Park, which has an access point from Deer Park Road. Planning our wake-up time at around 7am, we will be arriving at this point at 2:30pm to meet a car that will be drop in off our food, fuel, and extra layers in case something breaks/ goes missing. [REDACTED]

Our re-rations at the drop off will specifically include:

Three 8oz fuel canisters

7 dinner packets (of the ones detailed in the spreadsheet).

14 oatmeal packets.

Dried fruit.

8 Sardine containers.

Cliff Bars

Apples

Tortillas

Nuun Tablets

Extra rain jacket (if needed).

Extra warm jacket (if needed).
Extra charging block for phones (if needed).

Describe how you will protect your food from wildlife.

We plan on primarily hanging our food to protect it from wildlife. All of our planned campsites are in close proximity wooded areas where we will be able to do this. We will also be renting one bear canister from the gear house for the trip. This will be for lessening the weight of food we will be hanging. Additionally, we will carry bear spray in case a scenario arises where it is needed.

Upload a detailed food list with budget numbers and show hoe it meets the caloric needs of the expedition.

[Food Budget.pdf](#) (70KB)

Uploaded 2/1/2023 11:43pm by Nick Bishop

Upload a thorough equipment list.

[Equipment List.pdf](#) (66KB)

Uploaded 2/1/2023 11:21pm by Nick Bishop

Upload a first aid kit list.

[First Aid List.pdf](#) (66KB)

Uploaded 2/1/2023 11:24pm by Nick Bishop

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

We plan to limit the impact of our trip on the environment by practicing Leave No Trace. We plan to carry out everything we carry in. As part of Leave No Trace, we will be packing an extra trash bag to hold on to all trash and ALL items that are not decomposable. We will take advantage of mid-route national park facilities to dispose of trash throughout the trip. We will be purchasing compostable toilet paper, as well as following Olympic National Park guidelines by digging a 6-foot deep hole as a poop-hole.

Risk Management

What are the main objective hazards of the expedition?

Water: Every campsite we stay at will have a stable water source without question. Being a rainforest, Olympic National Park receives surplus rain and snowfall. More water rationing is detailed in our day-to-day itinerary, but this is generally of little concern given the conditions of the park year round.

We have four methods of water filtration: (1) Sawyer purifier, (2) gravity filter (for camp), (3) Iodine Tablets (extra safety), and (4) the ability to boil water.

Snow Travel: In case of extended snow travel, we will be renting microspikes from the gear house as a part of our expedition. Throughout the preparation period, we plan to explore various courses that may offer intro-level skills on snow travel. Although Nick has experience with alpine snow travel, it will be important to refresh our memory and be ready for what the route has in store during August.

Weather: We will be well equipped for all weather conditions: rain, snow, heat, and stormy weather. In the Olympic National Park, a changing climate is common, and the weather is unpredictable. To be prepared for these things, we have included necessary rain apparel, as well as enough layers to withstand colder temperatures, especially when camping at higher elevations. In regards to heat, making sure to cool down with water, and also staying thoroughly hydrated throughout the trip will be key to reducing this impact. Similarly, sun protection, such as bandanas and sunscreen will also be necessary items to utilize during hot days.

Terrain: Overall, the terrain is straightforward. Based on previous year trail conditions from the Washington Trails Association: These two trip reports reflect two of the highest elevation points on our expedition, at fairly similar times of the year as when we will do it. https://www.wta.org/go-hiking/trip-reports/trip_report.2022-08-17.0643802182
https://www.wta.org/go-hiking/trip-reports/trip_report.2022-10-04.4607731832

In general, the two biggest things to be aware of are: (1) The total elevation gain and loss, which totals up to 54,000 feet. As indicated in our training plan, we will be well prepared for extensive downhill and uphill travel. (2) The next item on the awareness agenda is our 24-mile day on Day 10. Not only will this be long, but it is where we will encounter the most snow travel. To prepare for this, we will get to camp early the night before and be well rested. For

the actual day, we will pace ourselves hiking and maintain hydration and calories through drinking and eating. Also, if we are unable to fully commit to making it to Chicago camp that night, we can cut our day a couple miles short at the Elwha camp, located just West of Chicago Camp. Lastly our following days are also shorter, as to give our bodies more rest after a longer day.

River Crossings: All main valley-river crossings, such as at the West Fork Dosewallips River, the Grey Wolf River, and the Elwha River all have constructed bridges in places for hikers to pass. Due to being in a National Park that is well maintained, any high-water river crossing will be accessible through constructions or other services provided by the park. For smaller river crossings, poles will help guide us through those if there is high runoff at the time of passing.

Food security: Our food storage while traveling will include Outdoor Research bags to carry lunch food items, and one bear canister rented from the outdoor ed office. The reason why we will be bringing ONE bear canister is to minimize the weight of hanging food at campsites.

Mapping: Along with a compass, we will be bringing the National Geographic Olympic National Park topographic map, which entails our entire expedition. From our Alltrails map, we will be printing our daily routes prior to our departure. Lastly, we will be downloading a detailed topographic map on our mobile phones as well where we can access the map without service (from alltrails as well). For the paper maps, we will keep them in plastic bags to avoid any risk of water damage.

Trash: As part of Leave No Trace, we will be packing an extra trash bag to hold on to all trash and ALL items that are not decomposable. Similarly, we will pack out all other trash items. We will be purchasing compostable toilet paper, as well as following Olympic National Park guidelines by digging a 6-foot deep hole as a poop-hole.

Permits: Permit reservations open on April 10th at 10am EST. On that morning, we will be ready right at 8am MT to reserve our camps correctly. As mentioned in our day to day itinerary, we will look into backup campsites if we are not able to secure our first options.

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

In regards to minor injuries, we are both WFR certified and will be able to use our first aid kit and skills to address these. As far as evacuation, we will have our Garmin In-Reach accessible for the entirety of the trip. For situations where we will not be able to hike out (access points listed in day to day), we will use the SOS button to contact search and rescue.

Local Ranger Stations:

Deer Park Rangers Station
Obstruction Point-Deer Park Trail
Port Angeles, WA 98362
(360) 565-3130

Quinnault Rangers Station
353 South Shore Road
PO Box 9
Quinnault, WA 98575
(360) 288-0203
TDD (360) 288 2525

Local search and rescue:

United States Olympic Mountain Rescue:
1550 Rocky Point Rd NW, Bremerton, WA 98312
(800) 417-9471
<https://olympicmountainrescue.org/>

In these scenarios, our biggest focus will be to immediately address the situation based on our WFR training. We will bring a small manual received from our course on our trip with us, as mentioned in the gear list. Contacting Search and Rescue and securing the patient will be our main two focuses in emergency situations. Similarly, delegating tasks to any other hikers at the time of a serious emergency is another potential tool to remain safe in the backcountry.

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.

Besides the other emergency and rescue resources listed above, there is also one hospital on the Northern end of the Peninsula:

Olympic Medical Center
939 Caroline St, Port Angeles, WA 98362
(360) 417-7000

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

We will be carrying a Garmin in-reach device (rented from the gearhouse) on the entirety of our trip. To perfect our understanding and use of this device, we will be following up with Kacie (OE) for specific in-reach training that the school might offer. If this does not occur for the rest of the academic year, we will pursue our own personal research from our own sources, such as: <https://support.garmin.com/en-US/?faq=4vzbNNZPOE8mSi7j4EXw58>

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

As of now, COVID transmissions are slightly higher in Thurston County, which is located on the Southeastern part of the Olympic Peninsula. Jefferson County and Clallam County currently have low transmission rates. As our trip approaches, we will continue to monitor COVID transmission using this New York Times website. <https://www.nytimes.com/interactive/2021/us/covid-cases.html>

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

During our trip, we will make sure to test prior to departing. Given a negative test, we will be masking and washing/sanitizing our hands in any public spaces we will travel through. If either teammate shows symptoms, we will both mask and wait for symptoms to pass. If not, we will survey the severity of the illness and hike out (if possible and needed) to our nearest exit point.

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

In regards to specific exposure, we will wear masks at all times when in airports, local stores, shops, gas stations, and any other public areas. Additionally, we will be washing our hands thoroughly and using hand-sanitizer after any public interactions.

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

While in the field we plan on limiting our interactions with others outside of our group to minimize risk of exposure. During the extent of the expedition we will be in outdoor environments which will help mitigate risk. Additionally we will bring masks and appropriate PPE into the field to prepare for an event where social distance cannot be maintained with individuals outside of our group.

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

If one of us develops symptoms we will monitor the wellness and determine whether they will need to be evacuated. Additionally, any symptomatic individual will mask and practice social distancing. Lastly, we will both plan on testing and quarantining if positive following the conclusion of our expedition.

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

[Final Budget.pdf](#) (55KB)

Uploaded 2/1/2023 11:46pm by Nick Bishop

What is the total funding request for your trip?

\$2223.0

What is the funding request per person?

\$1111.5

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

We are planning on saving expenses by traveling within the continental US to minimize travel costs. Additionally we will be saving money by buying our food in bulk which should cut down on our budget. Lastly, we will be using more fuel efficient cars than larger trucks or vans to reduce our environmental impact and overall cost.

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 2/1/2023 11:19pm by Nick Bishop

Nick + Ewan RKMG

Day-by-day itinerary:

- **Prior to Entering Field (August 8th):** Ewan will fly into ██████████ International Airport, and Nick will pick him up. Ewan will spend the night with Nick in ██████████, and spend all-day on the 9th preparing. We go into the field the next day via car.
- **Day 1 (August 10th): mile point 12.2**
 - Hike in 12.2 miles
 - Camp at Belview Campsite
 - Water source: Will pick up water at McGravy Lakes, which is located about two miles before Belview Camp. Very likely to be more unmapped streams prior, but will completely fill water for camp at that point.
 - Evac plan: If needed to hike out, heading to Lake Cushman through North Fork Skokomish Trail is the shortest and easiest way.
 - Backup Camp: Sundown Lake Campsite/Big Log Campsite
- **Day 2 (August 11th): mile point 26.1**
 - Hike 13.9 miles
 - Camp at Upper Duckabush Campsite
 - Water Source: For the majority of this day, we will be hiking along the North Fork Skokomish river, which will also be at our campsite.
 - Evac plan: If needed to hike out fast, heading over LaCrosse pass to the Dose Forks campsite and to the road there would be the closest point of exit (17 miles). If unable to ascend steep inclines, heading back to Lake Cushman (20 miles) would be the next closest option.
 - Backup Camp: Two Bear/Home Sweet Home/ Marmot Lake
- **Day 3 (August 12th): mile point 42.1**
 - Hike 16.0 miles
 - Camp at Dosewallips Campsite
 - Water source: We follow the Duckabush River, and then begin our ascent over LaCrosse pass where we will fill up water prior. We will then meet up with the West Fork Dosewallips river once coming down from LaCrosse pass.
 - Evac plan: The closest access to a road if necessary is the West Fork Dosewallips river to Bull Elk Canyon road.
 - Backup Camp: Dose Forks.
- **Day 4 (August 13th): mile point 48.1**
 - Short 6 mile round trip hike to Lake Constance
 - Return to Dosewallips Campsite
 - Rest in preparation for longer distance next day
 - Water source: West Fork Dosewallips River, again.
 - Evac plan: Same as day 3.
 - Backup Camp: Dose Forks.
- **Day 5 (August 14th): mile point 64.2**
 - Hike 16.1 miles
 - Camp at Falls Camp Primitive Camping
 - Water source: We follow the Dosewallips river, and then stay North onto the Gray Wolf River. There will be plenty of water in this section.

- Evac plan: The closest hike out would be north to Deer Park, which is 10 miles North.
 - Backup Camp: Camp Ellis/Gray Wolf.
- **Day 6 (August 15th): mile point 78.6**
 - Hike 14.4 miles
 - Camp at Roaring Winds Primitive Campground
 - Food drop at mile point 74.3
 - Water source: Continuing North on Grey Wolf River, we will eventually separate from a mapped stream leading into the Grey Wolf as we continue North to Deer Park. This will be our last confirmed fill up spot, and so we will fill up all water bodies here.
 - Evac plan: Deer Park is the closest (and busiest) hike out location.
 - Backup Camp: Deer Park/ Grand Lake.
- **Day 7 (August 16th): mile point 92.0**
 - Hike 13.4 Miles
 - Camp at Upper Cameron Campsite
 - Water source: After turning South from Obstruction Peak, we will meet up with Grand Lake. If no viable water sources are found prior, we can alter our route into Badger valley, which meets up with Grand lake and does not go up around Obsidian Peak. We then meet up with Grand Creek as we descend down from Grand Pass.
 - Evac plan: Turning back to Obsidian Peak to Hurricane Ridge is the closest accessible road from this location. This is also an extremely popular destination during this time of year.
 - Backup Camp: Gladys Lake / Dose Meadows.
- **Day 8 (August 17th): mile point 105.6**
 - Hike 13.6 Miles
 - Camp at the Hayes River Campsite
 - Water source: After Cameron Pass, we will cross a multitude of nameless creeks that are mapped until our descent from Lost Pass, where we will meet back up with the Dosewallips River. Heading West from there, we will again cross snow-melt creeks before and after Hayden Pass until we reach the Hayes River camp (where there is Hayes River!).
 - Evac plan: At this point, hiking North to Lake Mills would be the fastest way out, which would total close to 16 miles. This also is a flat stretch back to an accessible road. .
 - Backup Camp: Remanns Cabin
- **Day 9 (August 18th): mile point 120.0**
 - Hike 14.4 miles
 - Camp at Humes Ranch Campsites
 - Water source: From Hayes River Camp, we will follow the Elwa River the entire way to Humes Ranch camp.
 - Evac plan: Same as day 8, except the mileage is only about 2 miles.
 - Backup Camp: Lillian Camp, Whiskey Bend, Dodger Point.
- **Day 10 (August 19th): mile point 143.8**
 - Hike 23.8 miles
 - Camp at Chicago Camp
 - Water source: Will mostly rely on glacial melt creeks and streams, as we will be in upper-elevation terrain. After Bear Pass, we will meet back up with the Elwha River (heading South) and make our way to Chicago Camp.
 - Evac plan: Our new closest accessible road is the North Fork, which is 18.9 miles South of Chicago Camp.

- Backup Camp: Elwha Basin, Happy Hollow.
- **Day 11 (August 20th): mile point 153.5**
 - Hike 9.7 miles
 - Camp at Lake Beauty
 - Water source: After Chicago Camp, Low Divide camp will have two small lakes to fill up at. After Low Divide, we will cross Seattle Creek, where we can fill up (if needed) before we arrive at Lake Beauty camp.
 - Evac plan: Heading back down to Low Divide camp, and then south through the North Fork Quinault River would be the closest accessible road. This would be close to 18.7 miles.
 - Backup Camp: Sixteen Mile, Three Prune.
- **Day 12 (August 21st): Mile point 163.6**
 - Hike 10.1 miles
 - Camp at Three Prune Camp
 - Water source: Before departing from Lake Beauty, we will completely fill up our water vessels, as it will be mostly ridge hiking until Three Prune camp. With that being said, snow melt from these higher elevations will be present consistently along the trail.
 - Evac plan: From Three Prune camp, we would head east at the next intersection (not our normal route) to Elip Creek camp (4.6 miles), where we would then head south for 6.6 miles South to the North Fork trailhead for accessible road access. If leg injuries, this would be the least stressful on the body due to lack of elevation gain.
 - Backup Camp: Three Lakes / Elip Creek.
- **Day 13 (August 22nd): mile point 174.34**
 - Hike 10.74 miles to the finish!
 - Water Source: As we depart from our trek, we will pass Three Lakes camp, and soon after that Big Creek. For the remaining four miles, we will have Irely Lake as well as Irely Creek to fill at.
 - Evac plan: Our nearest accessible road will be at the end of the trail at this point - which is slightly south of the North Fork Trailhead.
 - Backup Camp: North Fork Camp.
- **Post-trip: Once returning to our Honda CRV on the 22nd, we will drive the 3.5 hours back to [REDACTED] Once returned, we will relax, shower, and eat a delicious meal. The next morning, we will spend the day cleaning gear, separating rental items, and packing for our return flight to [REDACTED]**

NOTE: Some of the mileage for each day may vary from the alltrails map shared. Also, the Alltrails map below will have daily elevations included. Below is the link to the map, which Kacie should already have a copy of.

<https://www.alltrails.com/explore/map/map-february-1-2023-11c484e>

Ewan and Nick

Equipment list:

- 2 person tent (Agnes)
- 2 sleeping bags
- 2 sleeping pads
- 3 heavy duty trash bags for internal pack use to keep clothes/sleeping bags dry (as well as one to hold trash).
- Solar charger block and chord.
- Pocket Rocket Stove (tested prior to trip) + cooking pot, lid, and gripper
(<https://www.msrgear.com/stoves/canister-stoves/pocketrocket-2-stove/09884.html>)
- Fuel canisters: We will be using 8oz Isopro Fuel Blend Cannisters. For two people, one canister should last four days with two to three boils per day. For our first section we will pack three full fuel canisters. At our re-ration sections, we will restock with 3 canisters, and take all three (or two) depending on if there is leftover fuel.
- Gravity Filter (4 liters)
- Iodine Tablets (Backup water filtration)
- Toilet Paper (one roll)
- Hand Sanitizer
- BlueWater 7mm x 30 ft. Rope
- Outdoor Research Stuff Sack - 5L(1), 3L(2), three more in a smaller size.
- 2 Sawyer water filter systems
- In-reach device rented from Gear House
- Sunscreen
- 2 sets of microspikes that will be rented from the gear house.
- WFR Manual (Small book, not large one)
- Backpacking Bag (one each)
- Lighter
- Paper Maps
- iPhone
- Car Keys for return drive

Individual Apparel and Gear

- Rain jacket + pants
- Down Jacket
- Fleece/thin jacket
- Warm pants
- Long underwear tops + bottoms
- Non-Cotton hiking socks (Wool blend), 3 pairs.
- Toiletry bag: small toothpaste, toothbrush, sleep mask, floss.

- Warm Hat
- Warm Jacket, Rain Jacket
- One pair of shorts
- Two T- shirts (quick dry)
- Underwear (Whatever amount you want)
- Hiking Boots
- Slides/camp shoes
- Bandana for sweat
- Small knife
- Camping Bowl + utensil
- Whistle
- Bug Spray
- Tooth brush + tooth paste
- Hiking Poles
- Two decently sized water bottles (one smartbottle for Sawyer)
- Compass
- Ducks Pack Backpack cover x2 (for rain)

Nick and Ewan

First aid list: Ultralight/Watertight .7 Medical Kit - Adventure Medical Kit



- Bandage Materials5 - Bandage, Adhesive, Fabric, 1" x 3"
- 3 - Bandage, Adhesive, Fabric, Knuckle
- 3 - Bandage, Butterfly Closure
- 1 - Bandage, Conforming Gauze, 2"
- 2 - Dressing, Gauze, Sterile, 2" x 2", Pkg./2
- 2 - Dressing, Gauze, Sterile, 3" x 3", Pkg./2
- 2 - Dressing, Non-Adherent, Sterile, 3" x 4"
- Bleeding1 - Gloves, Nitrile (Pair), Hand Wipe
- Blister / Burn1 - Moleskin, Pre-Cut & Shaped (11 pieces)
- Duct Tape1 - Duct Tape, 2" x 26"
- Fracture / Sprain1 - Bandage, Elastic with Velcro, 2"
- Instrument3 - Safety Pins
- 1 - Splinter Picker/Tick Remover Forceps
- Medication2 - After Bite Wipe
- 2 - Antihistamine (Diphenhydramine 25 mg)
- 2 - Aspirin (325 mg), Pkg./2
- 2 - Ibuprofen (200 mg), Pkg./2
- 2 - Acetaminophen (500 mg), Pkg./2
- Wound Care6 - Antiseptic Wipe
- 3 - Alcohol Swab
- 1 - Tape, 1" x 10 Yards
- 1 - Skin Tac™ Topical Adhesive, Wipe
- 3 - Triple Antibiotic Ointment, Single Use

FOOD BUDGET

Note: The calculations were done in an excel spreadsheet, which can also be shared. The calculations were inputted through the system.

Breakfasts (26)	Price	Calories
Oatmeal 48pack	17.38	4800
Apples	15	93
Sardines 12pack	22.74	2292
Tortillas 2x(30 pack)	10	10500
Dinner(24)		
Backpacker's Pantry Pad Thai	9.95	640
Backpacker's Pantry Three Cheese Mac & Cheese	12.95	510
Backpacker's Pantry Santa Fe Style Rice & Beans with Chicken	12.95	680
Snacks		
Dried Fruit Mix – 24oz (16.99)	16.99	3000
(2x)Cliff Bar Variety 16Pack(24.67)	24.67	4000
Nutella	5	4000
Total for FOOD	\$660.99	51012
Calories per day		3924

TOTAL BUDGET:

	Travel	Permits	Fuel	Bear Spray	Carbon Offset
	flights+fuel	opens 4/10	8 dollars/cannister(5 canisters)	\$60 for one can	8498.95 km of vehicle travel
	 \$300	\$16/night x 12 nights			\$17.63/100 km traveled (Terrapass)
	 \$350 x2				
Total Driving Gas	\$129.78174 (30.1818 gallons at \$4.3/g)				
Totals	1129.78174		\$192	40	60
Sum Total:	\$1,571.62				149.84

Added Sums of Food + Other

\$1,571.62 + \$660.99 =

Final Total (Everything)

\$2,232

Per person: \$1,111.5