



Ritt Kellogg Memorial Fund Registration

Registration No. 87TH-DLKPG

Submitted Feb 3, 2022 10:51am by Kate Macklin

Registration

Jul 1, 2021-Jan
26, 2022

Ritt Kellogg Memorial Fund

RKMF Expedition Grant Group Application 2021-22

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 Wednesday, January 26th 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> Note: For the 2020-2021 application year, the following additional parameters have been established due to the COVID-19 pandemic: - 2021 RKMF grants are limited to travel in the contiguous United States only (no Alaska, no Hawaii, no Canada). 2021 RKMF grants are limited to travel by personal vehicles only (no airplanes, buses or other forms of public transportation) - An additional COVID-19 preparedness section has been added to the Group Application - Expedition teams which receive funding must submit an updated COVID-19 preparedness form 3 weeks prior to their expedition If you have any questions please email Kate Macklin, Outdoor Education and Ritt Kellogg Memorial Fund Coordinator, at kmacklin@coloradocollege.edu

Waiting
for
Approval

Participant



Chris Tobin



Expedition Summary

Expedition Name

Flip Flopping on the Pacific Crest Trail

Alternate Expedition Name

There and Back Again

Objectives

Our objectives in taking on this expedition are as follows:

- To experience an immersive wilderness adventure involving spending a considerable and unorthodox amount of time (approximately 5-6 months) immersed in the wilderness of the western coastal states
- To challenge ourselves not only physically but also mentally, emotionally, and spiritually
- To find and develop independence, self-reliance, and fortitude as a fresh-out-of-college young adult
- To explore the fantastic landscape of these coastal states in an immersive and kinesthetic learning experience, while learning about the cultures of indigenous peoples who live on this land today and who have survived forceful removal from ancestral lands and ultimately genocide. It is our goal to focus on treating the land and its peoples with utmost reverence and respect on this journey.
- To learn about, experience, and embrace contemporary thru-hiker culture as a participant in the shared experience of walking further than ever before
- To complete a successful thru-hike of the Pacific Crest Trail.

Location

The Pacific Crest Trail (PCT) is an approximately 2,650 mile path extending from Mexico to Canada along the mountainous crest of the western states, California, Oregon, and Washington. It is one of three major National Scenic Trails in the United States, and traverses through a variety of bioregional landscapes characterized by deserts, forests, and glaciated as well as

volcanic peaks. Thousands of individuals attempt to hike the trail in its entirety each year by hiking northbound (NOBO) from Mexico to Canada or southbound (SOBO) vice versa. Other hikers, such as ourselves, do "flip flops"--hikes of the entire trail that begin and end at a different location along the trail.

Departure Date

May 31, 2022

Return Date

Oct 31, 2022

Days in the Field

148

Wilderness Experience

The Pacific Crest Trail provides a uniquely trenchant wilderness experience to thru-hikers. While the PCT is not always the most remote wilderness experience (relative to previous deep-wilderness Kellogg expeditions), it is unique in that it is a long voyage which traverses a distance unfathomable to most. Individuals who hike the PCT are forced to confront their physical, emotional, and spiritual selves throughout a grueling test of endurance, self-trust, and resilience. Long days of footstep after footstep, sleeping on the hard ground in the dirt, at times without enough water, at times always in the rain, at times postholing over thawing alpine passes, at times too tired, hungry, and beaten to go on, forge thru-hiker from backpacker and set one's character anew.

While this trail is not always the most remote, it still offers plentiful opportunity for rest and solitude in the melodies of trees, winds, and mountains. The landscape over which the PCT progresses has inspired the minds of many throughout the years. Naturalists like Ansel Adams, John Muir, and countless others have always been drawn to these lands for whatever reasons. Our personal favorite being that the trail follows the Pacific "Ring of Fire," a tectonic junction which emits volcanic vibrational energies, fueling the life energy of nearby vibrational beings: those of the land and ourselves. For many reasons, the landscape of the Pacific Crest offers humans the opportunity to embrace a wilderness character not commonly found elsewhere in the world.

Participant Qualifications

Expedition Team Member Graduation Dates

Chris Tobin - [REDACTED]

Olivia Fortner - [REDACTED]

Medical Certification Dates

Chris Tobin - Certified WFR expires February 28, 2023

Olivia Fortner - Certified WFR expires January 23, 2024

Does your group have adequate experience?

Yes

Training Plan

Physical preparation plan:

While we plan on starting the trail off slowly in order to ease our bodies into the transition of hiking all day everyday, we have a specific and iterative plan to prepare our bodies for this taxing physical endeavor. While the following 12-week program serves as a provisional sample of our physical preparation plan for your observation, our engagement in the activities in this plan is not solely limited to this 12-week period. This plan focuses on building cardiovascular aerobic capacity, core, lower, and upper body fortitude, and endurance over time through iteratively more challenging physical activities.

Week:	Monday:	Tues:	Weds:	Thurs:	Friday:	Saturday:	Sunday:
1	Run (1 mi) Core (10 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (1 mi) Core (10 min)	Weight Training: Upper Body (1 hr)	Hike (~4 mi)	Rest or Bike (1 hr)
2	Run (1 mi) Core (10 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (1 mi) Core (10 min)	Weight Training: Upper Body (1 hr)	Hike (~6 mi)	Rest or Bike (1 hr)
3	Run (2 mi) Core (15 min)	Weight Training:	Rest or Bike (1 hr)	Run (2 mi) Core (15 min)	Weight Training: Upper Body (1 hr)	Hike (~6 mi)	Rest or

		Legs (1 hr)					Bike (1 hr)
4	Run (2 mi) Core (15 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (2 mi) Core (15 min)	Weight Training: Upper Body (1 hr)	Hike (~8 mi)	Rest or Bike (1 hr)
5	Run (2 mi) Core (15 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (2 mi) Core (15 min)	Weight Training: Upper Body (1 hr)	Hike (~8 mi)	Rest or Bike (1 hr)
6	Run (3 mi) Core (15 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (3 mi) Core (15 min)	Weight Training: Upper Body (1 hr)	Hike (~10 mi)	Rest or Bike (1 hr)
7	Run (3 mi) Core (15 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (3 mi) Core (15 min)	Weight Training: Upper Body (1 hr)	Hike (~10 mi)	Rest or Bike (2 hrs)
8	Run (3 mi) Core (15 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (3 mi) Core (15 min)	Weight Training: Upper Body (1 hr)	Hike (~12 mi)	Rest or Bike (2 hrs)
9	Run (3 mi) Core (15 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (3 mi) Core (15 min)	Weight Training: Upper Body (1 hr)	Hike (~12 mi)	Rest or Bike (2 hrs)
10	Run (4 mi) Core (15 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (4 mi) Core (15 min)	Weight Training: Upper Body (1 hr)	Hike (~14 mi)	Rest or Bike (2 hrs)
11	Run (4 mi) Core (15 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (4 mi) Core (15 min)	Weight Training: Upper Body (1 hr)	Hike (~14 mi)	Rest or Bike (2 hrs)
12	Run (5 mi) Core (20 min)	Weight Training: Legs (1 hr)	Rest or Bike (1 hr)	Run (5 mi) Core (20 min)	Weight Training: Upper Body (1 hr)	Hike (~16 mi)	Rest or Bike (2 hrs)

Gear shakedown plan:

Before the beginning of our expedition, we plan on taking at least five major "shakedown" hikes or backpacking trips (as we called them in Scouts), where we focus on getting to know our gear systems, removing extraneous elements, and refining our personal practices with our gear systems. These shakedowns can be long or short day hikes with fully packed backpacks, single overnight or multi-night backpacking trips. We usually try to take at least one short backpacking trip a month during our busy Block Plan schedules with more hikes scattered throughout the weekdays and weekends. Using shakedowns, we can fine-tune and minimize our gear systems and get comfortable, skilled, and efficient with our gear before the beginning of our expedition.

Navigation plan:

As avid backpackers, we have plenty of experience reading topographic maps. Additionally, Chris has been familiar with and skilled at map-reading for many years. However, we acknowledge also that map-reading is a perishable skill. We plan on practicing our conceptual knowledge of orientation, contour reading, and triangulation once weekly using maps at home and using our practical knowledge at least once weekly while out in the field on a hike or trip. This weekly practice will allow us to be well-informed about best map practices and well-practiced at reading maps quickly, efficiently, and effectively before the beginning of our expedition.

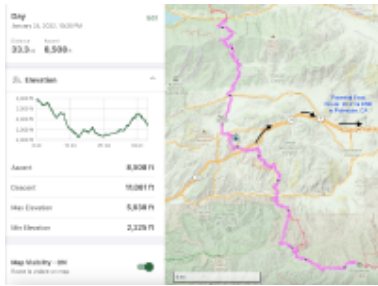
Expedition Logistics, Gear and Food

Travel Plan

After graduation on May 22nd, the two of us will travel together by way of car-camping caravan from Colorado Springs, CO to ██████████ CA. From there, ██████████ has volunteered to drive us in a personal vehicle approximately one hour to our starting trailhead at CA Highway 138 and PCT NOBO mile 517.6 to begin our expedition on the morning of May 31st, 2022. When we finish the PCT at the end of our expedition, we will be picked up by ██████████ at this same location and returned safely to ██████████ CA. Details surrounding our expedition "flip" (i.e. how we will travel from the Canadian border back to the Mexican border to continue hiking) are provided in our expedition itinerary.

Expedition Itinerary

[Itinerary Statement.pdf](#) (39KB)



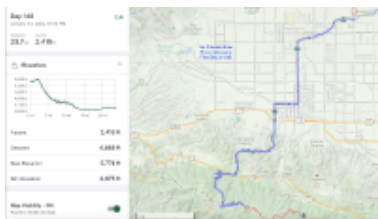
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Digital Map

Please refer to the above maps for detailed itinerary information. We will also be using National Geographic's Pacific Crest Trail maps and the Far Out Guides iOS application for routes, camping locations, evacuation routes, water sources, and other detailed information throughout our expedition. An overview map of the PCT can be found here: <https://www.pcta.org/wp-content/uploads/2019/12/PCT-overview-map-on-1-page-by-Magellan-v.1.2018.jpg>

Re-Ration Plans

We have plans to re-ration and resupply during the expedition at many different points. Our plans involve traveling to town to pick up previously mailed boxes of food and other supplies from the local US Postal Service or other local businesses that receive hiker boxes. The typical resupply day will involve waking up on trail, traveling into town to resupply, and either heading back out to the trail to camp out or staying at a local hiker hostel on rare occasion. A detailed list of re-ration & resupply pickup locations is included below.

Leg 1: HW138 - Canadian border
Resupply Location Packages? Delivery Address

Mojave, CA Yes

General Delivery
Mojave, CA 93502
661-822-0279

Kennedy Meadows Yes (\$6 fee)

Kennedy Meadows General Store
Attn: (Your Name) PCT Hiker
96740 Beach Meadow Road
Inyokern, CA 93527

559-850-5647

Vermillion Valley Resort Yes (UPS only)

Vermillion Valley Resort
c/o China Peak Landing
Attn: (Your Name) PCT Hiker
62311 Huntington Lake Road
Lakeshore, CA 93634
559-259-4000; edisonlake.com

Mammoth Lakes, CA

South Lake Tahoe, CA Yes

General Delivery
South Lake Tahoe, CA 96150
530-544-5867

Donner Ski Ranch Yes

Donner Ski Ranch
Attn: (Your Name) PCT Hiker
19320 Donner Pass Road
PO Box 66
Norden, CA 95724
530-426-3082

Belden Town Resort and Lodge Yes (UPS or FedEx only; \$10 fee)

Belden Town Resort and Lodge
Attn: (Your Name) PCT Hiker
14785 Belden Town Road
Belden, CA 95915
530-283-0570; beldentown.com

Old Station, CA Yes

General Delivery
Old Station, CA 96071
530-335-7191

Castella, CA Yes (open when post office is closed)

(Your Name) PCT Hiker
c/o Ammirati's Market
20107 Castle Creek Road
Castella, CA 96017
530-235-2676

Etna, CA Yes

General Delivery
Etna, CA 96027
530-467-3981

Ashland, OR Yes

General Delivery
Ashland, OR 97520
541-552-1622

Crater Lake, OR Yes (UPS or FedEx open)

(Your Name) PCT Hiker; include ETA
c/o Mazama Camper Store
700 Mazama Village Dr.
Crater Lake, OR 97604
541-594-2255

Shelter Cove Resort Yes (UPS only)

Shelter Cove Resort
Attn: (Your Name) PCT Hiker
27600 W. Odell Lake Road
Crescent Lake, OR 97733
541-433-2548

Big Lake Youth Camp Yes

Big Lake Youth Camp
Attn: (Your Name) PCT Hiker
26435 Big Lake Road
Sisters, OR 97759
503-850-3562

Timberline Lodge. Yes

Timberline Lodge
Guest Services
Attn: (Your Name) PCT Hiker
27500 East Timberline Road
Government Camp, OR 97014
503-272-3158

Trout Lake, WA Yes (UPS only)

Trout Lake Grocery
Attn: (Your Name) PCT Hiker
PO Box 132
Trout Lake, WA 98680
509-395-2777

Snoqualmie Pass, WA Yes (\$15 fee + tax if not staying)

Summit Inn
Attn: (Your Name) PCT Hiker
603 WA 906
PO Box 163
Snoqualmie Pass, WA 98068
425-434-6300

Stehekin, WA Yes

General Delivery
Stehekin, WA 98852
509-682-2625

Leg 2: Mexican border - HW138

Campo, CA Yes General Delivery
Campo, CA 91906
619-478-5466

Borrego Springs, CA Yes General Delivery
Borrego Springs, CA 92004
760-767-0741

Big Bear, CA Yes General Delivery
Big Bear City, CA 92314
909-585-7132

Acton, CA Yes Acton KOA
Attn: (Your Name) PCT Hiker
7601 Soledad Canyon Road
Acton, CA 93510
661-724-9281

Specific COVID-19 mitigation protocols are provided below in the COVID-19 Preparedness section, but in sum, we plan on wearing proper protective masks (KN95s) whenever we enter towns to resupply especially in close contact with others either outside or in enclosed spaces in order to minimize the risk of contracting COVID-19 or transmitting the disease to others.

Food Storage

In order to protect our food from various forms of wildlife, we intend to use Ursack Major Bear- and Critter-Resistant Bags from Colorado College's Ahlberg Gear House. Ursacks provide a light, versatile, and durable means of keeping one's food safe and protected. According to Ursack guidelines, we will keep our protected food an appropriate distance from our campsite (~100 paces) as well as tied to a tree (if available) to discourage critters from investigating.

While hiking through certain regions that require hard-sided food-protection containers, we will use our personal BearVault 500 food protection canisters. These bear cans will be kept approximately 200 feet or 100 paces away from our tentsite at night.

Food List

[PCT 2022 Food List.xlsx](#) (25KB)

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Equipment List

[PCT 2022 - RKMf Gear List.pdf](#) (153KB)

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First Aid Kit List

[RKMf_First-Aid_Kit.pdf](#) (54KB)

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Impact

While on this expedition, we plan on abiding by environmentally conscious Leave No Trace procedures in minimizing our impact on the natural landscape. This entails selecting heavily used backcountry campsites rather than establishing new ones, hiking on designated trails and paths, disposing of waste properly and at proper distances from water, trails, and human structures, abiding by fire restrictions and procedures, respecting wildlife, and being kind to other visitors at every step of our expedition. The two of us view natural spaces with reverence and warmth, and aim to treat this wonderful sanctum sustainably and respectfully. Moreover, it is a wonderful and unprecedented opportunity to be able to offset this expedition's carbon emissions footprint of 1.41 metric tons of CO₂ with a payment of \$7.06. Neither of us has ever been able to take part in a carbon-offset expedition, and that is an incredible way to honor the landscape we are journeying in by protecting the greater planetary ecosystem to which it belongs.

We aim to leave a positive impact on each individual we interact with throughout the expedition, whether that person is a fellow hiker or someone we meet in a town along the way. Supporting others through love and friendship is one of the most effective ways of encouraging fellow hikers to keep on hiking, so we intend to spread love, joy, and wonder of the world with everyone we encounter! In projecting positivity to the world, we can only hope that positivity will in due time be returned to us to give us strength on our journey.

(Chris) I believe this expedition will leave an immense impact on me. While I have thru-hiked before on the AT and I know what changes a thru-hike can enact on a person, I have no clue what may become of me in hiking the PCT. I have no frame of reference for what twice-over changes may befall me. I hope this trip leaves me feeling energized in pursuing my everyday adult life after college in every way I can, be that through taking up running and climbing again in more personal senses than before or through feeling spirited enough to write a novel. I believe this experience will leave my relationship with my hiking partner stronger than it's ever been before. Ultimately, I can only hope that this journey leaves me with a greater understanding of myself, my dreams, and a confidence in my abilities to fulfill them.

(Olivia) In participating in this adventure, I believe I will re-discover my appreciation of the world around me since I feel like I have been missing that in living the typical young-adult lifestyle. In living everyday intentionally, with a mission, the PCT will

impact the way I approach my life following the trail, giving me the space to explore my true desires for my life. I think that in completing such a massive feat, my self-confidence will be boosted and I will feel more capable in anything I approach following the trail.

Risk Management

Objective Hazards

1. Weather

Throughout our expedition we expect to encounter a variety of forms of weather. The Pacific Crest Trail travels through numerous regional climatic zones, including high alpine mountains and dry deserts. When we begin our hike in California in May, we expect to hike through one of the driest parts of the trail and are prepared to encounter long days hiking in the hot Mojave sun. In order to combat extreme warm weather and significant sun exposure, we plan on wearing protective clothing (light long sleeve hoodies, brimmed hats, etc) and using 30+ SPF rated sun protection. One tool we each have at our disposal on this expedition is an ultralight umbrella, which on occasion may be used as a personal shade parasol either on breaks or on the move. It is likely that dehydration, heat exhaustion, or ultimately heat stroke may occur while backpacking under such conditions as the body's amount of water diminishes, but we plan on taking preventative steps against this such as wearing protective clothing as previously discussed, taking short breaks often and in shade whenever possible, eating a well-balanced trail diet with plenty of salts, and hydrating profusely (but not too profusely so as to become hyponatremic). While dehydration, heat exhaustion, and heat stroke are certainly greater risks in the desert, they of course will remain present as inherent backpacking risks through the remainder of our expedition in the mountains as well.

Once we progress north into the Sierra Nevadas, we will be spending a lot more time up at elevation amidst the snowcapped mountains, which will be colder. Temperatures alone will be colder and there is the added risk of snowfall. We are equipped with high quality sleeping equipment that should keep us warm at night within reasonable bounds of the anticipated temperature drop. We will carry extra upper and lower layers in combating this added risk during the day and when making/breaking camp. In the event of colder snaps, we are prepared to cook and eat most of our meals warm or with some kind of warm component in order to stay warm throughout the day as well as to keep our isobutane/propane canisters close to our bodies at night. We will be well-resourced and mobile enough to prevent any instances of hypothermia or frostbite throughout the colder sections of our expedition.

We also anticipate hiking through rain, hail, thunder, and lightning storms throughout our journey. We are equipped with proper rain equipment for our upper and lower bodies, as well as packs so trudging through the rain shouldn't be a problem at all (in fact, it's really quite fun). With hail, we are prepared to continue hiking through a storm to an extent. As long as the pieces of hail are small and manageable we can keep hiking; however, in the case of larger or more violent hailstorms, we will hike under our umbrellas or hunker down in our tent and wait out the storm. In regard to thunder and lightning, we will be paying close attention to our current location, route, and destination in terms of their exposure to the elements: lightning, wind gusts, flash floods, and washes. It is our objective to never put ourselves at risk of being struck by lightning and will follow all appropriate lightning protocols when encountering any such storms by first finding a more sheltered and less exposed location before hunkering into lightning position until the lightning has moved a safe distance away (~1-2 miles away or 5-10 seconds between flash and boom).

Fires are also a significant risk or concern that is deeply related to the weather, especially considering recent trends with regard to climate change in the West. In dryer seasons, large portions of the PCT have been closed off due to large wildfires in the West. While this winter in California is not a particularly dry one, the risk of fires certainly remains and we are keeping our minds prepared should one occur. We plan to keep ourselves educated about any present fires that are occurring on the trail and any wilderness restrictions surrounding the fires. When any potential risk is posed to our expedition members, we will plan ahead and expect to either wait out the fire before resuming our hike as planned or possibly skip a section in order to keep hiking. We will observe and abide by all fire precautionary measures. An additional risk related to wildfires is lowered air quality. Fires produce smoke which resides in the air for extended periods of time which can affect individuals' short- and long-term respiratory health. We also plan to abide by any air quality recommendations to the best of our ability and will only hike through smoky/smoggy areas as long as every expedition member is willing to do so. Our mitigation plan for smoke is identical to our fire plan: wait it out or skip as short a section as possible.

2. Water

Water (or lack thereof) is a significant risk on the PCT. As previously stated, some sections of the trail run through the Mojave desert and as such, water can be scarce. PCT thru-hikers know that long water carries can be an essential component of one's desert journey. In order to mitigate this challenge, we will be carrying additional water containers in order to have a large capacity for carrying as much water as is needed when needed. While we will each have our own (2-3L) hydration bladders and additional Smart Water bottles (2-4L), we will also carry two additional 2L Sawyer water bladders as well as a 4L MSR DromLite dromedary bag. In total, we should have the capacity to haul approximately 8-10L each when necessary. This will be

incredibly essential during the desert portion of our trip.

High water crossings will also be a legitimate concern during this expedition. Since it's currently shaping up to be a high snow year for the Sierra Nevada, rivers will likely be running fast and high come spring and summer. This has been a problem in the past for PCT hikers in approaching river crossings that are too dangerous to ford. Our plan in approaching this risk is that we stop and shall assess the risk of fording each river we get to. In cases of higher or potentially dangerous crossings, we will explore the area for any better or safer places to cross and, if deemed safe, achievable, and appropriate, we will use the eddy system to cross the stream together. This system involves significant teamwork, communication, and concentration as multiple expedition members cross the stream simultaneously. Larger individuals (such as Chris) will face upstream, breaking the current and providing an eddy for smaller individuals (like Olivia) to reside in as the team works their way, step-by-synchronized-step, together across the stream. If the river or stream is deemed too dangerous to cross, our team will explore short alternative trails to circumnavigate the crossing, or will turn back, return to the nearest trailhead, and skip a short section to where we can get hiking again.

3. Water Contamination

Water contamination is a significant risk on this expedition. As such, we plan on only drinking from clear and running water sources whenever and as often as possible. Only out of necessity will we drink from stagnant or less-than-ideal water sources. Whenever collecting water from non-potable water sources, we will treat our water with purifying chemicals that remove contamination, such as the chlorine dioxide tablets/droplets Micropur or AquaMira. This, in turn, will allow us to drink decontaminated water throughout our journey.

4. Wildlife and Plants

Various wildlife plants and animals also pose risks to us while we will be hiking on the PCT. Namely, the biggest wildlife concerns include critters and mini-bears like chipmunks, mice, and squirrels who will fight for any unguarded food scraps, but larger animals like bears and cougars also live along the length of the PCT. Other flora and fauna that present concerns to our expedition include poisonous plants, bug bites, and pollen. Please see the following bullet points for an outline of our responses to the above mentioned wildlife risks.

- Critters/mini-bears: Critters or mini-bears such as mice, rats, chipmunks, or squirrels can present a significant risk to a hiker's health, supplies, and equipment while on a thru-hike. They not only strive to eat human food which is detrimental to their own health, but they will scratch, bite, and claw their way through any amount of synthetic outdoor material in order to get it. In order to combat this risk, we plan on taking good care to store our food waste and trash in a proper storage container outside of our tent and at an appropriate distance from our tentsite. We also plan to stay out of any critter-infested areas (like old cabins or caves) that may present opportunities for us to be exposed to viruses such as hantavirus.
- Bears (only black bears) are a significant risk along the PCT especially in more densely populated or more popularly traveled areas. We plan to abide by all precautionary bear protocols including storing our food in a proper bear resistant container at all times (Ursack) and storing our food in an officially approved hardsided container (BV500) in certain more populated wilderness areas like Yosemite. We will keep our food an appropriate distance (~200ft) from our campsites each night along with any other veritable "smellables" in order to minimize the risk of encountering a bear. Should we encounter a bear, we will engage proper protocols after taking a once-in-a-lifetime picture. We will get big, huddle together, and wave our arms while shouting at the bear to shoo. This should provide enough of an impetus for the bear to decide we're not worth the trouble and trudge off. Rocks can be thrown around the bear as an extra scare-tactic, but not directly at the bear so as to incite its anger. In the event of an encounter with a problem bear, we will pack our things quickly, slowly back away from the bear, and hike on to a new destination.
- Cougars are certainly a risk along the PCT. Since they are crepuscular, we can avoid much of this risk by not hiking at dusk or dawn, when they are most active. We can also mitigate the risk of a cougar attack by hiking close together, rather than spread far apart, which provides a cougar with a better opportunity to attack smaller expedition members. Honestly, we'll be lucky if we see one at all.
- Poisonous plants like poison oak or ivy are also a significant risk along the PCT. We can mitigate this risk by taking care to identify and communicate the presence of any poisonous plants along the trail to all other expedition members. With this risk, avoidance is key.
- Bug bites can also present a significant risk to PCT hikers. Namely, mosquito bites can be the biggest source of bug bite concern. This can be mitigated through wearing protective clothing as well as using protective bug repellent and using other products such as AfterBite in mitigating swelling and inflammatory response. Spider bites, including black widow bites, can also be a significant concern. We will take care to watch for any spiders present around our campsites and to make sure none make it into our tent at night. Black widows can at times be a risk for those using composting pit toilets as well, where a person can slam down the toilet seat lid numerous times before preparing to do one's business in order to scare any potential spidery threats away.
- Pollen can also be a risk for PCT hikers. Thankfully, none of our expedition team members are asthmatic, so pollen should never become a life-threatening issue. It can, however, impact one's experience through creating a minor degree of adverse challenge. This can be mitigated through avoiding certain allergenic plants or using antihistamines in mitigating the body's

inflammatory response.

5. Hiking Injuries

Various injuries can occur to an individual while on an extended backpacking trip such as this. Accidental injuries, such as burns or broken bones, and also stress injuries like blisters or musculoskeletal problems can occur. Accidental injuries will be handled as they occur. Burns will be treated to the extent that they have harmed the body. Superficial burns (such as blisters) can be treated easily enough in the backcountry so long as they don't ruin an individual's time on the trip. Partial- and full-thickness burns are much more challenging or impossible to treat in the backcountry and will likely require evacuation to local healthcare facilities for treatment. While traditional foot blisters can also result from continued stress and friction in the shoe, their treatment would be the same for other kinds of accidental superficial burn wounds. Any accidental musculoskeletal injuries (broken wrist, leg, or arm, dislocated shoulder, etc) will be assessed and treated to the extent that they can be in the field before likely being treated in a local medical facility after evacuation. Compound fractures will of course necessitate an immediate backcountry evacuation. With musculoskeletal stress injuries that are not accidental and are rather the result of continued strain on a muscle, tissue, or joint, they will be assessed on the basis of how they may impede an individual's ability to participate in the expedition or how they may affect the individual's long-term health. Any injuries that impede an individual's participation or long-term health will be treated and will likely result in an evacuation and/or the end of the expedition. Ultimately, many injuries must be assessed on a case by case basis in relation to how they impact each individual and their participation in and enjoyment of the expedition activities. No expedition team member will be made to go any farther than they deem healthy for themselves.

6. Remoteness

Remoteness is certainly a formidable concern should any emergencies arise while backpacking. We are equipped with both an ACR Electronics ResQLink Personal Locator Beacon (PLB) and a Garmin InReach satellite messenger. Each of these tools provide valuable means of communicating with first responders and family during emergencies. The PLB is NOAA SARTSAT registered, and can be activated in the event of an emergency to alert regional and local Search-and-Rescue (SAR) personnel to our emergency status and location. Once this beacon is activated, however, it is very important to stay put. The Garmin InReach, however, permits two-way communication between emergency personnel as well as designated family members or friends through satellite connection. We also will be using the iPhone application, Far Out Guides (previously known as Guthook) which can provide location services on a topographic PCT map as long as one's iPhone can provide location services (not just telephone service). This app can be used to determine distances to nearby side trails and to popular nearby trailheads including communally added resources for who to call for help, a ride, or lodging.

7. Navigation (getting lost)

Getting lost will certainly be a consistent risk or concern throughout the duration of our expedition. Both expedition team members are well experienced in hiking and more-importantly in trail-spotting. This should make accidentally traveling off trail relatively easy to avoid. Otherwise, we plan on using our compass in combination with our National Geographic Pacific Crest Trail maps, the Far Out Guides app, and the Gaia GPS app to monitor our hiking progress and continually ensure that we are hiking in the correct direction and on the correct trail.

8. Criminal Behavior

While a relatively mild concern during any wilderness-based activity, crime and criminal behavior remains a veritable risk at numerous points during our expedition. The majority of this risk will be centered around urban or populated areas, crime is still a possibility out in the wilderness. In order to minimize our amount of exposure to this risk throughout our journey, we plan to always leave town well before dark so that we can make our way to a campsite that is a safe distance from town or from larger roads or trailheads. In regard to experiencing criminal behavior in proximity either in town or on trail, we plan to employ a zero-tolerance policy for unsafe situations. Whenever there is someone camping at the same place as we are who is causing a nuisance and/or being legitimately nefarious, we plan to pack our things with expedience and move on to another campsite quickly.

Evacuation Plan

As one can see on our emergency resources table, we know the location and phone number of every major clinic and hospital along the way, we have also listed numbers and locations of ranger stations along the trail. These valuable resources shall be sought out in the event of any serious emergency. If any injuries occur that we cannot treat ourselves we will begin a self-evacuation process. If both members are able to hike out under their own weight, then we plan to hike out to the nearest accessible town or road to a health center. We plan to always be together if there is an injury and never split up unless it is absolutely necessary. If there is a more serious injury where one cannot walk out on their own we will attempt to contact the nearest ranger station to request aid. In the event that we are without cell service, we can employ our emergency communication devices. The Garmin InReach can be used to contact necessary emergency personnel, and the PLB can be used as a last resort in calling the SAR cavalry in full, should that ever be necessary in a life or limb situation. After an

emergency has been seen to, we will assess each expedition member's health, ability, and mental fortitude in determining whether it is in our best interest to continue the expedition. Hopefully, we will be able to get back on trail easily after any emergency evacuation situation.

Special Preparedness



Emergency Resources

Emergency and rescue resources will vary throughout the trip due to the large amount of space covered. We have listed the national and state park ranger stations in the vicinity of each segment of the trip and listed medical facilities near each segment, as well. Although we cannot rely on cell service, recent thru-hikers estimated they had cell service about 70% of the time along the PCT. If we need to contact an emergency or rescue resource, we will try for cell phone service. If there is none, we can use either of our emergency communication devices, depending on the severity of the situation. We can either set off the PLB and await help or use the Garmin InReach to contact help along the way. We can also send one member of our expedition team to hike ahead until they reach cell service to call for help.

Resupply Location	Nearest Medical Facilities	Park Stations/Emergency Resources
Mojave, CA	Mojave Medical Center 16914 Highway 14 Mojave, CA 93501 (661) 824-2729 Southern Inyo Hospital	Kern River Ranger District 11380 Kernville Rd. Kernville, CA 93238 (760) 376-3781
Kennedy Meadows	501 E Locust St Lone Pine, CA 93545 (760) 876-5501	Sequoia National Forest 1839 South Newcomb St Porterville, CA 93257-2035 (559) 784-1500
Vermillion Valley Resort	Mammoth Hospital 85 Sierra Park Rd Mammoth Lakes, CA 93546 (760) 934-3311	Sierra National Forest 1600 Tollhouse Road Clovis, CA 93611-0532 (559) 297-0706
Mammoth Lakes, CA	Mammoth Hospital 85 Sierra Park Rd Mammoth Lakes, CA 93546 (760) 934-3311	Sierra National Forest 1600 Tollhouse Road Clovis, CA 93611-0532 (559) 297-0706
South Lake Tahoe, CA	Barton Medical Clinic 1111 Sierra-At-Tahoe Rd Twin Bridges, CA 95735 (530) 659- 7434	Pacific Ranger District Richard Thornburgh, District Ranger, 7887 Highway 50, Pollock Pines, CA 95726-9602 530-644-2349
Donner Ski Ranch	Tahoe Forest Hospital Truckee, CA 96161 (530) 582-1112	Truckee Ranger District 10811 Stockrest Springs Rd. Truckee, CA 96161 (530) 587-3558
Belden Town Resort and Lodge	Plumas District Hospitals: 1065 Bucks Lake Rd Quincy, CA 95971 (530) 283-2121	Plumas National Forest, 159 Lawrence Street, Quincy, CA 95971 (530) 283-2050 3
Old Station, CA	Mayers Memorial Hospital District 43563 State Highway 299 E Fall River Mills, CA 96028 (530) 336-5511	Lassen National Forest Supervisor's Office 2550 Riverside Dr. Susanville, CA 96130 (530) 257-2151
Castella, CA	Mercy Medical Center Mount Shasta 914 Pine St. Mount Shasta, CA 96067 (530) 926-6111	Shasta-Trinity National Forest Headquarters 3644 Avtech Parkway Redding, CA 96002 (530) 226-2500
Etna, CA	Scott Valley Rural Health Clinic 155 Diggles St. Etna, CA 96027 (530) 467-5393	Klamath National Forest, Gooseneck Ranger District, 37805 Highway 97 MacDoel, CA 96058 (530) 398-4391
Ashland, OR	Asante Ashland Community Hospital 280 Maple St.	Cascade-Siskiyou National Monument Medford District Office - BLM

	Ashland, OR 97520 (541) 201-4000	3040 Biddle Road Medford, OR 97504 (541) 618-2200
Crater Lake, OR	Providence Medical Center: 1111 Crater Lake Ave, Medford, OR 97504 ; (541) 732-5000	Crater Lake National Park Center (541) 594-3000
Shelter Cove Resort	Urgent Care: 1501 NE Medical Center Dr, Bend, OR 97701 ; (541) 706- 6400	Willamett Pass Ski Resort: (541) 345-7669 ; Crescent Fire Station: (541) 433-2466
Big Lake Youth Camp	High Lakes Health Care: 354 W Adams Ave (541) 549-9609	McKenzie River Ranger District Station, 541-822- 3381
Timberline Lodge	Providence Hood River Memorial Hospital: 810 12th St, Hood River, OR 97031 ; (541) 386-3911	Hood River Ranger Station: (541) 352-6002
Trout Lake, WA	Trout Lake Clinic 2384 Highway 141 Trout Lake, WA 98650 (509) 395-2134	Mount Adams Ranger District (509) 395-3402
Snoqualmie Pass, WA	Snoqualmie Valley Hospital: 9801 Frontier Ave SE Snoqualmie, WA 98065-9577 ; 425-831-2300	Snoqualmie Pass Visitor's Center: (425) 434-6111
Stehekin, WA	Lake Chelan Community Hospital: 503 E Highland Ave, Chelan, WA 98816 ; (509) 682- 3300	Lake Chelan National Recreation area: (509) 699- 2080
Campo, CA	Mountain Empire Family Medicine: 31115 CA-94, Campo, CA 91906; (619) 478- 5311	San Diego County Fire Station 46 Campo; 437 Jeb Stuart Rd, Campo, CA 91906 ; (619) 478-5310
Borrego Springs, CA	Centro Medico Oasis - Urgent Care 88775 76th Ave. Thermal, CA 92274 (760) 397-2501	Anza-Borrego Desert State Park Visitor Center (760) 767-4205
Big Bear, CA	Big Bear Valley Community Hospital: 41870 Garstin Dr, Big Bear Lake, CA 92315 ; (909) 866- 6501	Sugarloaf Ridge State Park: 2605 Adobe Canyon Road Kenwood, CA 95452 ; (707) 833-5712
Acton, CA	Summit Urgent Care 38656 Medical Center Dr. Suite C Palmdale, CA 93551 (661) 273-7100	Los Angeles Gateway Ranger District, 12371 N. Little Tujunga Canyon Road, San Fernando, CA 91342, (818) 899-1900

Emergency Communication

ACR Electronics ResQLink Emergency Personal Locator Beacon (PLB) (NOAA SARSAT registered) (Chris's)

Garmin InReach Mini satellite messenger (Olivia's)

COVID-19 Preparedness

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

Currently COVID-19 cases across the western seaboard in the United States are less than ideal. This is most obviously an impact of the Omicron variant's arrival in the United States: cases are spiking among the population of both vaccinated and unvaccinated individuals. For instance, California is presently reporting a daily average of over 100,000 new COVID cases; approximately 271 out of 100,000 individuals are getting COVID every day in the state. This number is similar to other states' COVID-19 infection rates at present. Again, not ideal; however, due to the differences of the Omicron variant compared to the virus we first dealt with in spring of 2020, these statistics are not so volatile or life-threateningly terrifying.

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

While traveling to our trailhead, our expedition team will wear proper protective masks (KN95s) when in close contact with any individuals outside of our "Family Unit" or pod. This means that we will protect ourselves and others by wearing KN95 masks whenever in enclosed spaces with others or close-by to others in open spaces like gas stations, campsites, stores, etc. We will wash our hands and use hand sanitizer as often as possible in order to minimize the potential spread of germs and COVID-19.

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

While on our expedition, we plan on wearing proper protective masks (KN95s) at all times when in enclosed spaces with residents of the areas we'll be traveling to. This means that whenever we travel into town for resupply, we will wear proper masks when inside buildings or motor vehicles with other people outside of our "Family Unit" or pod. We will also use hand sanitizer and wash our hands as frequently as possible in order to minimize the potential spread of germs and COVID-19 throughout our communities of travel.

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

Olivia and I intend to act as a "Family Unit" or closed "pod" while on our expedition. We will be carrying KN95 and fabric masks. In the field, we will mask up while hiking whenever we are in a busy or highly trafficked area. We plan on distancing from other recreators whenever we pass them on the trail or camp near them. Hand sanitizer will be used frequently and we will wash our hands at every available opportunity!

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

Since the two of us are fully vaccinated (and will both be boosted by the beginning of the expedition), we hope that if either of us develops symptoms, they will be mild. There is, however, no guarantee of mild symptoms and as such, COVID remains a significant concern. Should anyone develop symptoms at any point, masks will be worn and used to protect asymptomatic expedition members.

Each member of our expedition shall carry a COVID rapid test (they make some that are really quite small and would not be overly cumbersome to carry). Should symptoms arise, symptomatic members will take their COVID test. Since rapid tests can be inaccurate, we will remain focused on quality of symptoms and how expedition members are feeling.

Should any expedition member test positive, or should the symptoms of any member be considerably worrisome or affect their ability to hike, our plan is to get off trail at the most convenient or closest trailhead which can provide access to a town or city. While keeping social distancing in mind and practice, we will acquire an additional COVID rapid test (likely a handful of them, in order to continue testing frequently to monitor our conditions) in order to confirm whether our symptoms are indeed COVID or not. All expedition team members will be tested at this time. Treatment for symptoms will be sought if the test is negative (and likely a different upper respiratory issue) at a local urgent care or other medical facility. If the test is positive, we will find lodging and wait it out. Symptomatic members will focus on resting and recuperating. Should symptoms worsen, appropriate medical care will be sought. We plan to get back on trail as soon as all participants are able.

These evacuation plans will change depending on where we are, how close to a well-resourced community we are, and how expedition members are feeling. If we are far enough from a nearby trailhead or a viable town, we will focus on moving toward that trailhead/town at a slow rate, allowing symptomatic members to rest as much as possible throughout the day when not hiking. If members are feeling fine enough, we may not need to get off trail; however, should symptoms worsen or should they affect expedition members to a significant degree, we will absolutely seek treatment after getting off trail. If symptoms become too great for expedition members to leave the backcountry on their own two feet, we will notify Search and Rescue (SAR) and seek rapid evacuation to the nearest medical facility with help from local authorities.

Budget

Budget

[PCT_RKMF_Budget.pdf](#) (34KB)

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Transportation

500

Food and Fuel

3659.47

Maps and Books

110

Permits/Fees

0

Gear Rentals

0

Carbon Emissions Offsetting

7.06

Total Funding Request

4996.53

Funding Per Person

2498.27

Cost Minimization Measures

We plan to minimize cost expenditures at every conceivable opportunity. Firstly, our plan does not incorporate staying at hiker hostels or other structural accommodations unless necessary. By planning to spend the majority of our nights in the woods, our lodging costs will be virtually nonexistent thereby allowing us to make those accommodations sparingly and on necessary occasions (without overdoing it). We also plan to purchase food in bulk where possible to minimize expenses from both item and tax costs. For more expensive meal items, we have explored alternative means of purchase. For instance, in incorporating freeze-dried meals into our meal plan, we were wary of their greater costs despite their high caloric and nutritional values. In partially circumnavigating this challenge, we've decided to purchase such meals through Chris's National Eagle Scout Association Pro Deal on ExpertVoice. This deal lessens the financial burden of incorporating those meals into our plan, allowing us the opportunity to occasionally enjoy a hearty and delicious freeze-dried meal. We plan to minimize our cost expenditures for the flight arrangement from Seattle to San Diego by flying coach and buying our tickets as soon as possible while they're cheap. We also plan to call in some helpful favors from family members and local friends wherever possible to avoid transportation, lodging, or supply costs. For instance, Olivia's family lives nearby to our terminal trailhead at CA Highway 138 and will provide an invaluable resource for us in hiking the PCT by providing us with transportation and lodging at the start and end of our journey. The two of us also have friends in the San Diego and Seattle areas who may be persuaded to drive us smelly hikers from the airport to trailhead or vice versa (probably with the windows down). We plan to take good care of and repair our equipment throughout the expedition, thereby reducing the need to make additional purchases. For some equipment items, like hiking shoes, we expect that they will need replacing throughout the journey. We intend to make our gear last as long as possible in minimizing the added expense of making replacements.

Expedition Agreement**Expedition Agreement**[RKMF_Expedition_Agreement.pdf](#) (430KB)

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Itinerary Statement

Since this expedition on the Pacific Crest Trail is, by nature, a long journey, the two attached sample itineraries function as representations of what our PCT thru-hike will look like throughout. This is done because it is both tedious and inevitably inaccurate to outline a full itinerary for an expedition of this caliber. On such a long journey, plans often change in many small ways. These two sample itineraries provide a framework for how our thru-hike will take form and are short enough that following them accurately is not so problematic as following an entire 153 day itinerary.

The first sample itinerary, the Starting Out Itinerary, provides an in-depth description of our daily mileages, campsites, water sources, evacuation route locations, and daily elevation gain during the very beginning of our expedition. Please note that the mileages listed here are intentionally low so that we can ease into our PCT hike without over-straining ourselves at the start. Daily maps are provided from the Gaia GPS software and for this Starting Out Itinerary the maps are titled PCT_S1_x. S1 stands for Section 1. In the itinerary, evacuation routes are listed under the northbound PCT mile marker and can be viewed in each daily map.

The second sample itinerary, the At-Speed/Flip Itinerary, provides the same in-depth description of our daily mileages and other data points while we are hiking at full speed after building up what they call “trail legs.” This section is also concurrent with the “flip” component of our flip-flop thru-hike, where we reach the northern terminus of the PCT and fly south to pick up the trail again at the southern terminus before continuing our journey. This sample itinerary also carries us through to the end of our journey, completing the PCT the same place we started at CA Highway 138. Daily maps are provided from the Gaia GPS software and for this At-Speed/Flip Itinerary the maps are titled PCT_S2_x. S2 stands for Section 2. In the itinerary, evacuation routes are listed under the northbound PCT mile marker and can be viewed in each daily map.

STARTING OUT									
Day	Total Miles	Date	Start	End	Daily Miles	Ascent	Water	Evacuation Route	
1	8.4	5-31	HW 138/ 230th St West	Cottonwood Creek Bridge	8.4	382 ft	Cottonwood Creek	PCT Mi 532.2	
2	14.9	6-1	Cottonwood Creek Bridge	Tylerhorse Canyon Wash	6.5	1,970 ft	*unreliable	PCT Mi 541.3	
3	22.9	6-2	Tylerhorse Canyon wash	Headwaters of Burham Canyon	8	2,655 ft	*no water	---	
4	31.3	6-3	Headwaters of Burham Canyon	Oak Creek	8.4	855 ft	Oak Creek	PCT Mi 558.5	
5	40.9	6-4	Oak Creek	Waterfall Canyon	9.6	1,444 ft	*unreliable (La Rose Creek)	PCT Mi 558.5; 566.5	
6	48.7	6-5	Waterfall Canyon	Just past "seldom-used Jeep road" ³⁸	7.8	3,070 ft	*no water	PCT Mi 566.5	
7	55.6	6-6	Just past "seldom-used Jeep road" ³⁸	Golden Oaks Spring	6.9	1,761 ft	Golden Oaks Spring	PCT Mi 578.9	
8	65	6-7	Golden Oaks Spring	"East-west road" ³⁸	9.4	1,866 ft	*no water	PCT Mi 582.7	
9	75.2	6-8	"East-west road" ³⁸	Cottonwood Creek log-bridge	10.2	3,167 ft	Cottonwood Creek	PCT Mi 600.9	
10	84.2	6-9	Cottonwood Creek log-bridge	Piute Mountain Road	9	1,234 ft	*unreliable (Harris Grade Spring)	---	
11	94.1	6-10	Piute Mountain Road	SC39	9.9	1,714 ft	Willow Spring	PCT Mi 616.0	
12	104.5	6-11	SC39	Just north of Bird Spring Canyon	10.4	2,357 ft	*no water	PCT Mi 630.8	
13	115.8	6-12	Just north of Bird Spring Canyon	Mclvers Spring	11.3	2,528 ft	Mclvers Spring	PCT Mi 637.0	
14	127.8	6-13	Mclvers Spring	Trail JCT to Morris Peak	12	2,597 ft	*no water	PCT Mi 652.1	
15	139.8	6-14	Trail JCT to Morris Peak	Spanish Needle Creek	12	3,519 ft	Spanish Needle Creek	PCT Mi 663.8	
16	151.9	6-15	Spanish Needle Creek	Chimney Creek	12.1	3,897 ft	Chimney Creek	---	
17	164.4	6-16	Chimney Creek	South Fork Kern River stream	12.5	3,659 ft	South Fork Kern River stream	PCT Mi 680.9; 689.1	
18	172.5	6-17	South Fork Kern River stream	Kennedy Meadows	8.1	1,107 ft	Kennedy Meadows	---	
19	172.5	6-18	ZERO @ Kennedy Meadows		0	0	Kennedy Meadows	---	
Key:				ZERO Days:					
""page number - quoted from the Pacific Crest Trail Data Book 6th edition				We intend to take zero days (rest days) as we deem necessary for our bodies and minds throughout the trip.					
10 or more miles				In general, we will be taking zero days every 10-12 days. In order to keep our itineraries and maps as clear and concise as possible					
15 or more miles				for this application, we made a deliberate decision to leave scheduled zero days out of the schedule. Rest assured, it is a major					
20 or more miles				priority of ours to provide our bodies with plentiful rest and recuperation to ensure our success in the long run.					
30 or more miles									

AT THE FLIP/ PEAK								
Day	Total Miles	Date	Start	End	Daily Miles	Ascent	Water	Evacuation Route
128	2,152.10	10-11	US/CANADA Border	Below Jackita Ridge	25	7,418 ft	*unreliable	---
129	2,160.90	10-12	Below Jackita Ridge	Canyon Creek Trailhead -> Seattle, WA	8.8	2,616 ft	Seattle, WA	---
130	2,169.70	10-13	Seattle, WA	San Diego, CA -> US/MEXICO Border -> "Creeklet, winter and early spring" ¹⁹	4.4	314 ft	Campo, CA	---
131	2,174.10	10-14	"Creeklet, winter and early spring" ¹⁹	Lake Morena Campground	14.8	3,705 ft	Lake Morena Campground	PCT Mi 18.2
132	2,188.90	10-15	Lake Morena Campground	Lower Morris Meadow Springs	18.2	4,513 ft	Lower Morris Meadow Springs	PCT Mi 24.1
133	2,207.10	10-16	Lower Morris Meadow Springs	Oriflamme Canyon off of Sunrise HW	18.8	2,806 ft	*unreliable	PCT Mi 47.8
134	2,225.90	10-17	Oriflamme Canyon off of Sunrise HW	Scissors Crossing/ CA 78	18.9	2,540 ft	*unreliable	PCT Mi 77.3
135	2,244.80	10-18	Scissors Crossing/ CA 78	San Ysidro Creek	26	7,503 ft	San Ysidro Creek	PCT Mi 101.2
136	2,270.80	10-19	San Ysidro Creek	Tule Spring	30.6	7,229 ft	Tule Spring	PCT Mi 111.3
137	2,301.40	10-20	Tule Spring	Apache Spring	30.8	8,932 ft	Apache Spring	PCT Mi 151.8
138	2,332.20	10-21	Apache Spring	San Jacinto Mountains National Monument	33.2	7,374 ft	San Jacinto Mountains National Monument	PCT Mi 183.3
139	2,365.40	10-22	San Jacinto Mountains National Monument	Mission Springs	32.9	10,551 ft	Mission Springs	PCT Mi 207
140	2,398.30	10-23	Mission Springs	Big Bear Lake	33	6,377 ft	Big Bear Lake	PCT Mi 266.1
141	2,431.30	10-24	Big Bear Lake	Deep Creek ford	29.6	6,093 ft	Deep Creek	PCT Mi 278.6
142	2,460.90	10-25	Deep Creek ford	Silverwood Lake State Recreation Area	21	6,090 ft	Silverwood Lake State Recreation Area	PCT Mi 314.3
143	2,481.90	10-26	Silverwood Lake State Recreation Area	Guffy Campground	35	12,690 ft	Guffy Spring	PCT Mi 341.9
144	2,516.90	10-27	Guffy Campground	Camp Glenwood	33.5	10,577 ft	Camp Glenwood	---
145	2,550.40	10-28	Camp Glenwood	Messenger Flat	27.9	9,054 ft	Deer Springs	PCT Mi 418.6
146	2,578.30	10-29	Messenger Flat	Bouquet Canyon Road	33.9	8,936 ft	*no water	PCT Mi 451.1
147	2,612.20	10-30	Bouquet Canyon Road	"Liebre Mountain Truck Trail" ³⁵	37.7	12,747 ft	"Liebre Mountain Truck Trail" ³⁵	PCT Mi 485.1
148	2,649.90	10-31	"Liebre Mountain Truck Trail" ³⁵	HW 138/ 230th St West	23.7	2,415 ft	HW 138/ 230th St West	---
Key:			ZERO Days:			Date	Travel Information	Price
""page number - quoted from the Pacific Crest Trail Data Book 6th edition			We intend to take zero days (rest days) as we deem necessary for our bodies and minds throughout the trip. In general, we will be taking zero days every			10-12	Hitch-hike from Canyon Creek Trailhead to Bellingham, WA	
10 or more miles			10-12 days. In order to keep our itineraries and maps as clear and concise as possible for this application, we made a deliberate decision to leave scheduled				Greyhound bus from Bellingham to Seattle - departs @	
15 or more miles			zero days out of the schedule. Rest assured, it is a major priority of ours to provide our bodies with plentiful rest and recuperation to ensure our success				10:15 pm, arrives @ 12:45 am	\$12 ea
20 or more miles			in the long run.				Spend the night at Hampton Inn	\$133 for one room
30 or more miles			Please keep in mind, zeros can be added into the itinerary at any point as needed.				Or, family friend drives us from Canyon Creek TH to Hampton Inn, Seattle	
						10-13	Shuttle to the airport ~ 9 am	(including breakfast)
							Alaska Airlines - departs SEA @ 11 am, arrives	
							SAN @ 1:52 pm (2 hr 52 mins)	\$90 ea
							Family friend drive us to PCT Southern Terminal	
							(1 hr)	

	Flip Flop Statement:					A Note on High-Mileage Days:	
	As stated in the "Location" section of the RKMF Group Application,					You may notice a large quantity of high-mileage days in the above itinerary sample. These high-mileage	
	the type of thru-hike we are embarking on is colloquially referred to					days also tend to coincide with large amounts of elevation gain. At first glance, this may appear untenable,	
	as a "Flip-Flop," and involves beginning and ending our hike at					unachievable, or reckless for the two of us backpackers. However, it should be understood that it is	
	the CA Highway 138 Trailhead. This means we will be hiking NOBO					common for PCT thru-hikers to be able to hike 30+ mile days toward the ends of their hikes.	
	(northbound) from CA Highway 138 to the Canadian Border, and then					It has been said that a 30-miler on the PCT is equivalent to a 20-miler on the Appalachian Trail (AT).	
	we will travel to Seattle, where most people finish the trail, fly south to					While I have heard this from former PCT thru-hikers as well as Triple Crowners (people who have hiked	
	San Diego, and continue our thru-hike northbound from the Mexican					all three of America's 2000+ mile National Scenic Trails) in my personal experience, it can also be	
	Border back to CA Highway 138. The two sections of our hike are					confirmed by thru-hiker community resources like TheTrek.co , similar blogs, or the BackpackerRadio	
	therefore the "flip" and the "flop." We plan on spending a zero day					podcast. While the elevation gain component of these high-mile days can be daunting, please remember	
	in Seattle after getting a ride there from the trailhead from a family					the spread of elevation gain over each day's total mileage. For instance, the 12,690 ft of elevation gain	
	friend in the Seattle area. Please refer to the above Travel Information					on Day 143's 35-mile day appears intimidating, but actually only averages at about 363 ft per mile--	
	for more details surrounding our "flip" transition.					a fairly manageable and sustainable gradient at which to hike throughout the day.	
						Moreover, it should be understood that such challenging days are just that: challenging!	
						We wouldn't be attempting a thru-hike of the PCT if not for want of a good challenge!	
						Please keep in mind that Zero days are not included in the above sample itinerary but will be used	
						as often as necessary for the two of us to approach this hike sustainably.	

There and Back Again: Flip-Flopping on the Pacific Crest Trail

Olivia Fortner & Chris Tobin

RKMF Grant Application 2022

Total Price (\$):	Total Price Per Person (\$):
3659.47	1829.71

* Calories, Quantity, and Prices are provided in Hiker Serving portions (either 1 or 2 servings of each food).

Food	Calories*	Quantity *	Price* (\$)	Price Totals for 150 days (\$)	
Gluten-Free (GF) Oatmeal Packet	320	150	1.12	168	
Oatmeal Packet	160	100	0.3	30	
Dried Mango <3	140	150	1.26	189	
Pro Bar Meal (Banana Nut)	400	75	2.67	200.25	
Pro Bar Meal (Superberry)	360	75	2.67	200.25	
Raisins <3	90	75	0.3	22.5	
Dried Cranberries	130	75	0.47	35.25	
Nature Valley Granola Bar (Crunchy Oats n H	190	150	0.6	90	
Nature Valley Granola Bar (Sweet n Salty Nut)	170	150	0.6	90	
Pro Bar Bolt Organic Energy Chews	190	150	1.69	253.5	
Hormel pepperoni	150	100	0.67	67	
Poptarts (Brown Sugar)	400	75	0.55	41.25	
Mission Flour Tortillas	140	95	0.2	19	
Good Thins GF Garden Veggie Crackers	130	75	1.1	165	
Good Thins GF Salt Rice Crackers	130	75	0.94	70.5	
Mission GF Tortillas	150	75	0.99	74.25	
Jif Creamy Peanut Butter	190	150	0.18	27	
Carnation Instant Breakfast powder	130	75	0.75	56.25	
Modern Table GF Mac n Cheese	300	50	4.29	214.5	
Starkist tuna packet	70	75	1.39	104.25	
Folgers Classic instant coffee	0	80	0.17	13.6	
Idahoan instant potatoes	120	25	1.33	33.25	
Knorr Rice Sides (Chicken and Broccoli)	270	40	1	40	
Knorr Fiesta Sides (Spanish rice)	280	35	1	35	
Starkist chicken pouch	80	75	1.99	149.25	
Backpacker's Pantry (BP) Mac & Cheese	860	15	6.29	94.35	
BP Mushroom Stroganoff w Noodles	590	5	6.29	31.45	
BP Fettucine Alfredo	740	10	8.39	83.9	
BP Pasta Primavera	330	15	4.89	73.35	
BP Lasagna	680	5	6.29	31.45	
BP Pad Thai	930	12	6.99	83.88	
BP Rocky Mountain Scramble	280	8	6.29	50.32	
BP Chana Masala	860	10	4.89	48.9	
Clif Bar	250	150	1.25	187.5	
Clif Blok Energy Chew	180	150	2.29	343.5	
Club Crackers	140	150	0.21	31.5	
Cheddar Cheese Snacks	160	63	0.8	50.4	
Tillamook Cheddar Cheese Snacks	180	62	0.66	40.92	
Near East Original Rice Pilaf	690	10	2.99	29.9	
Maruchan Soy Ramen	370	60	0.33	19.8	
MSR IsoPro Fuel Canister (8oz)	----	10	6.95	69.5	

Backpacking can be an extremely taxing activity for the human body. Some say that one burns between 400-600 calories per hour while hiking.

You can see how that might create a significant deficit in the body's amount of energy over time. Our meal plan strives to outline a nutritious and balanced diet for our PCT thru hike.

We will attempt to consume enough calories, but quite frankly, doing so consistently can often prove challenging on an expedition such as this. However, we still plan to consume between 2000-4000 calories/day.

This many calories, coupled with quality proteins, carbohydrates, and electrolytes, should provide our bodies with a sustainable amount of gas in the tank throughout our expedition.

Whenever we are in town for resupply, we plan on supplementing our meal plan with additional nutritional foods like fresh fruits and vegetables using personal funds when necessary.

Please note that for freeze-dried meal products, prices are based upon Chris's National Eagle Scout Association ExpertVoice Pro Deal. Other foods will be purchased through pro-deal if that option is available at the time of purchase (product and brand availability on ExpertVoice grows and varies over time).

A Note on Personal Caloric Intake:

The above food and meal plan comprises a substantial portion of our budgetary requests for this expedition.

Since Ritt Kellogg Expedition funding is limited for this application, we decided to limit our food list to exclude desserts, oils, and any food we would order from restaurants while in towns. We also intend to supply our bodies with additional calories through procuring individual packages of olive oil to add to any meal, chocoate candies (Snickers, Hersheys, Twix, Peanut M&Ms, etc), as well as any other treats. These are expected to be purchased with additional personal funds, since RKMF funding is somewhat limited and other expenses are more important for this application. We have also created this food list and calorie count to reflect our personal knowledge of our bodies and their needs.

While the personal caloric intake values may appear low, we have intended them to represent a personal and acceptable daily bare minimum.

As stated, supplements are intended to be added to what is provided for here.

Average Day Caloric Approximations

Olivia

Dietary Restrictions:

Vegetarian (except for chicken)

Average Day **Calories**

Breakfast

Oatmeal packet 160
 Dried fruit 90
 Peanut Butter 190

Elevenies (midmorning snack)

Clif Bar 250
 Clif Blocks 180

Lunch

Cheese 180
 Crackers 140
 Tortilla 140
 Peanut Butter 190
 Dried fruit 130

Afternoon Tea (afternoon snack)

Nature Valley Oats N Honey 190

Dinner

Ramen Packet 370

Total Calories 2210

Chris

Dietary Restrictions:

Gluten-free, Dairy-free

Average Day **Calories**

Breakfast

GF Oatmeal packet x2 320
 Dried fruit 140
 Carnation instant breæ 130
 Folgers instant coffee 0
 Peanut butter 190

Elevenies (midmorning snack)

Pro Bar Meal 400
 Nature Valley Sweet N 170
 Pro Bar Bolt Chews 190

Lunch

Hormel pepperoni 150
 Good Thins GF cracke 130

 Mission GF tortilla 150
 Peanut butter 190

Afternoon Tea (afternoon snack)

Nature Valley Oats N 1 190
 Pro Bar Bolt Chews 190
 Pro Bar Meal 360

Dinner

Modern Table Mac 300
 Tuna packet

Total Calories 3200

There and Back Again: Flip Flopping on the Pacific Crest Trail

Olivia Fortner & Chris Tobin

RKMF Expedition Grant Application 2022

Equipment List

Chris **PCT 2021 Gear Spreadsheet**
Andrew Skurka's Spreadsheet Model & Formulae

DESCRIPTION								
Item	Priority [1]	Description or Purpose	Selection	Weight [2]	Pre-Hike Comments [3]	Certain? [4]	Alternate [5]	Weighed? [6]
GO SUIT CLOTHING + ITEMS WORN								
Hiking shirt	Critical	Polyester, merino, or nylon. Ideally knit, not woven.	OR Echo sun hoodie	5.0				
Pants or shorts	Critical	Athletic shorts or nylon trekking pants	CC Shorts	4.5				
Pants or shorts	Critical	Athletic shorts or nylon trekking pants	Nike Compression leggings	7.0				
Underwear A	Contingent	If wearing pants or unlined shorts. One pair.	Exofficio briefs	2.5				
Headwear	Suggested	Keep precip, sweat, hoods, & sun out of eyes, off face	OR sun hat	3.0				
Sunglasses	Contingent	Generally unnecessary for East, necessary for West	Julbo glacier goggles	1.5		Uncertain, these a	Shades	
Trekking Poles	Critical	Extra stability, traction, & power. Use to pitch shelter.	Black Diamond Trail Back Trekking Poles	20.0		UL trekking poles?		
TOTAL				43.5				
FOOTWEAR								
Selection				Weight [7]	Pre-Hike Comments [8]	Certain? [9]	Alternate [10]	Weighed? [11]
Shoes	Critical	Trail running or hiking shoes. W/o good reason, no boots.	Hoka One One Speedgoat 4 (x3-4 pair)	21.6	Are reportedly less hearty than counterparts, require replacement around every 400 miles as opposed to 500			
Gaiters	Suggested	Keep debris out. Ideal: breathable stretch nylon.	OR Black UL gaiters					
Hiking socks A	Critical	Polyester or merino w/nylon & limited spandex	Darn Tough (reg)	3.0				
Hiking socks B	Contingent	Dry locales: Rotate with pair A, wash & dry between use	Darn Tough (thick)	3.5				
Hiking socks B2	Contingent	Dry locales: Rotate with pair A, wash & dry between use	Darn Tough (thick)	3.5				
Camp footwear	Contingent	Nice to have if hiking shoes are wet. Not for day use.	Xero Shoes Z Trail Sandals	11.2				
Sleeping socks	Contingent	Polyester, wool, or fleece. Not for daytime use.	Blue REI synthetic socks	2.5			Darn Tough Thick	3.5
TOTAL				45.3				
CLOTHING: ELEMENT PROTECTION								
Selection				Weight [12]	Pre-Hike Comments [13]	Certain? [14]	Alternate [15]	Weighed? [16]
Shell top	Suggested	Rain jacket, umbrella, or poncho. If dry, windshirt OK.	OR UL rain coat	7.5		Uncertain; extrem	REI Coat (not bomber)	
Shell bottoms	Contingent	Rain pants or skirt. If warm or dry, wind pants OK.	ULA Rain Kilt	3.5				
Umbrella	Contingent	Truly WP & breathable. And protects from sun.	ZPacks UL Umbrella	6.8				
Mid-layer top	Contingent	Fleece or wool. Buffers moisture & adds warmth.	Melanzana Micro Grid Hoody (XXL)	14.5			Melanzana Wind	21.5
Trekking pants or thermals	Contingent	Pants: bugs, brush, cold & sun. Thermals: just cold.	NOLS Wind Pants	9.5				
Liner gloves	Contingent	Add warmth, keep dexterity. Fleece, poly, or wool.	Macpac glove liners	2.0				
Shell mitts	Contingent	WP, maybe WP/B. For cold precip or chilling winds.	Outdoor Designs convertibles	3.5				
Neck gaiter	Contingent	Warmth, esp for ears, independent of jacket hood	HMI neck gaiter	2.0				
Insulated headwear	Contingent	Warmth, esp for ears, independent of jacket hood	Melanzana Micro Grid Hat	1.0				
TOTAL				50.3				
CLOTHING: STOP & SLEEP								
Selection				Weight [17]	Pre-Hike Comments [18]	Certain? [19]	Alternate [20]	Weighed? [21]
Insulated jacket	Contingent	Down or synthetic fill. For camp + cool rest stops.	Patagonia Nano Air Hoody (XXL)	15.0	Made of recycled materials		Patagonia Mega	21.5 oz
Insulated pants	Contingent	For cold or long camps. Down, synthetic, fleece.	Melanzana Wind Pro Pants (XL-Long)	18.0			Only needed in colder sections	
Underwear B	Contingent	Sleep and in camp only	Hanes boxers	3.5				
Underwear A2	Contingent	Wash, dry & rotate with Pair A.	REI boxer briefs old	3.5				
Underwear A3	Contingent	Wash, dry & rotate with Pair A.	REI boxer briefs new	3.5				
Sleeping bottoms	Contingent	Polyester, wool, or fleece. Not for daytime use.	LLBean leggings	8.5				
TOTAL				52.0				

PACKING			Selection	Weight [22]	Pre-Hike Comments [23]	Certain? [24]	Alternate [25]	Weighed? [26]
Pack	Critical	Sweet spot is 2-3 lbs: durable, features, frame	Hyperlite Mountain Gear Southwest 3400 (55L)	34.9				
Food storage: today	Suggested	Keep in easily accessible spot. Holds day's rations.	Hip Belt pockets					
Food storage: future	Contingent	Stuff sack, Loksak, freezer bag. Buried deep in pack.	Backpack back pocket					
Food protection	Contingent	Hard- or soft-sided, to deter bears & "mini-bears"	Ursack (15L)	8.8				
Stuff sacks	Suggested	Avoid over-organizing. I use 3: bag/quilt, pot, accessories	Sea to Summit Teal (L)	2.0			Big Sleemo	3.5
Stuff sacks	Suggested	Avoid over-organizing. I use 3: bag/quilt, pot, accessories	Green book bag	1.0				
Stuff sacks	Suggested	Avoid over-organizing. I use 3: bag/quilt, pot, accessories	Green REI (M)	1.5				
Eyewear case	Contingent	Minimal weight to protect crucial & \$\$ item	REI glasses case (+ croakies)	1.5				
			TOTAL	49.7				
SHELTER			Selection	Weight [27]	Pre-Hike Comments [28]	Certain? [29]	Alternate [30]	Weighed? [31]
Tent	Critical	Full tent body, fly, poles & stakes in a waterproof OR stuff sack	Big Agnes Tiger Wall UL 2 (w/ OR stuff sack included)	41.5				
Umbrella	Contingent	Mobile shelter from rain, hail, or sun	ZPacks Lotus UL Umbrella	6.8				
			TOTAL	41.5				
SLEEP			Selection	Weight [32]	Pre-Hike Comments [33]	Certain? [34]	Alternate [35]	Weighed? [36]
Bag or quilt	Critical	Quilts: drafty freedom. Bags: warm constriction.	Katabatic Gear Flex 22	26.4	Made of recycled materials			
Pad or under quilt	Critical	Pad: closed cell or air. UQ: down or synthetic	Thermarest NeoAir	16.0				
Pillow	Contingent	Commercial, or improvise: extra clothing in stuff sack	Exped Air Pillow (Large)	3.0				
			TOTAL	45.4				
KITCHEN			Selection	Weight [37]	Pre-Hike Comments [38]	Certain? [39]	Alternate [40]	Weighed? [41]
Stove	Suggested	At end of long & hard day, a hot meal is a treat.	MSR Pocket Rocket 2	2.6				
Cookpot	Suggested	750ml-1L per person. Aluminum is best value.	Toaks Titanium 1100mL	5.6				
Fuel container	Suggested	Depends on fuel	MSR IsoPro Fuel Canister (8oz)	13.1				
Utensil	Critical	Best for most meals: a spoon. Metal or plastic.	Toaks Titanium Long Handle Spoon	0.5				
Ignition	Suggested	Lighter or matches	Flint & Steel					
			TOTAL	21.8				
HYDRATION			Selection	Weight [42]	Pre-Hike Comments [43]	Certain? [44]	Alternate [45]	Weighed? [46]
Bottle(s): primary	Critical	Soft- or hard-sided. User-friendly size.	Smart Water thins x 2-4 (1.5 oz each)	1.5				
Bottle(s): primary	Critical	Soft- or hard-sided. User-friendly size.	Platypus 3L Hydration bladder	7.5				
Bottle(s): storage	Suggested	For arid areas & long camps. Collapsible, larger volume.	Sawyer 2L screwtop roll bladder x 2	3.5				
Bottle(s): storage	Suggested	For arid areas & long camps. Collapsible, larger volume.	MSR DromLite dromedary bag (6L)	5.7				
Treatment: primary	Critical	Must be fast, or else every water stop is an ordeal	AquaMira chlorine dioxide drops	4.0				
Treatment: secondary	Optional	As backup, or for large volumes in camp	Micropur chlorine dioxide tablets	1.0			Platypus Gravity	11.5
			TOTAL	23.2				

NAVIGATION			Selection	Weight [47]	Pre-Hike Comments [48]	Certain? [49]	Alternate [50]	Weighed? [51]
Topographic maps	Suggested	Small- & large-scale	National Geographic PCT Topographic Maps					
Databook	Contingent	Barebones spreadsheet of key landmarks	Benedict Go's (2021) Pacific Crest Trail Databook					
Watch	Suggested	Basic watch, altimeter watch, or GPS sport watch	Located in Utility Kit					
Compass	Contingent	For regular use, baseplate w/adj declination is best	Located in Utility Kit					
Handheld GPS or GPS app	Suggested	Smartphone w/GPS app: more user-friendly, less \$\$						
Paper protection	Suggested	For maps, guidebook, permit, emergency contacts						
Writing instrument	Suggested	Generally useful. Retractable ball point pen, blue or black ink						
Utility Kit	Critical	Personal Locator Beacon (PLB), batteries, lighter, KT tape, knife, NSAIDS, compass, etc).		14.5				
			TOTAL	14.5				
TOOLS, FIRST AID, EMERGENCY, & UTILITY			Selection	Weight [52]	Pre-Hike Comments [53]	Certain? [54]	Alternate [55]	Weighed? [56]
Light	Suggested	For night-hiking, want 250+ lumens; less for camp use	Located in Utility Kit					
Knife	Suggested	This is not Survivor. Small blade + scissors is okay.	Located in Utility Kit					
First Aid Kit	Critical	Medications, wound care, tweezers, anti-chafing	Personal First Aid Kit	15.2				
Sat comm	Suggested	PLB, messenger, sat phone; cell phone only if reliable	Located in Utility Kit					
Firestarter	Suggested	To start a fire: fuel, oxygen, ignition	Located in Utility Kit					
Power	Contingent	Recharge phone, sat comm, GPS watch	Located in Utility Kit					
Insect repellent	Contingent	Repel 'skeeters, ticks, no-see-ums, chiggers				To be carried when needed		
Bandana	Optional	Multi-purpose: cleaning, washing, water filtering	2 bandanas	2.0				
Masks	Critical	Practical COVID and general health safety precaution	2 KN95 masks	1.0				
Fanny pack	Optional	Extra storage during the day while moving	Patagonia fanny pack	3.5				
Pack towel	Optional	Small UL towel	UL Pak Towel	3.0				
Headnet	Contingent	Avoid no-see-um mesh: poor airflow, limited sight	Located in Utility Kit					
Poop kit	Critical	Toilet paper, UL trowel, hand sanitizer	Red bag poop kit	6.5				
Sit pad	Optional	Keep butt dry & warm if sitting on cold, wet ground.	Thermarest Accordion Pad (Cut to Size Piece)	3.0				
Handheld foam roller	Optional	Keep butt dry & warm if sitting on cold, wet ground.	Orange handheld foam roller	11.0				
Extra knee compression sleeve	Optional	Keep butt dry & warm if sitting on cold, wet ground.	Long grey + green compression sleeve	5.0		No		
Foot traction	Contingent	For icy trails, frozen snowfields, steep snow	Snow Tracks graphite tips	6.0				
Ice axe	Contingent	Self arrest, self belay, chop steps, cut cornice	Black Diamond Raven Ice Axe (90cm)	18.6		To be purchased and only carried when needed		
			TOTAL	74.8				
PERSONAL ITEMS			Selection	Weight [57]	Pre-Hike Comments [58]	Certain? [59]	Alternate [60]	Weighed? [61]
Dental	Suggested	Oral hygiene	Located in Toiletry Kit	5.0				
Toilet paper	Suggested	Start w/natural materials, polish with 1-2 squares TP	Located in Poop Kit	10.0				
Hand soap or sanitizer	Critical	Especially critical in group setting	Separate containers in both Toiletry and Poop Kits	4.0				
Skin care	Suggested	Sunscreen, lip balm, anti-chafing	Located in Toiletry Kit	2.0				
Trip recording	Suggested	Smartphone or camera, journal, voice recorder	Utility Kit					
Entertainment	Optional	Music player, e-Reader	Yamaha Guitalele	29.0			Martin Backpack	51.5
Wallet w/ID, cash, CC	Suggested	Plastic bag, compact wallet	Located in Utility Kit					
			TOTAL	50.0				
			Specify weight unit: Ounces					
			WEIGHT TOTALS					
			Go Suit + Footwear + Trekking Poles	66.6	0.1			
			Base Weight	380.4	0.4	~23.2 lbs		
			Skin-Out Weight	447.0	0.4			

Item	Priority [62]	Description or Purpose	Selection	Weight [63]	Pre-Hike Comments [64]
GO SUIT CLOTHING + ITEMS WORN					
Hiking shirt	Critical	Polyester, merino, or nylon. Ideally knit, not woven.	Outdoor Research Mens Echo Hoodie	4.0	
Pants	Critical	Athletic shorts or nylon trekking pants	CRZ Yoga joggers	8.5	
Bra	Contingent	Support for unlined shirts	Sports bra	2.0	Switch out in resupply (at least once)
Underwear A	Contingent	If wearing pants or unlined shorts. One pair.		2.0	Switch out in resupply (at least once)
Headwear	Suggested	Keep precip, sweat, hoods, & sun out of eyes, off face	Synthetic ball cap	3.0	
Sunglasses	Contingent	Generally unnecessary for East, necessary for West		1.5	
Trekking Poles	Critical	Extra stability, traction, & power. Use to pitch shelter.	Black Diamond Trail Pro Shock	17.0	
			TOTAL	38.0	
FOOTWEAR					
Shoes	Critical	Trail running or hiking shoes. W/o good reason, no boots.	Hoka One One Toa GTX Boots	13.3	Are reportedly less hearty than counterparts; require replacement around every 400 miles as opposed to 500
Gaiters	Suggested	Keep debris out. Ideal: breathable stretch nylon.	Dirty Girl gaiters		
Hiking socks A	Critical	Polyester or merino w/nylon & limited spandex	Darn Tough	3.0	Switch out in resupply (at least once)
Hiking socks B	Contingent	Dry locales: Rotate with pair A, wash & dry between use	Darn Tough	3.0	Switch out in resupply (at least once)
Camp footwear	Contingent	Nice to have if hiking shoes are wet. Not for day use.	Teva Hurricane Drift Sandals	12	
Sleeping socks	Contingent	Polyester, wool, or fleece. Not for daytime use.	Ice Breakers	3.0	Switch out in resupply (at least once)
			TOTAL	34.3	
CLOTHING: ELEMENT PROTECTION					
Shell top	Suggested	Rain jacket, umbrella, or poncho. If dry, windshirt OK.	The North Face rain shell	14.0	
Shell bottoms	Contingent	Rain pants or skirt. If warm or dry, wind pants OK.	ULA Rain Kilt	3.5	
Umbrella	Contingent	Truly WP & breathable. And protects from sun.	ZPacks UL Umbrella	6.8	
Mid-layer top	Contingent	Fleece or wool. Buffers moisture & adds warmth.	Melanzana Micro-grid hoodie	10.0	
Liner gloves	Contingent	Add warmth, keep dexterity. Fleece, poly, or wool.	Outdoor Designs fleece liners	3.0	
Neck gaiter	Contingent	Warmth, esp for ears, independent of jacket hood	Buff		
Insulated headwear	Contingent	Warmth, esp for ears, independent of jacket hood	Melanzana Micro-grid beanie	1.0	
			TOTAL	38.3	
CLOTHING: STOP & SLEEP					
Insulated jacket	Contingent	Down or synthetic fill. For camp + cool rest stops.	Arc'teryx Atom LT Hoody	12.0	
Underwear B	Contingent	Sleep and in camp only		2.0	
Underwear A2	Contingent	Wash, dry & rotate with Pair A.		2.0	
Underwear A3	Contingent	Wash, dry & rotate with Pair A.		2.0	
Sleeping bottoms	Contingent	Polyester, wool, or fleece. Not for daytime use.	Lululemon leggings	5.0	
			TOTAL	23.0	
PACKING					
Pack	Critical	Sweet spot is 2-3 lbs: durable, features, frame	Gossamer Gear Gorilla 50 UL pack	29.8	
Food storage: today	Suggested	Keep in easily accessible spot. Holds day's rations.	Backpack hip belt pockets		
Food protection	Contingent	Hard- or soft-sided, to deter bears & "mini-bears"	Ursack (15L)	8.8	
Stuff sacks	Suggested	Avoid over-organizing. I use 3: bag/quilt, pot, accessories	Waterproof utility bag	13.0	
			TOTAL	51.6	

SLEEP			Selection	Weight [73]	Pre-Hike Comments [74]
Bag or quilt	Critical	Quilts: drafty freedom. Bags: warm constriction.	Enlightened Equipment Enigma	24.0	
Pad	Critical	Pad: closed cell or air. UQ: down or synthetic	Big Agnes Q Core SLX	17.0	
Pillow	Contingent	Commercial, or improvise: extra clothing in stuff sack	Exped Air Pillow UL	1.7	
			TOTAL	42.7	
KITCHEN			Selection	Weight [75]	Pre-Hike Comments [76]
Stove	Suggested	At end of long & hard day, a hot meal is a treat.	MSR Pocket Rocket 2	2.6	
Cookpot	Suggested	750ml-1L per person. Aluminum is best value.	Toaks Titanium 1100mL	5.6	
Fuel container	Suggested	Depends on fuel	MSR IsoPro Fuel Canister (8oz)	13.1	Resupply when needed
Utensil	Critical	Best for most meals: a spoon. Metal or plastic.	Double sided spoon/fork	0.5	
Ignition	Suggested	Lighter or matches	BIC Lighter	0.9	
			TOTAL	22.7	
HYDRATION			Selection	Weight [77]	Pre-Hike Comments [78]
Bottle(s): primary	Critical	Soft- or hard-sided. User-friendly size.	Osprey Packs Hydraulics LT 2.5L	6.4	
Bottle(s): storage	Suggested	For arid areas & long camps. Collapsible, larger volume.	Smartwater Bottle 1L (2-4) empty	1.5	
Treatment: primary	Critical	Must be fast, or else every water stop is an ordeal	AquaMira chlorine dioxide drops	4.0	
Treatment: secondary	Optional	As backup, or for large volumes in camp	Micropur chlorine dioxide tablets	1.0	
			TOTAL	12.9	
NAVIGATION			Selection	Weight [79]	Pre-Hike Comments [80]
Topographic maps	Suggested	Small- & large-scale	National Geographic		Put in resupplies as we progress
Databook	Contingent	Barebones spreadsheet of key landmarks	Benedict Go's (2021) Pacific Crest Trail Databook		
			TOTAL	0.0	
TOOLS, FIRST AID, EMERGENCY, & UTILITY			Selection	Weight [81]	Pre-Hike Comments [82]
Light	Suggested	For night-hiking, want 250+ lumens; less for camp use	Black Diamond Spot 350	3.0	
Knife	Suggested	This is not Survivor. Small blade + scissors is okay.	Swiss Army utility knife	1.0	
Sat comm	Suggested	PLB, messenger, sat phone; cell phone only if reliable	Garmin Inreach mini	3.5	
Power	Contingent	Recharge phone, sat comm, GPS watch	Zendure Supermini (2)	6.4	
Insect repellent	Contingent	Repel 'skeeters, ticks, no-see-ums, chiggers	Ben's 100 Insect Repellent	3.4	
Bandana	Optional	Multi-purpose: cleaning, washing, water filtering	2 bandanas	2.0	
Masks	Critical	Practical COVID and general health safety precaution	2 KN95 masks	1.0	
Foot traction	Contingent	For icy trails, frozen snowfields, steep snow	Microspikes	12.0	
Umbrella	Contingent	Mobile shelter from rain, hail, or sun	ZPacks Lotus UL Umbrella	6.8	
			TOTAL	32.3	
PERSONAL ITEMS			Selection	Weight [83]	Pre-Hike Comments [84]
Toiletry bag	Suggested	Hygiene	Toothbrush, toothpaste, contacts, hand sanitizer...	10.0	Resupply contacts once a month
Entertainment	Optional	Music player, e-Reader	iPhone	7.0	
Wallet w/ID, cash, CC	Suggested	Plastic bag, compact wallet		2.0	
			TOTAL	19.0	
			Specify weight unit: Ounces		(Type "Ounces" or "Grams")
			WEIGHT TOTALS		
			Go Suit + Footwear + Trekking Poles	52.8	
			Base Weight	314.8	23 lbs
			Skin-Out Weight	367.6	

There and Back Again: Flip Flopping on the Pacific Crest Trail									
Olivia Fortner & Chris Tobin									
RKMF Expedition Grant Application 2022									
First-Aid Kit List									
Please note: This First-Aid Kit will be replenished as needed throughout our expedition.									
Cuts and Scrapes			Wound Care / Burns / Blisters			Instruments			
10	Band-aids			<u>Sterile dressings:</u>		1	EMT Shears		
5	Knuckle band-aids		4	4x4"		1	Irrigation tool		
5	Butterfly closure band-aids		4	2x2"		1	Splinter / tick remover forceps		
5	Antiseptic wipes		2	2x3'		3	Safety pins		
5	Triple antibiotic ointment		1	Elastic bandage (2")		2	Sewing needles		
5	Alcohol swab		1	Gauze bandage (2")		2	Cotton-tip applicators		
1	Tincture benzoin		1	Tape (1" x 30 yds)					
			10	Moleskin (preshaped)					
			5	KT tape (~2x15" segments)					
Medications			Stop Bleeding Fast						
3	After-Bite wipes		1	Trauma Pad (5x9")					
2	Diamode (Loperamide HCl 2mg)		2	Pair nitrile gloves					
6	Aspirin (325 mg)								
25	Ibuprofen (200 mg)								
8	Acetaminophen (500 mg)								
3	Benadryl / antihistamine (25 mg)								
25	Aleve								

There and Back Again: Flip-Flopping on the Pacific Crest Trail											
Chris Tobin & Olivia Fortner											
RKMF Grant Application 2022											
Budget		Total Budget Request (\$):		4996.53		Total Budget Request Per Person (\$):		2498.27			
Price (\$):	Description:	Notes:									
3659.47	Food/Meal Plan	Full meal plan for a 150 day itinerary including dietary accommodations, proper caloric consumption goals, and discounted freeze dried meals.									
300	One-Way Flight	Seattle to San Diego at the Flip. Approximated ~\$90-100 each in January. We're asking for extra to account for potential changes in flight costs.									
200	Shuttle Transportation	Trailhead Shuttles/Taxi Services when hitch-hiking is not feasible. Greyhound to Seattle estimated \$24 total. Can also be used to reimburse any friends or family members for gas money.									
110	Maps	National Geographic Pacific Crest Trail Map Pack (to be returned to CC Outdoor Education upon completion of the expedition).									
300	Occasional Lodging	Primarily for lodging in Seattle on the night of the Flip (estimated \$130). Could be used for hostel stays (averaging \$40-60) on rare occasion if feasible or necessary									
7.06	Carbon Emissions Offset	Flight and automobile travel plans for this trip generate 1.41 metric tons of CO2, which can be offset by Colorado College through this payment.									
420	Resupply Package Fund	This money will be used to ship our resupply boxes to our 21 resupply locations at an average of \$20 per box									