

Pilgrimage to the Range of Light: A Saunter in the Sierra

40 Days on the John Muir Trail



Lee Farese, Dan Lewis

"Hiking - I don't like either the word or the thing. People ought to saunter in the mountains - not hike! Do you know the origin of that word 'saunter?' It's a beautiful word. Away back in the Middle Ages people used to go on pilgrimages to the Holy Land, and when people in the villages through which they passed asked where they were going, they would reply, 'A la sainte terre,' 'To the Holy Land.' And so they became known as sainte-terre-ers or saunterers. Now these mountains are our Holy Land, and we ought to saunter through them reverently, not 'hike' through them." – John Muir

"Then it seemed to me that the Sierra should be called, not the Nevada or Snowy Range, but the Range of Light. And after ten years of wandering and wondering in the heart of it, rejoicing in its glorious floods of light, the white beams of the morning streaming through the passes, the noonday radiance on the crystal rocks, the flush of the alpenglow, and the irised spray of countless waterfalls, it still seems above all others the Range of Light." – John Muir

"Walking takes longer... than any other known form of locomotion except crawling. Thus it stretches time and prolongs life. Life is already too short to waste on speed" – Edward Abbey

"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity; and that mountain parks and reservations are useful not only as fountains of timber and irrigating rivers, but as fountains of life." – John Muir

"Nature is not a place to visit, it is home." – Gary Snyder

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I. Expedition Summary

Logistical Overview

Objective: Walk the John Muir Trail

Dates: July 9th, 2012 – August 17th, 2012

Days in Field: 40

Location: Ansel Adams Wilderness, the John Muir Wilderness, Kings Canyon National Park, and Sequoia National Park

Distance: 211 miles

Activities: Backpacking, sauntering

Statement of Intent

We are undertaking this walk in the John Muir spirit. We are not setting out to hike through these mountains, but walk *in* them, to wonder at them and drink from their fountains of life. We are setting into this wilderness in search of solitude, peace, and beauty. We are setting out to feel the *mountains in us*.

Wilderness Character

Though it begins in one of the more populated national parks in the world, the John Muir Trail quickly winds its way out of the crowds and into the remote backcountry. Though the trail is well traveled as far as long-distance trails go, it is undoubtedly of a remote wilderness character, at one point stretching 100 miles between any sort of civilization or development. Winding through the otherwise unseen sections of the Eastern Sierras, the John Muir Trail meanders through granite peaks and emerald lakes: perfect alpine wilderness. What we are seeking in these mountains is that feeling of being truly remote, weeks into the wilderness, when you can feel the quiet wisdom of the mountains. Our walk will greatly emphasize our relationship with the world we encounter, not using it as a means to our expedition, but a Holy Land to saunter through reverently.

II. Participant Qualifications

Members, Graduation Dates, and WFR Certification

Expedition Member	Date of Graduation	WFR Training Provider and Course Date
Lee Farese	2014	
Dan Lewis	2014	UC Santa Cruz OPERS, May 26-28, 2012*

*WFR Recertification Course

Are all proposed expedition members experienced and/or trained to meet your expedition objectives? **Yes**

Plan for Team to Solidify Skills Prior to Expedition

We feel that both team members are personally very competent in their backpacking and camping skills, and have a good knowledge and experience of what the weather, altitude, and other aspects of the California wilderness requires.

However, we feel that we have a unique opportunity to prepare ourselves with the skills of relating and backpacking specifically with each other by taking a wilderness trip together before this proposed expedition. Although we are already taking a few day hikes a month together, we plan on taking an extended two or three day backpacking trip in Point Reyes, CA, before this trip to begin getting to know ourselves and each other in the context of the outdoors.

III. Expedition Logistics, Gear, and Food

Transportation to and from Trailheads

Our means of transportation to the JMT trailhead is going to be one or both of our parents driving us to Happy Isles Trailhead. Dan Lewis' parents own a Toyota Prius, which boasts an impressive 39 mpg. The average gas prices currently in CA are about \$3.50/gal, and the distance from Berkeley to Happy Isles is 414 miles. They will be making a round trip

$$414 / 39 \times \$3.50 \times 2 = \mathbf{\$74.30}$$

Our transportation out of Whitney Portal will be provided by a friend Nick Murphy, who will be coming 213 miles away from Claremont, CA to pick us up and bring us back to Claremont. Nick's car gets 24 mpg.

$$213 / 24 \times \$3.50 \times 2 = \mathbf{\$62.12}$$

$$\$37.15 + \$31.06 = \mathbf{\$136.42}$$

Day-By-Day Itinerary

We would like to stress that this Day-by-Day itinerary is an *ideal itinerary*. In the following plan we have outlined the plan that we would like to follow should all go well. However, we would like to acknowledge that conditions change in a wilderness setting, and following a set plan can be unsafe due to weather or human factors. We go into the wilderness partly because we cannot control the elements around us, and must let ourselves be humbled by them occasionally. Should it be for the benefit of the group's safety or comfort, we will not hesitate to make changes this itinerary, though ideally working within the limits of our major dates (resupplies, exit) and the resources with us.

Day 1, July 9: Meet in Berkeley, pack car, drive to Yosemite. Arrive at Happy Isles Trailhead in late morning. Start off on the John Muir Trail! Walk four miles to Little Yosemite Valley Camping Area. *"We are now in the mountains and they are in us, kindling enthusiasm, making every nerve quiver, filling every pore and cell of us."* Elev. Trailhead: 4035', Camp: 6100' (Wenk, 65; JMT01)

Day 2, July 10: Walk to Sunrise Lakes/Clouds Rest Trail junction, head up trail short ways towards campsite. Elev. Camp: 9320' (Wenk, 67; JMT01)

Day 3, July 11: Walk to Cathedral Pass. Look for campsites in trees on the Northeast side of Cathedral Lake. Elev. Cathedral Pass: 9700', Camp: 9700' (Wenk, 67-68; JMT02)

Day 4, July 12: Walk to Tuolumne Meadows. Stay at Backpackers only walk-in campsite. Elev. Camp: 8600' (Wenk, 70; JMT02)

Day 5, July 13: Walk through Lyell Canyon, which we will not camp in due to bear activity. Look for campsites at the top of the switchbacks at South end of canyon, just before Lyell Forks. Elev. Camp: 9650' (Wenk, 74; JMT02)

Day 6, July 14: Climb up and over Donohue Pass and begin to climb Island Pass, camp among tarns. Elev. Donohue Pass: 11,060', Island Pass: 10,205', Camp: 10,205' (Wenk, 78; JMT03)

Day 7, July 15: Descend Island Pass, stopping at Thousand Island Lake for lunch. Continue to descend, looking for campsites just below tree line and before Ediza Lake Junction. Elev. Camp 9000' (Wenk, 82; JMT03)

Day 8, July 16: Layover Day! Explore, rest, read, and reflect.

Day 9, July 17: Walk to Trinity Lakes. Campsites are on the West side of trail, though they are a little ways from water sources; there may be some closer. Prepare for resupply the next day at Reds Meadow Resort. Elev. Camp: 9045' (Wenk, 83; JMT04)

*Day 10, July 18: **Resupply!*** Wake early and walk to Reds Meadow Resort to pick up parcels and buy fuel. Spend early afternoon here organizing before heading on to Crater Creek. Wenk guidebook indicates that it is very important we arrive at Crater Creek campsites by nightfall, though it is not specified why. Campsites are on the South side of Crater Creek. Elev. Reds Meadow Resort: 7715', Camp: 8645' (Wenk, 85; JMT04)

Day 11, July 19: Climb one of the Red Cones in the morning for views of the area, then pack up and head to Duck Creek. There are campsites on the granite slabs on the Western side of crossing, or a little ways downstream on Western bank. Depending on how we are feeling, there is the option to continue on to Purple Lake, where we will find campsites. Elev. Red Cone: 9032', Duck Creek Camp: 10,170', Purple Lake Camp: 9925' (Wenk, 89-90; JMT05)

Day 12, July 20: Continue on to Lake Virginia, keeping an eye out for the species of paintbrush that grow in the area. Campsites are on the Northwest side of Lake Virginia. Elev. Camp: 10,388' (Wenk, 91; JMT05)

Day 13, July 21: Layover day! Enjoy the meadows and the lake!

Day 14, July 22: Look for Chickadees in the first group of Lodgepole Pines as we leave. Continue the walk South towards Chief Lake. Conditions permitting, camp at Chief Lake on the North side. If weather does not permit, backtrack to Hemlock and Pine forests towards Cascade Valley Junction. Elev. Cascade Valley Junction Camp: 9190', Chief Lake Camp: 10,530' (Wenk, 93; JMT06)

Day 15, July 23: Summit Silver Pass in the morning and begin descent, taking special care at the second crossing of Silver Pass Creek on the way down, as it is known to be a dangerous crossing. Descend to Lake Edison Trail junction, camping beneath the Jeffrey Pines. Elev. Silver Pass: 10,750', Camp: 7900' (Wenk, 96; JMT06)

Day 16, July 24: Cross Mono Creek, being sure to fill water bottles (there will be no water for next 5 miles). Begin climbing up Bear Ridge, and continue over and down other side. Look for beautiful campsite beneath Jeffrey Pines by an unmapped drainage. Elev. Bear Ridge: 9880', Camp: 9100' (Wenk, 97; JMT07)

Day 17, July 25: Follow Bear Creek, then begin climbing towards Marie Lake. At the South End of Rosemarie Meadow, look for small trail towards Rose Lake. Camp near

Rose Lake, a little ways off the JMT. There is also the option of camping on the rock slabs just South of Rosemarie Meadow nearer to the trail. Elev. Rose Lake Camp: 10,035', Rosemarie Meadow Camp: 10,030' (Wenk, 98; JMT07)

Day 18, July 26: Rest in morning, taking some time to enjoy the area before heading out after lunch. Summit Seldon Pass, and begin descent towards Sallie Keyes Lake and Muir Trail Ranch. Look for camping in lodgepole pines as trail curves Southeast. Elev. Seldon Pass: 10,890', Camp: 10,200' (Wenk, 101; JMT07)

Day 19, July 27: Descend the switchbacks to the "Northern JMT Cutoff" junction for Muir Trail Ranch and Florence Lake. Follow trail Northwest to Muir Trail Ranch.

Resupply! Spend the rest of the morning and early afternoon organizing and gathering supplies. Return to JMT, walking a few more miles before making camp. Cross into Kings Canyon National Park on a bridge over Piute Creek. Look for campsites nearby under Jeffrey Pines. Elev. Muir Trail Ranch: 7,730', Camp: 8070' (Wenk, 102; JMT07)

Day 20, July 28: Halfway point in the trip! Continue South along the San Joaquin River, then East through the Evolution Valley. Look for Campsites along the North Side of Evolution Meadow. Elev. Camp: 9230' (Wenk, 104; JMT08)

Day 21, July 29: Enjoy a day of sauntering in Evolution Valley. Look for camping around Colby Meadow, before the climb starts up into Evolution Basin. Elev. Camp: 9800' (Wenk, 104; JMT08)

Day 22, July 30: Walk up into Evolution Basin, taking a lunch stop at Darwin Bench. Look for camping just north of Evolution Lake's outlet. Elev. Camp: 11,000' (Wenk, 105; JMT08)

Day 23, July 31: Wenk's guidebook says, "Look forward to your 5-mile tromp through undeniably spectacular Evolution Basin. Make sure you have many hours to wander upward and sit and stare." Take a wonderful morning of walking through Evolution Basin, soaking up the scenery. Head up and over Muir Pass and descend the other side, looking for a good tent-site among the granite knobs. There is also the option of descending a little ways further to Starrs Camp, a more established, campsite. Elev. Muir Pass: 11,980', Granite Knobs Camp: 10,800', Starrs Camp: 10,480' (Wenk, 109; JMT09)

Day 24, August 1: Continue down Le Conte Canyon. Look for camping as lodgepole pine opens up onto sandy slopes and beautiful views. Elev. Camp: 8990' (Wenk, 110; JMT09)

Day 25, August 2: Continue walk through the canyon, hopefully enjoying a blueberry patch in Grouse Meadow. A good camp will be at Middle Fork Trail Junction (the lowest point until after Mt. Whitney) beneath Jeffrey Pines. There will be campsites in the following miles along Palisade Creek, but none so established as this one for some miles. Elev. Camp: 8070' (Wenk, 111; JMT09)

Day 26, August 3: Begin ascent towards Mather Pass along Palisade Creek. Camp a few miles short of the pass on slabs along the west side of lower Palisade Lake. Elev. Camp: 10,615' (Wenk, 112; JMT10)

Day 27, August 4: Summit Mather Pass, stopping at the top to enjoy the views. Look for campsites 3 miles past the pass as shelter increases. Elev. Mather Pass: 12,100', Camp: 10,860' (Wenk, 116; JMT10)

Day 28, August 5: Today there are three options: 1) Take a much deserved layover day. 2) If we feel up to it and conditions permit, summit Split Mountain, “a straightforward, if long, climb” (Wenk, 114). 3) Move forward to Bench Lake in order take a rest day there. Elev. Split Mountain: 14,042, Bench Lake Camp: 10,800’ (Wenk 116; JMT10)

Day 29, August 6: Continue descent until the crossing of the South Fork of the Kings River. After crossing begin ascent towards Pinchot Pass. Continue up and over the pass today, coming down into the Woods Creek Basin. There will be a few exposed campsites along the trail as we descend. There will also be a nice campsite 4 miles past the pass as we drop into more protected Woods Creek Canyon. Elev. Pinchot Pass: 12,130’, Camp: 9850’ (Wenk, 120; JMT11)

Day 30, August 7: Continue descent along Woods Creek to Woods Creek Junction. Cross suspension bridge and begin to climb alongside the South Fork of Woods Creek. Look for camping around Dollar Lake or Arrowhead Lake. Elev. Dollar Lake Camp: 10,200’, Arrowhead Lake Camp: 10,300’ (Wenk, 121; JMT11)

Day 31, August 8: Walk up past the Rae Lakes and over Glen Pass. There will be an opportunity to climb the Painted Lady as we rise, which is a two hour round-trip. Continue down to the Charlotte Lake Junction, where we will find a ranger station, a bear box, and lots of camping. We will be resupplied here on the following day. Elev. Painter Lady: 12,119, Glen Pass: 11,960’, Camp: 10,740’ (Wenk, 125; JMT11)

*Day 32, August 9: **Resupply!*** Walk over Kearsarge Pass to Onion Valley Campgrounds where we will pick up our resupply of food and fuel from Sequoia Kings Pack Train. Elev. Kearsarge Pass: 11,845’, Onion Valley Campground: 9185’ (Wenk, 239; JMT11)

Day 33, August 10: Descend to Vidette Meadow Junction, and then begin climb towards Forester Pass. There are some campsites to the East of the outlet of Lake 12,250. If weather permits and we are able, we may cross Forester Pass (into Sequoia National Park) and camp among the boulders on the South side. Elev. Forester Pass: 13,100’, Lake 12,250 Camp: 12,250’, Boulder Camp: 12,480’ (Wenk, 130; JMT12)

Day 34, August 11: If Forester Pass is not crossed the previous day, summit pass and descend into Sequoia National Park. “You now begin a delightful walk down the broad, gentle valley” (Wenk, 130). Continue to descend to the Shepherd Pass Trail Junction and then up to the Bighorn Plateau, where there will be a few sandy campsites. Elev. Camp: 11,415 (Wenk, 132; JMT13)

Day 35, August 12: Our last layover day of the trip. Spend a day resting and reflecting on Bighorn Plateau.

Day 36, August 13: Descend to Wright Creek, and then continue on to Crabtree Meadows, where there are a large number of campsites as well as bear boxes and a ranger station. We will pick up Wag Bags here for waste in the Whitney Zone. From this point it is a slow, steady climb to the Whitney Summit. Elev. Camp: 10,700’ (Wenk, 134; JMT13)

Day 37, August 14: Climb out of Crabtree meadows up past Timberline Lake to Arctic Lake. There will be campsites near the “guitar’s neck” of Guitar lake or further up the trail by the Arctic Lake outlet. Elev. Guitar Lake: 11,515’, Arctic Lake, 11,480’ (Wenk, 134; JMT13)

Day 38, August 15: Fill water bottles as well as dromedary at Guitar Lake (there will be no more water until our way down from Whitney) and begin 3,000 ft. climb. Look for small campsites just before the junction in between boulders. Camp here for the night, preparing for the summit the next day. Elev. Camp: 13,380' (Wenk, 135; JMT13)

Day 39, August 16: Whitney! Wake up early and head for the summit. Spend some time here relaxing and soaking up our last bit of mountain air before heading down towards Whitney Portal. Descend to Outpost Camp or Lone Pine Lake, and enjoy a final evening in the Sierra. Elev. Mt. Whitney: 14,505', Outpost Camp: 10,370', Lone Pine Lake Camp: 9990' (Wenk, 137-139; JMT13)

Day 40, August 17: Pick-up. Wave the mountains good-bye and head home. Elev. Whitney Portal: 8330'

Maps

The following maps provide a great deal of detail for the JMT route we are taking, and are \$9.95 each at REI.

Yosemite High Country
Mammoth High Country
Mono Divide High Country
Kings Canyon High Country
Mt. Whitney High Country
5 x \$9.95 = **\$49.75**

Re-ration Plans

Our overall re-rationing plan is to mail ourselves re-supplies when possible along the route and have Sequoia Kings Pack Trains pack in our final re-ration.

1. Reds Meadow Resort

Our first resupply will be at Reds Meadow Resort in Devils Postpile National Monument, 10 days into our walk. Reds Meadow Resort will pick up packages for a fee of **\$35** and hold packages for a fee of **\$1** per day. They pick up packages in Mammoth Lakes, CA four times a week, and are open for picking up packages from 7am to 7pm. We will also be able to purchase gas here.

<http://www.redsmeadow.com/pdf/PackagePickUp.pdf>

$\$35 + 10 \times \$1 = \mathbf{\$45}$

2. Muir Trail Ranch

Our second resupply will take place at Muir Trail Ranch, 19 days into our trip. Muir Trail Ranch. The Muir Trail Ranch will hold packages for a fee of **\$55** per 25 lb. package. It is only .9 miles from the trail, making it a convenient place for a re-ration. Packages can be picked up between 8am and 5pm. We will also be able to purchase gas here.

<http://www.muirtrailranch.com/resupply.html>

$\$55 \times 2 = \mathbf{\$110}$

3. Sequoia Kings Pack Trains

Unfortunately, after Muir Trail Ranch there will no point on to resupply ourselves for the remainder of the walk. In order to get our third resupply, we will have Sequoia Kings Pack Trains meet us at the pack station adjacent to the Onion Valley Campground. In order to do this, we must leave the JMT for one day, hiking over Kearsarge Pass to the campground. The round trip the Charlotte Lake Junction to Onion Valley Campground is 12.3 miles.

Sequoia Kings Pack Trains Phone: (760) 387-2797

\$125

\$45 + \$110 + \$125= \$280

Food, Water, and Fuel

Notes on Food Purchasing

In line with the intentions of this trip, our team feels that the food we purchase should be mindfully produced and less detrimental to the natural environment as possible, namely in the form of organically grown foods. We spent some time comparing prices of organic grocers in Berkeley, CA and Colorado Springs, CO, and found that Mountain Mamas had the best variety and prices for the organic food we were seeking. Because both members are driving from Colorado Springs to Berkeley before our proposed expedition, it works for us to buy non-perishable items at this store and then drive them out to California. Because the cheese and butter are perishable we plan on buying at an Andronico's in Berkeley, and similarly we plan on searching for vegetables in the summer bay area market to find the best prices among the organic and local produce.

Food List

	Pounds (lb.)	Quantity (#)	\$/lb. or \$/#	Total \$
FOOD				
Granola	3		4	12
Oats	6		1.25	7.5
Hash Browns	6		2.85	17.1
Polenta	3		1.7	5.1
Pasta	18		3.48	62.64
Rice	12		2.64	31.68
Dried Soups		12	1.31	15.72
Dried Mashed Potatoes	3	11	2.83	31.13
Granola Bars		15	1	15
Tortillas	3	20	2.3	46
Brown sugar	2		3.75	7.5
Powdered milk	6	8	7.95	63.6
Whole wheat flour	12		0.88	10.56
Yeast	0.25	1	1.25	1.25
Baking Soda	0.25	1	1.25	1.25

Hummus	3		5.43	16.29
Peanut Butter	6	6	6.17	12.17
Tomato Paste		6	1.45	8.7
Curry Packets	0.5		14.5	7.25
Honey	3	3	9.42	28.26
Dried Coconut Milk	0.75		1.25	0.9375
Quinoa	4		3.3	13.2
Lentils	4		2.26	9.04
TOTAL	95.75			423.8775

GORP

Raisins	3		4.87	14.61
Peanuts	3		5.61	16.83
Cashews	3		10.34	31.02
Banana Chips	2		3.37	6.74
Dried Mango	1.5		10.31	15.465
Sunflower Seeds	1		3.21	3.21
Misc. Carbs	3		3.38	10.14
Chocolate	3		9.94	29.82
TOTAL	19.5			127.835

SPICES

Salt	0.25		0.65	0.1625
Pepper	0.25		17	4.25
Cinnamon	0.25		9.5	2.375
Vanilla		1	8.74	8.74
Garlic Powder	0.25		14	3.5
Oregano	0.25		24	6
Curry Powder	0.25		17.5	4.375
Chili Powder	0.25		12	3
Tabasco		1	1.97	1.97
Bouillon Cubes		24	0.4	9.6
Broth Packets	0.25		22	5.5
Soy Sauce		2	5.32	10.64
Vinegar		1	6.3	6.3
Oil		1	12.39	12.39
TOTAL	~4			78.8025

DRINKS

Hot Chocolate	1	2	5	10
Tea	0.5		30	15
Tea Bags		12	0.2	2.4
Vit. C Drink	1.5		30.43	45.645

TOTAL	3		73.045
PERISHABLES			
Cheese	9	10.98	98.82
Butter	1.5	5.5	8.25
Vegetables	~4.5		20
Peppers		1	
Carrots		6	
Potatoes		6	
Onion		6	
Garlic		3	
TOTAL	~15		127.07
GRAND TOTAL	134.25		\$830.63

Food Storage

We will be storing our food in two bear canisters at least 100 feet from our campsite. One team member already owns a canister, and to rent another from Yosemite National Park is \$5 a week.

$\$5 \times 6 = \30

Water

To purify the water, we will bring 6 cases of Aquamira, a chlorinating chemical. A bottle of Aquamira can purify almost 114 liters of water, and because we plan to consume at least 6 liters a day per person, one bottle will last about 19 days.

Therefore we will need five bottles to sufficiently cover the amount of water we drink, plus an extra should a bottle begin to break or leak.

$6 \times \$13.24 = \79.44

Fuel

We intend to do our cooking on an MSR Whisperlite stove, as we have both used them extensively and have found them dependable, efficient, and easy to maintain. The stove requires fuel from the same company, MSR, for optimal use. Thinking somewhat conservatively, we plan to ration $\frac{1}{2}$ quarts of fuel per day. We plan on buying fuel at Red Meadows Lake and Muir Trail Ranch as well as in Berkeley, but there is no other information about their fuel prices save Red Meadows' statement that "our prices are reasonable." Therefore we will plan by using REI prices. REI sells quarts of MSR fuel at \$12.95.

$40 \times .5 \times 12.95 = \259

Equipment List

Personal Gear (1 per person unless otherwise noted):

Backpack

Hiking Boots
Camp Shoes
0-10 Degree Sleeping Bag
Sleeping Pad
Wool Socks (4-5)
Gaiters
Underwear
Long Underwear Bottoms
Fleece Pants
Hiking Pants
Rain Pants
Shorts
Long Underwear Top
Non-Cotton T-Shirts (2)
Midweight top
Fleece
Warm Jacket/Puffy
Rain Jacket
Wind Jacket
Gloves
Warm Hat
Sun Hat
Stuff Sacks
Sunglasses
Flashlight/Headlamp
Knife
Bowl
Mug
Fork/Spoon
Nalgene (2)
Compass
Camera
Toiletries

Group Gear (1 of each unless otherwise noted):

Bear Canisters (2)
Tent
Stove Kit
 Whisper-Lite Stove
 Fuel Bottles (3)
 Lighters (2)
 Stove Repair Kit
Cooking Kit
 Pot
 Pan
 Spatula

Big Spoon
Soap
Hand Sanitizer
SAT Phone
SPOT GPS
Guidebook: *John Muir Trail: The essential guide to hiking America's most famous trail*
by Elizabeth Wenk
Dromedary
Water Purification
Pump
Aquamira (6)
Trowel
Repair Kit
Duct Tape
Super Glue
Sewing Kit
WAG bags
Fuel
Sunscreen
Bug Spray
Maps
First Aid Kit

First Aid Kit *(1 of each unless otherwise noted)*

Instant heat pack
Instant cold pack
Acetaminophen (Tylenol), 20 tablets
Ibuprofen (Motrin), 20 tablets
Aspirin, 20 tablets
Diphenhydramine (Benadryl) 25mg, 20tablets
Pseudoephedrine (Sudafed, Afrin) 30 mg, 20 tablets
Bacitracin ointment
2 X 2-inch sterile gauze pads
2 X 4-inch sterile gauze pads
2-inch elastic wrap
4-inch elastic wrap
2-inch rolled gauze
4-inch rolled gauze
Elastic and butterfly bandages
1% Hydrocortisone cream
Cotton swabs
Hydrogen peroxide
Sunscreen
Adhesive tape
Epi-Pen
Tweezers

Scissors
Wire cutters
Forceps
Ciprofloxacin
Syringe, 30 mL
Isopropyl alcohol
Soap
Acetic acid 5% (vinegar)
Sterile eyewash

Leave No Trace

Are all expedition members familiar with Leave No Trace principles? Yes

LNT Principles in the Expedition Environment

Through our NOLS training, both of us have been trained in the Leave No Trace principles and have received LNT certification. However, as lovers of the wilderness we also deeply care about these principles, and plan to make their role central to our trip. Our hope is to enjoy this area to the absolute fullest while at the same time impacting it as little as we can.

Plan Ahead and Prepare

In the proposal process we are luckily getting a head start on the preparation aspect of our trip. However, planning ahead goes further, and each morning we will map out our route, consider alternative campsites, and hazards such as weather and snow so we know exactly what we are getting into that day. In addition we will do an evaluation every day to be certain that we feel both mentally and physically capable of that day's walk. Overall, we plan to follow the motto: "plan for the worst, hope for the best."

Travel and Camp on Durable Surfaces

The John Muir Trail is a well-established and frequently traveled trail, and consequentially there will be no need for us to establish new campsites or travel off-trail. We want to tread as lightly as possible in the wilderness, and therefore will step in the footprints of those gone before us.

Dispose of Waste Properly

We will enter the wilderness with every intention of leaving it better than we found it. We plan to pack out all trash (including toilet paper if any is used), including others' garbage that we may find, and before leaving each campsite we will execute a thorough camp sweep. All human waste will be disposed of in catholes at least six inches deep and over 200 feet from water, trails, or campsites. As human waste is a large problem on Mt. Whitney, in that area we plan to pack out our waste as well. To this end we will send ourselves WAG bags in our final re-ration.

Leave What You Find

During our stay in the High Sierra we plan to leave the wilderness exactly as we found it, and so preserve the wilderness on both the macro and micro levels. This means that we will take nothing home with us out of the wilderness that we did not bring into it and will not build any structures in the areas we visit.

Minimize Campfire Impacts

Our plan with respect to campfires is to build fires in existing rings only or not at all. As we will have a stove to do our cooking with, a fire will not be a necessary aspect of our camping. There will also be certain restrictions on fires throughout our hike. Campfires are not permitted above 9,600 ft. in Yosemite, above 10,000 ft. in Kings Canyon, John Muir and Ansel Adams Wilderness areas, or above 10,400 ft. in Sequoia National Park. When there is a ring we can build a fire in a low impact way, and because it is permitted by park regulations, it will be an enjoyable luxury. If this option is not available, the fire will not much be missed.

Respect Wildlife

As enthusiastic appreciators of all things wild, we will place a high emphasis throughout our expedition on treating the animals, trees, and plants around us with the utmost respect. We will take time to recognize that we are not the superior beings in this environment, but rather are simply fortunate visitors to the Range of Light. This will entail keeping a respectful distance, not feeding animals or leaving food scraps, and securely protecting our food and trash from animals.

Be Considerate of Other Visitors

In our time in the wilderness, we will make a conscious effort to improve, or at least not take away from, the experience of other visitors in the area. This means that we will treat each other visitor with respect and courtesy, that we will keep our voices low SO as to not disturb others, and giving others their space to enjoy their natural solitude. In all, we will conduct ourselves in the wilderness in a manner that we would appreciate everyone conducting themselves in. We know the value of solitude and quiet in the wilderness, and we will work to give each visitor the respect and space that we would like ourselves.

Cultural Considerations

Are there cultural considerations for the expedition area? **No**

IV. Risk Management Plan

The Human Factor

In Risk Management, the first step will be to assess our conditions and ourselves. Though we will surely be in an area full of objective risk, it will be our first priority to make sure that we do not accentuate an existing risk or create new ones through inattention to ourselves and our actions. Each day before departing we will check in with each other and see how we are feeling in general and how we feel about the

day ahead of us. We will continue these check-ins throughout the day, and be fully honest not only with each other but with ourselves as well. We will remind ourselves that it is not worth pushing on if it will just be dangerous, and that should one of us have a blister or sore ankle that is keeping us from walking confidently, then it might be best to shorten the day and rest up.

Animals

California Black Bears: Bears will be our big concern on this trip as far as wildlife goes. California Black Bears inhabit the entire length of the John Muir Trail, and will never be far from our thoughts. Our primary defense against bears will be to use bear canisters, be sure to store any food, toiletries, or waste in the containers at all times; as well as never storing clothes in the containers, as they will quickly come to smell like food. There will be a few locations on the trail where we will be able to use bear boxes as well. In bear country, it will also be critical to separate our kitchen, tent-site, and food storage areas; we will be sure that each space is at least 100 ft. from the other two. Bears have been known to be particularly bad in Lyell Canyon, an 11 mile stretch from Tuolumne Meadows to Donahue Pass, and we will be sure not to camp in that area. Bears will be more of a problem where there are more people, and we will be conscious of this as we walk. Should we encounter a black bear we will make ourselves big and make a lot of noise, make sure all food is stored safely, and not make any attempts to retrieve any taken food.

Marmots: Walking on the trail we will have to be wary of marmots, especially as they can chew through packs that are left unattended on the side of the trail. In order to avoid this problem we will have to make sure never to leave our packs should they have food in them, as well as keep all food together and not scattered during arrival at camp and mealtime.

Scorpions: Though rare, scorpions do inhabit the Sierra Nevada range up to elevations of 13,000 feet. Our main preventative measure against scorpions will be to shake our boots before putting them on as well as securely closing our tent each night. Our first step will be to recognize the sting (burning, little swelling, sensitivity to touch, tingling or numbness) and keep calm. Then we will wash the sting with soap and water, elevate the sting above the heart, and apply a cold compression to the affected area.

Rattlesnakes: Should we encounter a rattlesnake on the trail, we will do nothing to disturb it, make a wide detour around the snake, and hop back on the trail. We will be especially wary of rattlesnakes on warm days, and will generally never place our hands in cracks or on rock ledges we can't see in an effort to avoid all snake encounters.

Mountain Lions: Mountain Lions will not be as big of a concern on the trail as black bears will, as they are generally elusive and avoid humans. However, they do live in the area of the JMT and therefore we will need to be aware of them. Our response to encountering a mountain lion will be making ourselves big, making a lot of noise, never running, and counting ourselves lucky to have come across such an incredible and rare animal.

Altitude Sickness

As we will be leaving from sea-level and quickly rising up to the High Sierra, altitude sickness will be a big concern for us, especially at the start of our trip. Luckily, starting in Yosemite we will be at a much lower elevation than if we start at Whitney Portal, and we will therefore give our selves more time to acclimate. As a preventative measure, we will plan relatively short hikes the first few days of the trip. We will also plan to put an extra emphasis on hydration as we begin the trip to help ourselves acclimate. Should we begin to feel sick, we will find a place to rest for a day, rather than pushing on and making the sickness worse. In our First-Aid kits we will also bring Acetazolamide in order to medicinally treat the sickness.

River Crossings

Hiking in the Sierras while snow is melting will mean that river crossings will be a large hazard for us. Luckily, almost all big streams or rivers on the John Muir Trail are spanned by bridges. However, should we encounter any rivers we will be sure to stop and assess the best crossing. We will use a stick to determine the speed of the river and judge depth and current to find the safest crossing point, being aware of our exit. We will then unbuckle our waist straps and cross together side by side, facing upstream if the river requires it. We will be sure to go slow and never to lift a foot until the other has been safely planted. We will also remind ourselves that we can always scout up or downstream should the river feel unsafe, and never to rush.

Weather

Lightning: As we will be hiking in high elevation, and often above tree line, lightning will be a huge concern for us on the JMT. The easiest way to avoid being caught in lightning is through planning ahead. Each day, especially the days we cross high passes, we will assess whether or not the weather is good for traveling; and each time we are rising above tree line for an extended period of time we will discuss whether or not we think that this is a safe decision. We will always be aware of cloud buildup as well, and make sure to always head for tree line when there is serious Cumulus buildup. Important in avoiding lightning will be the reminder that it is much better to backtrack or wait out a storm for a day rather than push on in doubtful weather. When we do encounter storms, we will be sure to count the time between the flashes and thunderclaps to assess the proximity, head for trees and spread out. We will then get in the lightning position, check in after each flash, and wait until the storm has definitively passed before getting up again.

Rain: Spending a lot of time walking on rocks above tree line, we will want to avoid rain-travel as much as possible. When rain approaches, we will check in and assess our day together, determining whether or not it is an okay decision to move forward. Should there be cloud build-up or a serious threat of rain, we will make sure to notice it well ahead of time and make sure we do not find ourselves caught anywhere we would not want to be in the rain, such as boulder fields or rocky passes. A further concern with rain is hypothermia. In general, we will not be traveling with any cotton clothing so as to prevent hypothermia in that respect. We will do our very best to catch it in it's first stages, not treating shivering, confusion, exhaustion, slurred speech, memory loss, or sudden hunger or thirst too lightly. If Hypothermia occurs we will first move the person to a warm environment and

make sure they have dry and warm clothing. Then we will place warm water bottles in the groin and armpit areas and make warm drinks only if the victim is decidedly in the mild stage of hypothermia. If severe hypothermia occurs, we will treat it as a medical emergency and use our SAT phone.

Sun Exposure: Spending long days above tree line at high altitude means that we will have large amounts of exposure to the sun, and therefore must take preventative measures against overexposure. To do this we will wear sunscreen every day, and wear hats and sunglasses when necessary.

Rock Fall

Over the course of the John Muir Trail we will cross many high passes, and will have to be aware of rock fall as we do. In order to minimize the danger of rock fall, we will step only on secure rock and choose our routes carefully. We will also never walk directly downhill from each other, keeping out of the path of any falling rocks. In areas with loose footing, we will indicate to each other bad steps as well as make sure to shout should any rocks fall downhill.

Giardia

Giardia will be something for us to be aware of in the backcountry, as we will be drinking from streams. In order to avoid this we will never drink straight from streams, and will always purify our water. To this end we will pack with us Aquamira Chlorine Dioxide drops as well as a filter should those run out.

Widow-makers

When choosing our campsites it will be of great importance to notice the trees around our side, and be sure there are not dead trees above our tent. Widow-makers are easy to avoid, but also easy to forget, and we want to make sure to always think of them when deciding where to camp.

Travel

On our walk we will encounter various types of terrain, and will need to think of the potential dangers of traveling on each. There will be points when we will be walking in mud, snow, and loose gravel, and we must be prepared for all of these. We will not avoid mud on flat trails and risk a widening of the trail, but if we do encounter mud on hills we will take care with our steps and always choose rocks or the base of plants for stepping on when we can. As far as snow goes, we will be sure never to step near where snow meets rocks, and to step wherever the snow has already been packed if possible. As far as rocks go, we will step carefully, testing each rock before we step; warn the person behind of any loose rocks, and follow all precautions against rock fall.

Evacuation Plans

Should an injury or illness occur during our walk that requires evacuation, we will first make the decision of whether the patient needs rapid evacuation and whether

the patient is unable walk out of the field. If the answers to both of these questions is no, then we will proceed in different ways depending on where we are.

From the beginning of the trip to Donohue Pass, we will make our way back to the nearest road and be taken to the Yosemite Medical Clinic. The roads here will never be more than a days walk away, and we will be able to reach care fairly quickly. Once we have crossed Donohue Pass we will descend towards Devils Postpile National Monument in the case of emergency. From Devils Postpile the Mammoth Hospital is only 15 minutes away. We will continue to evacuate through Devil's Postpile until we reach Lake Virginia, at which point we will head to the Vermillion Valley Resort (a popular resupply point on the JMT: 62311 Huntington lake Road, Lakeshore, CA) in the case of an emergency, from which we will transport to Madera Community Hospital. Once we have crossed Bear Ridge, however, our new point of evacuation will be the Muir Trail Ranch, from which we will also transport to the Madera Community Hospital. Muir Trail Ranch will remain our best exit point for some time, as the Mountains on the Eastern side of the John Muir Trail for a wall difficult to cross. After we have crossed Mather Pass we will change our exit point to the Taboose Pass Trail. From the trailhead we will transport to Northern Inyo Hostpital in Bishop, CA. Once we have crossed Pinchot Pass our point of exit will be the Sawmill Pass Trail. From this trailhead we will transport to the Southern Inyo Hospital in Lone Pine, CA. If we are in the vicinity of the Woods Creek Junction our plan will be to continue down the Woods Creek Trail to the Kings Canyon National Park roads, where we will seek transport to Madera Community Hospital. Once we have reached the Rae Lakes area our point of evacuation will be to leave the field through Onion Valley, and transport to Southern Inyo Hospital. Once we descend to the Vidette Meadow Junction, our plan will be to follow Bubbs Creek to the Kings Canyon trailhead. This will remain our plan until we pass Forester Pass, from which point our plan will be to follow the Pacific Crest Trail until we reach Trail Peak, at which point we will descend to Last Chance Meadows parking area, and seek transport to Southern Inyo Hospital.

Measures Taken for Preparedness of Medical Needs

Lee:

In the past I have had recurring issues with patellar subluxation and have dislocated both my right and left kneecaps several times. Though this was something that was mostly a problem during my growing years, it is still something to be aware of. I have only had one dislocation in the past two years. Fortunately, my knee does not permanently dislocate itself as part of this condition, but relocates itself immediately upon dislocation. Also, as these dislocations continued my recovery time quickened, and I am almost always able to walk again within a minute or so. Should it be a particularly bad dislocation, we will plan to make for the nearest campsite and rest there for the remainder of the day in order to treat swelling. I have knee braces that I will bring, and as far as treatment we will bring ibuprofen as well as wraps for my knees.

Dan:

When I was sixteen I separated my shoulder lifting weights, and consequently had to spend two weeks on bed rest and a few months doing physical therapy to heal the injury. Currently my shoulder functions quite well, and I have been able to complete several outdoor expeditions, including a two and a half month long NOLS semester, which included river canoeing, mountaineering, hiking, and full day of rock climbing without any problems arising with my shoulder. Occasionally, mild soreness occurs in my shoulder after intensive strain and use, but I will be addressing this by once again practicing physical therapy exercises everyday from January to July when our proposed expedition begins.

Should a problem occur that would bring about the reemergence of this old injury, we will stop and rest along the trail and see if I can subdue the pain through light physical therapy, painkillers and time without a backpack on my back. If the injury persists, we can walk to the nearest ranger station, and if it is more severe, we can use the SAT phone to call for an emergency evacuation.

Hospitals

Yosemite Medical Clinic, in Yosemite National Park, CA

Address: Ahwahnee Drive

Phone: (209) 372-4637

Mammoth Hospital, in Mammoth Lakes, CA

Address: 85 Sierra Park Road

Phone: (760) 934-3311

Northern Inyo Hospital, in Bishop, CA

Address: 150 Pioneer Lane

Phone: (760) 873-5811

Madera Community Hospital, in Madera, CA

Address: 1250 E. Almond Avenue

Phone: (559) 675-2000

Southern Inyo Hospital, in Lone Pine, CA

Address: 501 East Locust Street

Phone: (760) 876-5501

Ranger Stations *(most do not have phone numbers)*

Yosemite National Park

Valley Ranger Station

Phone: 209-372-0740, 209-370-0298, or 209-372-0308

Tuolumne Meadows

Phone Number: 209-372-0263 or 209-372-0309

Devils Postpile National Monument

Open 9 am – 5 pm
Phone: 760-934-2289
Sequoia and Kings Canyon National Parks
McClure Meadow
Le Conte Canyon
Rae Lakes
Charlotte Lake
Tyndall Creek
Crabtree
Soda Springs
McClure Meadow
Bench Lake

Other Emergency Contact Numbers

Sierra National Forest Service – (559) 297-0706
Yosemite National Park Emergency Communication Center – (209) 379-1992
CALSTAR (Emergency Helicopter Rescue) – Jackson – (209) 267-5082
Personal Emergency Contacts – (on personal sections of application)

Emergency Communication Devices

We will be carrying a SAT Phone, which allow us to call and facilitate emergency air and ground evacuations. This device will never be used for any reason other than emergencies, but will provide a great comfort to us and our families as an accessible resource should anything go drastically wrong in the field. SAT Phone rentals are \$55.93 a week.

$\$55.93 \times 6 = \335.58

V. Budget

Measures Taken to Reduce Costs

- Used vehicles with economical gas mileages to transport ourselves to trailhead
- Driving to and from the Sierras rather than using air travel
- Hiking out to meet Sequoia Kings Pack Trains rather than having them come out to us, which is much cheaper
- Compared food prices at Berkeley Natural Grocer, Andronico's Market, and Mountain Mama's to find best price for the variety and quality of food we were seeking
- Chose to buy foods in bulk when available, which is significantly cheaper
- Found a cheap but fairly healthy method of water purification
- Require no travel funds to Berkeley as both team members live close by in the bay area

- Chose area for expedition close to members' residences that limited travel needs

Costs of Budget

Transportation: \$136.42

Food: \$830.63

Re-rations: \$280

Water Purification: \$79.44

Fuel: \$259

Maps: \$49.75

Communication (SAT Phone) Rental: \$335.58

Permits/Fees: \$15

Bear Canister Rental: \$30

Campsite at Tuolumne Meadows: \$5

Total Funding Requested: \$2023.82



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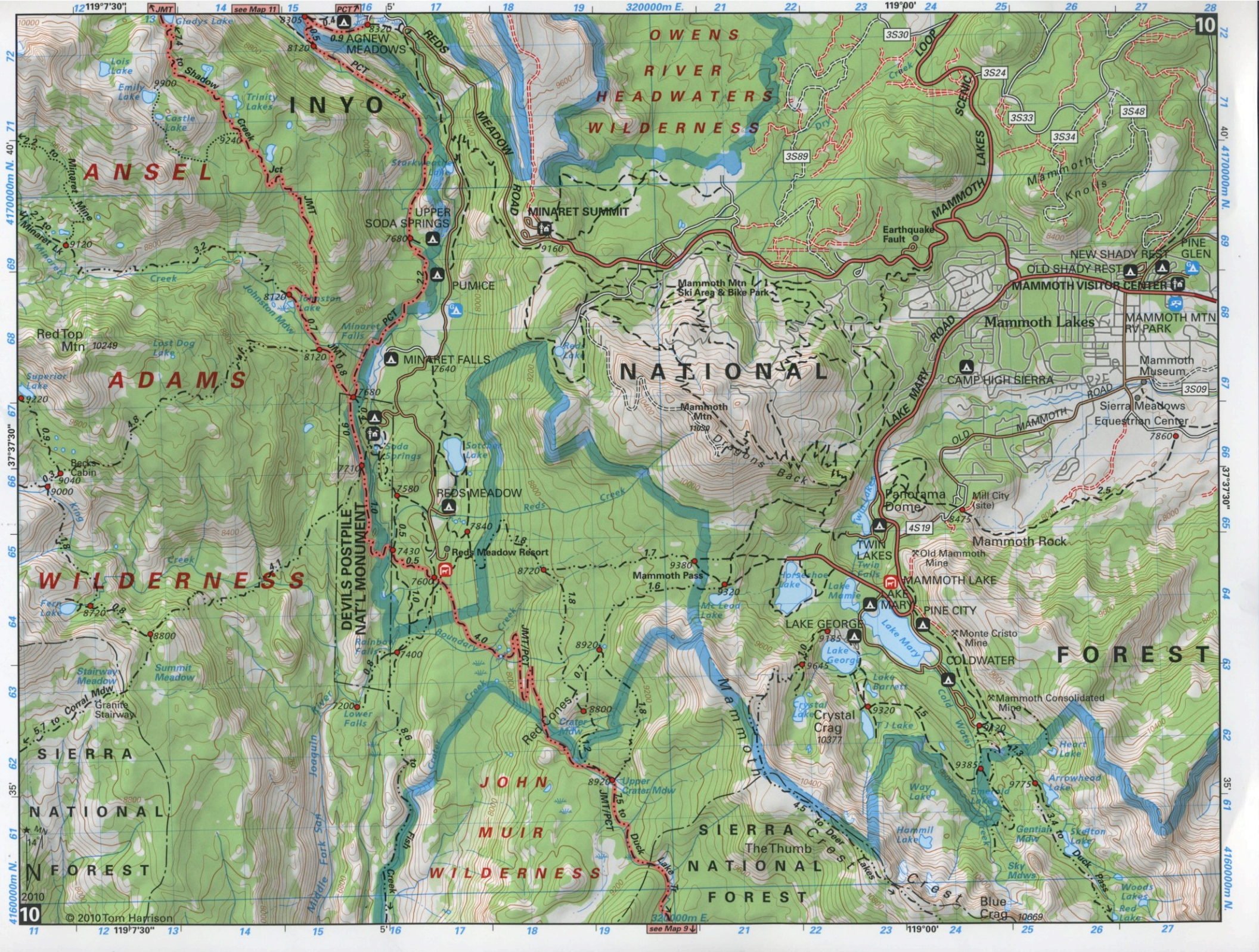
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see Map 10

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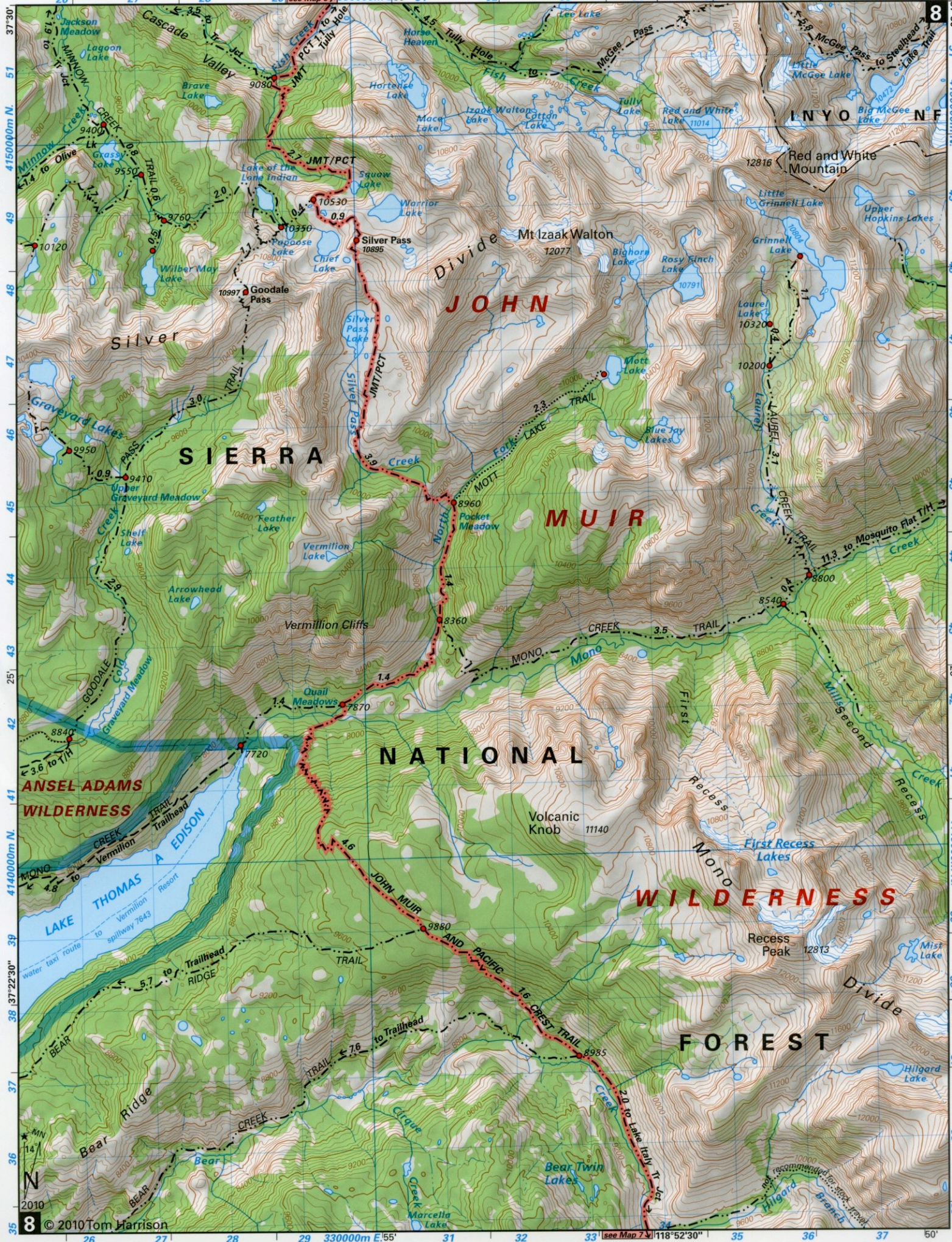
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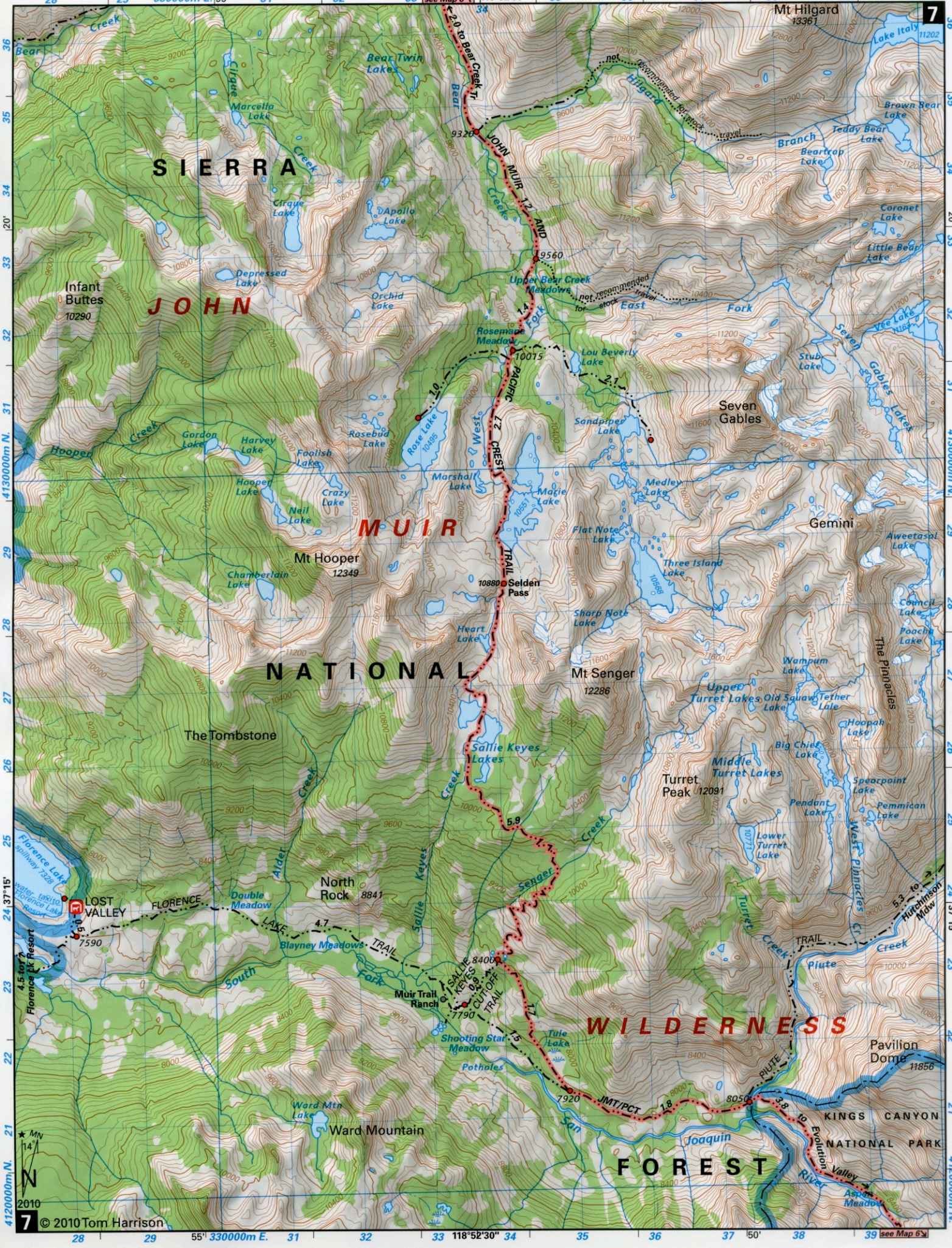
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see Map 8





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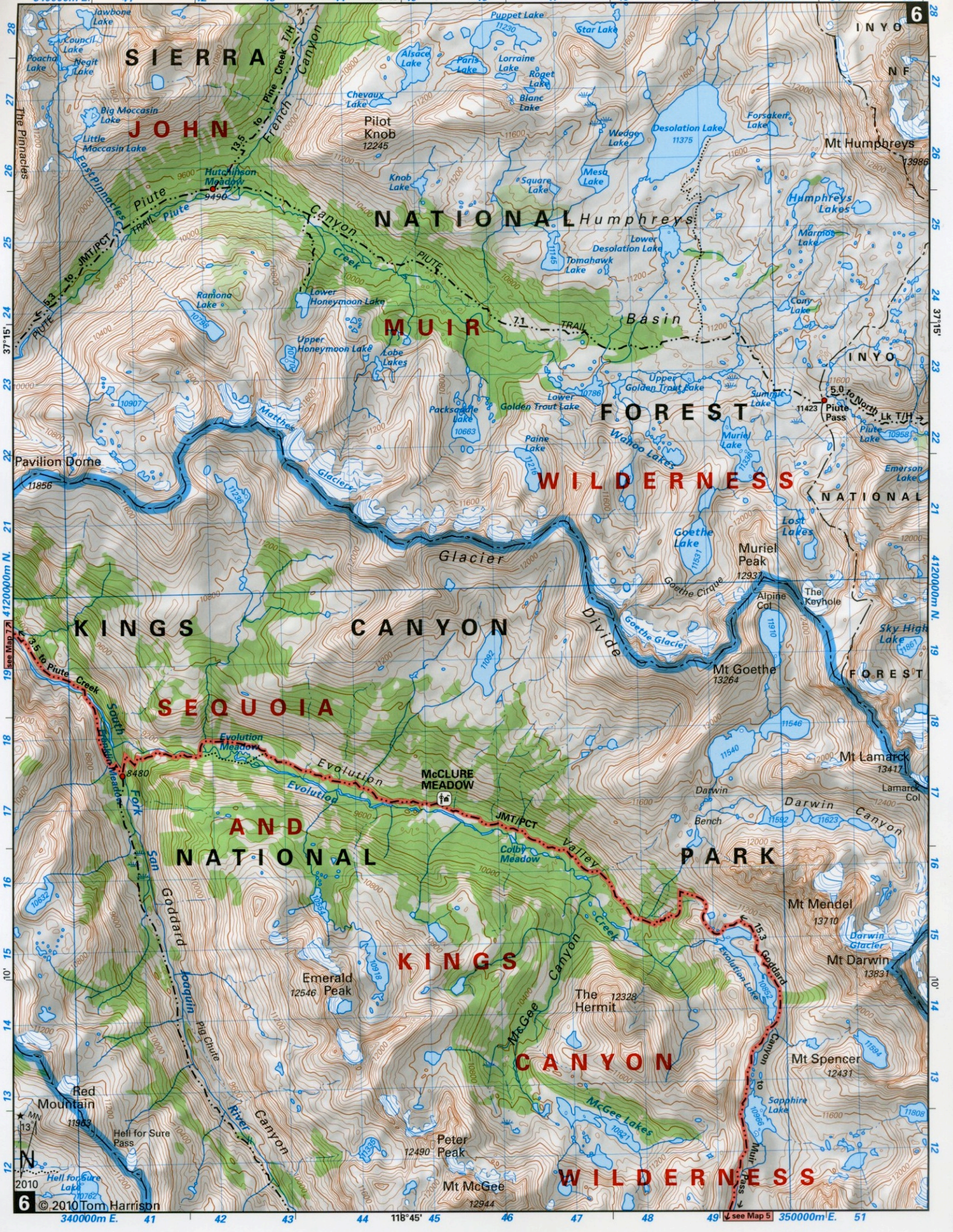
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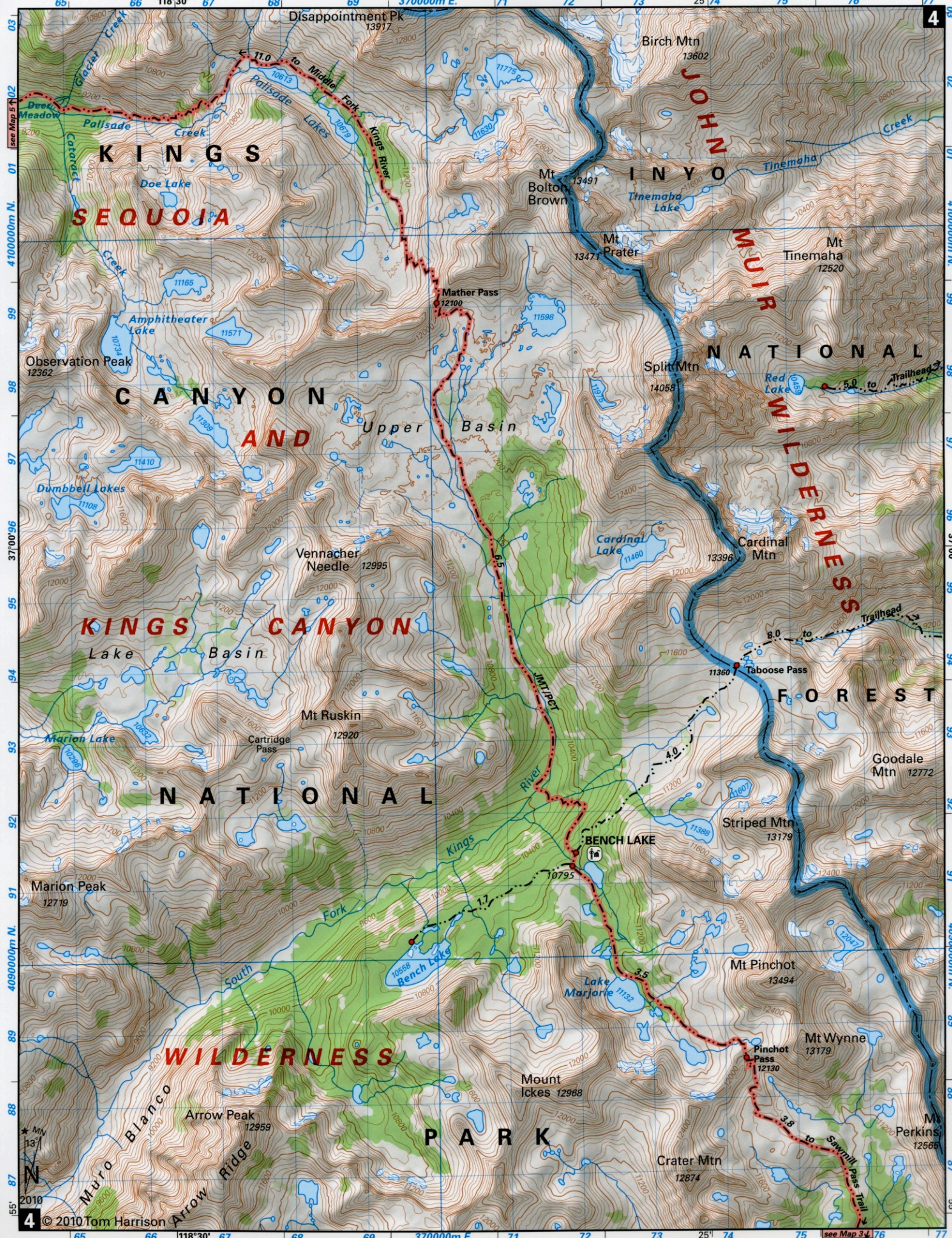
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