Ritt Kellogg Memorial Fund

Registration

Registration No. N5NW-9Z2ZR
Submitted Jan 11, 2017 10:28pm by Austin Martin

Registration

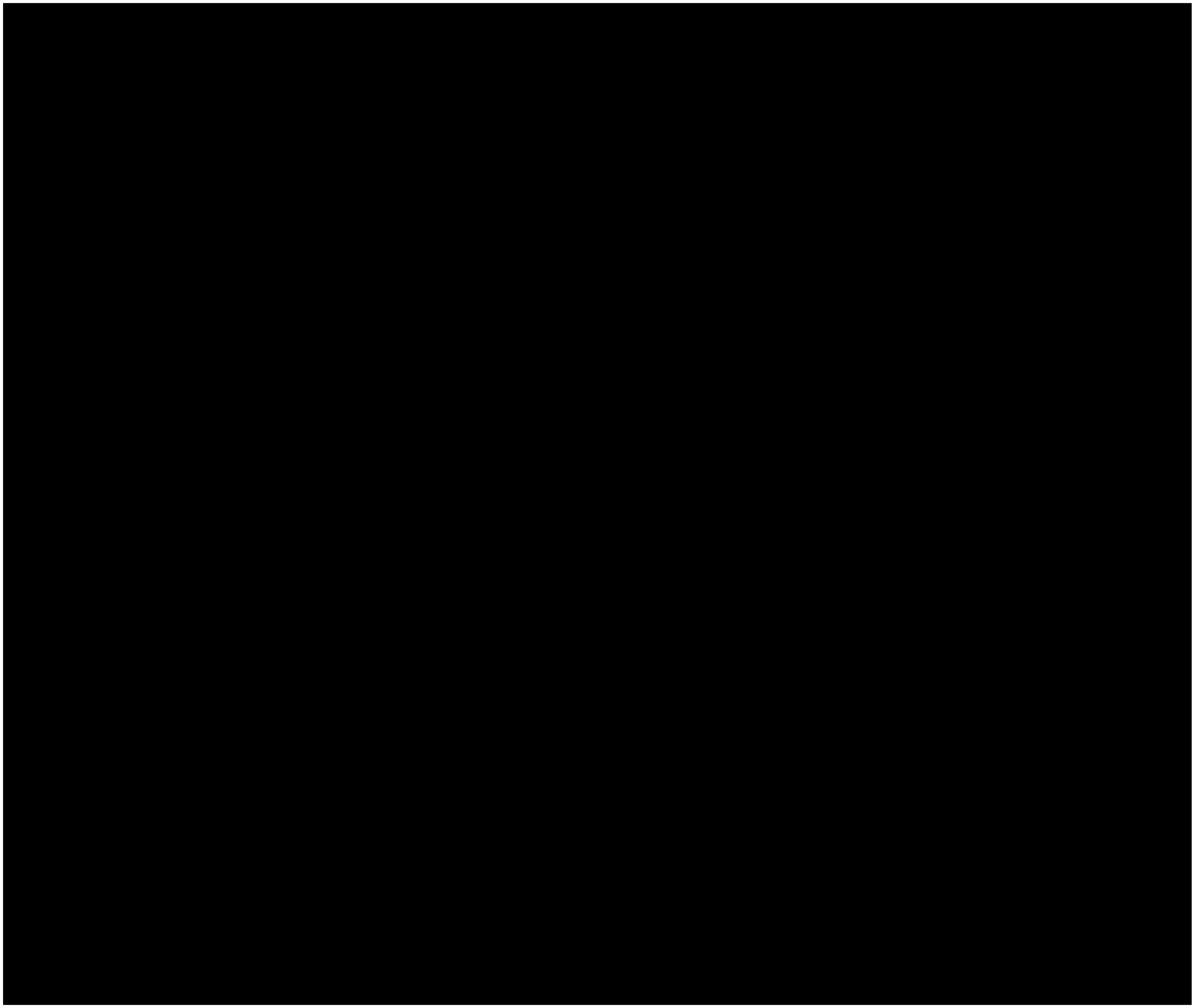
Aug 29, 2016-
Aug 27, 2017

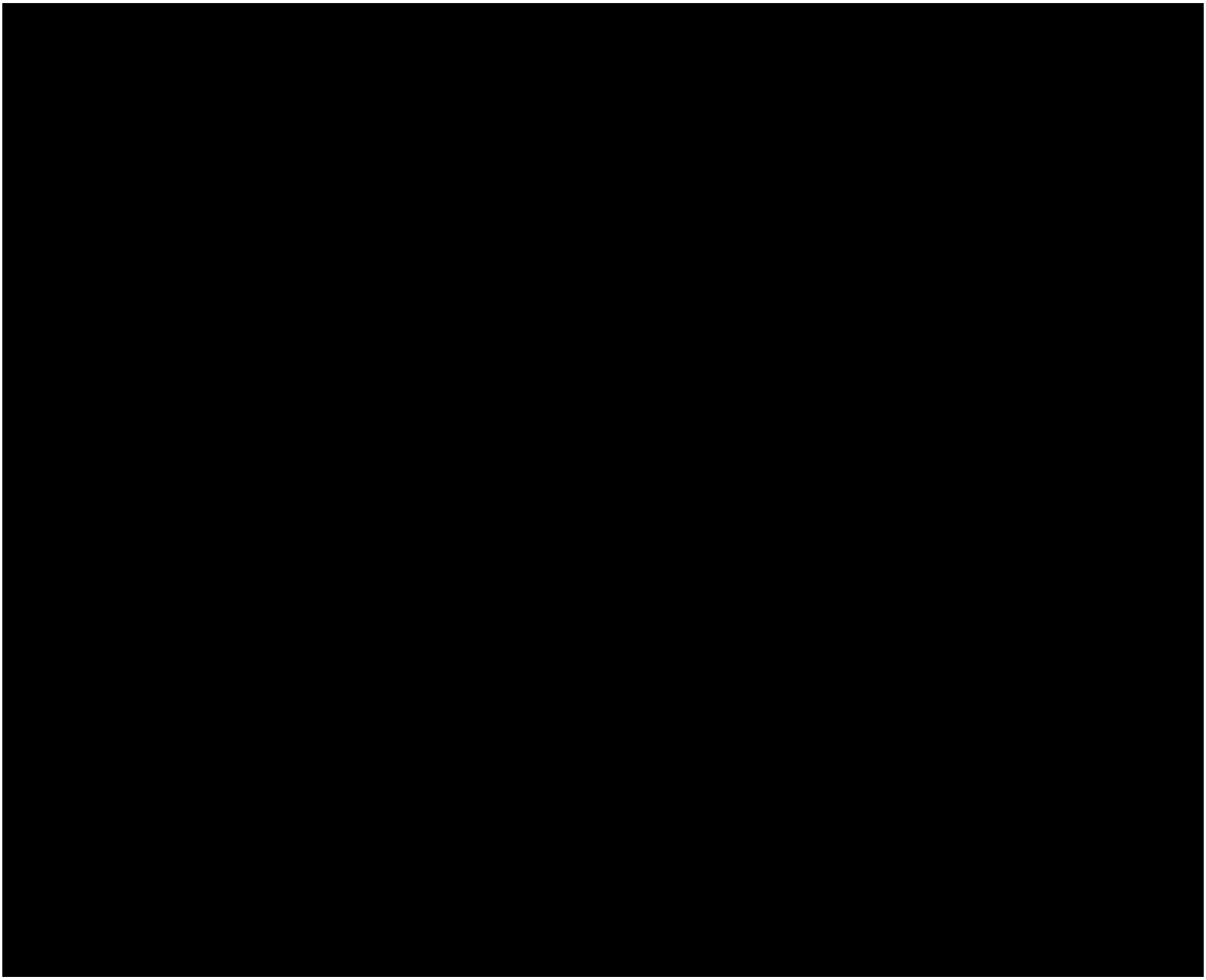
Ritt Kellogg Memorial Fund

RKMF Expedition Grant 2016-2017// Group Application

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

Waiting for Approval





I. Grant Summary

a. Expedition name:

Snorkeling in the Sierras

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

Alpine rock climbing, snorkeling

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

The principle objective of this trip is to explore the Sierra by means of backcountry travel, alpine climbing, and snorkeling, all while maintaining overall awareness and prioritizing our safety. We plan to enter through the Whitney Portal and hike to Upper Boy Scout Lake, spend a day there climbing and then move to Iceberg Lake. Maintaining a base camp at Iceberg Lake for several days we will attempt moderate multi-pitch routes on Mt. Whitney and Mt. Russell. On August 14th we will move camp back to Upper Boy Scout Lake and attempt The Stemwinder on Mt. Thor

the next day before finally hiking out. Our expedition aims to slowly and safely increase the length and difficulty of the climbs we attempt. A successful trip would involve safe and efficient climbing on the proposed routes while also remaining health, both mentally and physically. Additionally, we hope to safely and happily snorkel in some of the alpine lakes that we will encounter over the course of the trip as a form of rest, and of exploring the Sierra in a new and unique way. We hope to practice and refine our skills in technical systems, judgement, leadership and teamwork, and to grow as climbers throughout the expedition.

A list of climbs we will attempt follows:

The Impala
-Diagonal route 5.7 III
Mt. Whitney
-East Buttress 5.7 III
-East Face 5.7 III
Mt. Russell
-Mithril Dihedral 5.9+ III
-Fishhook Arete 5.9 III
Thor Peak
-Stemwinder 5.4 II

A list of snorkeling objectives is as follows:

Iceberg lake
Upper Boy Scout Lake
Lower Boy Scout Lake
Frog Pond
Mirror Lake

d. Describe the location of the expedition:

The proposed expedition will take place in the Whitney Zone in Inyo National Forest land. This is in the Sierra-Nevada range, California.

Attach an area overview map.

Screen Shot 2017-01-11 at....png (736KB, 842x452px)
Uploaded Jan 11, 2017 10:22am by Austin Martin

Screen Shot 2017-01-11 at....png (422KB, 644x744px)
Uploaded Jan 11, 2017 10:22am by Austin Martin

Screen Shot 2017-01-11 at....png (206KB, 652x352px)
Uploaded Jan 11, 2017 10:22am by Austin Martin

e. Expedition dates:

Expedition dates: Aug 2nd-Aug 17th
Aug 1-prepare gear/food/etc in Denver
Aug 2-begin drive from Denver, CO towards CA
Aug 3-finish drive to Lone Pine, CA
Aug 4-enter Whitney Zone through Whitney Portal, North Fork Lone Pine Creek Trail
Aug. 15th-exit Whitney Zone, begin drive back to denver
Aug. 16-17 begin drive back to Denver, CO

f. Number of days in the backcountry:

12

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

The wilderness area in which our expedition will take place is the Sierra Wilderness, a land consisting of moraines and granite spires shaped by glaciers. In accordance with the Wilderness Act of 1964, this area is an area “where the earth and its community of life are untrammeled by man, where man himself is a visitor who does not remain.” The landscape is not dominated by man and his own works but rather by natural beauty. Of course, we will largely be using pre-existing trails and following local camping guidelines so as to do our best to leave no trace. Although the Whitney Zone is not dominated by man and his works, it does indeed regularly see traffic from backcountry travelers such as ourselves. Wildlife in this area includes bears, deer, mountain goats, marmots, mice, squirrels, quail, robins, and blue jays. Vegetation includes pine trees such as the Whitebark pine, Foxtail pine, and Limber pine, along with shrubs such as the Dusky Willow and a multitude of flowering plant species. Due to the fact that we will be in a wilderness area that is shared by other humans, not to mention the plants and animals that are native to the area, we plan to maintain LNT as one of our top priorities.

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

$493.36

II. Participant Qualifications

a. Participants' Graduation Date

Austin Martin, class of 2018

Grace Ford, class of 2019

b. Medical Certifications

Austin Martin-WFR certification expires Jan 2017, is enrolled in WFR re-cert during Jan 2017

Grace Ford-WFR certification expires Aug 2017, enrolled in WFR re-cert during summer 2017

c. Additional Certifications

Austin Martin
-multi-pitch rock rescue course through Pikes Peak Alpine School (Nov 2014)
-AMGA SPI course (expires May 2019)
-AMGA SPI exam (Austin intends to take his exam in spring 2017)
-AMGA Climbing Wall Instructor (expires Dec. 19th 2019)
-ALI Level III Climbing Instructor
-Mental Health First Aid (expires Aug.2019)

Grace Ford
-multi-pitch rock rescue course through Spokane Mountaineers (September 2014)
-AMGA SPI course (expires January 2019)
-AMGA Climbing Wall Instructor (expires Dec. 19th 2019)
-ALI Level III Climbing Instructor
-Single Pitch Ice Instructor Course through Pikes Peak Alpine School (Jan 2016)

d. Training Plan

The members of the expedition team have much experience in the backcountry, leading on traditional protection, climbing multi-pitch routes, and climbing on granite. Between the two members they also have experience climbing rock, snow, and ice on long routes in the alpine. However, much preparation will still need to take place before the trip.

Preparation for our expedition will include refining our pre existing technical systems knowledge in order to efficiently and safely move about on rock, and to be prepared to respond appropriately in the event that something does not go according to plan. Each member will review rock rescue skills prior to the trip individually. Each member has the knowledge and gear to facilitate rock-rescue review, they simply will need to commit to review of the material.

In addition to reviewing and solidifying our technical skills, it will also be necessary to prepare ourselves physically in order to carry out our proposed expedition. Due to the length of the routes we will be attempting, endurance will be important and will be of focus throughout our training. Grace will be studying abroad in Cuba spring semester of this year which will keep us from being able to workout together, however we can very easily work out independently of one another. The workouts that we plan to use to prepare will primarily consist of sustained climbing and cardio workouts, likely increasing incrementally in length as we get closer to the trip. These climbing and cardio workouts will be supplemented with core workouts.

It will also be extremely important for us to function well as an expedition team. This requires spending time on rock together. Because Grace and Austin knew that Grace would be studying abroad second semester, they climbed together as much as possible during the fall semester. The trip members have a good amount of experience climbing with each other in both professional and recreational settings.

In a professional setting, Austin and Grace have much experience teaching together for CC Outdoor Education. Austin and Grace, along with Nick Crews, taught the ALI Level II Climbing training at Matekat dome in October 2016, a training consisting of an AMGA SPI-based curriculum. Austin and Grace taught rescue skills, complex anchor building skills, top-managed and bottom-managed site management skills, and other skills. Austin and Grace also taught Rock School together during block 2 of 2016, a beginner series consisting of several intro-level clinics as well as two outdoor trips-a afternoon trip to Red Rock Open Space, and a final overnight trip to Shelf Road. They succeeded, over the course of the block, in teaching about half a dozen CC students how to lead, build an anchor, and clean an anchor safely. Grace and Austin also have co-taught climbing clinics outside of the Rock-School setting

In a personal setting, Grace and Austin have experience climbing together outside at a variety of locations in Colorado and Utah. They have climbed together in a variety of settings: they have climbed together on bolted sandstone, limestone, and granite as well as sandstone and granite cracks. They have also spent a large amount of time climbing indoors together on ropes and bouldering.

As a result of having taught and climbed together significantly, Grace and Austin have a good understanding of each other's climbing thresholds, technical system preferences, climbing habits, and personalities.

Once again, the fact that the two members will be apart for spring semester is unfortunate, but should not be a limiting factor. Grace and Austin are very comfortable climbing together and will spend a large amount of time independently training for the proposed expedition.

III. Expedition Plan

a. Land Management

The land in which our proposed expedition will take place is managed by the Forest Service, specifically the Inyo National Forest service. We will need a permit for “North Fork of Lone Pine Creek”. These permits open up 6 months in advance, so in our case at 7am on February 4th. We plan to obtain our permit as soon as they are available, at 7am Feb 4th.
Permit is $36, (Reservation fee $15 per person, transaction fee $6)

https://www.recreation.gov/permits/Inyo_National_Forest_Wilderness_Permits/r/wildernessAreaDetails.do?page=detail&contractCode=NRSO&parkId=72203

b. LNT Principles

Yes

Empty

Are all expedition members familiar with LNT principles? Briefly describe how you will adapt existing LNT principles to meet the specific environment of your expedition (200 words or less).

Yes. Both members are leaders with outdoor education at CC and consequently not only practice LNT themselves but often teach LNT principles to their peers on OE sponsored trips.

1. Plan ahead and prepare-the importance of planning can not be overstated. Thoroughly planning our trip will allow us to adhere most closely to LNT principles.

2. Travel and camp on durable surfaces- we will be hiking in via the North Fork of Lone Pine Creek, an established trail. We plan to camp at Upper Boy Scout lake and Iceberg lake in dispersed camping, attempting to use the most durable surfaces possible(rock, compacted soil). On approaches we will attempt to travel on talus as much as possible and avoid soft soil.
3. Dispose of waste properly-we plan to pack out all solid human waste and trash. Wag bags will be obtained from the Lone Pine ranger station when we pick up our permit.
4. Leave what you find- We will not be bringing anything out that we did not bring in unless it is other people's trash that we happen to find.
5. Minimize campfire impacts- we do not plan on having any campfires
6. Respect wildlife- we plan to use appropriate bear-proof Ursacks and to prepare camp each time we leave it to keep our food unavailable to animals
7. Be considerate of other visitors- by adhering to these aforementioned principles and by being friendly towards others that we encounter we will in turn be considerate.

c. Cultural Considerations

Yes

Empty

The area in which we plan to travel was once inhabited by indigenous peoples. Some of the earliest identified sustaining indigenous people in the Sierra were the Northern Paiute tribes on the east side of the Sierra Nevada. Some of their intertribal trade routes travelled over mountain passes, and some of those regions are known artifact locations for artefacts such as obsidian arrowheads. We will be conscious of the possible presence of such artifacts and not seek to do any harm. By educating ourselves in the history and respecting previous cultures in the area we will not run into any cultural concerns.

d. Re-Ration Plans

No

e. Expedition Itinerary

Itinerary.pdf (4.7MB)
Uploaded Jan 11, 2017 10:46am by Austin Martin

Appendix A

f. Equipment List

EquipmentList.pdf (88KB)
Uploaded Jan 11, 2017 11:04am by Austin Martin

Appendix B

g. Food List

RITT FOOD - Sheet1.pdf (38KB)
Uploaded Jan 11, 2017 10:48am by Austin Martin

Appendix C

Food Storage

We plan to use Ursacks (odor proof kevlar bags) as lightweight bear-proof containers for our food. These will be rented from the Alberg Gear House at CC free of charge. In addition, LNT principles will be followed throughout the trip to ensure pests will not be attracted to our camp

IV. Risk Management

a. Travel

We will be driving CA from Denver, CO. To mitigate risk we will abide by speed limits, ensure that the driver is always well-rested, and avoid driving during weather.

b. Objective Hazards

Rock Fall

Severe Weather

Altitude

Wildlife

Rock Fall- Rock fall in certainly one of the most serious concerns while rock climbing in the alpine as it is often unpredictable and can very easily cause serious injury. All team members will wear helmets while climbing and belaying. Additionally, approaches in the Sierras are often steep and tallused, so we will evaluate wearing helmets during approaches as well. Assisted braking devices will be used so that in the event the belayer is knocked unconscious from rockfall the climber will still be protected. All rappels will be extended and backed up with a friction hitch. In the event that rock fall injures a team member all team members will be trained in rock rescue techniques. Additionally, communication can be key in mitigating the hazard of climber-induced rock fall. Alerting the belayer when the leader enters into loose terrain, calling “rock” when holds or items fall, and being cautious about using loose holds are all necessary components of avoiding rock fall injuries. It is also smart to build belays that are carefully chosen to be out of the fall line of potential rock fall.

Severe Weather- Weather is always a concern when attempting alpine routes. We will start each route as early as possible and attempt to complete routes before afternoon storm systems roll in. We will carry enough gear in order to bail if needed. We will carry necessary outerwear to protect ourselves from the weather and maintain adequate core body temperature. Decision making in the alpine with respect to weather is incredibly important, and conservative decisions are often the right ones. It will be necessary to pay close attention to forecasts, keep an eye out for weather windows, as well as be very aware of weather signals and changes while on-route.

Altitude- Many of our routes are located above 12000 feet. Grace has spent a significant amount of time at altitude leading climbs on Mt. Rainier (14409). Austin has spent a significant amount of time hiking at altitude as well as rock climbing at altitude on his previous Ritt to the Winds and on other personal trips. Austin has never encountered an issue with altitude, however that does not mean that his safety is secured for future trips at altitude. Altitude symptoms can arise unexpectedly. We will be on the lookout for this and make sure to carry enough food and water to help mitigate the risk of altitude sickness. If a team member starts to show signs of AMS we will stop and reevaluate our goals for the day. Our WFR skills will be useful for evaluating this.

Wildlife- We will be in bear country, so it will be necessary for us to take necessary steps in order to avoid encounters with bears and to be prepared for if we do in fact encounter one. We will be storing food appropriately as well as carrying bear spray with us on our expedition. Another potential hazard could be small mammals getting to our soft climbing goods and gnawing on them unbeknownst to us. To prevent this we will be aware of where we store these goods while at camp or away from camp. If possible, we will keep these things within packs, hopefully out of easy reach of climbing-gear hungry critters.

c. Subjective Hazards

Technical Climbing-fall risk
Health Concerns
Human Error/Other parties
Decision-making

Technical Climbing and Fall Risk

Our principal concern with technical climbing risk is a leader fall. On this sort of expedition or any expedition in the alpine, leader falls are a last resort. Falls can only be considered on clean steep walls, and even then are a last resort. For this reason we have chosen routes well within our capacity as climbers. However, it is still a real possibility. To mitigate this risk we will provide consistent and attentive belays, will protect the route well with traditional protection (for the followers as well), and will thoughtfully plan lead blocks to allow for rest. Additionally, follower falls can at times be just as risky and dangerous as a leader fall. To mitigate this risk we will ensure to place appropriate gear while leading to avoid swinging fall potential on traverses and similar terrain features. Each party member will be wearing a UIAA-certified harness and helmet and be properly tied into a UIAA-certified rope with a figure-eight follow through knot. Each party member has rock rescue knowledge that they can employ in the event of an emergency. Furthermore, we will use our experience to judge whether the 3rd and 4th class sections of routes and approaches require the use of ropes and climb them accordingly.

Health Concerns- Austin had his right index finger amputated immediately following a climbing accident in September 2016. Austin has done much climbing since then and is not concerned about its absence. Austin tore meniscus in his medial right knee in early Dec, 2016. He will have surgery on Jan 20th, 2017 and should be climbing within 4 weeks (per his surgeon). The surgery is minimally invasive and quick. This injury/surgery should not affect the grant as Austin will have been long recovered by the time of the grant.

Grace has moderate asthma, which is controlled with medication. She will make sure to bring extras of all medications and have them with her at all times. Austin will carry one of Grace's inhalers in case emergency use is necessary, which is very unlikely. In addition, Grace has a partial meniscus tear obtained in 2015. Hiking, climbing and snorkeling in the past have not bothered this injury, however Grace will carry a knee brace in case it flairs up.

Human Error/Other Parties- That which poses the greatest risk to us is our own human error. However, it is also what can most easily be prevented by thorough safety checks as well as double checking systems before using them. Competence belaying, rappelling, placing gear and building anchors, and understanding rope systems are all components of a greater competence that will be necessary for us to bring along with us on our expedition. Having taught these skills together and having used them together climbing helps, however one cannot ever stoop to the level of being overconfident or of negating to follow through with the safety checks that we place so much value on when we teach. Regardless of how often we have performed a skill, we cannot pay it any less attention or be any less aware of corresponding consequences. We will be acutely aware of each other's set-ups as well as our own, and will double and triple check systems. We will execute extended rappels backed up with a friction hitch. We will take any steps that we can to avoid the possibility of human error.

It is possible that other parties will be above us or below us on our proposed routes. There is always a real possibility of something being dropped/knocked or causing rockfall off the route onto us, and for that reason we will be aware of where other parties are in relation to us. At times it may be necessary to wait or to pass parties, and we will make quick and well-executed decisions should either of those possible circumstances be warranted.

Decision Making-There is a risk of there being some form of power dynamics during decision making. To avoid this we will be sure to allow each other's voice to be heard, and will make appropriate and conservative decisions taking all variables into account. Decisions will be decided upon and agreed upon by both members of the expedition party.

d. Emergency Preparedness

We will be extremely vigilant about taking precautions to minimize risks that will result in serious injuries. If an injury situation arises we will asses the severity and nature of it and decide among our options:
-Should a life threatening emergency occur, we will use the "life threatening emergency" button on the SPOT device. This sends the message and our GPS coordinates to dispatchers working at SPOT who will be able to contact Inyo Search and Rescue or California Explorer Search and Rescue to request a rapid medical evacuation. Due to the backcountry setting, we will additionally use our rock rescue techniques and personal first aid experience to evacuate

and stabilize from a potentially hazardous environment.
-Should a non-life threatening injury occur, we will asses the patient's ability to descend a route and walk. If they are unable to do either of those, we will utilize our rock rescue skills to descend, then use the "non-life threatening emergency" button on the SPOT device to contact Inyo Search and Rescue or California Explorer Search and Rescue to request an evacuation.
-Should an injury permit walking, we will evaluate the patient's ability to carry belongings and the time sensitivity of the injury. Using our Wilderness First Responder skills, we will take every precaution to stabilize and not worsen the injury during the hike out. We may need to divide group gear to expedite the evacuation process and we potentially will have to return to retrieve our camp gear. In this situation, we would move from the base of the route on which the team member was injured back to base camp and then evacuate via the North Fork of Lone Pine Creek.

e. Emergency Resources

In the event of an emergency we will use a SPOT device to summon the help of either:

Inyo Search and Rescue (INYOSAR)

P.O. Box 982 Bishop, CA 93515

(760)-878-0383

California Explorer Search and Rescue (Cal-ESAR)

205 DeAnza Blvd., #30 San Mateo, CA 94402

(650)-340-4779

If we manage to have cell service, we can call:

American Alpine Club: Global Rescue Hotline - (650)-459-4200

Inyo National Forest 760-876-6200

V. Budget

Budget

Budget.pdf (77KB)
Uploaded Jan 11, 2017 10:26pm by Austin Martin

Appendix D

Transportation

$430.34

Food and Fuel

$408.37

Maps and Books

$30.00

Communication Device Rental

$82.00

Permits/Fees

$36.00

Gear Rentals

$0.00

Total Funding Request

$986.71

Cost Minimization Measures

We will be traveling to and from Denver, CO. By doing so we are keeping the cost of getting us there from our homes out of the grant. We will be using as much of our own gear or borrowed gear as possible to eliminate any rental fees. It is possible that we will be able to borrow a more fuel-efficient car for our trip which would dramatically reduce our cost of transportation. This money, along with any excess money, would obviously be returned to the RKMF. We will be purchasing our food in bulk at Costco which will make our food purchase very cost effective.

VI. Expedition Agreement

Expedition Agreement

Appendix E

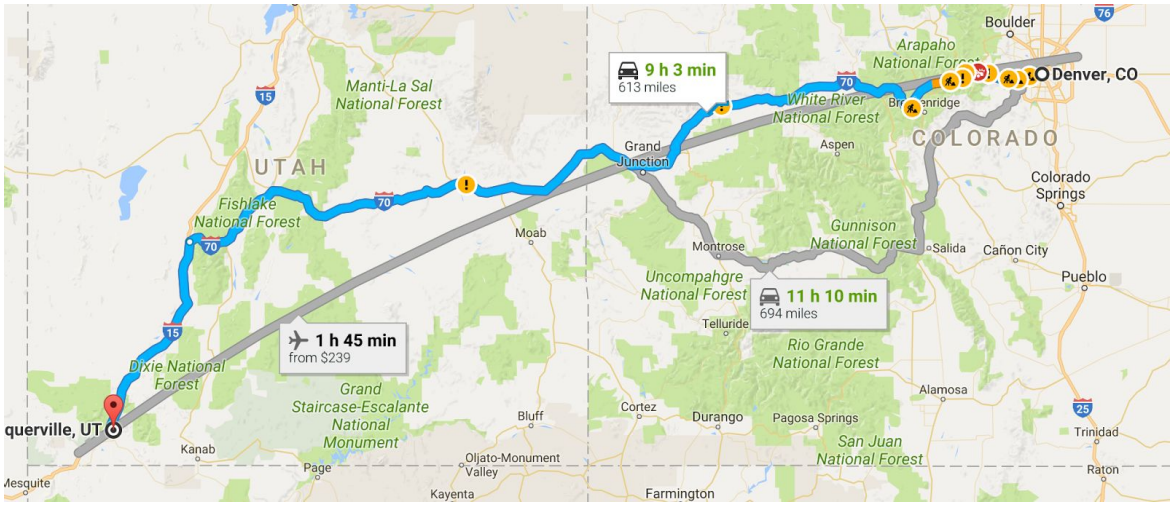
IMG_4907.JPG (2.4MB, 3264x2448px)
Uploaded Jan 11, 2017 3:26pm by Austin Martin

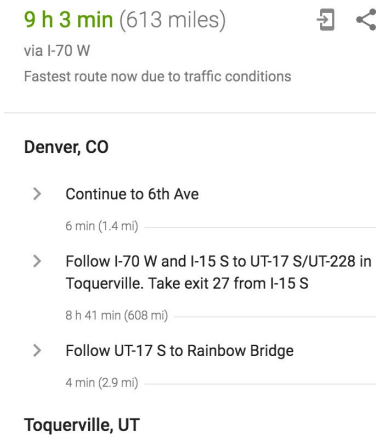
Appendix A- Expedition Itinerary

Day 1 (Aug 2nd)- Denver, CO to campsite near St. George, UT

Drive from Denver, CO to Toquerville, UT Via I-70W. This is approx a 9 hour drive. We plan to depart at a reasonable hour in the morning (perhaps around 8am). Camp at Toquerville Falls, which offers free dispersed camping on BLM land.

Address:La Verkin, Utah GPS: 37.296674, -113.247746 Elevation: 3726'

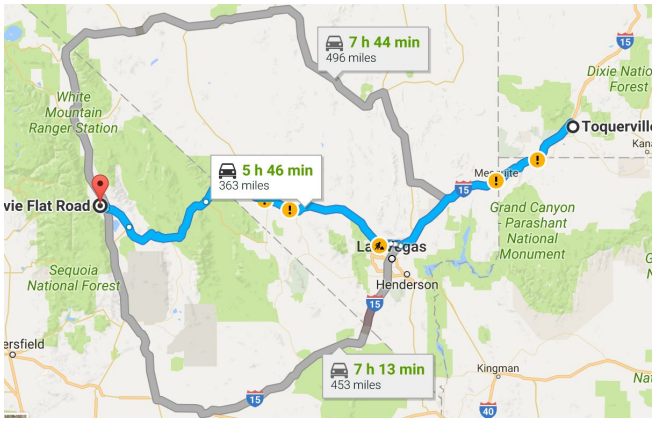




Day 2 (Aug 3rd)- Drive from Toquerville, UT to Lone Pine, CA, pick up permit, free camping

Drive from Toquerville, UT to Lone Pine, CA to pick up reserved backcountry permit by 5pm (when Eastern Sierra Visitor Center closes). This is approx. a 6 hour drive. Then drive to Alabama Hills-Movie Road free dispersed camping on BLM land. We plan to depart from Toquerville, UT around 8am in order to arrive at the visitor center well before it closes.

Address: Movie Flat Road Lone Pine, California GPS: 36.604965, -118.122102 Elevation: 4613'



5 h 46 min (363 miles)

via I-15 S and US-95 N

Fastest route, the usual traffic

Toquerville, UT

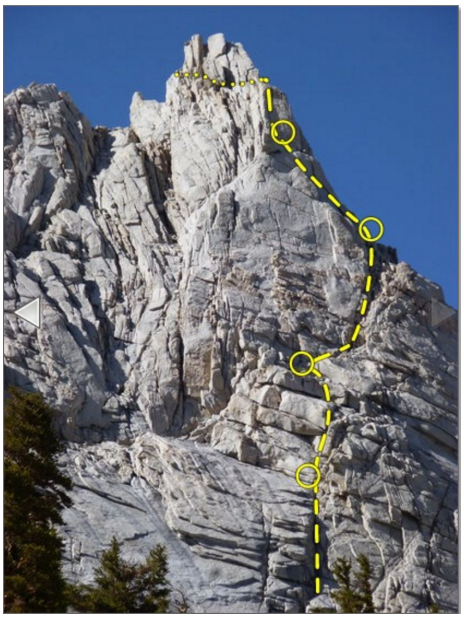
- Get on I-15 S from UT-17 N
  5 min (3.1 mi)
- Follow I-15 S and US-95 N to Airport Rd in Beatty
  3 h 27 min (242 mi)
- Take NV-374 S and Daylight Pass Rd to CA-190 W in Inyo County
  34 min (26.5 mi)
- Continue on CA-190 W. Drive to Whitney Portal Rd in Lone Pine
  1 h 35 min (87.7 mi)
- Continue on Whitney Portal Rd. Drive to Movie Rd/Movie Flat Rd

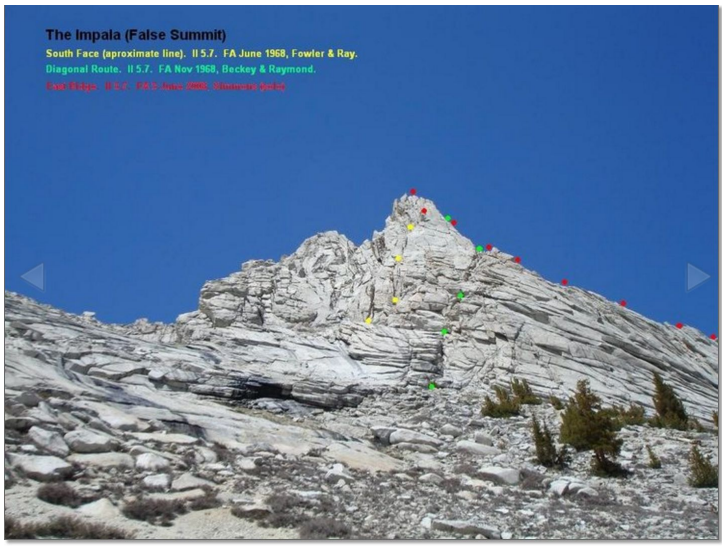
---

Day 3 (Aug 4th)- Lone Pine BLM land to Upper Boy Scout Lake (refer to overview map)

Leave BLM land at around 7am, drive from BLM camping to Whitney Portal where we will be leaving our car for the duration of the trip. Hike to Upper Boy Scout Lake via the North Fork of Lone Pine Creek (Mt. Whitney Mountaineer's Route) and set up camp. Scout out approach for The Impala.

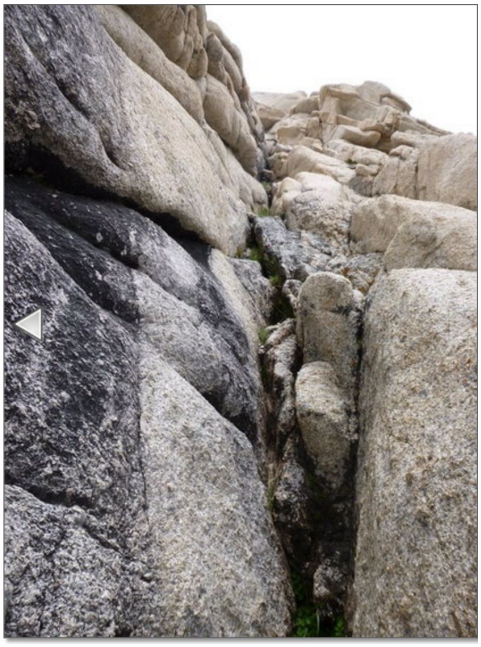
Day 4 (Aug 5th)- Attempt of Diagonal Route (5.7, III, 4-5 pitches) on The Impala



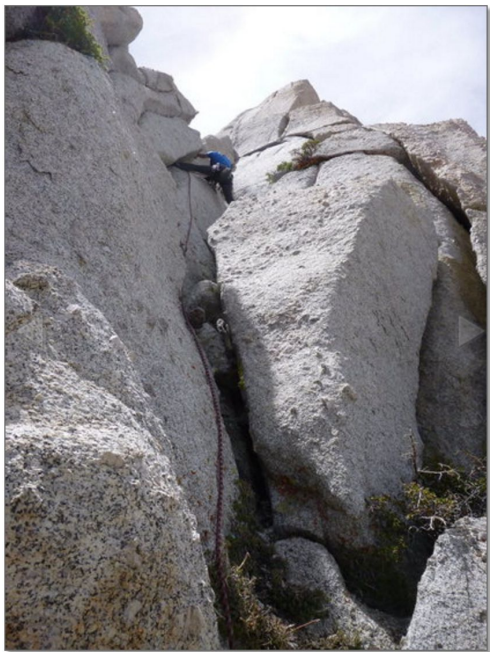


Approach: best approach is from the sandy bench beneath the Russell-Carillon Col, from Upper Boy Scout Lake.

Route: Follow the obvious crack/chimney system that starts in the center of the face and trends right. When the chimney gains the East Ridge, there are several 1-2 pitch options to finish the route at the (false) summit.



1st pitch



4th pitch

Descent: To descend, head northwest along the ridge towards the slope and notch - not eastwards! Once you're on sandy ground, descend west and south around the headwall (towards upper boy scout lake) until you're below the formation.

Day 5 (Aug 6th)- Rest day, scout out East Buttress of Mt. Whitney

---

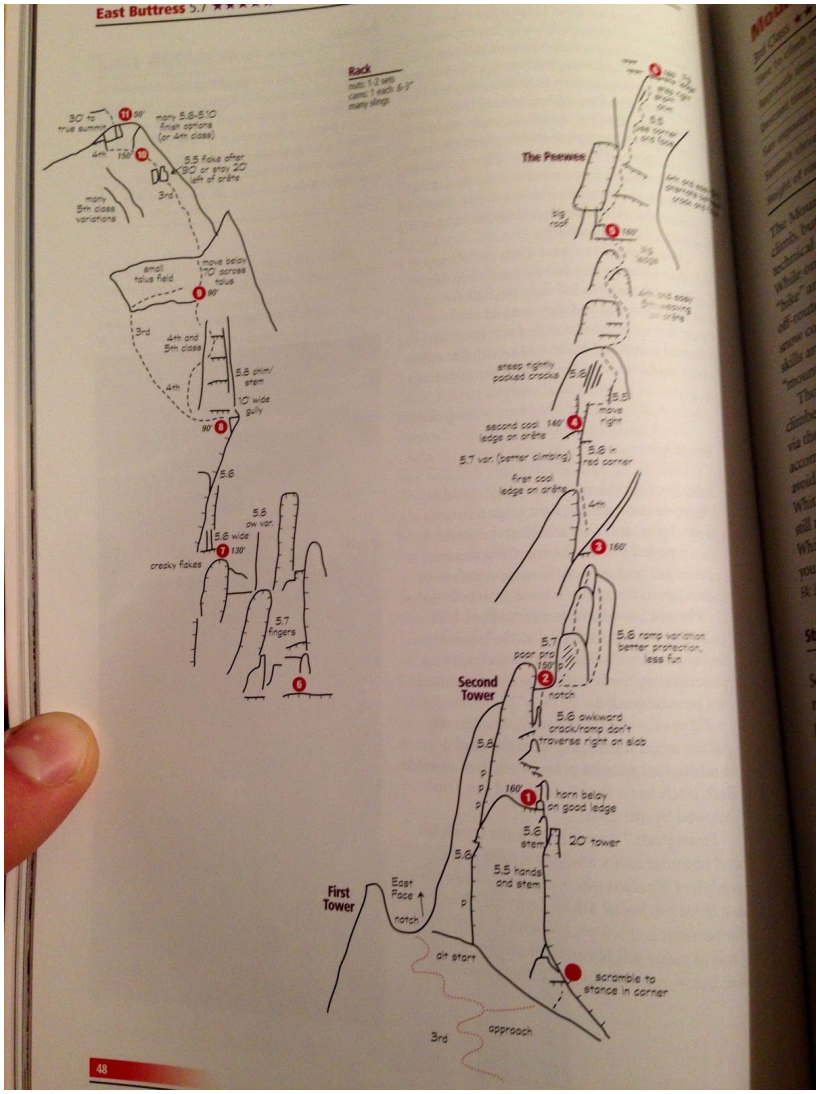
Day 6 (Aug 7th)-Attempt of East Buttress, Mt. Whitney (5.7 III, ~11 pitches)

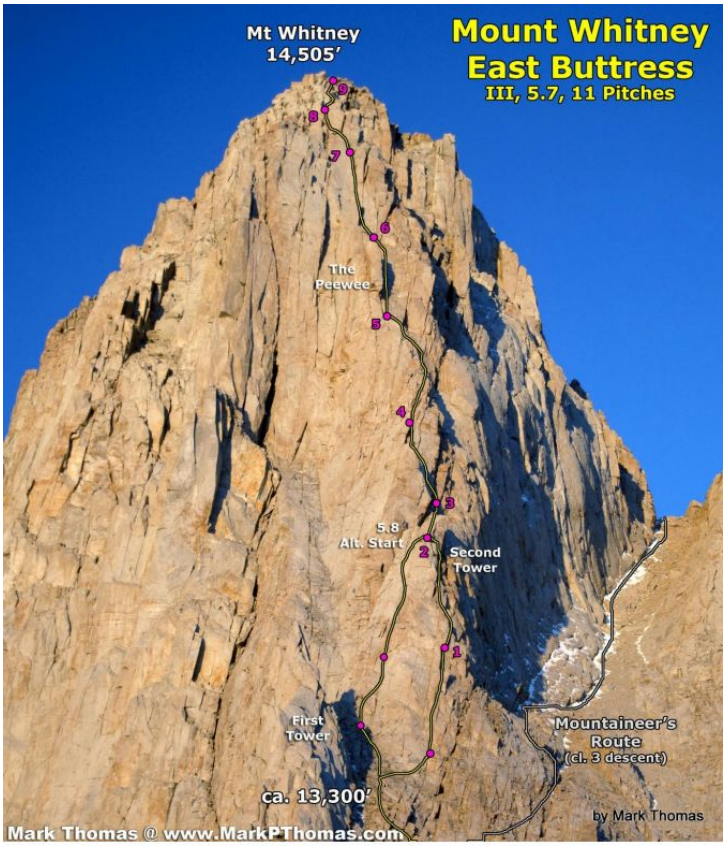
Approach: From 200 feet south of Iceberg Lake, locate the First and Second towers and walk toward them. A steep trail eventually becomes intermittent trail and 3rd class. The start of the East Buttress route

is just below the 2nd tower. Stop at big left-facing corner at base of 2nd tower for the start of climb.

Route:
Except for the 4th pitch, the first six pitches trend slightly right
For the best climbing keep to the arete as much as possible

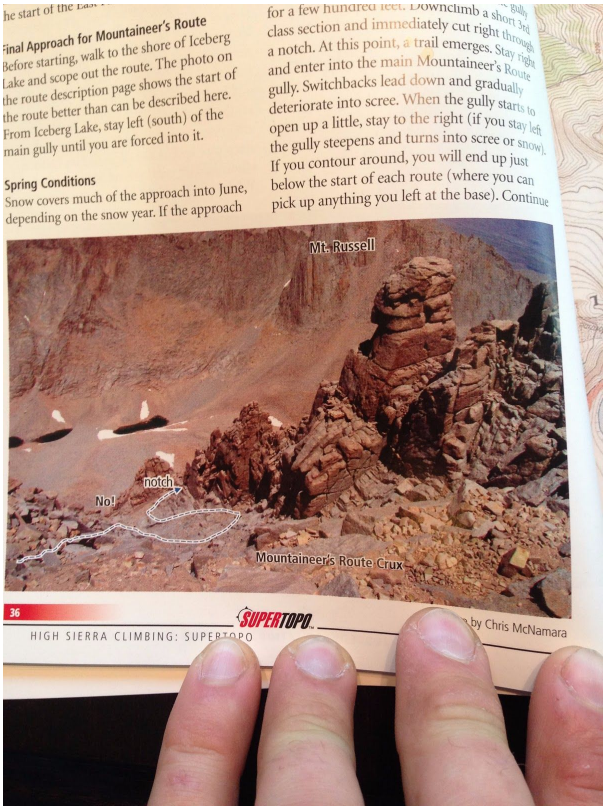
MP beta:
p1. Easy climbing up the corner. 5.5-5.6
p2. Nice face climbing. 5.6-5.7.
p3-5. wander around the buttress taking whatever line looks best. Head for the left side of "the peewee" - a huge roof/block that looks rather ominous. 4th-5.6
p6. up the left side of the peewee. usually dark and cold. Feels good to get on top of it. 5.6
p7-11. cracks and blocks that generally trend left. The more left you go, the sooner you'll hit a talus field and start walking to the top. Climbing stays easy right on the buttress, with a few boulder problems to overcome.


Rack
mats 1-2 sets
cams: 1 each .5-3"
many slings
30' to true summit
11 50'
many 5.6-5.10 finger options (or 4th class)
4th
150'
10
5.5 flake after 30' or stay 20 left of arête
3rd
many 5th class variations
small talus field
move belay 110' across talus
9 90'
3rd
4th and 5th class
4th
5.8 chim/ stem
10' wide gully
90'
8
5.6
5.8 ow var.
5.6 wide
7 130'
creaky flakes
5.7 fingers
6
The Peewee
5.5 roof
5
160'
5.5 ledge
4th and easy 5th weaving on arête
steep tightly packed cracks
5.6
5.5 move right
second cool ledge on arête
140'
4
5.6 in red corner
5.7 var. (better climbing)
first cool ledge on arête
4th
3 160'
5.6 ramp variation better protection, less fun
5.7 poor pro
150'
2
notch
Second Tower
5.6 awkward crack/ramp don't traverse right on slab
5.8
p
s
p
160'
1
horn belay on good ledge
5.6 stem
20' tower
5.6
5.5 hands and stem
p
First Tower
East Face
notch
dit start
scramble to stance in corner
approach
3rd



Retreat plan: Retreat the route by rappelling right(north) into the Mountaineer's Route gully. No fixed anchors.

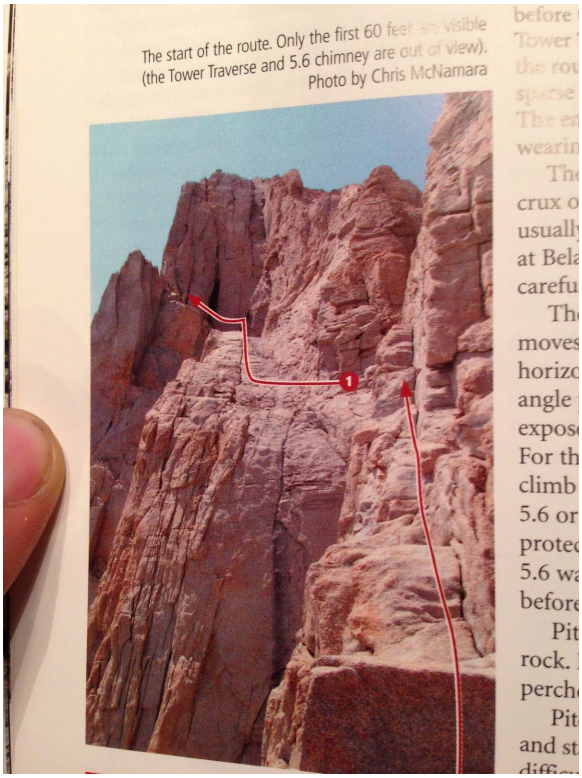
Descent: Descend Mountaineer's Route. It takes about 1-1.5 hours to get from the summit of Whitney to Iceberg Lake. From the summit, stay near the edge and walk west 500 feet to a steep gully with towers lining the right side(see photo)



Scramble down the left(west) side of the gully for 100 feet of steep 3rd class and then cross to the right (east) side of the gully. Follow the right side of the gully for a few hundred feet. Downclimb a short 3rd class section and immediately cut right through a notch. At this point, a trail emerges. Stay right and enter into the main Mountaineer's Route gully. Switchbacks lead down and gradually deteriorate into scree. When the gully starts to open up a little, stay to the right (if you stay left the gully steepens and turns into scree or snow). If you contour around, you will end up just below the start of each route. Continue down the climbers' trail and occasional ledges to Iceberg Lake.

Day 7 (Aug 8th)-Rest Day, Scout out East Face of Mt. Whitney

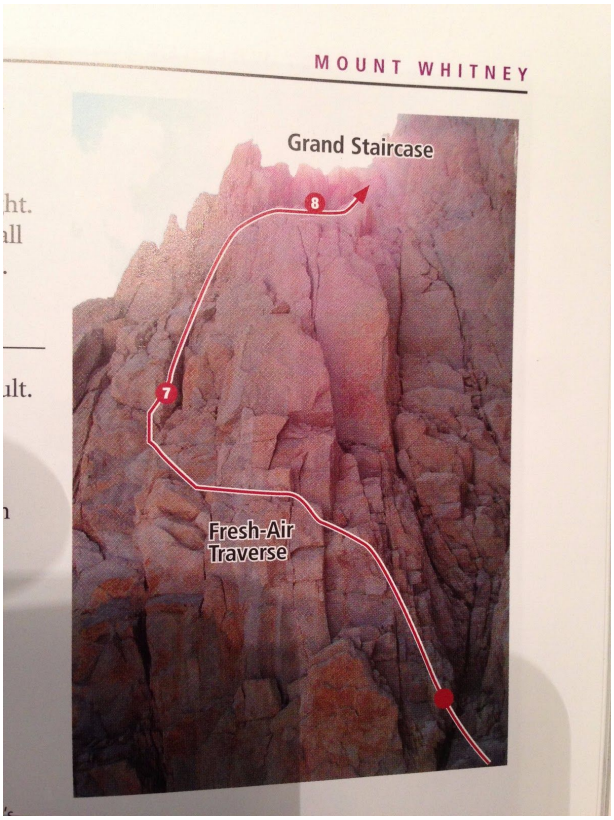
Day 8 (Aug 9th)- Attempt of East Face, Mt. Whitney (5.7 III, ~10 pitches)
Approach: Same for East Buttress, hike up between First and Second tower before drop off. Picture of route start:



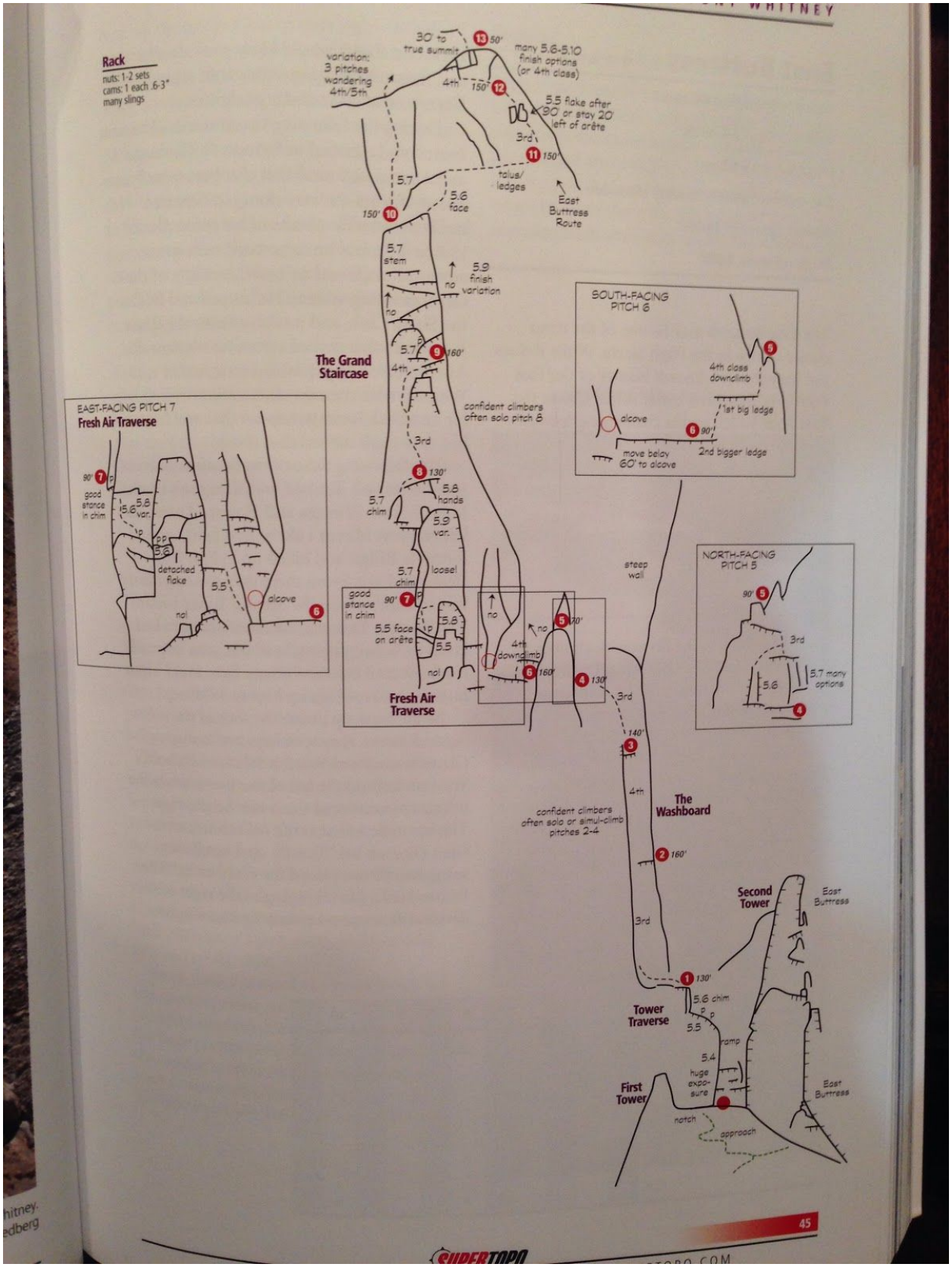
The start of the route. Only the first 60 feet are visible (the Tower Traverse and 5.6 chimney are out of view). Photo by Chris McNamara

Route:

- At the start, between the 1st and 2nd tower go up the first ramp from left to right.
- Make the Tower Traverse across the south face of the Second Tower, and climb a short chimney (5.4-5.5) to the first belay.
- Scramble or simul climb up three pitches of 4th - easy 5th to the top of the Washboard. Climb left up and over a tower/chimney (5.2-5.5) to a large ledge, and traverse to the base of the Fresh Air Traverse.
- The Fresh Air Traverse pitch (5.5) climbs easy ground up then left to three fixed pitons. Enter and belay in a chimney. The traverse is exposed and fun. From the ledge, do not traverse directly left. Climb up blocky ground first.
    - The fresh air traverse (FAT) can be a little tricky to find- To get up to the FAT you will go up and left about 75' or so. You can also identify the FAT because the bottom part of the rock that forms the FAT is overhanging and quite flat, probably about 5' x 5'

- 

- Once in the chimney, climb up the Grand Staircase for 3 pitches, to the 5.6-5.7 offwidth pitch(es). This is the crux, then its easy ground up and right to the summit
    - Immediately after the FAT, probably where you will belay, you go up and right to get into the Grand Staircase. To climb the Grand Staircase use diagonalizing ramps closer to the left side of the staircase. At the end of the staircase you will come to the last obstacle about a 30' long chimney.

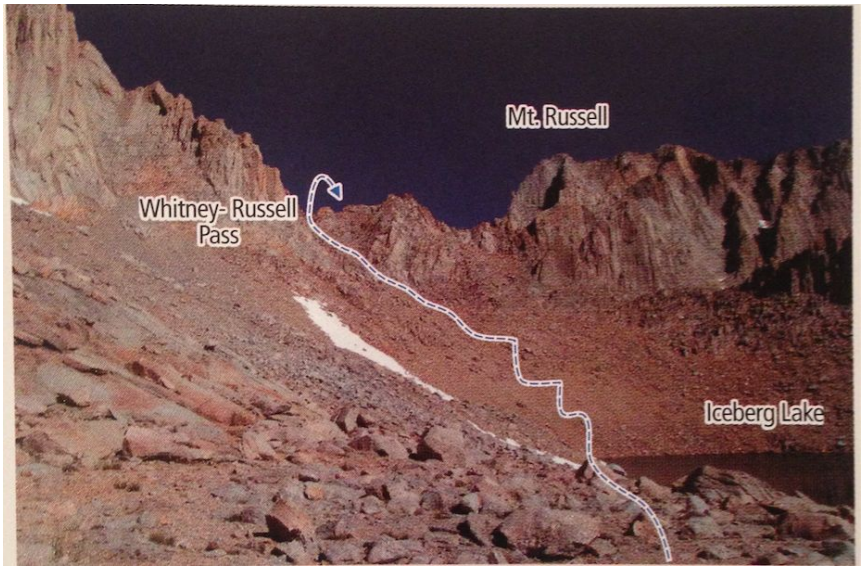


Retreat: Retreat by rappelling the route. Downlead pitches 1,6,7. No fixed anchors.

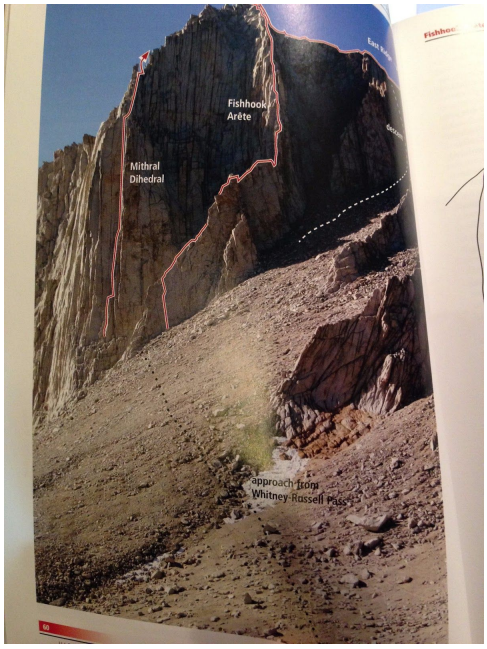
Descent: Descend via Mountaineer's Route. See above for beta.

Day 9 (Aug 10th)-Rest, scout out approach for Fishhook Arete

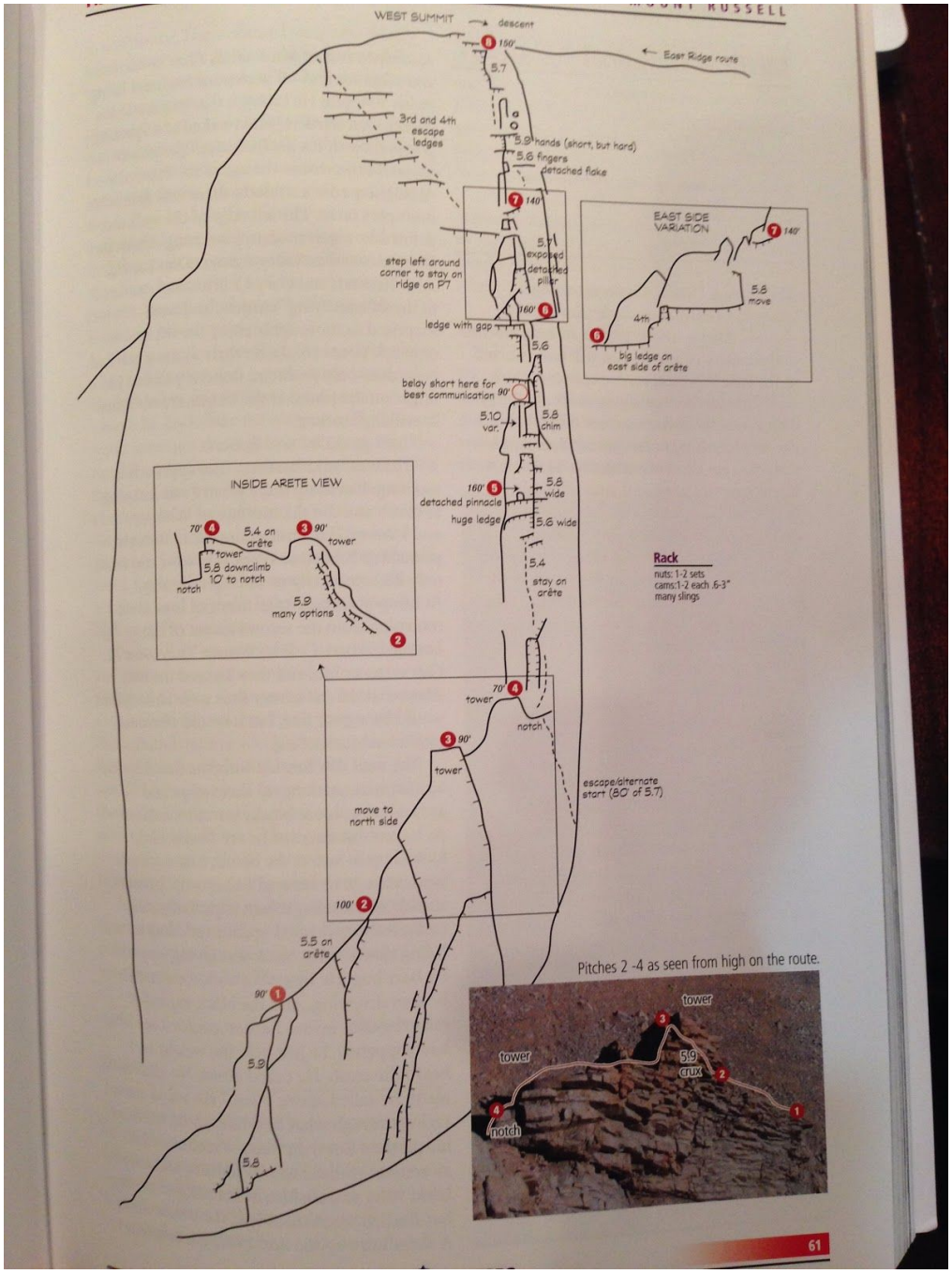
Day 10 (Aug 11th)- Attempt of Fishhook Arete, Mt. Russell (5.9 III, 8 pitches)

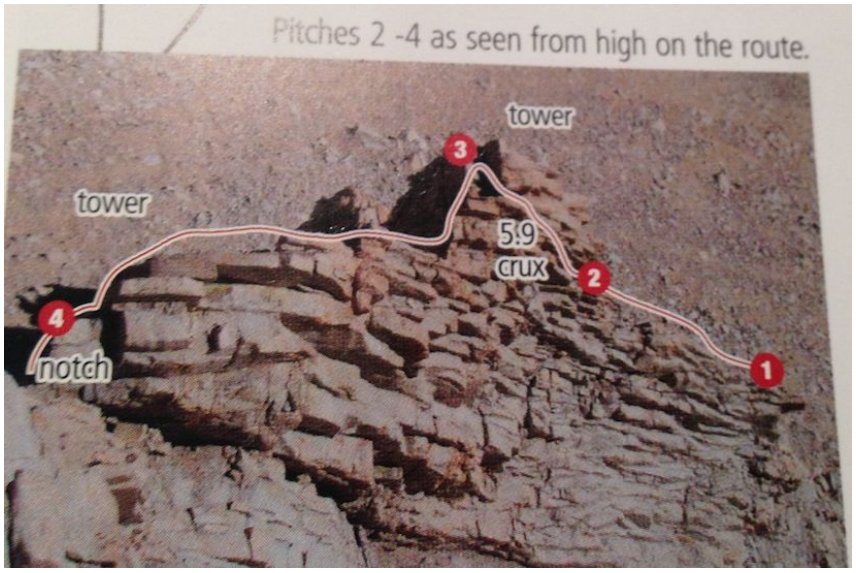


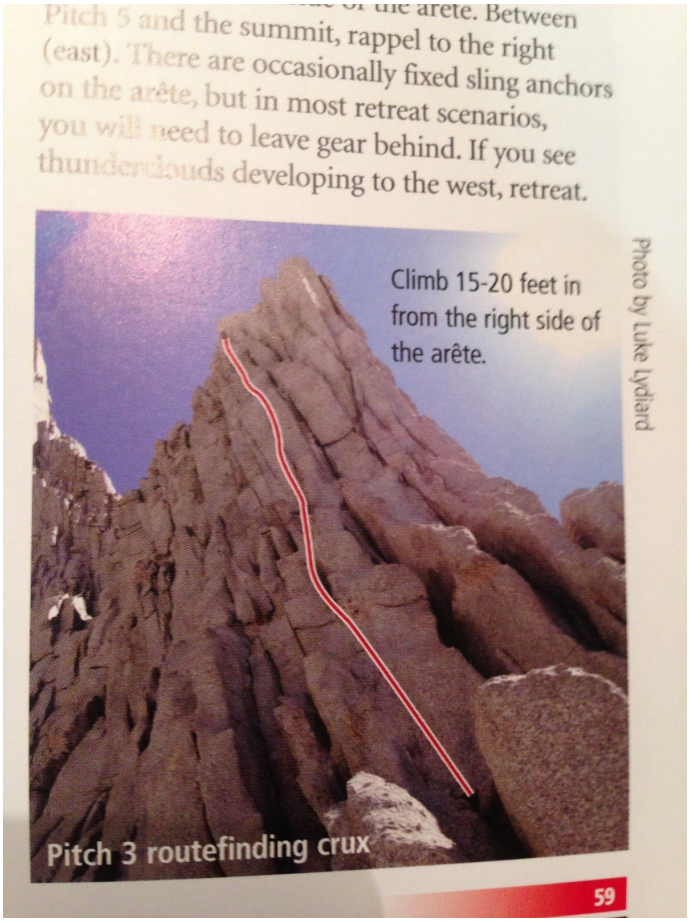
Approach- Whitney-Russell Pass Approach. The approach takes most climbers 1 hour from Iceberg Lake. Follow the west shore of Iceberg Lake and hike northwest up sandy switchbacks to the notch-this is the Whitney-Russell pass. From the notch, walk north to Mt. Russell up sand, scree, and talus. Start to Fishhook Arete can be seen in the following image:



Route:
According to Supertopo, starting outside the arete on the face provides better climbing and more protection opportunities. Pitch 3 features a routefinding crux, however the supertopo guide seems to make this problem and its solution very clear in the guide. See below photo for P3 crux. Follow Supertopo's topo for route beta:







Retreat: Between P1 and 4, rappel on the outside of the arete. Between P5 and the summit, rappel to the right (east). Occasional fixed sling anchors. If you see thunderclouds developing to the west, retreat.

Descent: There are two possible descents for this route. Which one we take will depend on what time we top out. Either are viable options. If we are in excess of time, we might use the East Ridge descent due to the fact that the East Ridge is one of the best 3rd class routes anywhere (according to Supertopo).

East Ridge Descent: Walk a few hundred yards to the east summit staying just below the ridgeline on the north side. From just below the east summit, more through a notch and downclimb 80 feet of 3rd class and walk over to the East Ridge. Follow the East Ridge down 3rd class occasionally dropping to the north side of the ridge to avoid 4th and 5th class moves. The bottom of the East Ridge ends in the Russell-Carillon Pass. From here walk southeast down scree and sand to Upper Boy Scout Lake. Hike up to Iceberg Lake.

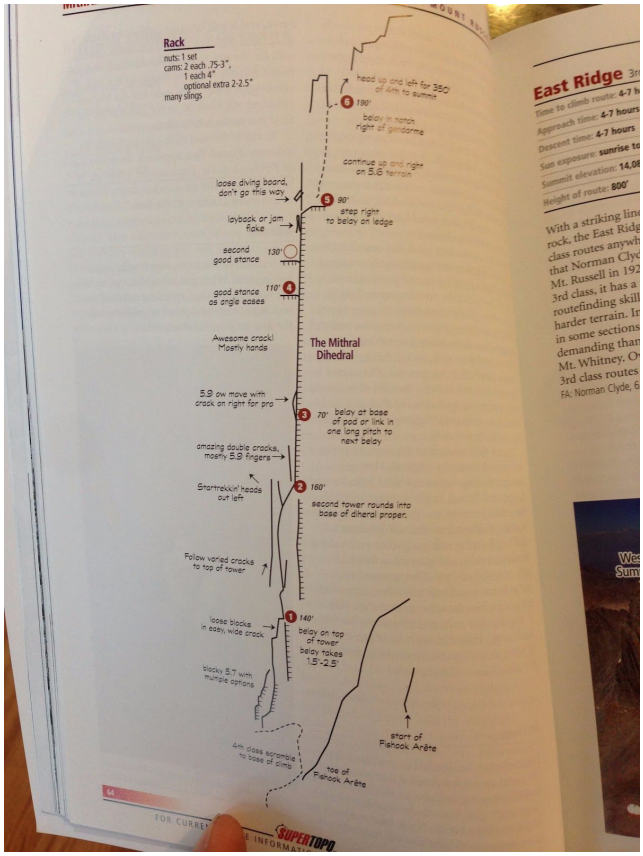
South Face, Right Side Descent: Pause on the summit to scope it out. A few hundred yards to the east of the west summit (where you are standing) you will see the east summit of Mt. Russell. Between the two summits, an exposed ridge drops down and right and separate two major gullies (you can see the first gully closest to you but not the second). The descent starts on the opposite side of this rock ridge and goes down the second gully. Do NOT take the first gully closest to the west summit! Walk east on the ridge for a few hundred feet until you are about 150 ft from the east summit. Look for 3rd class leading down a chute to a series of ledges in the second (east-most) gully. It is also possible to walk 40 ft past the chute and rappel off slung blocks. This can be done as two single-rope rappels: one short (15m) rap down to a six foot tall flake, and then one 25m rap to a ledge where you can start hiking. Follow a scree trail back to the bottom of Mt. Russell. Reverse the approach.

Day 11 (Aug 12th)- Rest Day

Day 12 (Aug 13th)- Attempt of Mithril Dihedral, Mt. Russell (5.9+ III, 6 pitches)
Approach: Same as for Fishhook Arete. From the toe of Fishhook Arete, head around left to the blocky base of the obvious left-facing dihedral where many cracks split the face.

Route:
P1 5.7 Follow cracks up to a ledge.
P2 5.7 Better rock leads up along a knobby crack to a ramp below the corner proper.
P1 and P2 can be combined with a 70m rope
P3 5.9 A short pitch. Up the corner steeply to belay in a widening section.
P4 5.9 Up the steepest part of the corner until the angle relents.
P3 and P4 are best combined into one pitch.
P5 5.9 The corner presents one last obstacle, a steep lieback to exit right onto a ledge.

P6 Hundreds of feet of CL4 lead to one of the best summits anywhere."



Retreat: Rap the route
Descent: Same as for Fishhook Arete

Day 13 (Aug 14th)- Move camp to Upper Boy Scout Lake, rest, scout out approach to Stemwinder

Day 14 (Aug 15th)- Attempt of Stemwinder, Thor Peak (5.4 II, 6 pitches), hike back to car, begin drive back to Denver

Approach: Right hand side of the south face. Follow the main Whitney Trail, but before you reach signs for Lone Pine Lake go cross-country up and right through forest and slabs to access the wall. 1.5-2 hours from the Portal.

Route: Traverse left on a ledge from the near the right-end of the south face to get to the start of the route. A 10' class 3-4 chimney must be overcome to get to P1. P1 is marked with a fixed piton and stopper right off the deck. Make the crux 5.4 chimney move and gain easier ground heading up and right. Many options exist between class 3 and easy 5th. Choose your own adventure. You are aiming for a small red pinnacle which is passed behind from the left. Some easy but very exposed slab moves out right lead to left-leaning ramps/cracks, marked with the occasional fixed angle-piton. Once on the ridge, head west up class 2 talus to the summit of Thor Peak.

Descent: descend via north-east slope into the N Fork of Lone Pine Creek

---

Day 15 (Aug 16th) finish drive back to Denver

Appendix B- Equipment List

Backpacking: Individual Gear

Upper Layers

1-2 Synthetic T-shirts
1 Base Layer (Long Underwear Top)
1 Fleece
1 Insulated Jacket (Puffy)
1 Rain Coat (Goretex)
1 additional insulating layer

Bottom Layers

Synthetic Underwear
1 Base Layer (Long Underwear Bottoms)
1 Pair of Fleece or Insulated pants
1 Pair of Rain Pants
1 Pair of synthetic pants

Footwear

1-2 Pairs of Wool Hiking Socks
1 Pair of Approach Shoes
1 Pair of Camp Shoes

Miscellaneous Clothing

1 Sun Hat or Baseball Cap
1 Fleece or Wool Hat
1 Pair of Fleece or Wool Gloves

Sleeping Gear

Sleeping Bag (rated to 0-15 degrees Fahrenheit)
Sleeping Pad
Sleeping Bag Compression Stuff Sack

Packs and Bags

Internal Frame Pack (Volume of 5,000 to 7,000+ cubic inches)
Small Stuff Sacks (optional)
1-2 Waterproof Bag Liners (trash compactor bags) OR Rain Cover for Backpack

Miscellaneous Items

1-2 Bandanas
1 Waterproof Watch with Alarm
3 Headlamps with extra batteries (one of which will be in climbing pack)
1 Pair of Sunglasses
1 Compass with Mirror
1 Whistle
1 Camping Bowl
1 Plastic Spoon
1 Insulated Mug
2-3 1-Liter Water Bottles
SPF Lip Balm

Toothbrush/Toothpaste

Group Gear:
1 2 person tent
Tent repair kit
P-chord
Duct tape
Small sewing kit
1 MSR Superfly stove
2 Lighters
1 Pot
1 Pan
Cooking utensils
Pocket Knife
6 odor proof sacs
Bug spray
Sunscreen
Hand sanitizer
1 can bear spray
1 trowel
wag bags
Water purification- 6 bottles of iodine
Maps
Topos
Guide book photocopies: High Sierra Climbing, McNamera and Long (Supertopo)
Spot Device

First Aid Kit:

General Supplies
Nitrile Gloves: 5 pairs
12 cc irrigation syringe: 1
Trauma shears: 1
Tweezers: 1
SOAP notes: 5
Safety Pins: 6
WFR Book: 1
Ziplock bag: 4
Emergency Blanket: 2

Drugs/Meds

Ibuprofen: 60 pills
Pepto Bismol: 30 pills
Acetaminophen: 30 pills
Tincture of Benzoin: 5 ampules
Iodine towelettes: 10
Triple antibiotic ointment: 1 tube

Wound Care/Bandaging
Antiseptic towelettes: 25
3'' conforming gauze roll: 4
3 x 3" sterile gauze pads: 5
2 x 3" non-adherent dressings: 3
3 x 4" sterile gauze pads: 5
Trauma Pads: 4
Transparent Dressing: 4
Closure strips ("steri-strips"): 3 sets of 4+ strips
Ace Elastic bandage: 3
Triangular bandage: 5
2nd Skin 2 x 3 pad: 6
Band-aids: 10
Butterfly bandages: 5
Sterile Cotton Tipped Applicator: 10
1" tape roll: 1
1.5" Athletic tape roll: 2
Moleskin 2 x 3: 6

Group Climbing Gear
Pair of 60m half ropes
Doubles of BD #0.3-3, triple up on .4-.75
1 BD #4
Single set of BD C3's
2 Sets of stoppers (1 set tapered, 1 set offset) + nut tool
2 20 ft 7mm cordelette
7-8 locking carabiners
3 quickdraws
10-12 single-length slings
3-4 double-length slings
1 petzl gri-gri
1 Small climbing pack

Individual Climbing Gear:
1 harness
1 helmet

1 pair of climbing shoes
1 ATC Guide of Reverso with locking HMS carabiner
1 personal tether
1 Prussic cord, tiblock, or both
1 Extra Locking carabiner
1 Chalk bag
Athletic tape

Snorkeling Gear:

1 Snorkel
1 mask

Appendix C- Food List

Breakfast (12)	Amount (lbs)	Cost ($/lb)	Total (USD)
Oatmeal	1.5	2.49	3.735
Power pancake mix	1	6.49	6.49
walnuts	1	6.89	6.89
Raisins	1	4.99	4.99
almonds	1.5	9.99	14.985
mixed dried fruit	1	7.75	7.75
Granola	1.5	5.99	8.985
Lunch (12)			0
Tortillas	2.5	3.29	8.225
Peanut Butter	2	2.48	4.96
Jelly	1	3.55	3.55
Pitas	2.5	3.39	8.475
Cheddar Cheese	2	6.99	13.98
Tofu Jerky	1	5.49	5.49
Dried hummus	1	3.29	3.29
Snack treats			
Sour patch kids	2	5.9	11.8
Cliff Bars	6	3.99	23.94
Trail mix	8	6.49	51.92
Snickers	1.77	1.99	3.5223
electrolyte drink	0.5	5.7	2.85
Chocolate Chips	2	4.39	8.78
Hot cocoa	0.5	2.2	1.1
Tea	0.5	6	3
Apple Chips	2	6	12
Dinner (12)			0
Pasta	3	3	9
Couscous	2	5	10
Instant Brown Rice	2	3.2	6.4
Mac and Cheese	2	4.2	8.4
Quinoa	2	9.99	19.98
Dried Veggies	2	17.99	35.98
Dried Alfredo Sauce	0.25	16	4

olive oil	1	4	4
total weight:	58.02	total cost:	318.4673

Appendix D- Budget

Transportation: Driving Austin's 2003 Land Rover Discovery from Denver to Lone Pine, CA and back
Used calculator on fueleconomy.gov/trip for a total of $215.17 each way=$430.34 total

Food and Fuel: Food: $318.47 for food in backcountry, $64.00 for food while traveling(total $382.47)
Fuel: (2 x $12.95/ 32 oz. bottle) $25.90 food and fuel total=$408.37

Maps and Books: purchased Supertopo's High Sierra Climbing on amazon for $30

Communication Device Rental: $82 rental through outdoorsgeek.com, will pick up in denver. Already reserved

Permits/fees: Reservation fee $15 per person, transaction fee $6, total of $36

Gear Rentals: none, $0.00

Total Funding request :**$986.71**