



Ritt Kellogg Memorial Fund

Registration

Registration No. 668M-Y9XJL

Submitted Feb 2, 2021 7:11pm by Kristen Richards

Approved Feb 3, 2021 2:01pm by Kate Macklin

Registration

2020/2021

Ritt Kellogg Memorial Fund

Registered

RKMF Expedition Grant Group Application 2020-2021

Ritt Kellogg Expedition Grant Applications Due at Noon Feb 3, 2021 12:00pm-12:00pm

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

In addition to this Group Application, each team member must submit an Individual Application.

All Group Applications and Individual Applications must be received by Wednesday, February 3rd at noon. For more information, example applications, proposal writing tips, and further guidance, please visit

<https://www.coloradocollege.edu/other/rittkelloggfund/grants/expedition-grants/overview.html>

Note: For the 2020-2021 application year, the following additional parameters have been established due to the COVID-19 pandemic:

- 2021 RKMF grants are limited to travel in the contiguous United States only (no Alaska, no Hawaii, no Canada).
- 2021 RKMF grants are limited to travel by personal vehicles only (no airplanes, buses or other forms of public transportation)
- An additional COVID-19 preparedness section has been added to the Group Application
- Expedition teams which receive funding must submit an updated COVID-19 preparedness form 3 weeks prior to their expedition

If you have any questions please email Kate Macklin, Outdoor Education and Ritt Kellogg Memorial Fund Coordinator, at kmacklin@coloradocollege.edu

Participant



Expedition Summary

Expedition Name

Thru-Hiking the Tahoe Rim Trail

Alternate Expedition Name

Thru-Hiking the Tahoe Rim Trail: An Exploration of Stories and Self

Objectives

Our main goal is to complete the 169-mile Tahoe Rim Trail in 14 days. We are drawn by the adventure and challenge of knowing the obstacles we will have to overcome throughout our trip. Thru-hiking a trail allows us to be fully immersed in the wonder of nature and we hope that this experience will help us push our boundaries of comfort. We are determined to not only finish the trail but to gain skills we can carry into other parts of our lives.

We will also read "Girl in the Woods" by Aspen Matis during our time on the Tahoe Rim Trail. "Girl in the Woods" is a memoir about a woman who hikes the Pacific Crest Trail. We chose this book because the author, Aspen Matis (pseudonym) went to CC! We hope that reading this book as one of our goals while hiking the Tahoe Rim Trail will help us look inwards and connect our lives at CC to our lives on the trail. We also hope to learn about another person's experience on a thru-hike and enjoy a good book!

Ariana's individual goal is to stay present in the journey and to appreciate the nature around as we hike.

Kristen's individual goal will include writing one poem every day on the trail and journal daily to recount experiences and memorable moments.

Location

The Tahoe Rim Trail (TRT) circles around Lake Tahoe, travelling through Nevada and California. We will begin in Tahoe City, CA and hike clockwise. The Tahoe Rim Trail travels through the Sierra Nevadas and the Carson ranges of California and Nevada as well as Desolation Wilderness, Lake Tahoe Nevada State Park, Toiyabe National Forest, and Mount Rose Wilderness. Fifty miles of the Tahoe Rim Trail overlap with the Pacific Crest Trail. There are plentiful water sources on all parts of the trail except for the section from Watson Lake to Incline Spring. The elevation along the Tahoe Rim Trail ranges from 6,300ft at Tahoe City, CA to Relay Peak, the highest point on the trail at 10,338ft with a total elevation gain of 24,400ft. Because of the high elevation, there is likely to still be snow on the higher elevation parts of the trail. We are choosing to hike the trail relatively late in the summer to avoid as much snow as possible. Our camping along the Tahoe Rim Trail will mostly include dispersed camping off-trail, but the trail does go through two established campgrounds, which we will spend a night at each.

Departure Date

Jul 19, 2021

Return Date

Aug 5, 2021

Days in the Field

14

Wilderness Experience

The Tahoe Rim Trail is a challenging but doable thru-hike. It is often referred to as the perfect thru-hike for beginner backpackers who would like to experience a relatively lengthy trip but are still gaining experience in the backcountry. We will pass through forests, meadows of wildflowers, and hike on ridges overlooking Lake Tahoe and the Sierra and Carson ranges. The Tahoe Rim Trail is a relatively popular trail, especially for day-hikers, mountain bikers, and trail-runners.

It just so happens that Adam Kimble broke the fastest known time for the Tahoe Rim Trail in 2019! He completed the trail in 37 hours and 12 minutes!

Through our research of the Tahoe Rim Trail, we learned that after 17 years and over 200,000 volunteer hours, the Tahoe Rim Trail officially opened in 2001. We hope to take with us the rich history of the trail.

Participant Qualifications

Expedition Team Member Graduation Dates

Does your group have adequate experience?

Yes

Training Plan

Kristen has extensive backpacking experience including a 90-day trip spent entirely in the wilderness. She has gone on numerous shorter trips in the White Mountains throughout her life including a solo backpacking trip hiking the Monadnock-Metacomet Trail in 2020 and the Monadnock-Sunapee Greenway in 2020. Ariana has limited experience in the backcountry as of right now, however both members of the group have committed to 3-4 backpacking trips during block breaks this spring. We expect to have spent at least a week and a half together backpacking by the time of our trip. These trips will occur after Block 6, 7, and A. We will also take a longer backpacking trip in the summer before beginning the TRT if we still feel as though more experience would be helpful.

In addition, both members of the group will go on day hikes at local parks with fully-packed packs in order to ensure we are able to hike long miles with heavy packs. This will include hikes with hilly and mountainous terrain to simulate the terrain of the TRT.

We plan on attending the Outdoor Ed clinics this spring to further our outdoor skills. These clinics will be focused on backcountry living other backpacking skill development.

A rough outline of what our training will look like this spring:

Block 6 - During block 6, we will complete two day hikes in the Colorado Springs area. These will include a 8-10 mile hike in North Cheyenne Canyon Park and a 10-15 mile hike on the Intemann Trail beginning at Red Rocks Open Space. Both of these hikes will be with partially-weighted packs.

Block break 6 - March 25-28: We will be hiking for 3 days in Woodland Park, around Rampart Reservoir and the surrounding trails. We will park on Middle Rampart Road and begin hiking along the forest road on the first day until we reach the reservoir, which we will then hike around before going back to Middle Rampart Road to camp at one of the many designated spots. Our total mileage for the 3 day trip will be approximately 30 miles. As the trip approaches, we will create a more detailed plan with specific trails and routes that we will be hiking as well as all gear and food we will need.

Block 7 - During block 7, we will hike Pikes Peak via the Barr Trail, a 28-mile out-and-back trail with a total elevation gain of 8,300ft. We will also do a 12-15 mile hike in North Cheyenne Canyon Park with fully-weighted packs.

Block break 7 - April 22-25: Weather permitting, we will backpack along the Colorado Trail for 3 days. We will begin hiking on section 3 of the Colorado Trail, which begins outside of Buffalo Creek, CO. We will hike segment 3 our first day, which is a total of 13.3 miles with an elevation gain of 1,981ft. Our second day, we will hike out-and-back along segment 4, turning around halfway through the day at mile 9 and camping at the same site as Day 1 for a total of 18 miles and an elevation gain of approximately 2,800ft. Day 3 we will hike back along segment 3 until we reach the trailhead at Buffalo Creek again. This trip will be a total of 44.6 miles. Dispersed camping is permitted in Pike National Forest 300ft off the trail. As the trip approaches, we will create a more detailed plan for this trip including the gear and food we will need.

Block 8 - During block 8, we will hike Cheyenne Mountain, a 16 mile round-trip hike with a total elevation gain of 3,200ft. We will also hike Mount Rosa, a 13.9 mile out-and-back trail with a total elevation gain of 4,200ft. Both of these hikes will be done with fully packed backpacks.

We will also hike Grays and Torreys, a 9.7 mile out and back route with a total elevation gain of 3,684 and due to the high possibility of snow it will give us some experience of hiking with snow.

Block break 8 - We will be doing our Wilderness First Responder Course during this time!

After Block A (summer block): We will both be visiting home on the East Coast (Kristen in Massachusetts, Ariana in Connecticut) and we plan to hike part of the New England Trail, a 215-mile long trail from the MA/NH border through all of Connecticut. Dispersed camping is allowed along the trail. We will begin at the MA border near Springfield, MA and hike south approximately 15-20 miles per day for 5 days. As this trip approaches, we will plan out more specific mileage and campsites. We expect to hike about 80-100 miles within the 5 days. This trip will provide good experience hiking long miles with heavy packs.

With our training plan for this spring, Ariana and Kristen will gain 11 days of backpacking experience, not including weekend day hikes. They will hike two 14,000ft mountains, at least two, if not more, 13,000ft mountains, and hike a total of approximately 280 miles, including backpacking and day hikes.

Expedition Logistics, Gear and Food

Travel Plan

We will depart from [REDACTED] driving Kristen's car on July 19th, 2021.

We will drive from [REDACTED] to [Sheep Creek Camping Area](#) in [Spanish Fork, Utah](#) on July 19th, approximately [REDACTED]. We will switch off driving every 3 hours to make sure we are staying alert and safe while on the road!

Campsite URL: <https://freecampsites.net/#!169372&query=sitedetails>

Campsite GPS coordinates: (39.983693, -111.332425)

This is a free campsite at a designated spot meant for dispersed camping. There are 30 campsites at the camping area, so we should not have an issue finding a spot. If we do, there is another dispersed camping area across the road that will be our backup site.

We will drive from Spanish Fork, Utah to [Tahoe City, CA](#) on July 20th, approximately 9 hours and 634 miles. We will disperse camp 300ft off the TRT near the 64 Acres parking area. We will switch off driving every 3 hours.

Campsite GPS coordinates: (39.1615, -120.1546)

We will depart from Tahoe City on the morning of August 4th, reversing our initial travel plan and driving 634 miles and approximately 9 hours to Spanish Fork, UT. We will camp at the same campsite as July 19th. The coordinates for this campsite are (39.983693, -111.332425).

We will depart from Spanish Fork, UT on the morning of August 5th and drive [REDACTED]. We will switch off driving every 3 hours to make sure we are staying alert and safe on the road.

Expedition Itinerary

[RKMF TRT Itinerary .docx](#) (36MB)

Uploaded 2/1/2021 7:33pm by Kristen Richards

Digital Map

<https://caltopo.com/m/QRBH>

Re-Ration Plans

We will be mailing a package with our resupply food and equipment to Tramway Market in Kingsbury, NV. The address of the market is 235 Tramway Dr, Stateline, NV 89449. Tramway Market is open from 7:30am to 10:30pm every day and they accept packages if you call ahead and ask them to hold the package. We will be picking up our package on July 27th, the 7th day of our trip, almost exactly halfway through the trail.

When entering Kingsbury, we will wear masks at all times, both in and out of the Tramway Market to prevent any possible exposure and to mitigate any risk of spreading COVID-19 to the local communities.

Food Storage

We will be storing our food in two bear canisters that we will rent from the Ahlberg Gear House. The Tahoe Rim Trail website recommends using a bear canister rather than hanging food due to the landscape of the TRT. The places we will be travelling through do not always have reliable trees to hang food, so the bear canister allows flexibility and safety in storing food. Along with our food, we will store any scented items such as hand sanitizer, toothpaste, soap, and deodorant in the bear canister overnight as to not attract wildlife to our campsite. We will place these bear canisters 100ft from our campsite.

Food List

[RKMF TRT Food List \(1\).docx](#) (16KB)

Uploaded 1/31/2021 8:02am by Kristen Richards

Equipment List

[RKMF_TRT_Equipment_List.docx](#) (13KB)

Uploaded 2/2/2021 7:06pm by Kristen Richards

First Aid Kit List

[RKMF TRT First Aid.docx](#) (7KB)

Uploaded 1/31/2021 6:33pm by Kristen Richards

Impact

We will acquire the necessary permits prior to our trip including the permit we need to camp in the desolation wilderness and the permit required to carry a stove on the Tahoe Rim Trail. We will mostly be camping in dispersed camping areas 300ft off the Tahoe Rim Trail. When finding a campsite, we will camp in designated campsites if possible. If there are no designated sites, we will choose a durable surface to camp on in order to minimize any damage to the plant life in the area.

When leaving a campsite in the morning, we will do a thorough camp sweep to ensure we are not leaving any trash or food scraps in the campsite. This is important so that we do not attract wildlife while we are at our campsite or after we have left. We will carry out all of our trash, and each night we will store our trash in our bear canisters with our food and scented items.

Another important aspect of leaving no trace is disposing of our human waste properly! We plan on digging 6-8inch deep catholes for our poop. In addition, we will not pee or dig our cat holes near any water sources. We will not bury our toilet paper - we will carry it out with the rest of our trash. We will also not camp within 200ft of any water source.

There are no campfires allowed on the Tahoe Rim Trail, so we will be using a stove, which is allowed with the obtainment of a permit. We will be carrying this permit with us at all times. When using a stove, we will be mindful of the dirt and any possible leaves or needles that could get in the way of the stove functioning properly. Part of obtaining our stove permit will include a stove safety information session, which will be helpful in ensuring we are leaving no impact on the land by using a stove.

We will not take any plants, rocks, or other objects from the trail or anywhere off trail. As much as we may want "souvenirs," we will be respectful of the land in every way possible and this means not taking anything with us.

Another aspect of leaving no trace is respecting the wildlife and other hikers on the trail. If we do see wildlife, we stay at a distance from them and not approach them. This includes animals such as bears or even smaller animals like squirrels and birds. We will be storing our food and ALL of our scented belongings in a bear canister to avoid attracting wildlife to our campsite. We expect to see many other hikers, mountain bikers, and trail runners at various points on the trail. We will respect their own space and follow COVID protocols as outlined in the "Covid-19" section.

Risk Management

Objective Hazards

Weather: We will prepare for all kinds of weather on the trail. Our preparations will include bringing clothing for cold nights and hot days as well as rain and thunderstorms. We will wear sunscreen, sunhats, and sunglasses everyday to protect ourselves from the sun. Given that we will be backpacking in late July/early August there will be thunderstorms in the afternoon. Since the trail is relatively remote we will take the necessary precautions if we happen to be trapped in a thunderstorm. We will get to a lower elevation in a depression or valley in the trail as quickly if possible, avoiding isolated trees and other lone tall structures. We will place all gear containing metal at least 100 ft away from us and be at least 100 ft from one another. We will also be in lightning position, which is crouching on the ground on the balls of our feet

with our feet together, our head lowered and our ears covered. If we were struck by lightning assuming this position would allow the lightning to go through one foot and out the other avoiding it from going through our body.

Water/Food: We will plan ahead to ensure that we have enough food for each section of the trail. There is a section of the trail at the beginning of our hike that does not have any reliable water sources. We have noted this section in our "daily itinerary" and will carry extra water with us accordingly. We will also note water sources as reliable and/or seasonal and have backup plans for refilling our water. We will carry a dromedary bag filled with extra water when needed to avoid dehydration. We will also be bringing electrolyte powder with us to make sure that we will not be sweating out all of our electrolytes.

Wildlife: We will keep our distance from any wildlife we see on the trail. There have been bear sightings on the trail. If we do see a bear, we will make loud noises to ensure that we do not surprise the bear, and we will not approach the bear. To prevent encountering a bear, we will make noise constantly while we hike. We will also be storing our food and any other scented items in bear canisters at night so that we do not attract wildlife to our campsite. Mountain lions are rare, but they are known to be in the area that the Tahoe Rim Trail Trail. If we do see a mountain lion, we will make noise, appear as large as possible, and not run.

Wildfires: It is imperative that before we leave for the trip, we check all current trail conditions to ensure that there are not active wildfires on the trail. If there is a wildfire evacuation while we are hiking, we will follow our detailed evacuation plan as outlined on our daily itinerary. Every day we have a route leading to a highway, road, town, or equivalent that will provide us help if needed. These evacuation routes are planned every day we are on the trail to make sure we are always within hiking distance to one of our evacuation routes if we need it.

Activity: We will train before beginning the trail to make sure we are both at the fitness level required to hike the Tahoe Rim Trail. We have planned our mileage as to give us a few lower mileage days about halfway through our trip to prevent burnout and exhaustion. We will plan our training hikes to be as long if not longer than our days on the trail and during these hikes, we will carry full packs with weight equivalent to the gear, food, and water we will be carrying at the beginning of our trip.

Altitude: Because we will be living in Colorado Springs until the time before our trip, altitude should not pose a serious concern. The altitude of the Tahoe Rim Trail is between 6,300ft and 10,300ft. We are already acclimated to 6,000ft, and with our additional training in high-altitude areas including a 14,000footer and multiple 13,000ft mountains, we will not need to adjust to the attitude of the Tahoe Rim Trail. Please refer to our detailed training plan to see more about how we will be training at altitude and in high-altitude places!

Evacuation Plan

In case of an emergency, we will follow our evacuation routes that we have planned for every day of our trip. These evacuation routes lead to roads, highways, and towns where we can find help if we need it. We will also refer to our emergency resources to find the necessary phone numbers and addresses of police stations and hospitals in the area. There are 16 main roads that cross through the Tahoe Rim Trail all of which are marked on the map. Our designated evacuation plan is to always go to the nearest road, highway or town. If we decide that it is better to go then we will decide on whether to proceed slow or fast depending on the situation. If we are seriously injured and can not safely with our knowledge attend to one another then we will proceed in a fast fashion in order to evacuate and notify the authorities and EMS and search and rescue by utilizing our satellite phone to call for help. Our evacuation routes planned for each day of our trip were created to find the fastest, shortest, and easiest way to get to a town. Some routes lead to a road, as there are parts of the Tahoe Rim Trail that are more remote than others. We also noted all the trailheads on the map, some of which overlap with our evacuation routes.

Day 1 Evacuation Plan: We will take our planned evacuation route 2 miles off the Tahoe Rim Trail to the intersection with CA 89. This route is 2.02 miles with an elevation change of +163ft/-1427ft. We are aware that this trail leading to CA 89 is quite steep downhill, however it is the shortest and most direct route to the highway. If an emergency does occur, we will evaluate how close we are to our beginning trailhead at Tahoe City North, as that may be a closer and more direct route to additional help depending on where we are in our hike for the day.

Day 2 Evacuation Plan: Our evacuation route for day 2 is the intersection of the Tahoe Rim Trail and Rt 267 near the Brockway Summit. This is at approximately mile 20 of the Tahoe Rim Trail. We do not have to hike off trail at all for this evacuation route, as the Tahoe Rim Trail directs insects with Rt 267. This is the best evacuation route because the Brockway Summit and intersection are relatively popular areas that will provide help if needed. From this intersection we would be able to get a ride into town if necessary, or utilize our satellite phone to call for additional help.

Day 3 Evacuation Plan: Our evacuation route for day 3 is to take a 3 mile-long forest service road into Incline Village. This evacuation trail is 3.08 miles long and has an elevation change of +932ft/-2301ft. This forest road is relatively steep but is the most direct route into town. Incline Village has the resources needed for any additional help. In addition,

because this is a forest road, in case of an emergency there is also a chance we may pass a forest ranger on our way to Incline Village.

Day 4 Evacuation Plan: In case of an emergency, we will hike 2 miles off of the Tahoe Rim Trail to the Diamond Peak Ski Area in Incline Village. This route is 2.01 miles long and has an elevation change of +62ft/-1722ft. The trail leading to Diamond Peak Ski Area is relatively steep downhill, as seen in the elevation change, but is the most direct route into town.

Day 5 Evacuation Plan: Our evacuation plan for day 5 is to hike along a forest road leading to the Ponderosa Ranch in Incline Village. This 3 mile route passes by Tunnel Creek Station as well. The road is 3.32 miles long and has an elevation change of +104ft/-1675ft.

Day 6 Evacuation Plan: Our hike for day 6 passes over highway US 50 at Spooner Summit. This is a major highway and intersection and will be our evacuation route for the day. It is directly off of the Tahoe Rim Trail.

Day 7 Evacuation Plan: Follows the same road to the resupply to Tramway Market as it is a small town and is the safest way to get help. It is a 1 mile hike and if we can't make it then we will evacuate to NV 207 which is only 1918 ft off of the Tahoe Rim Trail and is a major highway.

Day 8 Evacuation Plan: Our plan is to follow the four mile jeep route leading to the higher 207. Our hike for day 8 is relatively remote, and the closest highway is via the jeep road as mentioned earlier. It is important to note that it may be closer to hike back to Kingsbury in case of an emergency, depending on how far into the hike we are.

Day 9 Evacuation Plan: Our evacuation route is to follow a short half-mile route off the Tahoe Rim Trail that leads to CA 89, a major highway.

Day 10 Evacuation Plan: Our evacuation route is to follow the Pacific Crest Trail 2.34 miles until the intersection with road CA 88.

Day 11 Evacuation Plan: Our evacuation route is located in the Echo Lake area. The Tahoe Rim Trail passes over Rt 50. Our evacuation route itself is 1-mile long, travelling from Johnson Pass to another intersection of Rt 50.

Day 12 Evacuation Plan: In case of an emergency, we have planned an evacuation route via trail 17E until we reach Bayview and Inspiration Point, where we will be able to find additional help. This trail is 4.3 miles long with an elevation change of +480ft/-2136ft.

Day 13 Evacuation Plan: In case of an emergency, we will hike on the Tahoe Rim Trail until the intersection at Barker Pass, where there is a trailhead. This is a relatively remote section of the trail, and our closest route to communication and additional help, if needed, would be at a popular trailhead such as the Barker Pass Trailhead.

Day 14 Evacuation Plan: In case of an emergency, we will hike to and along Ward Creek Rd. This road leads easy to Lake Tahoe and the residential area where we will be able to receive help. The Tahoe Rim trail crosses Ward Creek Rd directly. If we are close enough to the end of our hike, another possible evacuation route would be at the 64 Acres Parking Lot and Tahoe City North. This may be a better choice, depending on the emergency and how close we are to Tahoe City North.

Special Preparedness

n/a

Emergency Resources

Hospitals:

Tahoe Forest Hospital: 10121 Pine Avenue, Truckee, CA 96161, (530) 587-6011, near 64 acre parking lot

Incline Village Community Hospital: 880 Alder Avenue, Incline Village, NV 89451 (775)-833-4100, near the north of lake Tahoe

Barton Memorial Hospital: 2170 South Ave, South Lake Tahoe, CA 96150 (530)-541-3420, near the south of lake Tahoe

County Sheriffs:

Placer County, CA Sheriff (530) 889-7800

North Washoe County, NV Sheriff (775) 328-3001

South Washoe County, NV Sheriff (775)-832-4107

Carson City County, NV Sheriff (775) 887-2500

Douglas County, NV Sheriff (775)-782-5126

El Dorado County, CA Sheriff (530) 573-3000

Other Important Numbers:

Lake Tahoe Basin Management Unit office in South Lake Tahoe (530) 543-2600
US Forest Service North Shore Office (775) 831-0914
Lake Tahoe Nevada State Park 775-831-0494
El Dorado Forest Supervisor's Office 530-622-5061 California Relay: 711
Carson Ranger Station (775)-882-2766

Emergency Communication

We will be renting a satellite phone from the Ahlberg Gear House that we will be carrying with us at all times. We will also have our personal cell phones, however those will not be our primary emergency communication.

COVID-19 Preparedness

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

We will be traveling through 6 different counties in Nevada and California - Placer County, CA, North Washoe County, NV, South Washoe County, NV, Carson City, NV, Douglas County, NV, and El Dorado County, CA.

On January 29th, 2021, the state of California reported a total of 19,735 new cases of COVID-19. The general trend of cases in the state is moving downward, which is hopeful with the new vaccine being available to more and more people. On January 29th, 2021, the state of Nevada reported 1,382 new cases of COVID-19. Nevada is also on a downward trend.

We will continue to monitor the COVID-19 statistics in the state of California and Nevada as well as the local infection rates for the specific counties we will be traveling through. We understand that safety comes first - if the infection rates of the counties and states that we will be hiking through are still high, and the hospitals are full and/or at capacity, we will not put ourselves and members of the communities at risk by doing a thru-hike. We are optimistic, however, that the infection rates will decrease and we will be able to safely and responsibly hike the Tahoe Rim Trail in late July, 2021.

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

Prior to traveling from Colorado Springs to Tahoe City, Ariana and Kristen will both get COVID tests. Neither Ariana and Kristen expect to or are depending on getting vaccinated before the trip, unless vaccines become more publicly distributed. If possible, we will get vaccinated, but we will plan other safety measures in case. We will wear masks at any place that we stop at while traveling, such as gas stations, grocery stores, or any other bathrooms. We will be camping on our trip to the trailhead instead of staying in hotels or motels to lower any risk of being exposed to COVID-19.

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

We will mitigate the risks of exposing the residents of the areas we will be traveling to by wearing masks at all times when we are in town or within 12 feet of any other hikers, mountain bikers, or runners. This also means we will be carrying masks with us on the trail which we will have accessible at all times. When we are in Kingsbury, getting our resupply boxes, we will wear masks and make sure to wash our hands or use hand sanitizer frequently.

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

While in the field, we will be a "Family Unit." We will bring masks with us into the field which we will have on us at all times. If we pass other hikers on the trail, we will put our masks on until at a safe distance away.

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

If one of us develops COVID-19 symptoms, we will follow our evacuation plan for that day, leading us to the closest road or town. Depending on how long the symptoms have been persisting and how severe they are, we will go to the closest hospital listed on our emergency resources.

Since we will be acting as a family unit, it is expected that if one of us begins to show COVID-19 symptoms, the other member of the team has also been exposed. This means that when we are going back into town to receive medical attention, we will have to be extra careful about wearing masks at all times, washing our hands, and staying a safe distance away from local members of the community.

Budget

Budget[Budget.docx](#) (20KB)

Uploaded 2/1/2021 7:52pm by Kristen Richards

Transportation

364.63

Food and Fuel

302.23

Maps and Books

15

Permits/Fees

26

Gear Rentals

78

Carbon Emissions Offsetting

8.60

Total Funding Request

794.46

Funding Per Person

397.23

Cost Minimization Measures

We will be using previously-owned gear and gear rented from the Ahlberg Gear house. In addition, we will be buying our food from Walmart and other lower-priced grocery stores. We will be buying primarily generic-brand food items to minimize cost as well.

Expedition Agreement**Expedition Agreement**[RKMFagreement.pdf](#) (4.9MB)

Uploaded 2/1/2021 3:00pm by Kristen Richards

Daily Itinerary:

7/19 - Leave [REDACTED] drive to Spanish Fork, Utah (see travel plan for details)

7/20 - Drive from Spanish Fork, Utah, to Tahoe City, CA (see travel plan for details)

7/21 - DAY 1

Tahoe City North to Watson Lake Campground

Distance: 13.66 miles

Elevation: +3137ft/-1602ft

Elevation high: 6,234ft

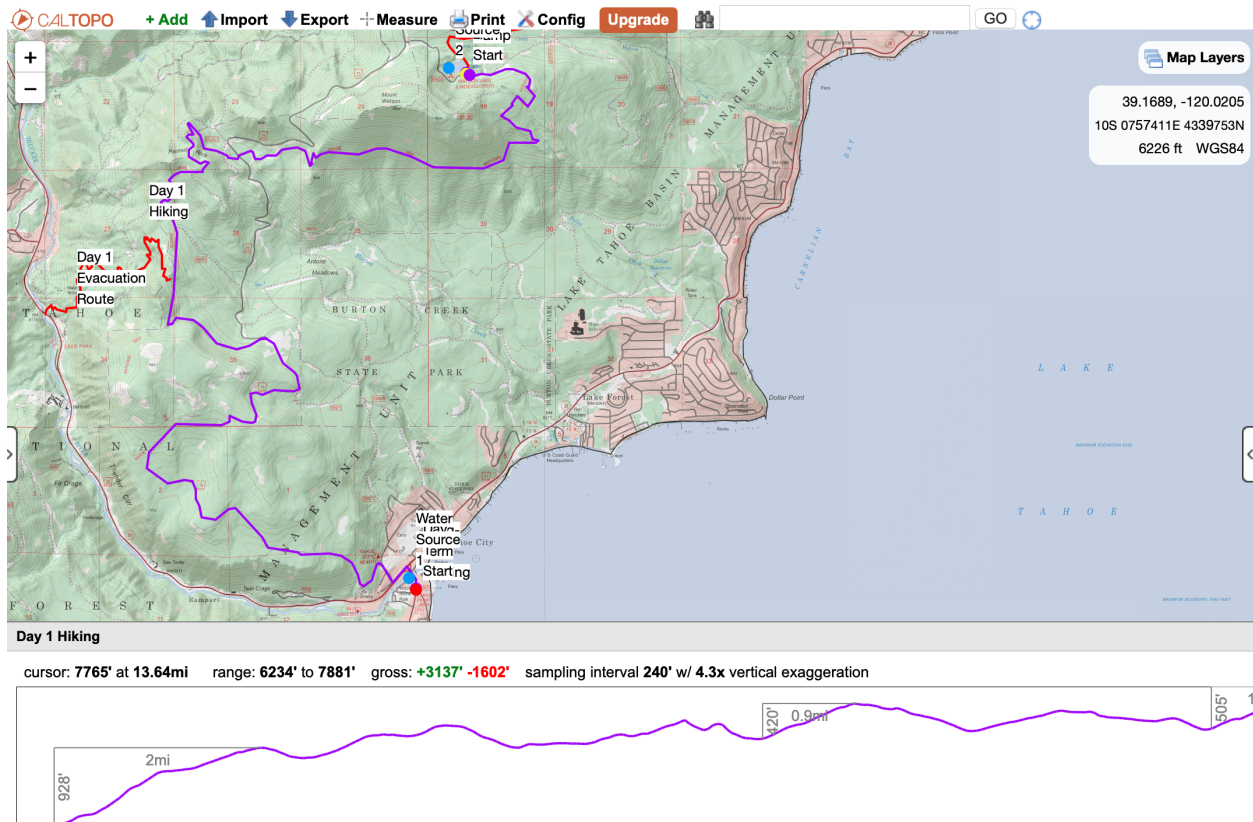
Elevation low: 7881ft

Water Source: Fill up at Lower Truckee River (39.1664, -120.1450) in the morning. No water along the trail. Fill up again at Watson Creek (39.2246, -120.1391) by Watson Lake Campground.

Camp: Watson Lake Campground (39.2239, -120.1365) - Camping at Watson Lake is FREE and campsites are first-come-first serve with no reservations. There are plenty of spots and it should not be an issue finding a campsite. Campsite elevation is 7776ft.

Hazards and Terrain: Our biggest and only identified hazard for the day is the higher-mileage day planned for Day 1. We expect a steady 2-mile climb out of Tahoe City North, where the trail will then continue up and down with a few shorter climbs. We will hike Lava Cliffs before our descent to Watson Lake, our first camping spot. Lava Cliffs is said to be a beautiful overlook of Lake Tahoe!

Evacuation Plan: In case of an emergency, we will take our planned evacuation route 2 miles off the Tahoe Rim Trail to the intersection with CA 89. This route is 2.02 miles with an elevation change of +163ft/-1427ft. We are aware that this trail leading to CA 89 is quite steep downhill, however it is the shortest and most direct route to the highway, so we believe it is the best evacuation option for day 1. If an emergency does occur, we will evaluate how close we are to our beginning trailhead at Tahoe City North, as that may be a closer and more direct route to additional help depending on where we are in our hike for the day.



7/22 - DAY 2

Watson Lake Campground to dispersed camping at GPS coordinates (39.2897, -120.0234)

Distance: 11.19 miles

Elevation: +2329ft/-1697ft

Elevation high: 8,401ft

Elevation low: 6,935ft

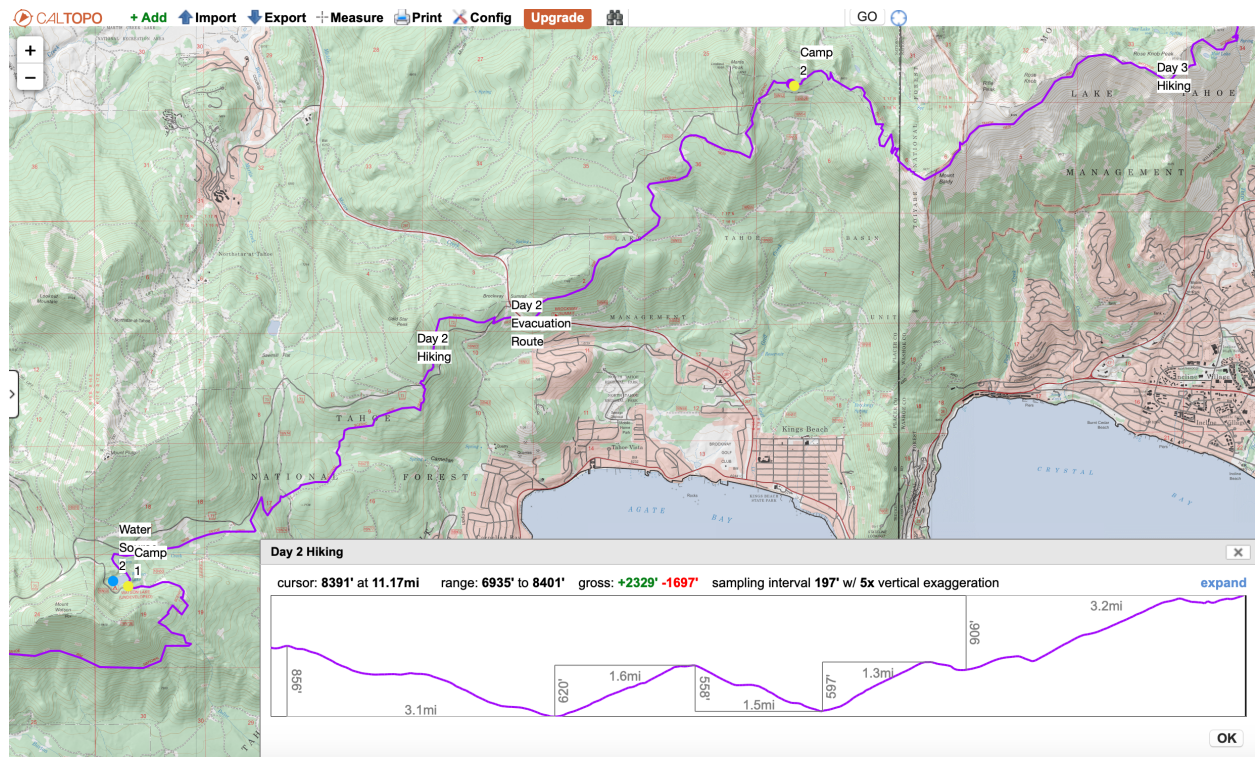
Water Source: NO WATER ON TRAIL AFTER WATSON LAKE - fill up COMPLETELY at Watson Creek in the morning - all nalgenes + dromedary bag to ensure we have enough water for a day and a half of hiking.

Camp: dispersed camping (300ft off trail, 200ft from water source) at approximate GPS coordinates (39.2897, -120.0234). Campsite elevation is 8,392ft.

Hazards and Terrain: There is no water on the trail after Watson Creek, which we will depart from in the morning, until Mile 31 at Lower Incline Spring. We do not expect to reach Lower Incline Spring until mid day 3, so we will make sure to fill all of our nalgenes as well as completely fill our dromedary bags to ensure that we have enough water for a day and a half. Our hike for day 2 will pass through various small meadows until we reach Brockway Summit. From there, the trail will begin the ascent to Relay Peak, the highest point on the trail which we will reach on day 3. Along the ridge we will be able to see panoramic views of Lake Tahoe and the Sierra and Carson ranges!

Evacuation Plan: Our evacuation route for day 2 is the intersection of the Tahoe Rim Trail and Rt 267 near the Brockway Summit. This is at approximately mile 20 of the Tahoe Rim Trail. We do not have to hike off trail at all for this evacuation route, as the Tahoe Rim Trail directs insects with Rt 267. This is the best evacuation route because the Brockway Summit and intersection are relatively popular areas that

will provide help if needed. From this intersection we would be able to get a ride into town if necessary, or utilize our satellite phone to call for additional help.



7/23 - DAY 3-

Dispersed camping at (39.2897, -120.0234) to dispersed camping by Frog Pond at GPS coordinates (39.3220, -119.9327)

Distance: 11.8 miles

Elevation: +2849ft/-1885ft

Elevation high: 10,321ft (highest point on the trail!)

Elevation low: 8,412ft

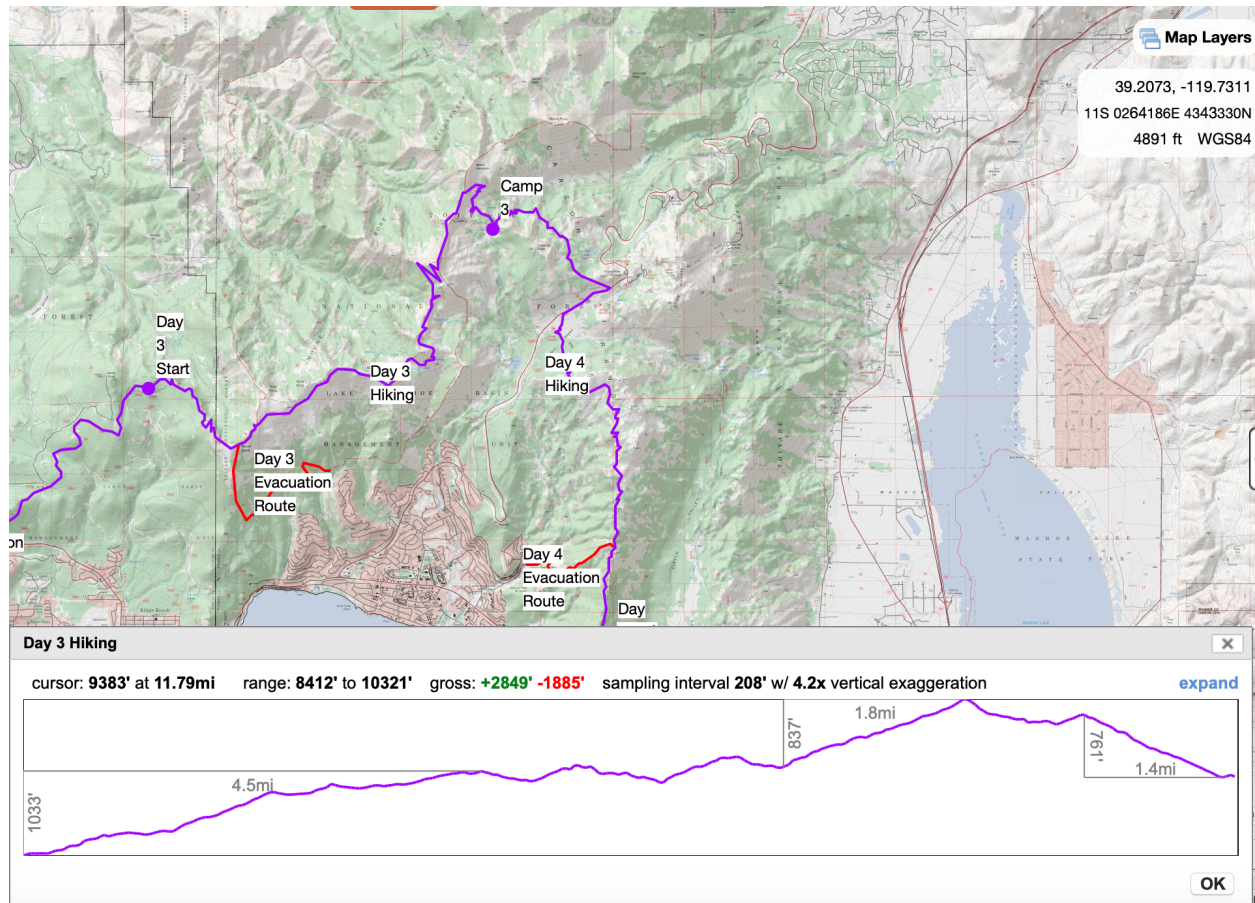
Water Source: Fill up at Lower Incline Spring (mile 31), Frog Pond is also a reliable source

Camp: 300ft off trail by Frog Pond at GPS coordinates (39.3220, -119.9327). Campsite elevation is 9,377ft.

Evacuation Plan: Our evacuation route for day 3 is to take a 3 mile-long forest service road into Incline Village. This evacuation trail is 3.08 miles long and has an elevation change of +932ft/-2301ft. This forest road is relatively steep but is the most direct route into town. Incline Village has the resources needed for any additional help. In addition, because this is a forest road, in case of an emergency there is also a chance we may pass a forest ranger on our way to Incline Village.

Hazards: We will pass by plenty of water sources during our hike on day 3. The trail will climb for the first 9 miles of the day until we reach the highest point on the trail, Relay Peak! We will get to experience beautiful views along the ridge. While hiking on the ridge, we will have to be mindful of the weather and watch out for any incoming thunderstorms. Because thunderstorms often occur in the afternoons, we will get an early start to make sure we reach the summit of Relay Peak by early afternoon at the latest. If we

do end up on the ridge during a thunderstorm, we will find a place away from the highest point of land, sit on our packs with our feet off the ground, and not touch any of our gear that may be metal. We will follow all other lightning drill protocols as outlined in the main “Objective Hazards” section.



7/24 - DAY 4

Frog Pond dispersed camping (39.3220, -119.9327) to dispersed camping by Tunnel Creek at GPS (39.2315, -119.9019)

Distance: 10.64 miles

Elevation: +891ft/-2336ft

Elevation high: 9,395ft

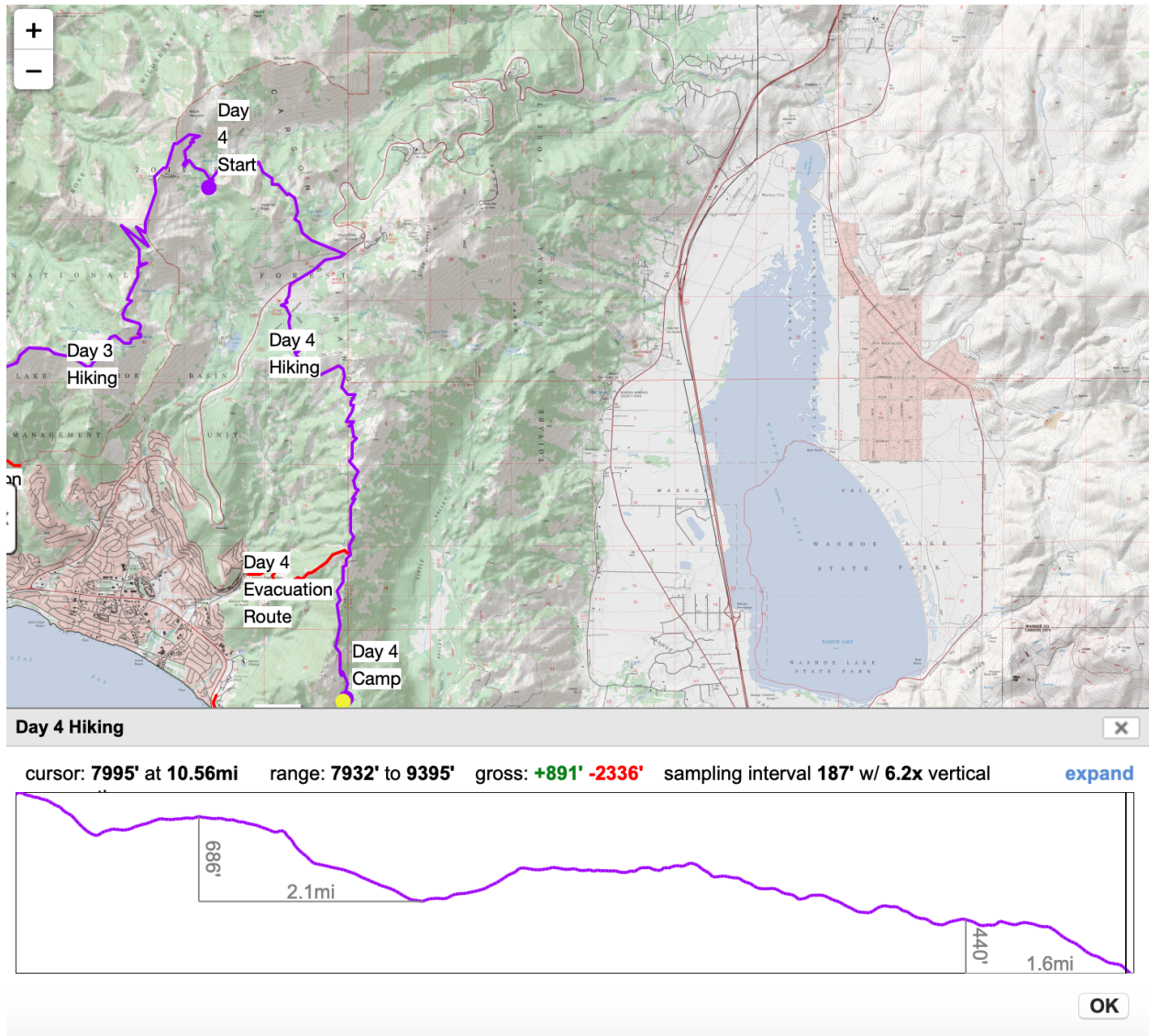
Elevation low: 7,932ft

Water Source: Fill up in the morning at Frog Pond, Galena Falls, Upper Galena Falls, or Lower Galena Falls. These are all reliable sources that we will pass within the first mile of our hike on day 4. We will fill up at Ophir Creek partway through the day, as the other water source at our campsite for the night - Tunnel Creek - is seasonal and not always reliable. Depending on whether this spring is a dry or wet season, we may still be able to fill water at Tunnel Creek, though we will not rely on it as a source.

Camp: Dispersed camping by Tunnel Creek at GPS coordinates (39.2315, -119.9019). Campsite elevation is 7,927ft.

Evacuation Plan: In case of an emergency, we will hike 2 miles off of the Tahoe Rim Trail to the Diamond Peak Ski Area in Incline Village. This route is 2.01 miles long and has an elevation change of +62ft/-1722ft. The trail leading to Diamond Peak Ski Area is relatively steep downhill, as seen in the elevation change, but is the most direct route into town.

Hazards: Day 4 will be a relatively light day on hiking, which will be helpful in avoiding burnout. The 10.6 miles that we are hiking will be primarily downhill. We will hike by a 130 foot waterfall and enjoy the incredible views along the trail!



7/25 - DAY 5

Tunnel Creek dispersed camping at (39.2315, -119.9019) to North Canyon Campground (39.1346, -119.9050)

Distance: 11.68 miles

Elevation: +2059ft/-2493ft

Elevation high: 9,000ft

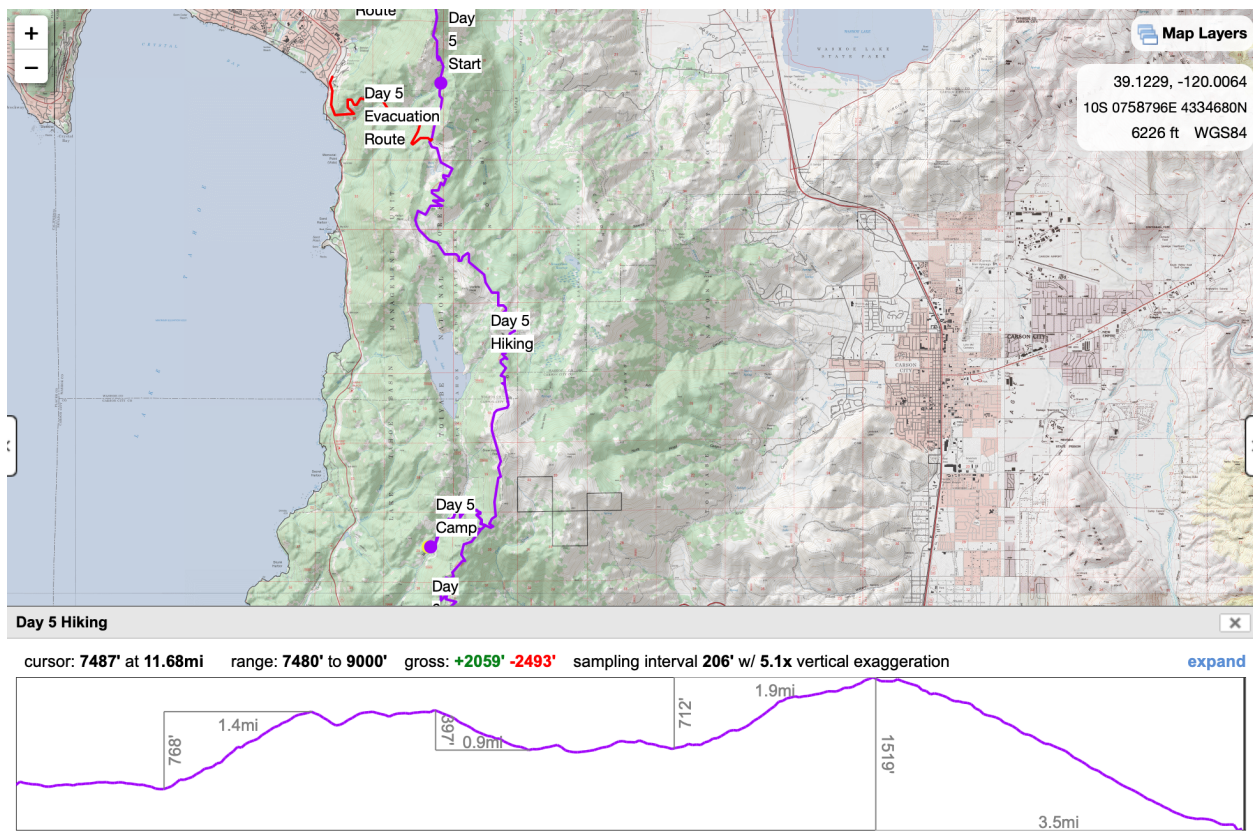
Elevation low: 7,480ft

Water Source: We will fill up our water at Twin Lakes, a water source we will pass in the first mile of our hike. We will fill up our water again at our campsite at North Canyon Creek, a reliable water source by the North Canyon Campground (39.1346, -119.9050).

Camp: North Canyon Campground GPS coordinate (39.1346, -119.9050). Campsite elevation is 7,511ft.

Evacuation Plan: Our evacuation plan for day 5 is to hike along a forest road leading to the Ponderosa Ranch in Incline Village. This 3 mile route passes by Tunnel Creek Station as well. The road is 3.32 miles long and has an elevation change of +104ft/-1675ft.

Hazards: We will be hiking off the Tahoe Rim Trail to camp at the North Canyon Campground. This detour will allow us to be able to camp close to the North Canyon Creek, a reliable water source in a relatively dry area. We will begin our hike on day 5 with a relatively flat first few miles. The trail will have a short climb before leveling out and climbing again. This part of the trail overlooks the beautiful Marlette Lake!



7/26 - DAY 6 -

North Canyon Campground (39.1346, -119.9050) to dispersed camping at GPS coordinates (39.0307, -119.9020)

Distance: 13.54 miles

Elevation: +3179ft/-2421ft

Elevation high: 8,814ft

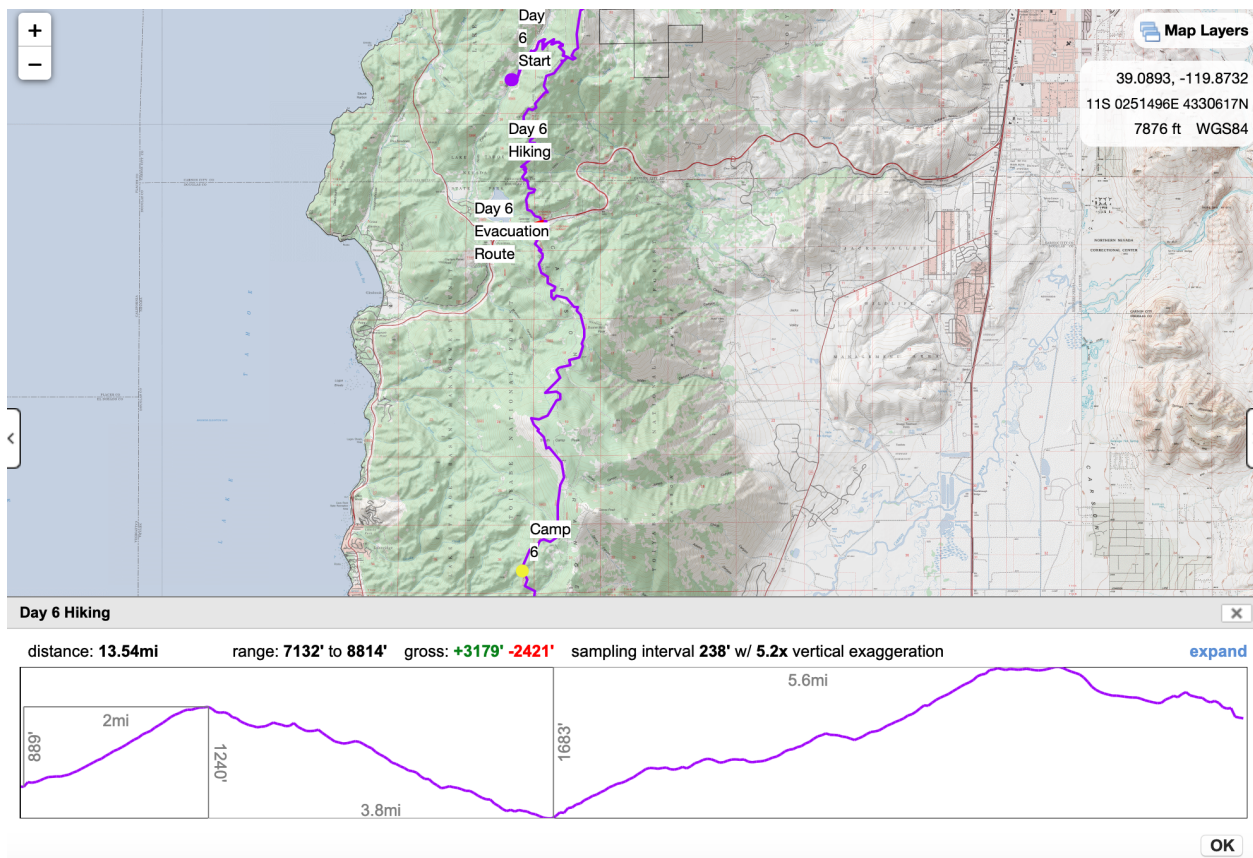
Elevation low: 7,132ft

Water Source: There is no water source at our campsite for the night, fill up at North Canyon Creek in the morning + extra water in a dromedary bag. If needed we could fill up at Spooner Lake which is less than 3000 ft off the trail half way through the day.

Camp: GPS coordinates (39.0307, -119.9020). Campsite elevation is 8,199ft.

Evacuation Plan: Our hike for day 6 passes over highway US 50 at Spooner Summit. This is a major highway and intersection and will be our evacuation route for the day. It is directly off of the Tahoe Rim Trail.

Hazards and Terrain: Our hike for day 6 will begin with a 2 mile climb. The trail then descends before the long ascent to Snow Valley Peak at 9,214ft. We will have to be mindful to fill up all of our water bottles and dromedary bags at North Canyon Creek before beginning our hike in the morning, as there is no reliable water at our dispersed campsite.



7/27 - DAY 7 -

RESUPPLY DAY

Dispersed camping at GPS coordinates (39.0307, -119.9020) to Edgewood Creek Tributary (38.9678, -119.8965)

Distance: 6.7 miles + 2 miles for resupply (Total: 8.7 miles)

Elevation: +3,179ft/-2421ft

Elevation high: 8,248ft

Elevation low: 7,024ft

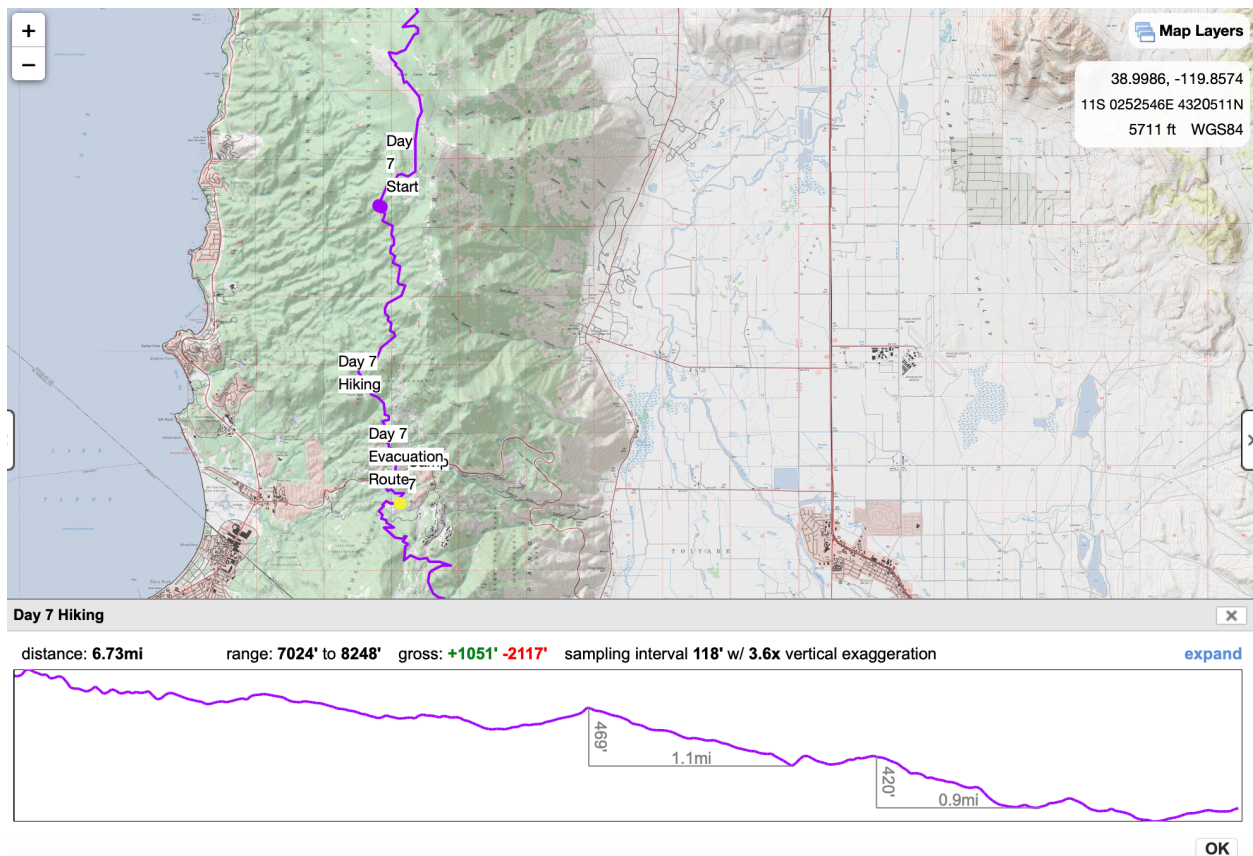
Water Source: We will fill up at Edgewood Creek Tributary and if possible we will fill up in town.

Detour to resupply: Daggett Loop to North Benjamin to NV 207 to South Benjamin to JackJack to Tramway (See resupply Day 7) (Elevation: +125/-320) (2 miles total out and back)

Evacuation Plan: Our evacuation route follows the same road to the resupply to Tramway Market as it is a small town and is the safest way to get help. It is a 1 mile hike and if we can't make it then we will evacuate to NV 207 which is only 1918 ft off of the Tahoe Rim Trail and is a major highway.

Camp: 200ft from Edgewood Creek Tributary (38.9678, -119.8965). Campsite elevation is 7,136ft.

Hazards and Terrain: Day 7 will be our shortest day on the trail to provide time for our resupply in town. One hazard it may be important to note is to make sure that our box is received at the Tramway Market and that we are able to make it to the Tramway Market before it closes. The Tramway Market closes at 10:30pm, so this should not be an issue. This relatively short day of hiking will allow us some much-needed rest to help prevent any injury or burn-out and to fuel and recharge us for the second half of our trip! The 6.7 miles into Kingsbury is all downhill, which will give us ample time to rest and recover in Kingsbury if necessary.



7/28 - DAY 8 -

Edgewood Creek Tributary to dispersed camping near Star Lake at GPS coordinates (38.8768, -119.8886)

Distance: 10.67 miles

Elevation: +2889ft/-902ft

Elevation high: 9,145ft

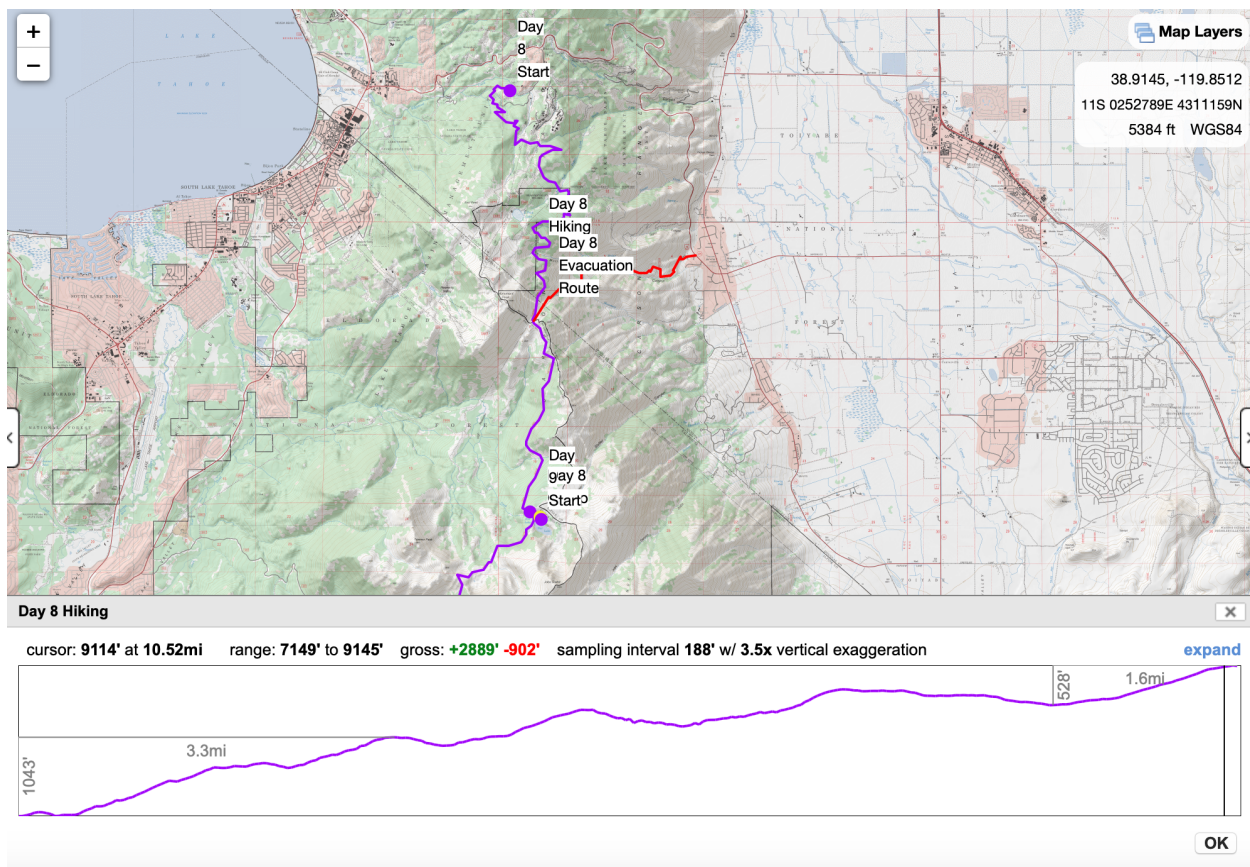
Elevation low: 7,149ft

Water Source: We will fill our water in the morning at Edgewood Creek Tributary, a reliable water source. We will be camping near Star Lake, another reliable water source.

Evacuation Plan: Our evacuation route for day 8 is a four mile jeep route leading to the higher 207. Our hike for day 8 is relatively remote, and the closest highway is via the jeep road as mentioned earlier. It is important to note that it may be closer to hike back to Kingsbury in case of an emergency, depending on how far into the hike we are.

Camp: dispersed camping near Star Lake at GPS coordinates (38.8768, -119.8886). Campsite elevation is 9,137ft.

Hazards and Terrain: There will be plenty of water sources along our route, though a possible hazard could include our long 4-mile evacuation route. The terrain will include some dense forests of large red firs with outcrops overlooking Carson Valley. Our camping spot for day 8, near Star Lake, is surrounded by Freel Peak, Jobs Sister, and Jobs Peak, three of the highest mountain peaks in the Tahoe Basin!



7/29 - DAY 9

Dispersed camping near Star Lake at (38.8768, -119.8886) to Grass Lake Creek at GPS coordinates (38.7957, -119.9977)

Distance: 13.5 miles

Elevation: +1947ft/-3608ft

Elevation high: 9,712ft

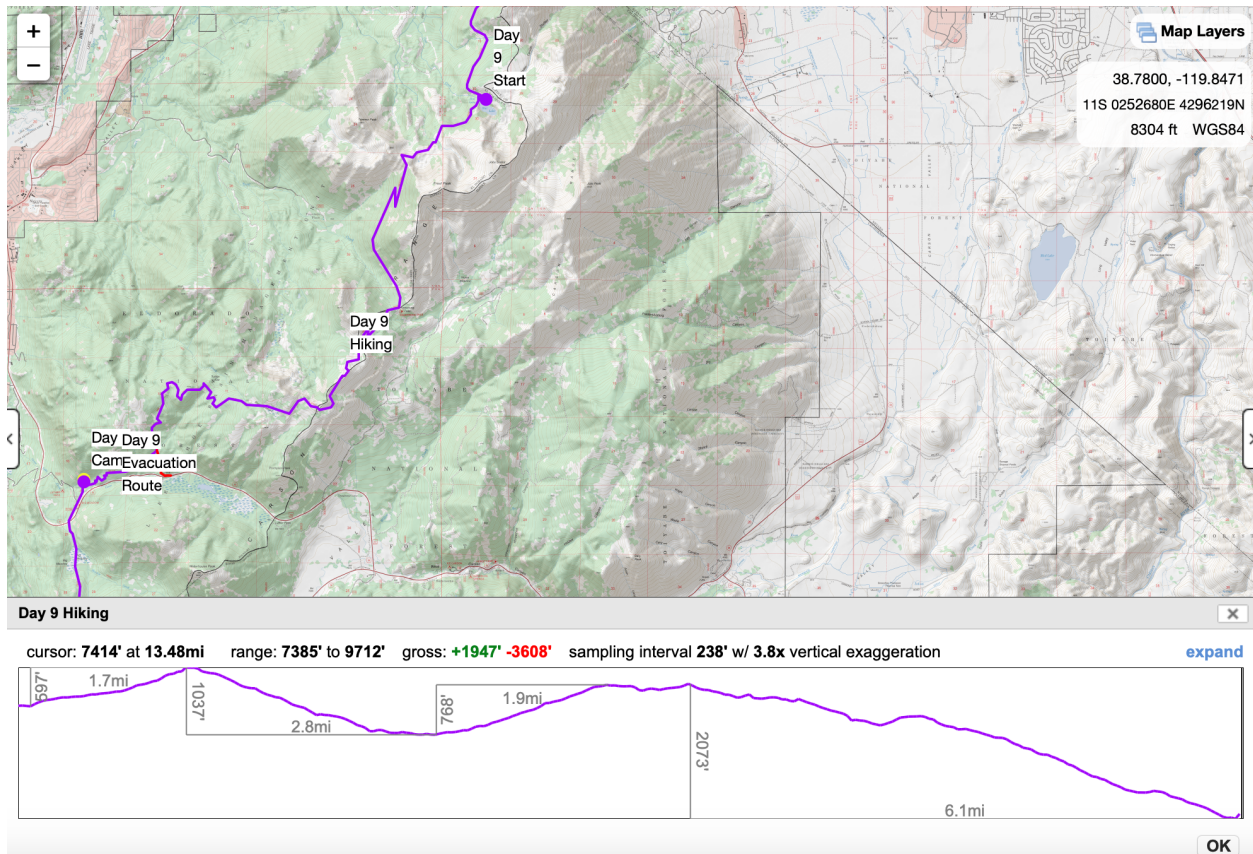
Elevation low: 7,385ft

Water Source: We will fill up at Star Lake in the morning. Grass Lake Creek is a reliable water source located nearby our dispersed camping spot for the night.

Evacuation Plan: Our evacuation route for day 9 is a short half-mile route off the Tahoe Rim Trail that leads to CA 89, a major highway.

Camp: 200ft from Grass Lake Creek at GPS coordinates (38.7957, -119.9977). Campsite elevation is 7,457ft.

Hazards and Terrain: Day 9 will be relatively free of hazards, as the trail has adequate water and the elevation gain for the day is quite lower than the average elevation gain for our previous days on the trail. We will very much enjoy the stunning vistas of Lake Tahoe along this route!



7/30 - DAY 10

Grass Lake Creek at GPS coordinates (38.7957, -119.9977)

to Benwood Creek at GPS coordinates (38.7904, -120.0374)

Distance: 12.36 miles

Elevation: +2969ft/-2303ft

Elevation high: 8,998ft

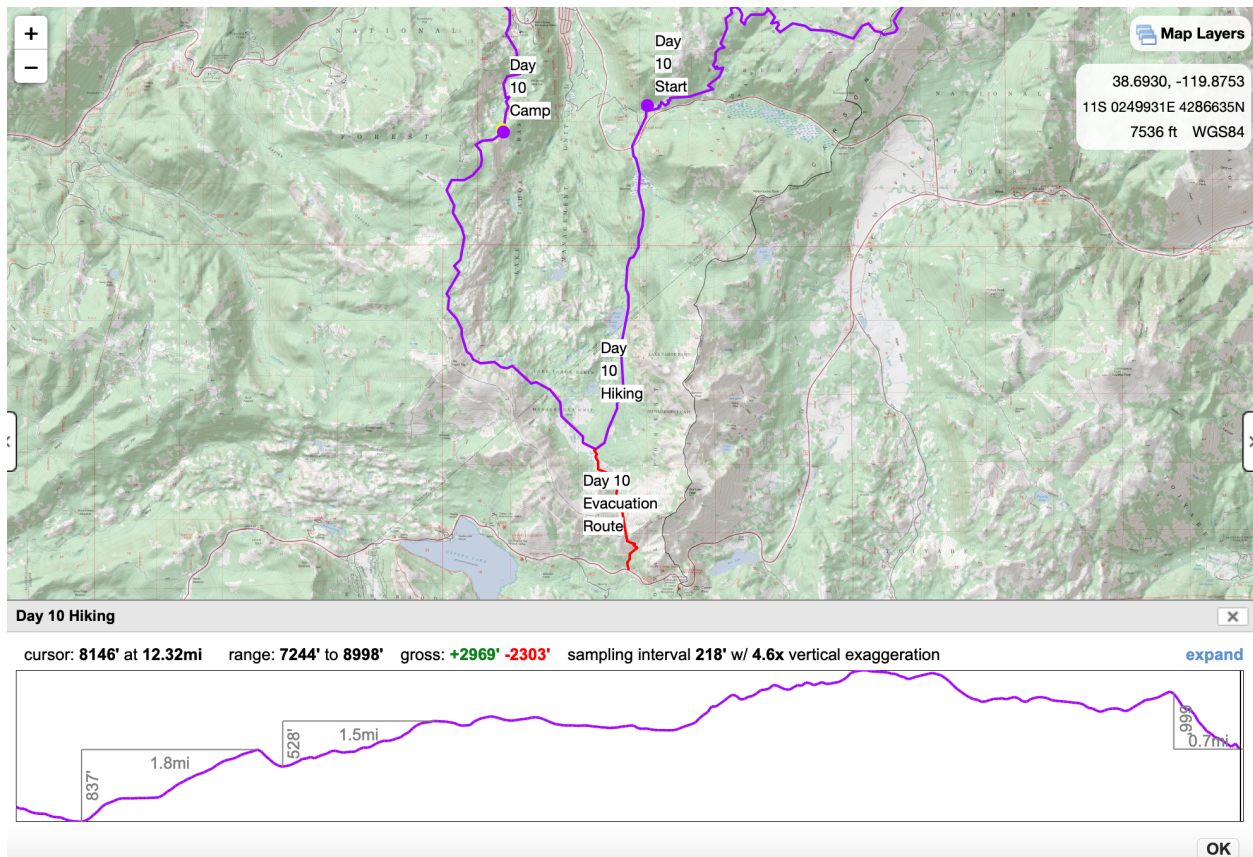
Elevation low: 7,244ft

Water Source: We will fill up our water at Grass Lake Creek in the morning, and our camping spot for the night is nearby Benwood Creek, another reliable water source.

Evacuation Plan: Our evacuation route for day 10 is to follow the Pacific Crest Trail 2.34 miles until the intersection with road CA 88.

Camp: 200ft from Benwood Creek (38.7904, -120.0374). Campsite elevation is 8,079ft.

Hazards and Terrain: This part of the Tahoe Rim Trail overlaps with the Pacific Crest Trail! We will be mindful to be respectful of other thru-hikers and day hikers we may encounter while on the trail. There will be ample water sources along the way for us to enjoy and fill our water at. We will pass by the shores of Shower Lake as well as the Upper Truckee River!



7/31 - DAY 11

Benwood Creek at GPS coordinates (38.7904, -120.0374)

to Susie Lake at GPS coordinates (38.875, -120.1276)

Distance: 13.04 miles

Elevation: +2155ft/-2334ft

Elevation high: 8,338ft

Elevation low: 7,238ft

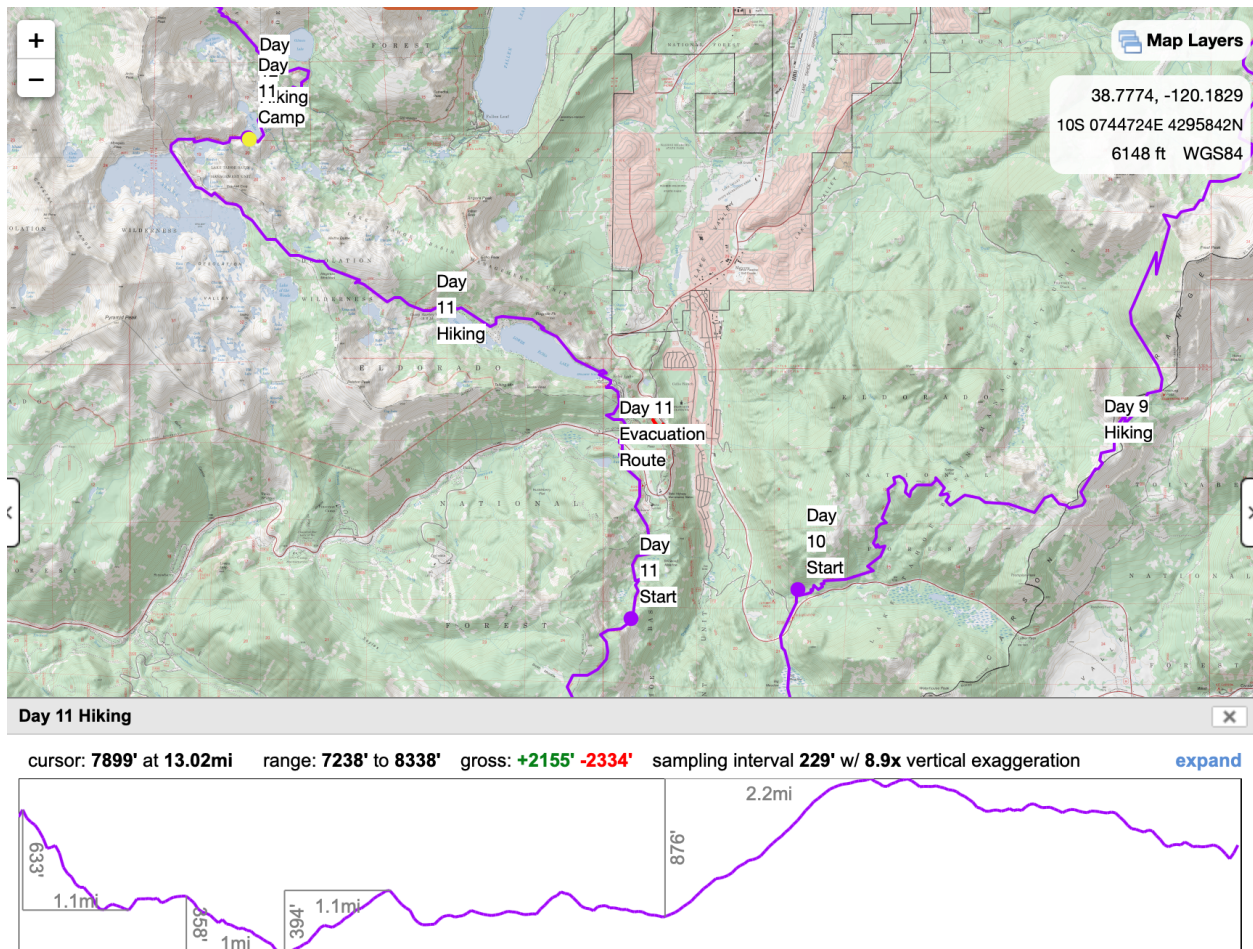
Water Source: We will fill our water at Benwood Creek before beginning our hike in the morning. We will be camping by Susie Lake, another reliable water source.

Evacuation Plan: Our evacuation route for day 11 is located in the Echo Lake area. The Tahoe Rim Trail passes over Rt 50. Our evacuation route itself is 1-mile long, travelling from Johnson Pass to another intersection of Rt 50.

Camp: Susie Lake at GPS coordinates (38.875, -120.1276). Campsite elevation is 7,913ft.

Hazards and Terrain: This part of the Tahoe Rim Trail overlaps with the Pacific Crest Trail. We will be travelling through Desolation Wilderness on this day. There are plentiful water sources along the trail for this day. We will pass by Lake Aloha, which offers a perfect swimming spot! There will be a steep climb over Dicks Pass, and this part of the trail offers incredible views.

NOTE We will need to acquire a Tahoe Rim Trail Thru-Hiker permit. These permits can be obtained 21 days before we enter Desolation Wilderness. The permit cost \$5 per person per night for the first two nights and a \$6 processing fee. We will be camping in Desolation Wilderness for two nights. We will call (530)-543-2600, the Lake Tahoe Basin Management Unit (LTBMU) Forest Service Supervisor's Office to request a permit on 7/10/21 to obtain a permit for 7/31/21 and 8/2/21.



8/1 - DAY 12

Susie Lake at GPS coordinates (38.875, -120.1276) to Phipps Creek at GPS coordinates (38.9629, -120.1696)

Distance: 10.63 miles

Elevation: +2297ft/-2555ft

Elevation high: 9,377ft

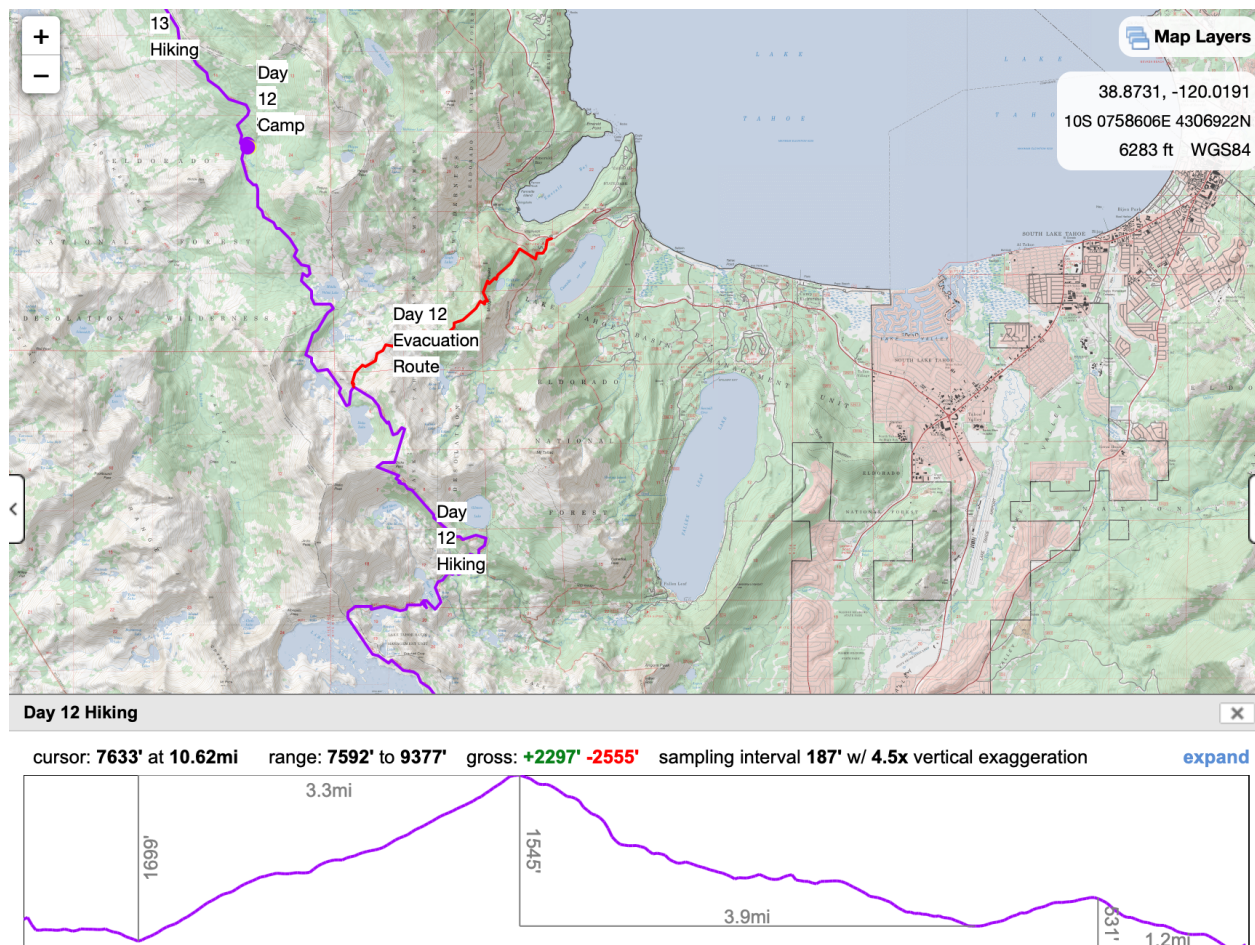
Elevation low: 7,592ft

Water Source: We will fill our water in the morning at Susie Lake. There will be another reliable water source at Middle Velma Lake Phipps Creek and Middle Velma Lake Inlet (at GPS 38.9456, -120.1544). Phipps Creek is a seasonal water source, so we will make sure to fill all our water at Middle Velma Lake Inlet in case there is not water at Phipps Creek. We will pass by multiple other reliable water sources along the route as well.

Evacuation Plan: In case of an emergency, we have planned an evacuation route via trail 17E until we reach Bayview and Inspiration Point, where we will be able to find additional help. This trail is 4.3 miles long with an elevation change of +480ft/-2136ft.

Camp: 200ft from Phipps Creek at GPS coordinates (38.9629, -120.1696). Campsite elevation is 7,639ft.

Hazards and Terrain: We will be passing through Desolation Wilderness again on this day. The first part of the day will include a long climb to Barker Pass, and the last half of the day's hike will be entirely downhill. After Middle Velma Lake Inlet there are not many reliable water sources on the trail, so we will make sure to fill all of our water bottles at Middle Velma Lake Inlet. According to the Tahoe Rim Trail Association, we will be travelling in a somewhat drier landscape with less trees. We will be mindful to watch for incoming clouds that could point to a possible thunderstorm. Because the second part of the trail for this day is decreasing in elevation, we should be able to reach Barker Pass before the afternoon, when the thunderstorms usually occur.



8/2 - DAY 13

Phipps Creek at GPS coordinates (38.9629, -120.1696)
to North Fork Blackwood Creek at GPS coordinates (39.0907, -120.2439)

Distance: 13.09 miles

Elevation: +2444ft/-2111ft

Elevation high: 8,237ft

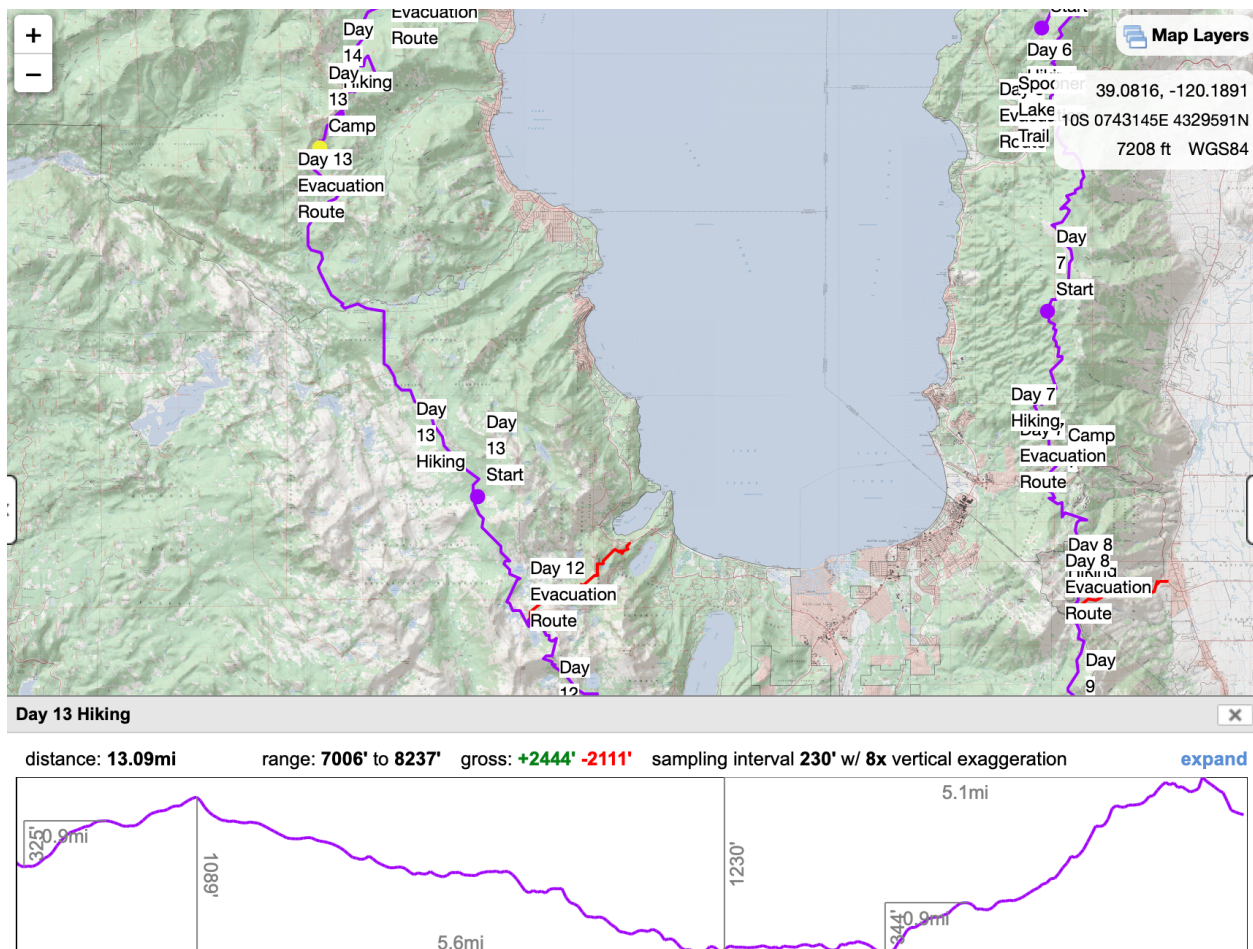
Elevation low: 7,006ft

Water Source: We will fill up our water at Phipps Creek if there is water available (it is a seasonal water source.) We will also fill our water at Richardson Lake partway through the day, a reliable water source. Our camping spot for the night is by North Fork Blackwood Creek, another reliable water source.

Evacuation Plan: In case of an emergency on day 13, we will hike on the Tahoe Rim Trail until the intersection at Barker Pass, where there is a trailhead. This is a relatively remote section of the trail, and our closest route to communication and additional help, if needed, would be at a popular trailhead such as the Barker Pass Trailhead.

Camp: 200ft from North Fork Blackwood Creek at GPS coordinates (39.0907, -120.2439). Campsite elevation is 7,986ft.

Hazards and Terrain: We will leave Desolation Wilderness this day and follow gently rolling trails to Richardson Lake, a shallow lake but reliable water source. We will reach Barker Pass Trailhead. The trail crosses several dirt roads, so we will have to keep a careful eye on our map to ensure that we do not hike off the Tahoe Rim Trail at all. We will also reach Barker Pass trailhead on this day!



8/3 - DAY 14

North Fork Blackwood Creek to 64 acres parking lot!

Distance: 12.58 miles

Elevation: +1600ft/-3331

Elevation high: 8,513ft

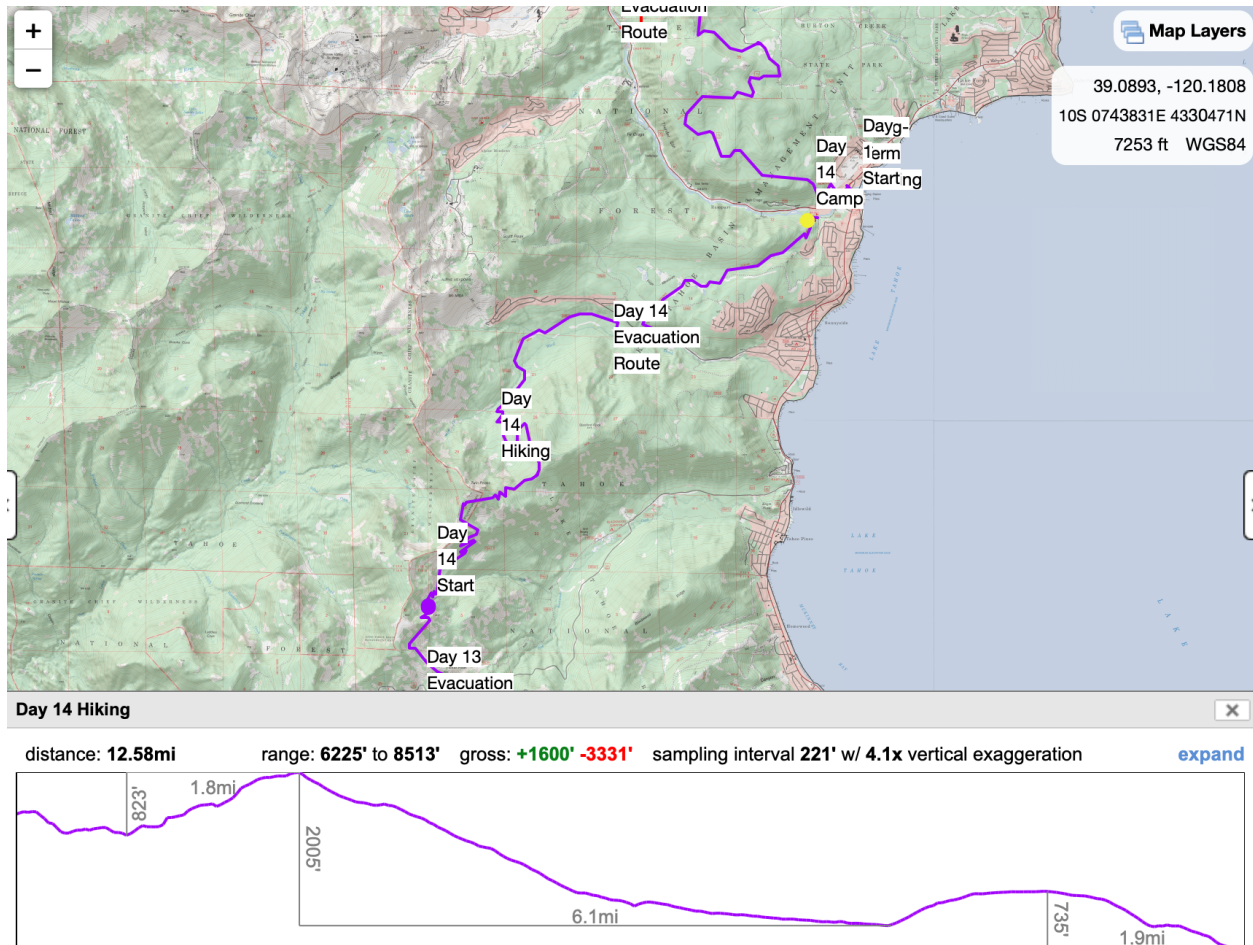
Elevation low: 6,225ft

Water Source: We will fill our water at North Fork Blackwood Creek in the morning, carrying enough water for the day until we reach Lower Truckee River at the end of the trail by the 64 acres parking lot, where we will have parked our car.

Evacuation Route: In case of an emergency, we will hike to and along Ward Creek Rd. This road leads easy to Lake Tahoe and the residential area where we will be able to receive help. The Tahoe Rim trail crosses Ward Creek Rd directly. If we are close enough to the end of our hike, another possible evacuation route would be at the 64 Acres Parking Lot and Tahoe City North. This may be a better choice, depending on the emergency and how close we are to Tahoe City North.

Camp: 300ft off trail by the 64 acres parking lot - approximately GPS coordinates (39.1615, -120.1546). Campsite elevation is 6,271ft.

Hazards and Terrain: Our final day on the trail! We will be mindful to take in the beautiful views and take time to reflect on our trip as a whole. This hike is almost entirely downhill, except for a short climb at the beginning of the day.



8/4/21 - travel from Tahoe City to Spanish Fork, UT (see travel plan for details)

8/5/21 - travel from Spanish Fork, UT to Colorado Springs, CO (see travel plan for details)

Tahoe Rim Trail Thru-Hike - Meal Planning

Food	Servings	Calories/servings	Total calories	Cost
Oats	60	150	9000	\$7.76
Coffee	30	3	90	\$4.98
Tea Bags	20	0	0	\$3.26
Peanut Butter Trail mix	50	150	7500	\$9.96
Cajun Trail mix	22	160	3520	\$4.98
Tropical Trail mix	25	120	3000	\$4.98
Peanut butter (4 jars)	56	180	10080	\$11.76
Mixed Nuts	56	170	9520	\$12.88
Mixed Dried Fruit	46	110	5060	\$21.96
Minute Brown Rice	16	180	2880	\$3.44
Ramen	15	370	5550	\$3.75
Mio	18	0	0	\$11.92
Quinoa	20	170	3400	\$5.94
Hot choc mix	16	150	2400	\$3.58
Apple cider mix	30	80	2400	\$5.94
Clif bars	54	250	13500	\$49.02
Poptarts	16	190	3040	\$3.68
Pretzels	32	100	3200	\$5.96
Flour tortillas	40	90	3600	\$5.44
Wheat thins	15	160	2400	\$3.67
Oreos	42	160	6720	\$8.00
Biena Chickpeas	20	130	2600	\$12.48

Larabars	20	200	4000	\$18.56
Candy bars	18	250	4500	\$13.24
Starburst Jelly Beans	14	100	1400	\$2.48
Skittles	16	110	1760	\$2.98
Granola	34	170	5780	\$7.36
Tempeh	20	160	3200	\$27.92
Almond Butter	28	190	5320	\$13.98
Protein Powder	20	200	2000	\$29.98
Dried beans (3lbs)	18	90	1620	\$17.64
Spices	n/a	n/a	n/a	\$9.36

Total Calories: 129,030

3,500 kcal/day x 2 people x 18 days (14 in the field, 4 travel days) = 126,000 calories total (minimum)

\$348.84 total

THINGS TO NOTE:

Ariana and Kristen are both vegetarian, so more money will be spent on vegetarian sources of protein, such as beans, tempeh, and protein powder.

Each food (with the exception of “spices” and “dried beans”) includes a link to the brand and exact food item we plan on purchasing. These may vary depending on availability of the items, however these links will be helpful in making sure we are buying the correct sizes and brands of each item.

Below we have outlined what our daily meals and snacks will look like on the trail to ensure we are getting a good balance of carbs, fats, and protein, as well as enough calories overall.

Daily Meal Plan:

<u>Breakfast</u>	<u>Amount</u>	<u>Calories</u>	<u>Carbs</u>	<u>Fats</u>	<u>Protein</u>
Oats	1 cup	300	54g	6g	10g
Peanut Butter	2 TBS	180	5g	16g	8
Protein Powder	1 scoop	50	4g	1g	8g
Dried Fruit	¼ cup	110	27g	0g	1g
Allspice	1 tsp	0	0g	0g	0g
		640 kcals	90g	23g	27g

<u>Morning snack</u>	<u>Amount</u>	<u>Calories</u>	<u>Carbs</u>	<u>Fat</u>	<u>Protein</u>
Trail Mix	1 cup	600	52g	36g	16g

<u>Lunch</u>	<u>Amount</u>	<u>Calories</u>	<u>Carbs</u>	<u>Fat</u>	<u>Protein</u>
Flour Tortillas	4 tortillas	360	68g	8g	12g
Peanut Butter	2 TBS	180	5g	16g	8
Mixed nuts	2 servings	340	10g	30g	12g
		880 kcal	83 g	62 g	32 g

<u>Snack</u>	<u>Amount</u>	<u>Calories</u>	<u>Carbs</u>	<u>Fat</u>	<u>Protein</u>
Clif Bar	1 bar	260	40g	7g	11g
Jellybeans	2 servings	200	50g	0g	0g
		460	90 g	7 g	11 g

<u>Dinner</u>	<u>Amount</u>	<u>Calories</u>	<u>Carbs</u>	<u>Fat</u>	<u>Protein</u>
Quinoa	½ cup dry	340	58g	5g	12g

Tempeh	1 serving	160	12g	4g	18g
Spices	1 tsp	0	0	0	0
Dried Chickpeas	¼ cup	130	18g	4g	6g
		630 kcal	88g	13g	36g

<u>Snack</u>	<u>Amount</u>	<u>Calories</u>	<u>Carbs</u>	<u>Fat</u>	<u>Protein</u>
Hot cocoa	1 envelope	150	28g	4g	2g
Oreos	4 oreos	240	30g	8g	1g
		390 kcal	58g	12g	3g

Totals:	3600 calories	461g	153g	125g
----------------	----------------------	-------------	-------------	-------------

Equipment List

Individual Gear:

1 sleeping bag
1 sleeping pad
1 backpacking pack
1 large contractor bag as pack liner
1 headlamp + 1 set extra batteries
1 bowl/cup
1 set of utensils
2 1.5 liter water bottles
1 toothbrush
1 mini tube of toothpaste

Clothing: (each)

Rain gear - rain jacket and rain pants
1 sun hat
1 beanie
1 pair of gloves
1 pair of hiking pants/shorts
1 pair of hiking boots
3-5 pairs of hiking socks (not cotton)
1 pair sunglasses
2 hiking t-shirts (not cotton)
1 pair of camp shoes
1 fleece (midlayer)
1 long-sleeve shirt
1 pair long pants - leggings/long underwear
2 pairs underwear
1 sports bra
1 mosquito nets

Group Gear:

1 2-person tent
1 trowel
2 dromedary bags

Kitchen

1 MSR Pocket Rocket stove
1 stove wind screen
1 pot

1 pot grabber
2 - 3.9oz fuel canisters

Other:

2 bear canisters
1 bottle hand sanitizer
1 bottle of dr bronners environ. friendly soap
2 lighters
2 packs of waterproof matches
1 Sawyer Squeeze water filter system
1 large bottle 50+ spf sunscreen
Tahoe Rim Trail map
1 compass
Desolation wilderness permit (for 2 nights)
1 stove permit
1 bottle of bug spray (no deet)
IDs, emergency credit card
1 1oz dropper bottle aquamira
1 roll toilet paper
2 trash bags
6 ziplock bags
1 can bear spray

Optional:

1 camera
2 journals
2 pens
2 books

Resupply Equipment (to send to Tramway Market, Kingsbury, NV)

2 sets of extra headlamp batteries
1 bottle hand sanitizer
2 lighters
1 1oz dropper bottle aquamira
2 3.9oz fuel canisters
6 ziplock bags
2 trash bags

First Aid Kit:

Wound Care/Blister/Burn

- 1 - Wound Irrigation Tool 10 cc
- 10 - Wound Closure Strips
- 5 - Fabric Adhesive Bandages 1" x 3"
- 5 - Fabric Knuckle Bandages 1"x 3"
- 4 - Sterile Dressing 4" x 4"
- 4 - Sterile Dressing 2" x 2"
- 2 - Sterile Dressing 3" x 2"
- 1 - Elastic Band, 3"
- 2 - Gauze Bandages, 3"
- 1 - Tape 1" x 10 yd
- 14 - Moleskin, Pre Cut + Shaped
- 2 - Cotton Tip Applicator

Trauma/Bleeding

- 1 - Trauma Pad 5" x 9"
- 2 - Nitrile Gloves (pair)
- 1 - Triangular Bandage

Medication

- 3 - After Bite Wipes
- 2 - Diamode (2mg)
- 6 - Aspirin (325 mg)
- 3 - Antihistamine (25 mg)
- 8 - Ibuprofen (200 mg)
- 8 - Acetaminophen (500 mg)

Antiseptics/Creams

- 6 - Antiseptic Wipes
- 2 - Triple Antibiotic Ointment
- 4 - Alcohol Swab
- 1 - Tincture of Benzoin

Tools/Instruments

- 3 - Thermometer
- 1 - CPR face shield
- 1 - EMT shears
- 1 - Duct Tape 2" x 2.5 yd
- 1 - Tweezer
- 3 - Safety Pins

Instruction

- 1 - Pencil
- 1 - Patient Assessment Form
- 1 - Wilderness & Travel Medicine Guide

Tahoe Rim Trail Budget

Transportation:

Gas needed for travel:  -> Tahoe City = 1,150 miles

1,150 miles/16.4mpg x 2.6 = 182.31 one-way

\$364.63

Total Food: **\$282.43** (see on list)

Fuel: **\$19.80**

Gear Rental:

- 2 dromedary bag rental (\$1/day) - July 19 - August 6th = 18 days = **\$38**
- 2 Bear cans - **\$40**
- SAT phone rental - FREE!

Total: **\$78**

Maps:

We are requesting **\$15.00** to purchase a National Geographic waterproof official Tahoe Rim Trail map.

Permits:

The permits needed include a California Campfire permit which is free as well as a Tahoe Rim Trail thru-hiking permit for when we pass through Desolation Wilderness. It is a \$5 per person per night permit as well as a \$6 processing fee. Which can only be reserved 21 days in advance of when we would be in desolation wilderness. Which will be the 7/31/21-8/02/21.

\$10 per night x 2 nights + \$6 processing fee = **\$26**

Offsetting Carbon Emissions - **\$8.60**

We will be driving as opposed to flying to Tahoe City from Colorado Springs. We will also be buying our food in bulk to minimize cost and the amount of waste.

Total for budget: 779.46