



# Ritt Kellogg Memorial Fund Registration

Registration No. S75J-4QPBR  
Submitted Jan 7, 2017 1:43pm by Jeremy Becker

## Registration

Aug 29, 2016-  
Aug 27, 2017

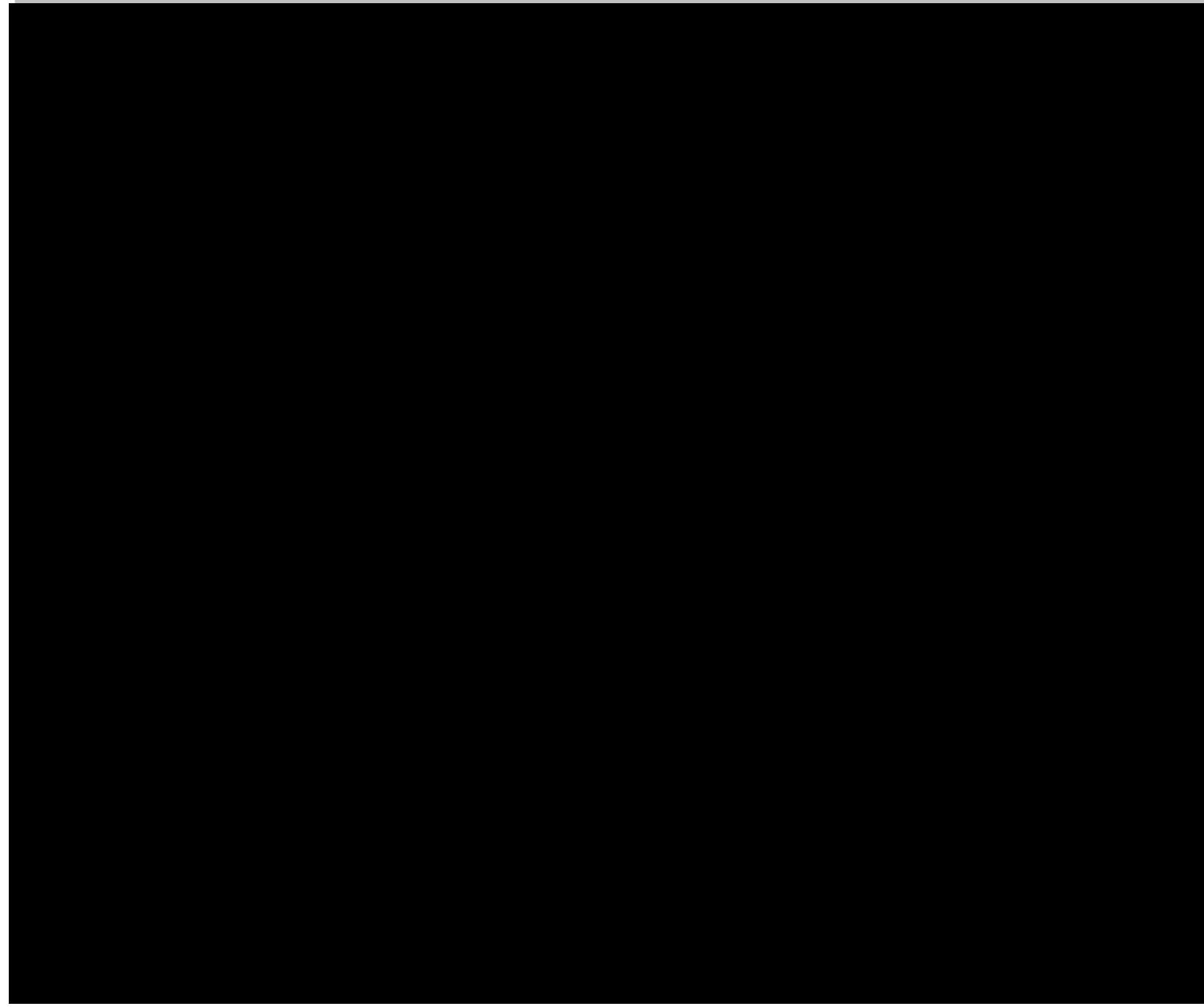
Ritt Kellogg Memorial Fund

### **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**

## Participant



## I. Grant Summary

**a. Expedition name:**

Two Brothers in the Three Sisters

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

Backcountry Bikepacking

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

Andrew, a graduating senior, and Jeremy, a rising senior, have been heavily involved in outdoor education since starting Colorado College. We both think that the skills gained in leading trips has helped us grow and has helped cement our love of the outdoors. We have both also loved biking for much of our lives. Jeremy was on his high school's Mountain biking team and Andrew completed a Cross country bike tour of most of the United States this past summer. We view this trip as the perfect opportunity to bring together two of our passions; a love for the wilderness and a love of biking. On this trip we will challenge ourselves by traveling through some of the most beautiful and rugged of Oregon's national forests, sometimes on dirt road but most frequently on singletrack trails. We will bike through an environment that neither of us have experienced in the wilderness setting and will face the challenges presented to us head on.

**d. Describe the location of the expedition:**

The expedition will take place in west-central Oregon. It covers loose, sandy ponderosa terrain outside of Bend, Oregon to the lush, wet, mossy trails of the North Umpqua River and everything in between. We will camp in secluded campsites on glacier-fed lake shores, soak in hot springs, and see amazing volcanic flows! This wilderness is a destination for many mountain bikers around the country seeking great single-track and secluded beauty!

**Attach an area overview map.**



Screen Shot 2016-11-29 at....png (1.3MB, 1420x1332px)

Uploaded Nov 29, 2016 8:17pm by Jeremy Becker

**e. Expedition dates:**

Travel: May 23

Biking: May 24 - June 5

Travel: June 5 - 7

We will leave Colorado Springs soon after graduation of the 23rd of May. We will drive Jeremy's Volkswagen golf, which will hold both of our bikes on roof racks, to Boise on the 23rd. We will stay in Boise with friends on the night of the 23rd before waking up early and driving to Bend. In Bend we will drop Jeremy's car off with friends in Bend and spend the next 13 days bikepacking through beautiful Oregon forests before catching a ride back to Bend and driving back to Colorado.

**f. Number of days in the backcountry:**

13

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

The area we will be riding through contains extensive natural beauty and pristine conditions. This route connects the three famous Oregon river MTB trail systems—McKenzie, Oakridge, & Umpqua—to the other side of the Cascade Range. It travels from the dry desert forest trails of Bend and Sisters to the hot springs and alpine ridges of the Upper Willamette to the lush, western flanks of the Calapooya Range and blue pools and hot springs of the North Umpqua.

Though we are avid hikers, skiers, and climbers, mountain biking this route will allow us to see much more of this beautiful wilderness simply because of the distance we can travel each day. This trip will necessitate food drops as it is difficult to carry many pounds of food on a bike. We will pick up food shipped to ourselves twice throughout the trip and when doing so will minimize our contact with towns along the route in order to keep the wild spirit inside of us!

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

\$914.84

## II. Participant Qualifications

**a. Participants' Graduation Date**

Jeremy Becker: May 2018

Andrew Allison Godfrey: May 2017

**b. Medical Certifications**

Jeremy Becker: WFR - February 7, 2018

Andrew Allison-Godfrey: WFR - August 14, 2018

### c. Additional Certifications

Jeremy: LNT Master Educator

### d. Training Plan

The training plan for our trip is relatively simple. Since we already both have copious bike experience we will train by continuing to ride our bikes regularly. This will help keep us in shape and will also help us get accustomed to riding the bikes we will be using on our trip. When we ride we will either have our bike weighted down with the gear we will carry, or will put equally heavy things into a backpack and carry it while we ride. In addition to normal day bike trips we will go on at least one overnight tour to make sure all of our gear is adequate for our trip, and to get the feel for a bikepacking trip before we embark on our two-week adventure!

In addition to preparing ourselves physically for the trip we also need to work on our bike repair skills. We both already have a good understanding of basic bike maintenance, how to replace a tire, how to replace a chain and so forth. But we will work to improve our understanding of more advanced techniques. How to fix our disk breaks if they cause trouble, and how to replace bike spokes are two good examples. As we improve our bike repair skills we will inevitably learn about things we need to know about and will work to learn those skills as well. We will look at books on bike maintenance and consult our peers to improve our repair skills.

## III. Expedition Plan

### a. Land Management

National Forest  
BLM

No Permits Needed

### b. LNT Principles

Yes

#### *Empty*

Plan Ahead and Prepare --

We have spent extensive time planning and preparing for this expedition so that everything goes as smooth as possible and so that we do not harm the environment we will be traveling through. We will take all precautions necessary to make sure we can minimize waste, dispose of our waste properly, and not damage these beautiful areas.

Travel and Camp on Durable Surfaces --

Bikes can be potentially damaging to the natural world simply because of the nature of their use. We will be extremely careful about the impact of our bikes in pristine areas. Our route is entirely on-trail, mostly on single-track and a few dirt roads, so we will be riding our bikes on a durable surface. We will camp in existing designated campsites, 200 feet away from streams or lakes.

Dispose of Waste Properly --

We will repackage all of our food to minimize trash and will pack out all trash we generate. We will carry a trowel for digging at least 6-8 inch cat-holes for solid human waste. For washing ourselves or dishes we will carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap, if any.

Leave What You Find --

We will not take anything that we find along our route, whether that is rocks, plants, or anything. We will not build any structures during our trip.

#### Minimize Campfire Impacts --

We are planning on cooking our meals on an MSR stove and we are not planning on having fires. If we do, we will make sure we do it in a designated fire ring and will put out all coals with water and will bury the ash.

#### Respect Wildlife --

We will never approach or feed any animals. We will use appropriate and safe bear hang techniques so that no animals get ahold of our food when sleeping.

#### Be Considerate of Other Visitors --

We will be courteous of all other people we see along the route. We will be friendly and yield to other bikers and hikers on the trail. We will camp far away from other visitors and keep noise to a minimum.

### c. Cultural Considerations

No

### d. Re-Ration Plans

Yes

We will be doing two re-rations on this trip. The first will be during Day 3 and we will pick up our food at a post office in the town of Sisters (694 N Larch St, Sisters, OR 97759). The second re-ration will take place in the town of Oakridge (48264 E 1st St, Oakridge, OR 97463) on Day 8 and this ration will last us until the end of the trip.

1st push: ~ 2 days of food

2nd push: ~ 5 days of food

3rd push: ~ 5 days of food

We decided to re-ration twice because we are trying to minimize food weight carried on our bikes for reasons such as fatigue and over-weighting our bikes which could lead to injury, and trash minimization.

The first re-ration is early because we have a large climb on the first day and do not want to carry a week's worth of food for this climb. We are not going out of our way to re-ration as we must pass through Sisters and Oakridge as a part of our route.

When picking up our food from post offices we will be efficient and will spend as little time as possible in Sisters and Oakridge so we can quickly return to the backcountry.

In addition to minimizing our time in towns, we also did as much as possible to minimize time on paved roads. To do this we selected a route that would have minimal pavement and then also changed our route to unpaved roads when possible. The best example of this is on day six. It would have been simpler to continue of Aufderhede Memorial drive around Cougar Reservoir but we decided to detour around to the other side of the lake to minimize a day where we already have the largest section of paved travel. Day six is the only day where there is significant travel on paved roads. On all other days where we are on pavement it is for very short periods of time. On day three we will travel through the town of Sisters and be on pavement just while riding through town and then back onto unpaved after our brief stop to re-ration. Likewise, on day eight when we re-ration in the town of Oakridge, we will ride on pavement only in town and then return to dirt as soon as possible.

**e. Expedition Itinerary****Ritt Expedition Itinerary.docx** (24MB)

Uploaded Jan 7, 2017 1:35pm by Jeremy Becker

**Appendix A****f. Equipment List****Ritt Equipment List.docx** (60KB)

Uploaded Jan 4, 2017 7:50pm by Jeremy Becker

**Appendix B****g. Food List****Ritt Food List.docx** (68KB)

Uploaded Jan 4, 2017 8:02pm by Jeremy Becker

**Appendix C****Food Storage**

We will be carrying two kevlar bags and an adequate length of rope from the Colorado College Gear House. We will use these bags to create bear hangs every night before going to bed. These bear hangs will protect our food from bears and from smaller, more likely, pests like mice and squirrels. We decided to use bear hangs instead of bear-proof canisters because we will have limited carrying space and decided that hangs do just as good a job of confounding bears without taking up as much space in our bags.

**IV. Risk Management****a. Travel**

We will have two drivers. This means we can take turns driving to minimize drowsiness. We will never drive over the speed limit and will be extremely careful when driving.

**b. Objective Hazards**

Weather / Lightning

Wildlife

Biking

Oregon and the Pacific NW is known for its rainy weather. We will both bring great rain jackets and rain pants and will have an adequate shelter for this type of weather. We will not camp on top of passes as lightning is a potential hazard.

There are black bears in Oregon. We will carry a can of bear spray as an extra precaution and will hang all food far away from our tent-site. If we do encounter a black bear we will stay calm, talk gently to it, back away in the direction we came. Both of us have spent extensive time in bear country and understand protocols.

Biking is an inherently dangerous activity and we will do all we can to minimize risk. Whenever riding, we will wear helmet and bike gloves. We will also ride under our maximum speed. We realize that with extra weight we need to be careful not to pick up too much speed on long descents.

**c. Subjective Hazards**

Bike Breakdown

Personal Injury/Illness

## Group Dynamics

We will take a bike repair kit that we outline in the Appendices. We both have a lot of bike repair experience but intend to take a class on advanced repair techniques. Our bikes are very important and every day we will do maintenance checks and lube our chains.

Mountain biking can be dangerous and we will do all we can to minimize injury. We are both WFRs and recently got re-certified. We will be in constant communication about our health because illness in the backcountry can also be a serious consideration.

We are both good friends and have been since Freshman Year. We have been on many expeditions together and work well as a team. If we have a problem with something the other is doing we will make a point to bring it up before it escalates.

### **d. Emergency Preparedness**

Management Strategies: We will ride slowly and carefully. We will wear closed toe shoes around the stove when cooking.

Technical Skills: Jeremy is a WFR and Andrew is a WEMT. We have both recently re-certified and are confident in our skills.

Equipment: Well stocked first aid kit, SPOT device, good maps with evacuation plans.

Resources: 911, Deschutes National Forest Supervisor's Office, Hospitals & Clinics in Bend and Oakridge

These locations either have medical services, or vehicles able to transport us to definitive medical care.

Day 1: NF-4601 (Tumalo Loop Rd.)

Day 2: NF-1514 or NF-1516

Day 3: NF-1608 (Peterson Ridge Rd.)

Day 4: Town of Sisters, town of Camp Sherman, SW Suttle-Sherman Rd.

Day 5: Old Santiam Wagon Rd.

Day 6: McKenzie Highway, town of McKenzie Bridge

Day 7: NF-1846 or NF-646

Day 8: NF-1912, town of Oakridge, Willamette Highway

Day 9: US Forest Service Road 21

Day 10: NF-2154 or NF-398

Day 11: Windigo Pass Rd. or N. Umpqua Rd

Day 12: N Umpqua Rd. / N Umpqua Highway

Day 13: NF-4711 to N Umpqua Highway or town of Glide

### **e. Emergency Resources**

Deschutes National Forest Supervisor's Office  
63095 Deschutes Market Road, Bend, OR 97701  
541-383-5300

St. Charles Health System (Hospital)  
2500 NE Neff Rd, Bend, OR 97701  
[\(541\) 382-4321](tel:5413824321)

Orchid Health - Oakridge Clinic  
47815 OR-58, Oakridge, OR 97463  
[\(541\) 782-8304](tel:5417828304)

We will carry these numbers on a laminated sheet of paper.

## V. Budget

### Budget

[Expedition Budget.docx](#) (59KB)

Uploaded Jan 4, 2017 9:22pm by Jeremy Becker

**Appendix D**

### Transportation

315

### Food and Fuel

363.84

### Maps and Books

0

### Communication Device Rental

96

### Permits/Fees

0

### Gear Rentals

140

### Total Funding Request

914.84

### Cost Minimization Measures

Note: the \$140 under "gear rentals" is for the bike repair tools that we need for the expedition. We plan to donate these tools to the CC bike co-op next year. Here is the breakdown:

Multi tool:\$40

Patch kitx2: \$10

Tire Pump: \$10

Bike Spokes: \$10

Chain Lube: \$10

Masterlinksx4: \$20

Spare Chainx2: \$40

As for cost minimization, we are driving Jeremy's personal car with good gas mileage (25mpg) to Bend, OR and we are taking the cheapest shuttle back to Bend we could find at the end of the trip.

We are eating modestly and not buying expensive food or making complicated meals.

We are not in need of any maps or books as we are printing all of our maps from caltopo.com. We will laminate these



maps. No permits are needed.

## VI. Expedition Agreement

### Expedition Agreement

[Expedition Agreement.pdf](#) (803KB)

Uploaded Jan 7, 2017 1:28pm by Jeremy Becker

**Appendix E**

## Appendix A- Expedition Itinerary

To view our Caltopo map go to: <https://caltopo.com/m/34BV>

- Change map to “USGS 7.5’ Topos”

### Expedition Itinerary

Day 0: Leave Colorado Springs and drive to Craters of the Moon National Monument.

#### Day 1

Drive from Craters of the Moon to Bend Oregon, unpack bikes and start the trip!

- Bend, Oregon and Ride to Three Sisters River (Distance: 18.5 Miles), Initial elevation: 3,622 ft - Final Elevation 6,525 ft
- Route: Shevlin Park Trail (unpaved) to Mrazek Trail (unpaved).
- Total Mileage: 18.5



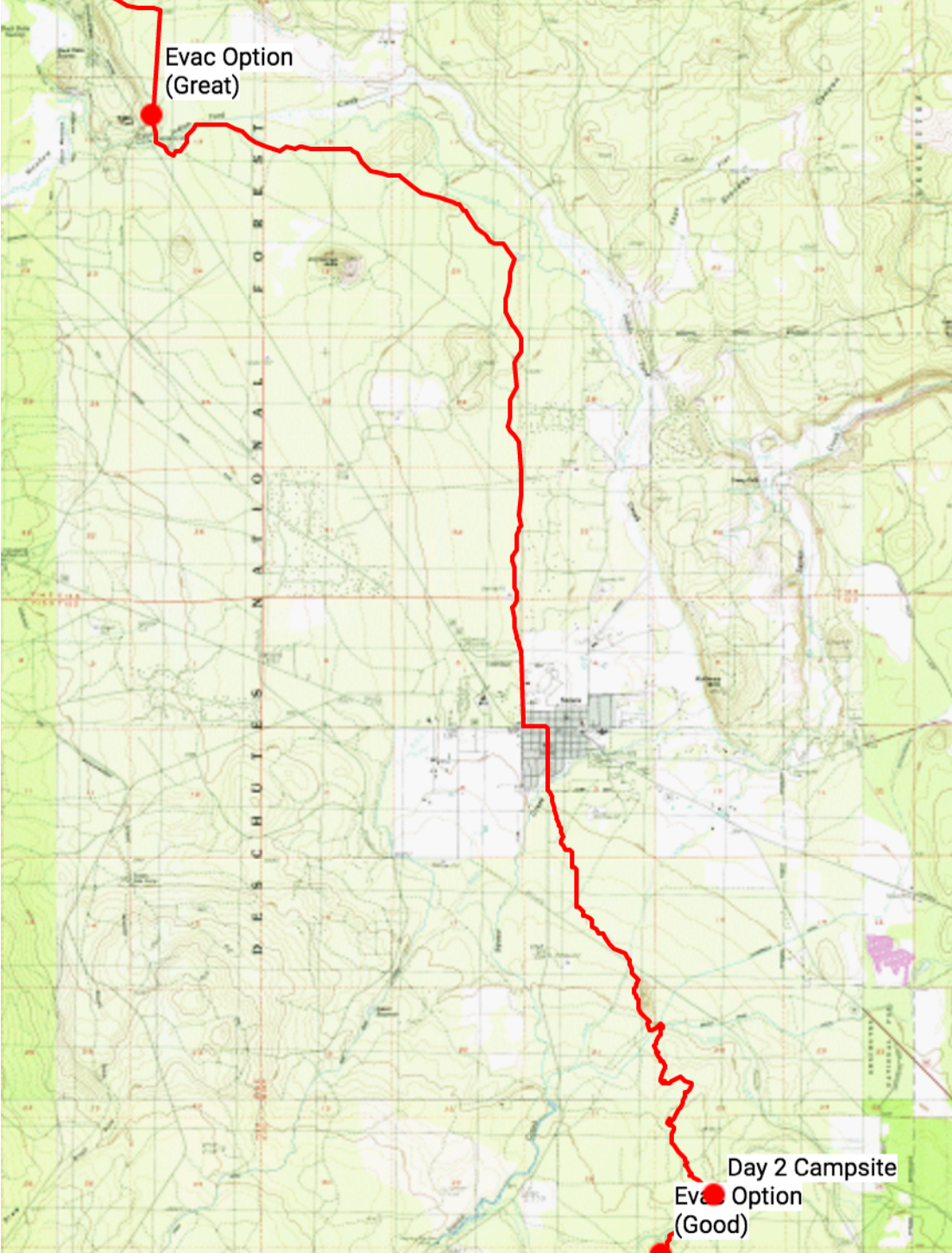
#### Day 2

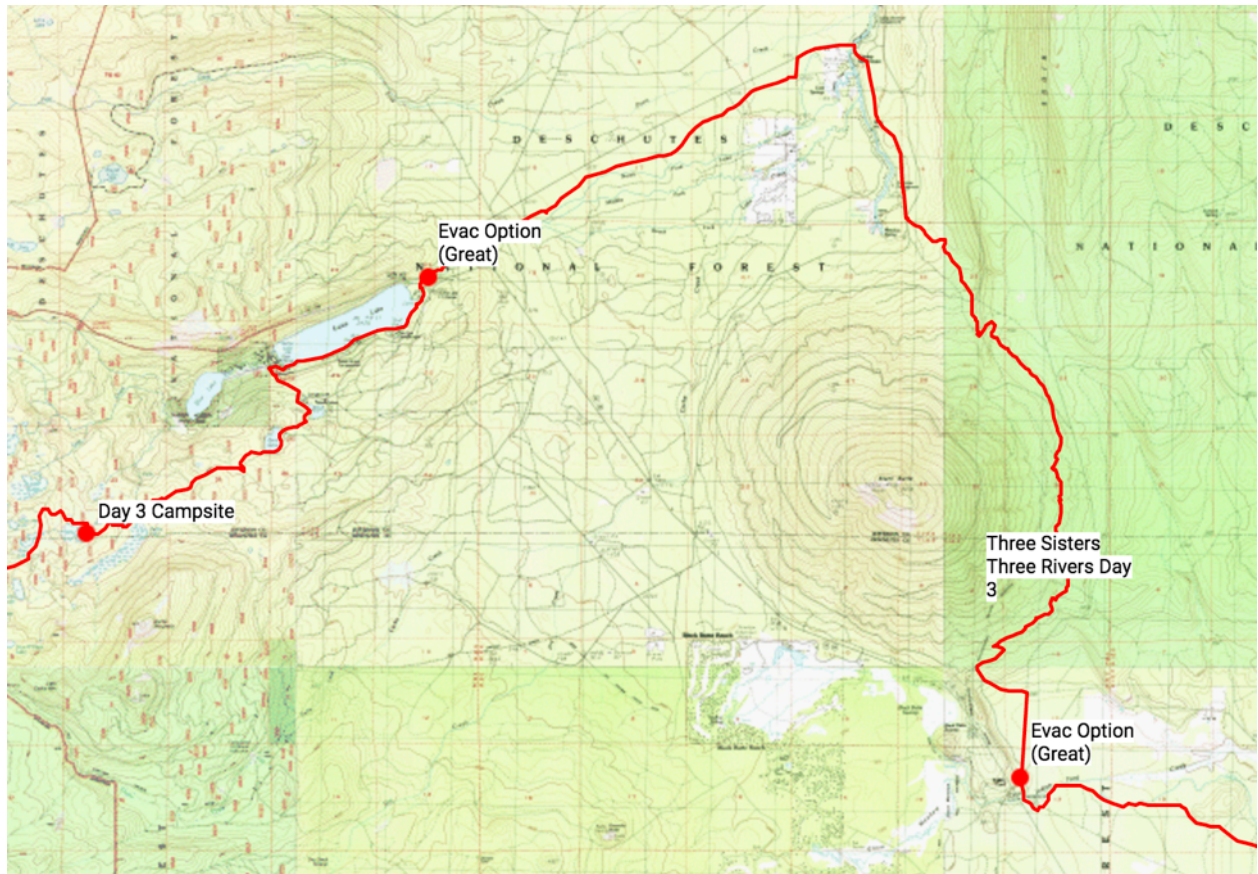
- Three Sisters river to Plainview Ditch (Distance: 20 miles),
- Initial Elevation: 6,525 ft - Final Elevation: 3,298 ft Route: Start at Three Sisters river and follow Mrazek trail (unpaved) to National Forest Road 370 (unpaved) to National Forest Road 16 (unpaved) to Metolius-Windigo Trail (unpaved).
- Total Mileage: 38.5



### Day 3

- Plainview Ditch to Hand Lake (Distance: 32.5 miles)
- Initial Elevation: 3,298 ft - Final Elevation: 4,246 ft
- Route: Start at Plainview Ditch and follow Metolius-Windigo trail (unpaved) to North Pine street (Paved) to National Forest Development road 800 (unpaved) to Southwest Roberts Bridge Road (unpaved) to National Forest Development Road 1419 (unpaved) to NF 600 (unpaved).
- Total Mileage: 71
- Re-ration in the town of Sisters





#### Day 4 (Intel says there's a hot spring here)

- Hand Lake to McKenzie River Dear Creek junction (Distance: 27.5)
- Initial Elevation: 4,246ft - Final Elevation: 1,902 ft
- Route: Start at Hand Lake and follow NF 600 (unpaved) to Santiam Wagon Road (Rd. 810) (Unpaved) to Santiam Wagon Road (Rd. 866) to McKenzie River Trail 3587 (unpaved).
- Total Mileage: 98.5



## Day 5

- Rest Day! Stay at the same campsite.

## Day 6

- McKenzie River-Deer Creek Junction to Unnamed lake pair below Hidden Lake (Distance: 33)
- Initial elevation: 1,902 ft - Final Elevation: 3,175 ft
- Route: Start at McKenzie River-Deer Creek Junction and follow McKenzie River Trail (unpaved) to McKenzie Highway, OR 126 (paved) to Auferhide Drive (paved) to NF-1993 (paved) to FWD road 1994 (unpaved) to NF-500 (unpaved) to South Fork Road (paved) to NF 1980 (unpaved).
- Total Mileage: 131.5





Three Sisters  
Three Rivers Day  
6

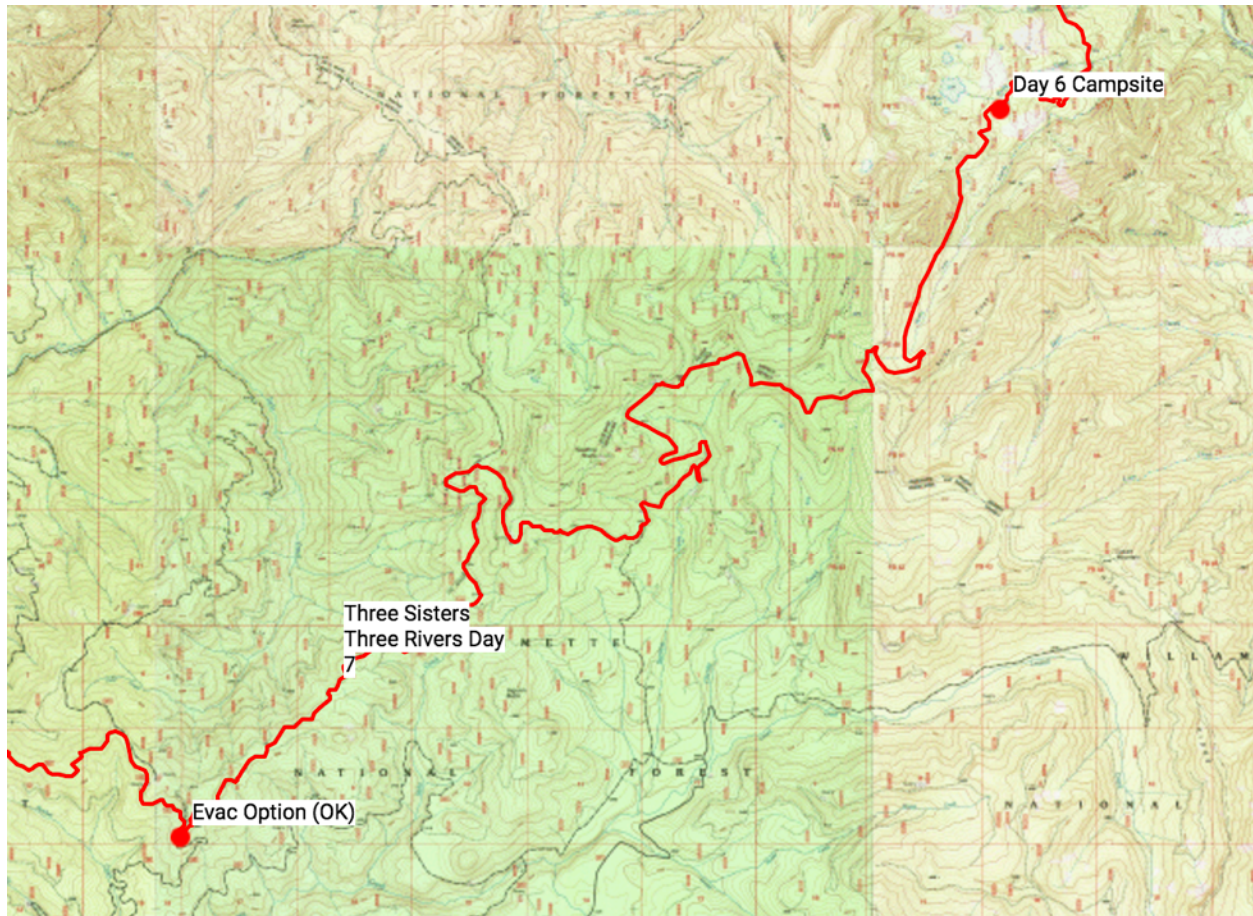
Evac Option

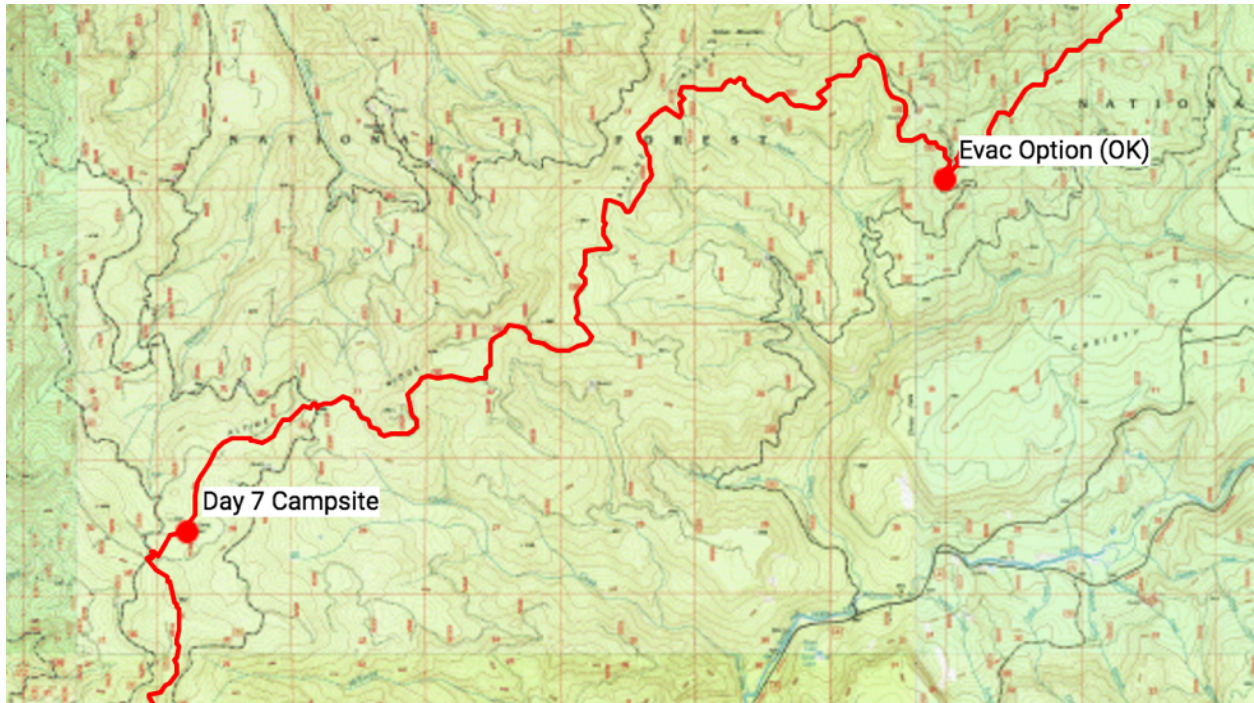
Day 6 Campsite



## Day 7

- Unnamed lake pair to Elk Camp Shelter (Distance: 28.5 miles)
- Initial Elevation: 3,175 ft - Final Elevation: 4,313 ft
- Route: Start below Hidden Lake and follow NF-1980 (unpaved) to NF-247 (unpaved) to NF-2618 (unpaved) to NF-1933 (unpaved) to NF-573 (unpaved) to NF-1926 (unpaved) to NF-570 (unpaved) to NF-1846 (unpaved) to NF-1912 (unpaved).
- Total Mileage: 160





### Day 8

- Elk Camp Shelter to Bull Creek (Distance: 30)
- Initial Elevation: 4,313 ft - Final Elevation: 195 ft
- Route: Start at Elk Camp Shelter and follow NF-1912 (unpaved) to Westoak Road (paved) to Ash Street (paved) to E 1st Street (paved) to OR 6178 (paved) to FR-2118 (unpaved).
- Total Mileage: 190
- Re-ration in the town of Oakridge

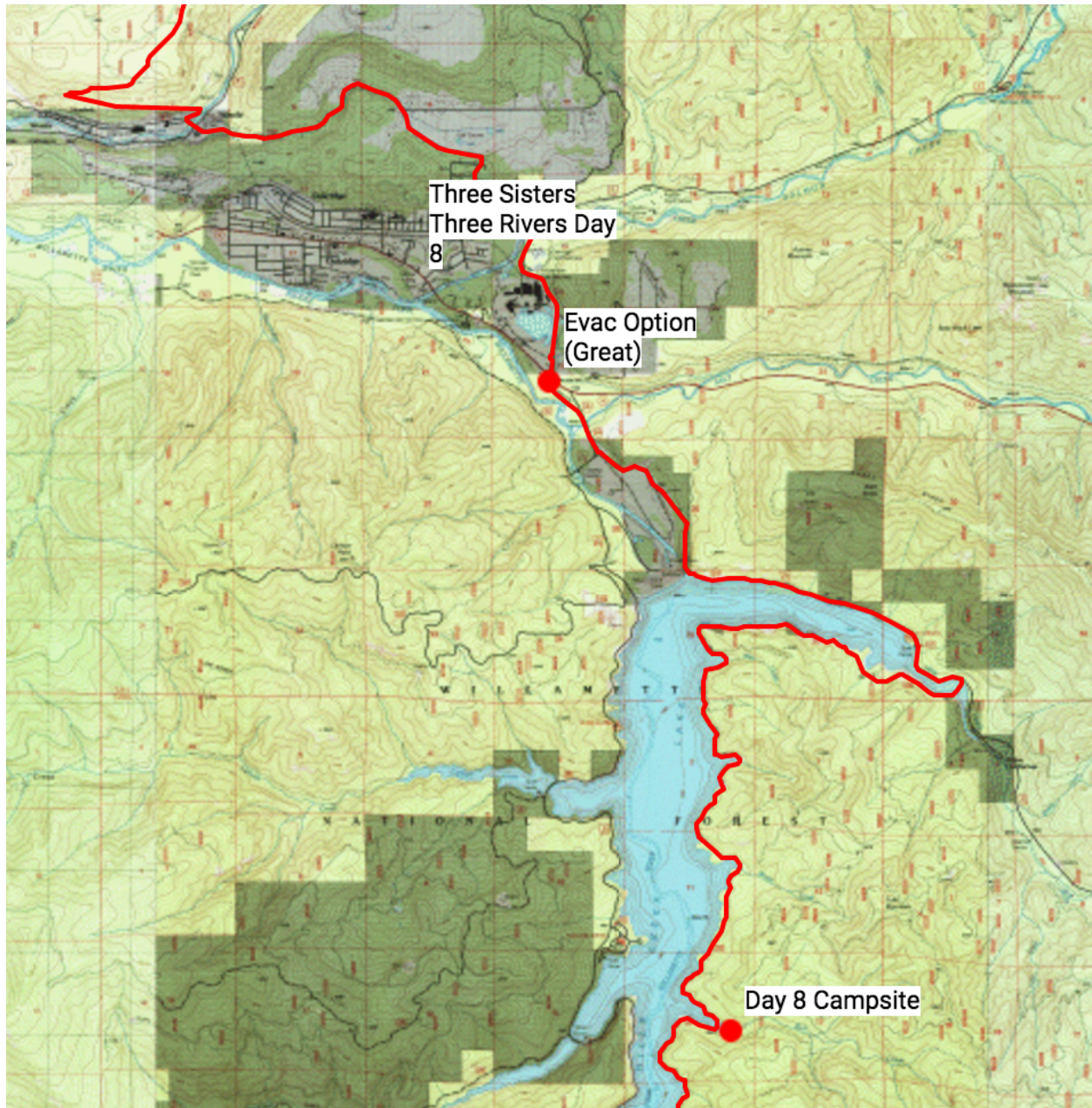


Day 7 Campsite

Evac Option (OK)

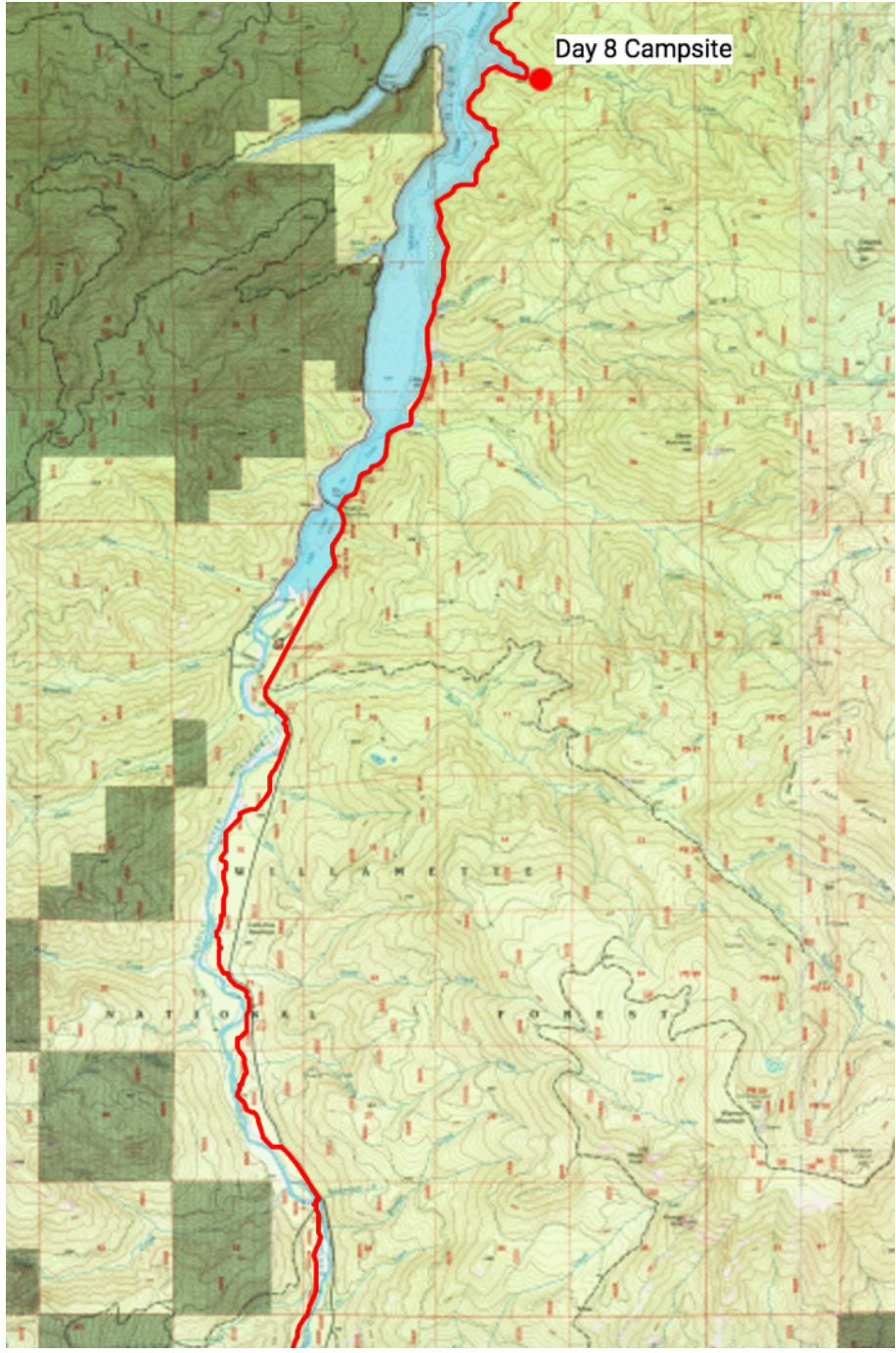
WILLAMETTE

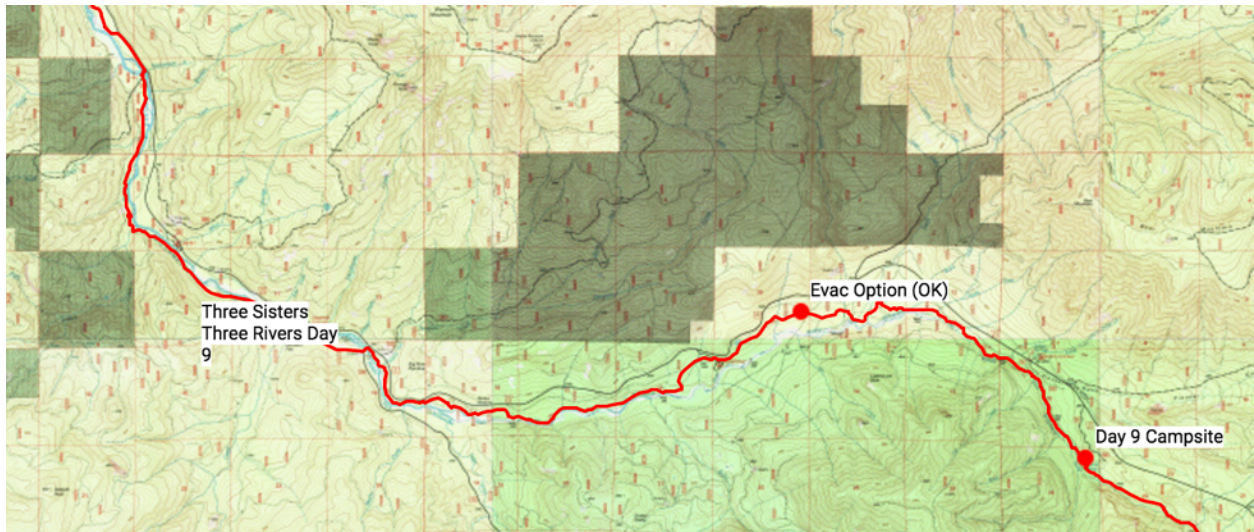
NATIONAL FOREST



### Day 9

- Bull Creek to Chuckle Springs (Distance: 25)
- Initial Elevation: 195ft - Final Elevation 3,027 ft
- Route: Follow FR-2118 (paved) to OR 21 (paved) to trail 3069 (unpaved).
- Total Mileage: 215





### Day 10

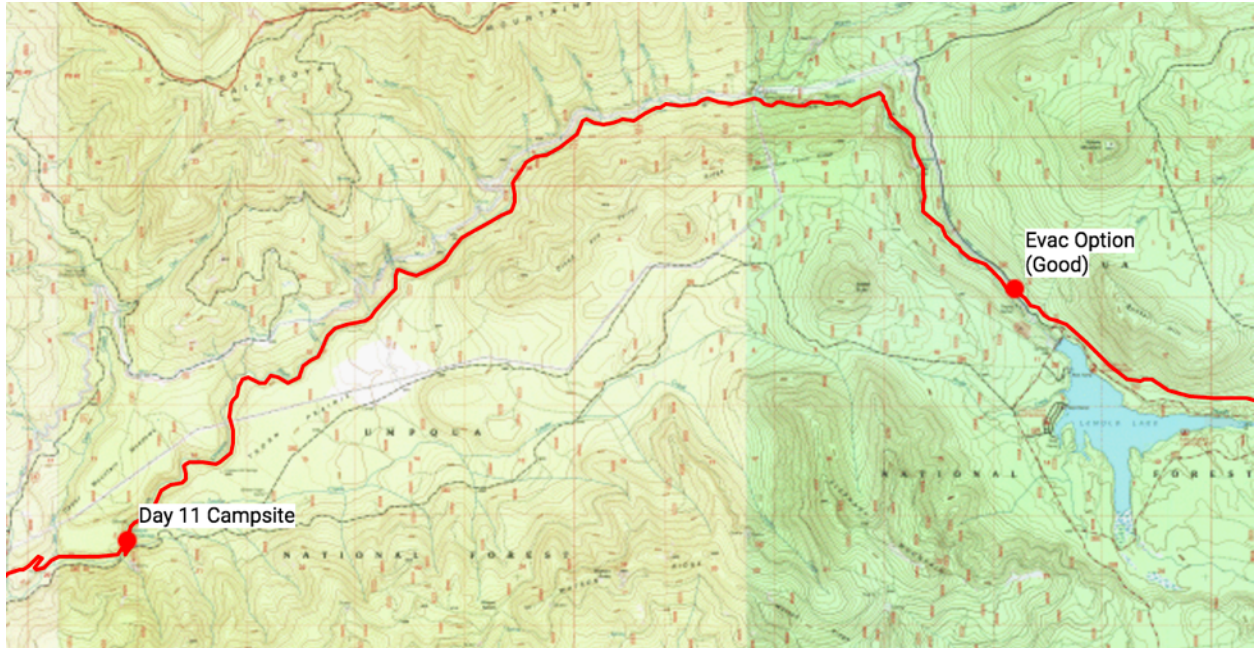
- Chuckle Springs to Suzanne Lake (Distance: 23)
- Initial Elevation: 3,027 ft - Final Elevation: 5,934 ft
- Route: Start at Chuckle Springs and follow trail 3069 (unpaved) to FR-353 (unpaved) to trail 3069 (unpaved) to FR-2154 (unpaved) to NF-6010 (unpaved) to trail 5602 (unpaved) to trail 46 (unpaved).
- Total Mileage: 238



## Day 11 (Hot Springs!)

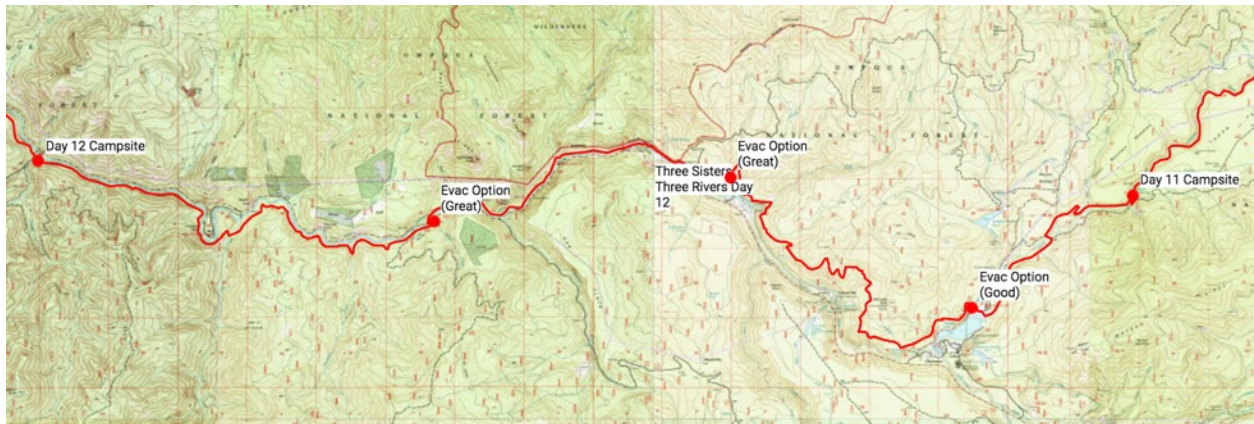
- Suzanne Lake to Umpqua Hot Springs (Distance: 32)
- Initial Elevation: 5,934 ft - Final Elevation: 2,716 ft
- Route: Start at Suzanne Lake and follow trail 46 (unpaved) to trail 45 (unpaved) to OR 60 (unpaved) to OR 60 (paved) to trail 1414 (unpaved) to FR-3401.
- Total Mileage: 270





## Day 12

- Umpqua Hot Springs to Limpy Creek (Distance: 25 miles)
- Initial Elevation: 2,716 ft - Final Elevation: 1,357 ft
- Route Start at Umpqua Hot Springs and follow FR-3401 (unpaved) to OR 31 (Paved) to trail 1414 (unpaved) to Four wheel Drive road 051 (unpaved) to trail 1414 (unpaved) to FR-4770 (unpaved) to FWD 005 (unpaved) to trail 1414 (unpaved).
- Total Mileage: 295





## Day 13

- Limpy Creek to Rock Creek Fish Hatchery (Distance: 23 miles)
- Initial Elevation: 1,357 ft - Final Elevation: 320 ft
- Route: Follow trail 1414 all day to the rock creek fish hatchery!
- Total Mileage: 318!



## Appendix B- Equipment List

### Equipment List

#### **FIRST AID KIT**

8 gauze dressing (4x4 & 2x2)  
3 dressing 3x4  
3 bandage (1 stockinette, 2 conforming gauze)  
8 fabric bandages (1x3)  
5 knuckle bandages  
1 roll of athletic tape  
2 cotton tip applicators  
1 irrigation syringe  
1 package of wound closure strips  
1 povidone iodine  
2 pre-cut moleskin sheets  
6 antiseptic towelettes  
4 triple antibiotic ointments  
2 topical adhesives (Skin-Tac)

#### Bleeding:

2 pairs of gloves  
2 trauma pads (8x10 and 5x9)  
1 dressing (4x4)  
1 sprain brace  
1 triangular bandage  
3 safety pins

#### Medications:

5 Ibuprofen (200mg)  
4 acetaminophen (500mg)  
4 antihistamine (diphenhydramine 25mg)  
4 Diamode (Loperamide HCL 2mg)  
1 Aspirin (325mg)  
2 After-bite sting and itch relief wipe

#### Instruments:

1 EMT Shears  
1 Tweezers  
1 Mechanical Pencil  
1 Patient Assessment Form (SOAP Note)  
3 Disposable Thermometers  
2 Medical Forms (1 per rider)

#### **GROUP GEAR**

1 SPOT Device  
1 GPS  
1 Bear Spray  
1 Trowel  
1 P-Cord

- 1 First Aid Kit (see above for contents)
- 2 Bottles of Aquamira (water purification)
- 8 Extra AAA Batteries
- 4 Lighters
- 1 Pack of Backup Matches in a Waterproof Case
- 1 Bottle Vaseline
- 1 Bottle Hand Sanitizer
- 1 Bottle Dr. Bronners Soap
- 1 Pocket Rocket MSR Stove
- 1 MSR Annual Stove Maintenance Kit
- 3 MSR ISOPRO Fuel Canisters (8oz) (One for each ration period)
- 1 Spatula
- 1 Sponge
- 1 2-Person 3-Season Tent
- 1 Seam-Seal
- 2 10-Liter Stuff Sacks for Bear Hangs
- 4 Extra Gallon size Ziploc Bags
- 1 Bottle of Sunscreen!
- 1 Bottle of Bugspray
- 1 Tube of Toothpaste
- 1 Solar Charger

### **PERSONAL GEAR (PER PERSON)**

- 1 Sleeping Bag (0-20 degrees F)
- 1 Sleeping Pad
- 1 Microfiber pack towel
- 1 Knife
- 1 Headlamp
- 1 Medium-Size CamelBak Backpack with 3-Liter Reservoir
- 1 Backup Water Bottle
- 1 Set of Laminated Maps
- 1 Compass
- 1 Bowl, mug, utensil
- 1 Whistle
- 1 Driver's License
- 1 Cell Phone
- 1 Mountain Bike
- Cash

### **For Bike:**

- 1 Bear Bell
- 1 Handlebar Roll
- 1 Large Seat Pack
- 1 Frame Pack

## **BIKE CLOTHES**

- 1 Helmet
- 1 Pair of Bike Gloves
- 1 Under-Helmet Warm Hat
- 2 Pairs of Padded Biking Shorts
- 1 Long Sleeve Cycling Jersey
- 1 Short Sleeve Cycling Jersey
- 1 Pair of Clipless MTB Shoes
- 3 Pairs of Cycling Socks
- 1 Pair of Arm Warmers and Leg Warmers
- 1 Light Windbreaker
- 1 Raincoat
- 1 Pair of Cycling Sunglasses
- 1 Pair of Clear Cycling Glasses (for dark overcast/rainy days)

## **CAMP CLOTHES**

- 1 Pair of Warm Gloves
- 1 Pair of Thermal Long Underwear Bottoms/Top
- 1 Pair of Camp Shoes
- 2 Pairs of Underwear
- 1 Pair Rain Pants
- 1 Down/Synthetic Puffy
- 1 Fleece Jacket
- 2 Pair Wool Socks
- 1 Pair Light Hiking Pants
- 1 Toothbrush

## **BIKE REPAIR**

- 2 Patch Kits (sandpaper, cold vulcanizing glue, patches)
- 5 Tubes
- 1 Tire Pump
- 3 Tire Levers
- 1 Tire Plug Kit
- 2 Bottles of Sealant
- 1 Shock Pump
- 1 Multitool (chain break, hex keys, screwdrivers)
- 1 Spoke Wrench (combination)
- 12 Spokes
- 4 Spoke Nipples
- 1 Cassette Lockring Tool
- 1 Wrench
- 1 Chain Whip
  
- 4 Masterlinks (2 9sp, 2 10sp)
- 2 Small Sections Chain
- 1 Masterlink Pliers

- 1 Needlenose Pliers
- 3 Spare Shift Cables
- 2 Spare Brake Pads
- 1 15ml Cone Wrench
- 2 Extra M4/M5 Bolts
- 3 Extra Cleat Bolts
- 2 Extra Chainring Bolts

- 1 Package of Zip Ties
- 1 Bottle of Chain Lube
- 2 Shop Rags
- 3 Feet of Electrical Tape
- 5 Feet of Gorilla Tape

## Appendix C- Food List

### Food List

	lbs.	cost/lb	total item cost
<b>Breakfast (.4 lbs person/day)</b>			
Oatmeal	4	2.5	10
Brown Sugar	1	1.05	1.05
Dried Fruit	2	7.28	14.56
<b>Lunch (.4 lbs per person per day)</b>			
Peanut Butter	2.5	2.48	2.6
Jelly	1	2.54	2.54
Tortillas	2	3.49	7
Dehydrated Hummus	1.5	5.24	7.86
Nuts	3	7.98	23.94
Dried Fruit	2	7.28	14.56
<b>Dinner (.5 lbs per person per day)</b>			
Pasta	2.5	2.4	6
Rice	1.5	1.39	2.09
Dried beans	2.5	4.99	11.23
Oil	1	.83	.83
Cheese	2	10.25	20.5
<b>Snacks (.3 lbs per person per day)</b>			
Gu's & Shot blocks	1	21.31	21.31
Bars	2	5.39	10.78
Trail mix	2	6	12
Total Weight:	33.5 lbs		
Total Cost:	\$168.84		
Weight Per Person:	15.75 lbs		

16lbs of food shipped to sisters will cost \$60  
 19lbs of food shipped to Oakridge will cost \$85  
 Weight: 33lbs

Shipping Cost: \$145  
 Total Food Cost: \$313.84

This amount of food will be more than sufficient for this expedition. We will ration appropriately and will make sure that we are getting enough calories complete the trip safely and happily.

## Appendix D- Budget

### Expedition Budget

#### TRANSPORTATION

Driving to from Colorado Springs to Bend, OR and back: \$215 (gasbuddy.com)  
Shuttle from Glide, OR to Bend: \$100

Total Travel Expenses: **\$315**

#### FOOD/FUEL

Food: \$168.84  
Food Shipping Cost: \$145  
MSR compressed gas canisters: \$50

Total Food Expenses: **\$363.84**

#### COMMUNICATION DEVICE RENTAL

[Spot GPS Gen 2](#): **\$96** (for 21 days)

[Multi tool](#): \$40

[Patch kitx2](#): \$10

[Tire Pump](#): \$10

I have sealant that we can put in little tubes

[Bike Spokes](#): \$10

[Chain Lube](#): \$10

[Masterlinksx4](#): \$20

[Spare Chainx2](#): \$40

Bike Repair Gear Total Price: **\$140**

**TOTAL: \$914.84**