

THE LONG TRAIL

Matt Lee
&
McKinley
Childress

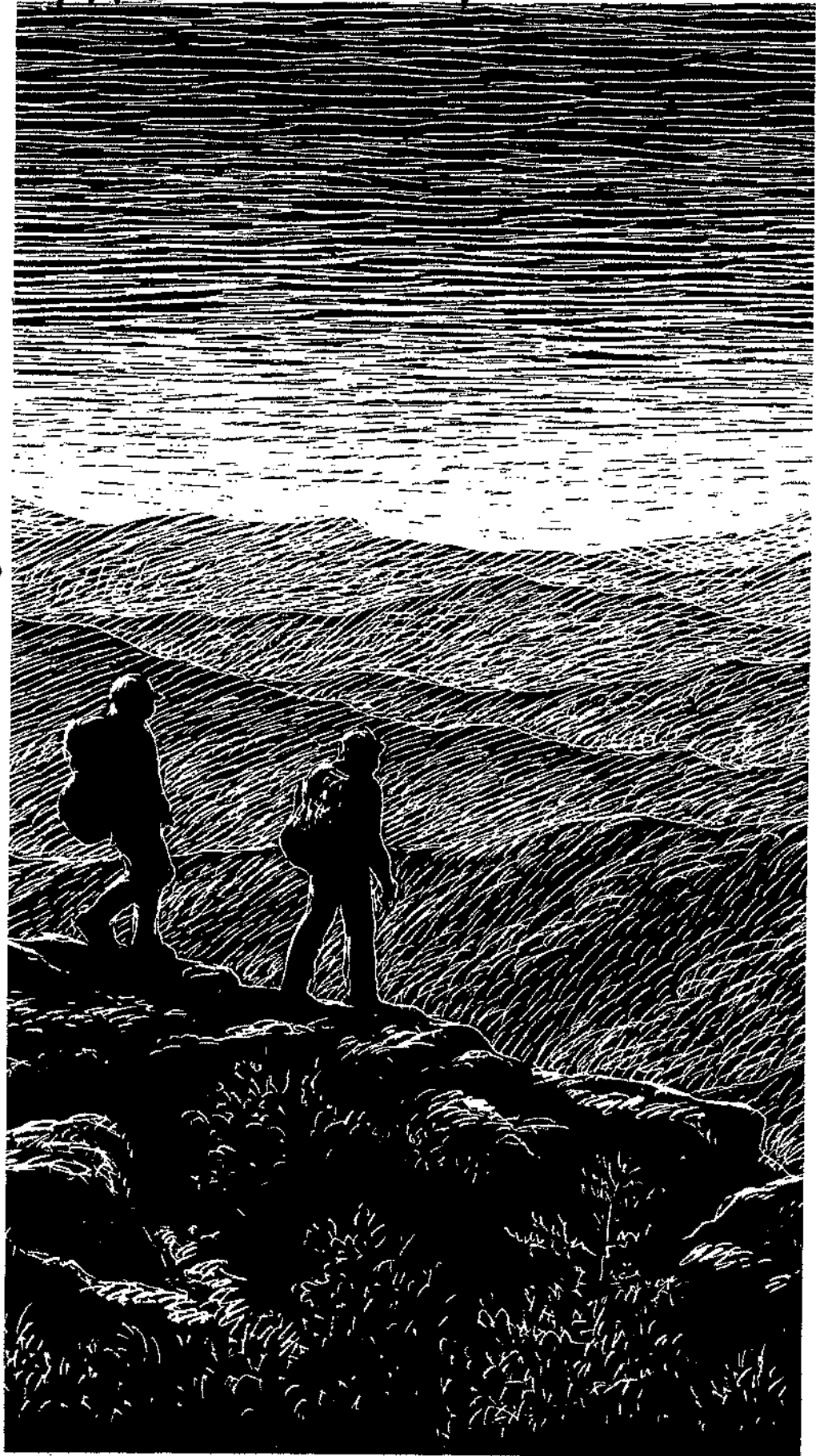


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A little Briefing on The Long Trail

The Long Trail, the oldest long-distance trail in America, is a 270 mile backcountry route along the crest of the Green Mountains in Vermont. Known as Vermont's "footpath in the wilderness", this backcountry trail extends the length of Vermont from the Massachusetts state line to the Canadian border. It crosses three arctic-alpine zones, four federal wilderness areas, a national forest, six ski areas, and it coincides with the Appalachian Trail for over 100 miles in southern Vermont. The trail is both rugged and mild in character. It follows the jagged ridgeline of countless peaks, winds through steep ravines and over rock ledges, skirts ponds and swamps, crosses rivers, fields, dense forests and bogs. The trail is a constant up and down hike, with very few flat miles. The lowest elevation is 200 feet in southern Vermont, and the highest elevation is 4393 feet at the summit of Mount Mansfield, the highest point in Vermont. We planned our hike south to north so we can have the additional time to get in shape and feel prepared for the more rugged areas in the middle and northern parts of the trail. The 100 miles south of Killington are generally less rugged than the 170 miles north of it, where the trail crosses at least a dozen summits of 3, 800 feet and all of Vermont's 4,000 footers except Killington Peak.

We are both looking forward to immersing ourselves deeply in an environment we have only heard amazing things about. Some other goals include:

- Learning about Vermont's ecosystem and its fragile environment
- To successfully and *safely* finish the trail
- Explore our own bodies and mind under challenging circumstances
- To travel as lightly as possible, but not as extreme as Ray Jardine!
- Of course, HAVE FUN for the month we are out there
- To enjoy the time with one another for it is the summer after we will graduate

Our Personal Statements

In order for you to understand us a little more than just from the forms and our outdoor resume, we each decided to write something more about ourselves. Hopefully, these statements will give you some idea of why we want to hike the Long Trail and what we love most about being outside. Enjoy!

We walk in silence. The moon peers through the trees and creates a world of shadows, false movement, and deception. An owl swoops over our heads. Many hours have passed, but nothing has changed. Just one foot in front of the other. My mind changes from racing madness to serene emptiness. Then fatigue settles in and my only thoughts are of my warm bed. One foot in front of the other. I grow so accustomed to this black and white world that I forget what color looks like. Everything around me displays an illusion of simplicity; there is only black and white, no in between, no ambiguity, no gradient of light and shadow, no shades of gray. As we ascend further we leave the trees behind, and the moon illuminates a surreal landscape before us. The Milky Way sprawls across the sky like a misty road, Mars juts out of the blackness, its spherical shape almost apparent, and the moon shows us the mountain's deep crevasses, steep cliffs, and immense mass. The lights from the city form a puddle of electricity lapping at the foot of the giant mountain.

We hike on, the frozen wind biting my nose and making my eyes water. A threatening cloud gathers in minutes, swooping over the top of the peak, but fortunately, with this mountain's fickle tastes, the ominous cloud dissipates as fast as it formed. Breathing a sigh of relief we move on. And on.

With the sun about to break the horizon, we approach the peak. We settle in on top of a rock and the icy wind belts us relentlessly. The sun begins to light up the sky, and every color of the spectrum strikes my retinas, awakening the sleeping conical color sensing cells. The sky above me is the deepest emerald blue I have ever seen, and the clouds miles below are burning red and orange. Once again I embrace the ambiguity of color, the absence of boundaries, definitions, and restrictions. I look around me and cannot believe that this is the same mountain that I have looked upon every day for the last four years from the puddle below. I can see granite cathedrals and flowing foothills that I never knew existed. I imagine myself waking up on this morning in bed, looking outside in disappointment, and thinking to myself; *well, just another gray day. I bet its cold out there too, no need to do anything outside, when I finish my work I should see a movie or something.* I would have no idea that the clouds obscuring the sun are only a thin blanket covering the city, and that an entire world exists above, albeit a cold one. I am distracted from this thought and glance over at my companion to notice that he has a small river, with tributaries and winding channels, of snot frozen to his mustache. I start laughing and have to force myself to stop for fear that my open mouth will weld shut and my teeth will completely freeze. After enjoying the fantastic display that can be seen as long as the Earth is still turning, we pick our icicle bodies, stretch them out, and proceed to walk down the 12 miles and 6,000 vertical feet we came up.

As we near the trails end, to my dismay, I discover that my bones have turned to glass and I gently hobble down the path in fear that any jostle will shatter my body into a million pieces. My feet hurt so incredibly bad that I begin to laugh. Yes laugh. Every step I take inflicts excruciating pain and I start laughing hysterically and cannot stop if

my life depended on it. I look at Trevor in front of me, also hobbling like a crusty crippled old man, and I laugh even harder.

This is what I love and thrive on; new perspectives, exploring my bodies capabilities, simultaneously experiencing nature's breathtaking beauty and its awesome harshness, and of course, moments of unprovoked hilarity. Matt Lee

So I told myself after hiking for 5 months along the Continental Divide Trail that it would be a while until I would hike, much less walk, for a while, particularly another long hike. My body, especially my poor feet (if any of you were at the 2003 Ritt Fund Reunion you may remember a picture of really disgusting feet!), and mind needed some rest. But it turns out that I am itching to put on those boots, but this time it will be shoes, and walk. Simply walk. I realized that I have never felt better and learned so much about myself than during those five months walking. Even though I was with 2 friends, which was challenging and rewarding in itself, I spent most of the day walking alone, in my own head. Delirious moments were quite common amongst the three of us, resulting in uncontrollable spurts of laughter making my stomach ache, of course in a good way. It is funny how lighthearted and giggly you are when confronted with simplicity of nature. I think I am at my mind's best when removed from society and live outside for a bit. What a beautiful thing! There were also some times of loneliness, but for the majority of the time being alone for months was quite refreshing. I am craving those moments of just walking, seeing, and listening to what nature has to offer.

Though the length of time and distance in hiking/walking The Long Trail will be a bit shorter than my recent hike across the Continental Divide, it will be just as equally challenging and in a place that I had not realized had such rugged mountains. Although they are 10,000 feet smaller than the Rockies in Colorado, they undoubtedly compare by their elevation gains and steepness. Vermont- what a beautiful place that I have had the chance to visit for a brief couple of days, but would love to explore more of! I have been told by some friends from Vermont that that is where I should live one day because of the trees, the greenness, and the mountains that I love so much. I guess I would have to get used to the rain and cold season, but it seems worth it. So yes I am ready to go again and walk for a month and see a different part of the country that, I believe, is always best seen on foot. McKinley Childress

Travel Plans

Matt and I are both planning on attending a summer camp called Keewaydin/Songadeewin located in Salisbury, Vermont. After it ends on August 21st, a fellow CC friend (Garan Mangan-Dimuzio), who is also attending the camp and lives in Montpelier, VT, is planning on taking us to the southern trailhead in North Adams, Massachusetts. This trailhead is a continuum of the Appalachian Trail. After the planned 27 days of hiking, Garan is also picking us up at the Canadian border at the trailhead where Route 105 crosses the Long Trail. Then our most appreciated chauffer will take us to the airport in Burlington where Matt and I will fly back to our respective homes; me to Atlanta, Georgia and Matt to Omaha, Nebraska.

Dates of Expedition: August 24th-September 20th

Total Days in the Field: approximately 27 days in the field averaging 8-12 miles per day

Itinerary

Due to the length of this expedition, we found it easier to follow, for those who are reading, if we broke our itinerary down into 12 divisions, as did the guide book that we will be using (*The Long Trail Guide*, by Sylvia Plumb). This proposed itinerary may be altered a bit once we begin the expedition; that is miles per day may be increased or decreased depending on how we are feeling or the terrain we will be encountering. But on average, we plan to go about 8-12 miles a day and feel that this will allow us to truly see and experience the area and is also a good standard for accomplishing the long days when we will cross over many, high summits. We feel that we can successfully complete these miles and more importantly *enjoy* ourselves, for we both have done extensive hikes averaging 20 miles plus and have found that that can be a bit confining.

In addition, the 5 towns that we will re-supply our food in are within walking distance from the trail (varying from 0-8 miles), with only one town being 8 miles away. After hiking the 8 miles into the town, in addition to the previous day's miles, we will most likely take a rest day. Also, on average we will be hiking 50 miles in between re-rations and will be coinciding with the Appalachian Trail for the first 5 divisions. In case of an emergency, we have listed some of the towns and hospitals close to the trail. As you will see in the itinerary, the trail crosses many highways, so in case of a real emergency we have access to major roads; thanks to the small size of Vermont! Please see the attached maps (the Gazette page is not included) at the end for a detailed route of each of the divisions.

Division 1: Massachusetts- Vermont State Line (North Adams trailhead in Williamstown, Mass.) to Vermont 9

Total Miles: 14.3

Emergency Contacts: Hospital in Bennington, VT (5 miles west on Vt. 9):
Southwestern Vermont Medical Center. 100 Hospital Drive. 05201
Tel: (802) 442-6361
- Woodford, VT; 3 miles east on Vt. 9 (911)

Division 2: Vt. 9 to Arlington-West Wardsboro Road

Total Miles: 22.6

Emergency Contacts: Hospital in Manchester, VT (5.5 miles on Vt. 11/30):
Northshire Medical Center. 5957 Main St. 05255
Tel: (802) 362-4440

****Re-ration:** at 36.9 miles: Manchester Center (5.5 miles west from trail)

Division 3: Arlington-West Wardsboro Road to Mad Tom Notch

Total Miles: 22.7

Emergency Contacts: Hospital in Manchester Center (refer to Division 2)
- Peru, VT; 4.4 miles east on Vt. 11/30 (911)

Division 4: Mad Tom Notch to Vt. 140

Total Miles: 21.3

Emergency Contacts: Hospital in Rutland, VT (10 miles west on US 4):

Rutland Regional Medical Center. 160 Allen St. 05701
Tel: (802) 775-7111

- Peru, VT. (911), Danby, VT; 3.5 miles west on USFS 10 (911) and Wallingford; 3.5 miles west on Vt. 140 (911)

****Re-ration:** at 80.9 miles: Clarendon General Store (1 mile west from trail)

Division 5: Vt. 140 to U.S. 4 (Sherburne Pass)

Total Miles: 21.6

Emergency Contacts: Hospital in Rutland (refer to Division 4)

- North Clarendon; 4.2 miles west on US 4 (911) and Killington; 2 miles east on US 4 (911)

Division 6: U.S. 4 (Sherburne Pass) to Vt. 73 (Brandon Gap)

Total Miles: 20.3

Emergency Contacts: Hospital in Rutland (refer to Division 4)

- Rochester; 10 miles east on Vt. 73 (911) and Brandon; 8 miles west on Vt. 73 (911)

Take Note: water is scarce between Rolston Rest and David Logan Shelters, so we need to take advantage of water at these two sites

****Re-ration:** at 122.8 miles: Brandon (8 miles west from trail)

Division 7: Vt. 73 (Brandon Gap) to Cooley Glen Shelter

Total Miles: 22.5

Emergency Contacts: Hospital in Middlebury, VT (14 miles west on Vt. 125):

Porter Medical Center. 115 Porter Dr. 05753 Tel: (802) 388-4701

- Hancock; 6.4 miles east on Vt. 125 (911)

Division 8: Cooley Glen Shelter to Birch Glen Camp

Total Miles: 18.9

Emergency Contacts: Hospital in Middlebury (refer to Division 7)

- Hospital in Montpelier, VT (east on Interstate 89)
- Bristol; 11 miles west on Vt. 17 (911) and Waitsfield; 7 miles east on Vt. 17 (911)

Take Note: water is scarce so we will be aware of the sources noted in the guide book; Major elevation gain crossing Mt. Abraham (one of the three sites with alpine Vegetation)

****Re-ration:** at 164.2 miles: Jonesville (0 miles from trail on US 2)

Division 9: Birch Glen Camp to Bolton Mountain

Total Miles: 29.1

Emergency Contacts: Hospital in Burlington, VT (15 miles west on US 2):

Fletcher Allen Health Care. 11 College Pkwy. 05401

Tel: (802) 847-0000

- Hospital in Waterbury, VT (10 miles east on US 2):
Vermont State Hospital. 103 South Main St. 05671
Tel: (802) 241-1000

- Richmond; 3 miles west on US 2 (911)

Take Note: The trail crosses Camel's Hump, the state's highest undeveloped mountain (major elevation gain and one of the three sites with alpine vegetation); also the trail intersects with Interstate 89 which is where the Ben and Jerry's Ice Cream Factory is located (yeah ice cream!!!)

Division 10: Bolton Mountain to Vt. 15 (Lamoille River Bridge)

Total Miles: 26.3

Emergency Contacts: Stowe; 8 miles east on Vt. 108 (911), Jeffersonville; 7 miles west on Vt. 15 (911), and Johnson; 2 miles east on Vt. 15 (911)

Take Note: The trail crosses mostly above treeline on Mt. Mansfield (Vermont's highest Peak and one of the three sites with alpine vegetation) for 2.3 miles and is exposed to strong winds and sudden storms (watch weather!!)

****Re-ration:** at 219.6 miles: Johnson (2 miles east on Vt. 15)

Division 11: Vt. 15 (Lamoille River Bridge) to Tillotson Camp

Total Miles: 26.6

Emergency Contacts: Johnson (refer to Division 10), Eden; 4.8 miles east on Vt. 242 (911), Jay; 5 miles east on Vt. 242 (911), and Richford; 11 miles west on Vt. 105 (911)

Division 12: Tillotson Camp to the Canadian Border!!!

Total Miles: 23.6

Emergency Contacts: refer to Division 11

***At the Canadian border we will meet our chauffer at the Journey's End Trailhead a few feet beyond the United States-Canadian Border

Safety Considerations and Hazards

We both realize the nature of this type of expedition and plan to prevent any hazards from happening, for prevention is the best medicine! Taking care of our feet is one of the biggest concerns we must consider for our feet are our only means of transportation. In addition, part of the desire of this trip is the solitude that the wilderness has to offer. However, this solitude comes with the concern of being removed from the closeness of emergency contacts and help, so being prepared and self-sufficient is a must!

- **Dehydration:** Drinking water constantly throughout the day and before going to sleep. If we are not going to the bathroom every hour or our urine is not light then we will know that we are not drinking enough. Also it is important not to wait until you are thirsty to drink because by then you might already be dehydrated.
- **Altitude Sickness:** This expedition consists of consistent elevation gains and drops, going up and down the many Vermont peaks. We are aware of the symptoms, which may include nausea, headache, dizziness, shortness of breath, loss of appetite, and insomnia. We will make sure to drink plenty of water days before we begin and if we suspect this we will descend to a lower altitude, drink a lot of water, and rest.
- **Lightning and general weather changes:** A major concern for us because we are going to be on top of many ridges and summits at points in our trip. We will be constantly aware of the weather around us and if it looks sketchy we will seek out low, treeless points and remain squatting in lightning position with our feet together until the storm passes. Also Vermont's temperature and weather is likely to change dramatically, from warm to cold days, from sun to rain and even a chance of light snow. We will be prepared with a variety of warm clothes and rain gear. Snow does not really start dumping until October.
- **Hypothermia:** This occurs when heat loss exceeds heat production. This is most likely to occur when wet skin and clothing are exposed to heat-depleting high winds. We are aware of the symptoms: loss of coordination, shivering, exhaustion and apathy, slow response to cold, disorientation, and denial of the fact of being cold. Treatment includes aggressive rewarming such as exercising, eating fatty foods, and piling of more clothes or wrapping them in a sleeping bag. We are going to try to prevent this from ever happening by being prepared with plenty of warm clothes and waterproof outer layers.
- **Water:** This does not seem of major concern, except for knowing that all the water we encounter *must* be treated to prevent the possibility of getting Giardia; our treatment method is going to be with chlorox bleach.
- **Bears and other wild animals:** There are black bears in the area, which are much less aggressive than grizzly bears, but love their food, especially camping food. We both have had much experience in bear country, and we know what to do if we encounter one. We will be carrying bear rope to hang our food and garbage when at campsites as a way of prevention.
- **Getting lost or separated:** We realize that a greater number of people is safer in terms of getting lost or separated. However, with just 2 people we are hoping to make less of an impact on the trail and reduce the chance of disturbing wildlife.

We are also extremely competent and self-sufficient in our wilderness experience. So although we will be together most of the time hiking and such, there is a possibility of this happening, for it has happened before to the both of us (not fun!). But if does happen, we know that the lost person must stay put and make noise. To prevent this, we will both be carrying topographic maps, the guide book, and/or a compass.

Environmental Impact and Concerns:

We will follow the LNT (Leave No Trace) guidelines in order to minimize our impact on the area. We will travel and camp on durable surfaces (for some of the sections there are designated shelters), pack it in and out (carrying out all of our trash), disposing of waste properly (using the privy's at the shelters or burying our human waste where there are no privy's), be prepared by planning ahead (carrying the right clothing and gear and being competent about map reading), only make fires where there is already a ring and make sure to spread the ashes out afterwards, be respectful of wildlife and of other hikers, and leave things (such as artifacts, plants, etc) undisturbed. One of our major goals is to 'travel lightly' as Ritt did and make as little impact as possible so that future hikers and generations can enjoy the area as well.

- **Special Natural Areas and Wildlife:** One area to be especially aware of are the three arctic-alpine areas that Vermont is home to. These fragile ecosystems, found on the summits of Mount Mansfield, Camel's hump, and Mount Abraham, contain plants normally found 1500 miles north in Canada. Although these plants are able to survive harsh climates, they are particularly vulnerable to trampling. So as a way of protecting these special areas, we will not camp on top of the summits, and follow one of the NOLS LNT rules of traveling on durable surfaces, that is staying on the marked trails. We are also likely to find some unique plants along the way, particularly on the remarkable ones that are able to survive on the summits, and will leave them undisturbed so that future hikers will be able to enjoy them as well.

A wildlife concern is that of the Peregrine falcons. After almost a thirty year absence, they have returned to nest in Vermont. But they are still rare with only eleven nesting sites reported in 1994. They prefer high cliffs and outcrops, with many of these locations on or near the Long Trail, such as Smuggler's Notch and Mount Horrid. We will be extremely cautious in these areas for they are easily disturbed. We will be missing their nesting season, which is from mid-March to mid-August, which decreases our chances of disturbing them. Hopefully we will have the opportunity of watching one of these rare, unique birds!

Equipment List

Our goal here is to be as lightweight and minimal as possible!! There is nothing worse than going up and down for weeks with a heavy backpack (ouch!).

Group Gear:

- Black Diamond Mega-Mid (lightweight: 3 ½ pounds)
- Whisper Lite Stove (maybe homemade, lightweight stove made out of V8 cans - we've encountered many thru-hikers who rave and swear about the effectiveness of them)
- Fuel bottle (33oz)
- Small pot and pan (use for eating bowls as well)
- Cooking utensils
- Compass
- *The Long Trail Guide*, by Sylvia Plumb (The Green Mountain Club Inc., 2003); contains detailed, topographic maps and description of the trail and *The End to Ender's Guide*, by Richard Norton (2003); contains information about the towns and access roads
- Gazette map of Vermont (contains information on roads and towns)
- Gerber knife
- Bear rope
- Sunscreen
- Visine container of Chlorox bleach (the new thing that hikers use instead of iodine tablets and kills bacteria the same; please let us know if you have additional questions about the effectiveness)
- Camera and Film
- Duct Tape

Individual Gear:

- Petzyl head lamp with extra batteries
- 15-20 degree down sleeping bag
- ¾ Thermarest
- Hiking shoes
- Backpack (no bigger than 2700 cubic inches)
- Trekking poles (savior to the body, especially the knees)
- Gators
- Short and long sleeve polypro
- Pants (zip-off into shorts)
- 3 pairs wool socks
- Lightweight fleece top
- Lightweight, polypro long underwear bottoms
- Rain Jacket
- Down jacket
- Warm hat
- Sun hat
- Sunglasses

- Plastic garbage bags to line backpack
- Camel Backs

First Aid Kit: (similar to the Atwater Carey Backpacker First Aid Kit)

- Sawyer Extractor
- Assorted Band-Aids
- Blister Care stuff: moleskin, 2nd skin, etc
- Antiseptic towelettes
- Ace Bandage
- Ibuprofen
- Antihistamine (Benadryl)
- Antibiotic Ointment (Neosporin)
- Sterile gauze pads
- Athletic tape
- Rubber gloves
- Sterie-strips and butterflies
- 2 Epipens (for McKinley's allergies to bees, wasps, and hornets)

Repair Kit:

- Duct Tape
- Safety Pins
- Sewing Kit

Food List

To help reduce the costs of food, we plan on buying our food in towns, instead of mailing our food to post offices, which is pricier. We figured that even though we will not be buying food at bulk prices (as you can at places such as SAM's club), buying it in town is cheaper than the costs of postage and also gives us the option of varying up our food. We also are doing without some items that are pleasurable, such as hot drinks and a huge spice kit. Furthermore, we tried to pick foods that are not only on the cheaper side but are still a good source of energy and nutrition, for we need at least 3,000 calories a day. We are basing these food calculations (although are approximate) from food preparations from previous backpacking trips. We will make sure that we have PLENTY of food, that is both lightweight and nutritious, and of course yummy!

Breakfast:

- Dried cereals (oatmeal*, granola)
- Dried milk

Lunch:

- Gorp (M&M's, peanuts, raisons)
- Dried Fruit
- Snickers (hiker's savior!!) or other chocolate bars
- Pretzels, Chex Mix, Goldfish and other salty foods
- Peanut butter
- Beef jerky
- Granola Bars
- Tortillas

Dinner:

- Pasta with cheese
- Pasta with other sauces (tomato, pesto, alfredo, or anything similar to McCormick's packets of sauces)
- Beans (dehydrated if possible) and rice
- Ramen or other cups of soups

Extras:

- Spices (definitely necessary to 'spice' up our meals)
- Hot sauce

- Probably the most available breakfast item we will find in the small towns. Since we will probably get sick of eating 'bloatmeal' day after day, we will be getting creative, eating anything to get away from 'bloatmeal'.

Quantities and Prices:

Please note that these prices are approximate. These calculations are based from researching foods at King Soopers, so prices in each town and possibly quantities may differ.

- Oatmeal/ Granola: 12 lbs. (\$4/ 3 lbs.)→ \$16
- Powdered Milk: 2 lbs.→ \$6
- Gorp: 12 lbs. (\$7/ 3 lbs.)→ \$28
- Dried Fruit/Raisins: 5 lbs. (\$4/ lb.)→\$20
- Snickers: 4 dozen (\$4/ 6 bars)→\$32
- Pretzels: 4 lbs. (\$2/ lb.)→ \$8
- Goldfish: 6 lbs. (\$6/ 3 lb.)→ \$12
- Peanut Butter: 6 lbs. (\$2/ 2lbs.)→ \$12
- Jerky: 16 oz. (\$5/ 4 oz)→\$ 20
- Granola Bars: 24 bars→ \$5
- Tortillas: 6 dozen (\$2/ 12 count)→ \$12
- Pasta: 10 lbs. (\$3/ 5 lbs)→\$6
- Cheese: 2 lbs. (\$4/ lb.)→ \$8
- Beans: 4 lbs.→ \$4
- Rice: 5lbs.→ \$3
- Ramen: 40 packets (50 cents/ 1 packet)→\$20
- McCormick's packets: 10 packets (\$1/ 1 packet)→\$10
- Seasoned Salt: 3 lbs.→ \$3
- Hot Sauce: \$3

APPROXIMATE TOTAL: \$230

Budget

Below is a list of our planned costs for this expedition. We have also included measures taken to reduce these costs.

Food: \$230: refer to the food list page for measures taken to reduce costs: picking food up in towns (no postage costs) and not having hot drinks or an array of spices

Transportation: \$635

- **\$40:** gas money for Garan (dropping us off at the Mass/Vermont border, picking us up at the Canadian border, and taking us to the Burlington Airport; cheaper than taking public transportation)
- **\$595:** total costs of one-way airline tickets to go home; looked for the cheapest tickets possible:
 - Both leaving on September 20, 2004: To Atlanta, GA: leaving at 2:15pm and arriving in Atlanta at 7 pm = \$250
 - To Omaha, Nebraska: leaving at 2:45pm and arriving in Omaha at 6:24pm = \$345

WMI Recertification Course: \$175 (for McKinley only; dates listed in her outdoor resume)

Books and Maps: \$25

- We will not be purchasing any additional maps because they are contained in the books and we already have the Gazette page we will be using.

Stove Fuel: \$6

- To try to conserve on fuel, we will only be using the stove for dinner.

Chlorox Bleach: \$4 (little container)

- Not only is this method of purifying water healthier than using iodine (we both have had way too much of that in our systems), it is also much cheaper and lighter than buying bottles of iodine. Also one container, the size of a Visine bottle, of chlorox will last the entire trip.

Film: \$20

- For 8 rolls of film, it is approximately \$8-\$10 for 4 rolls, which comes out to around \$20

Emergency/Unexpected Costs: \$50

TOTAL: \$1,145

Again, we would like to thank you for taking the time to read this proposal and we hope that it was clear for you to understand. Please let us know if you have any questions concerning anything in our proposal.

QUEBEC, CANADA

DIV. 12

DIV. 11

DIV. 10

DIV. 9

DIV. 8

DIV. 7

DIV. 6

DIV. 5

DIV. 4

DIV. 3

DIV. 2

DIV. 1

NEW YORK
NEW HAMPSHIRE

NEW HAMPSHIRE

MASSACHUSETTS



MAP OF VERMONT SHOWING THE LONG TRAIL AND ITS APPROACHES

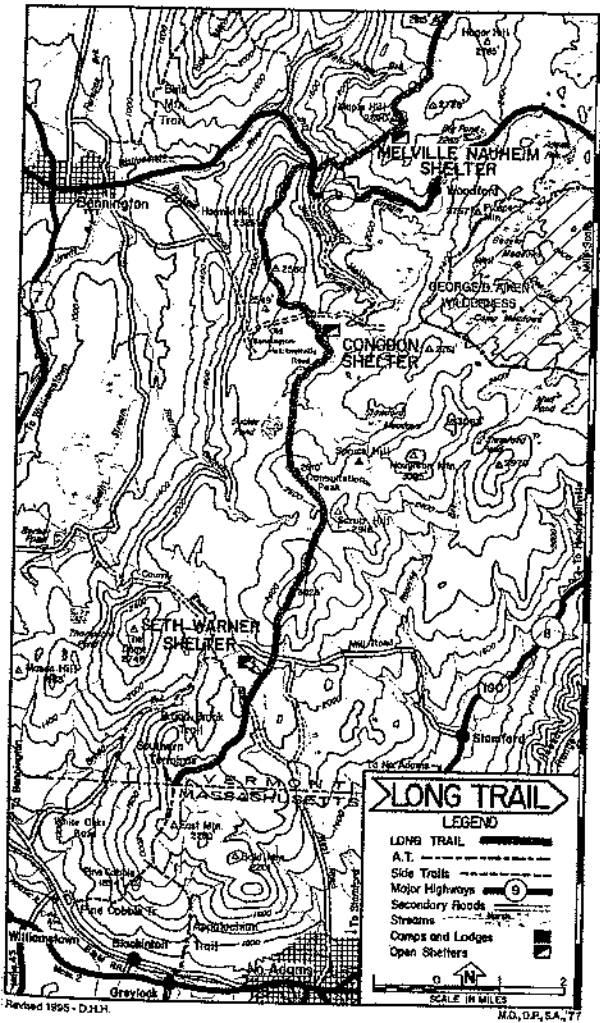
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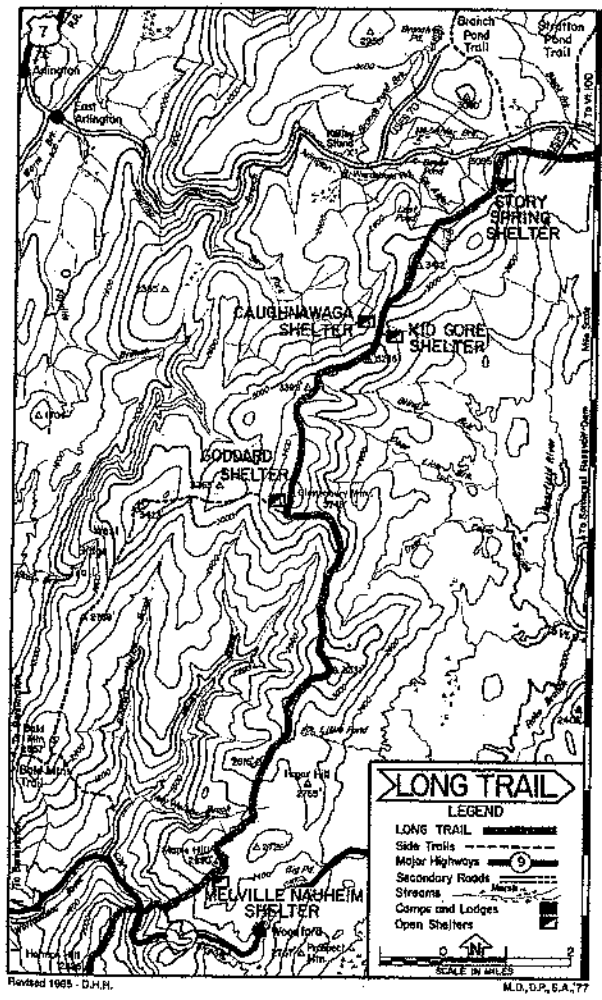
LEGEND

	INTERSTATE HIGHWAYS
	U.S. HIGHWAYS
	STATE HIGHWAYS
	OTHER ROADS
	LONG TRAIL
	OTHER TRAILS

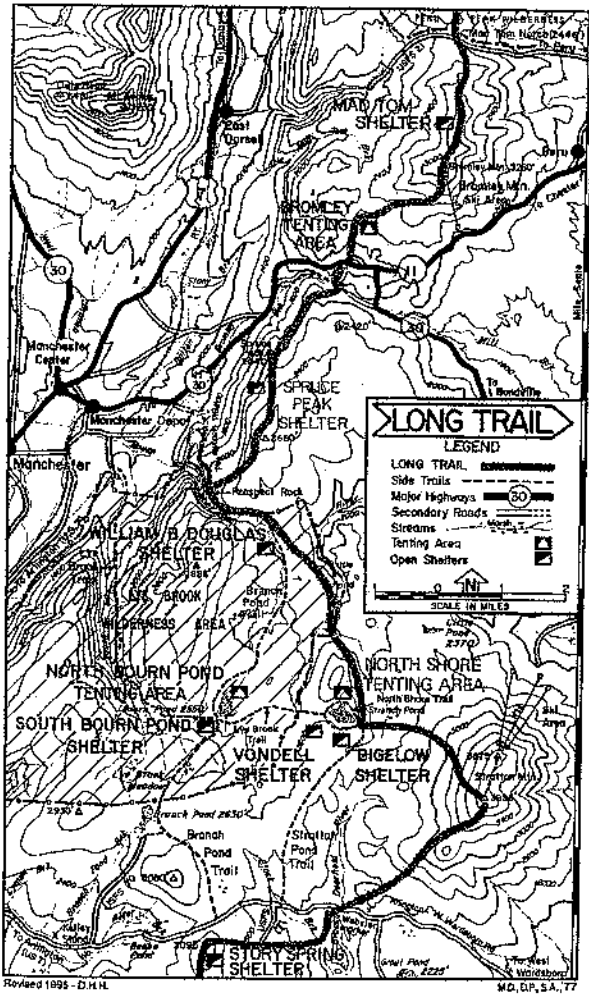
MASSACHUSETTS TO VT. 9



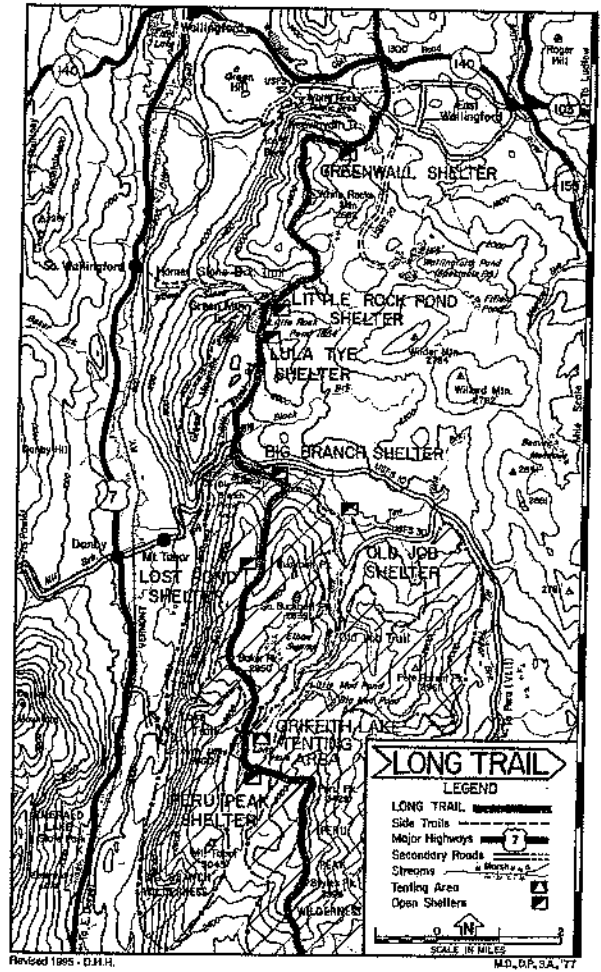
VT. 9 TO ARLINGTON ROAD

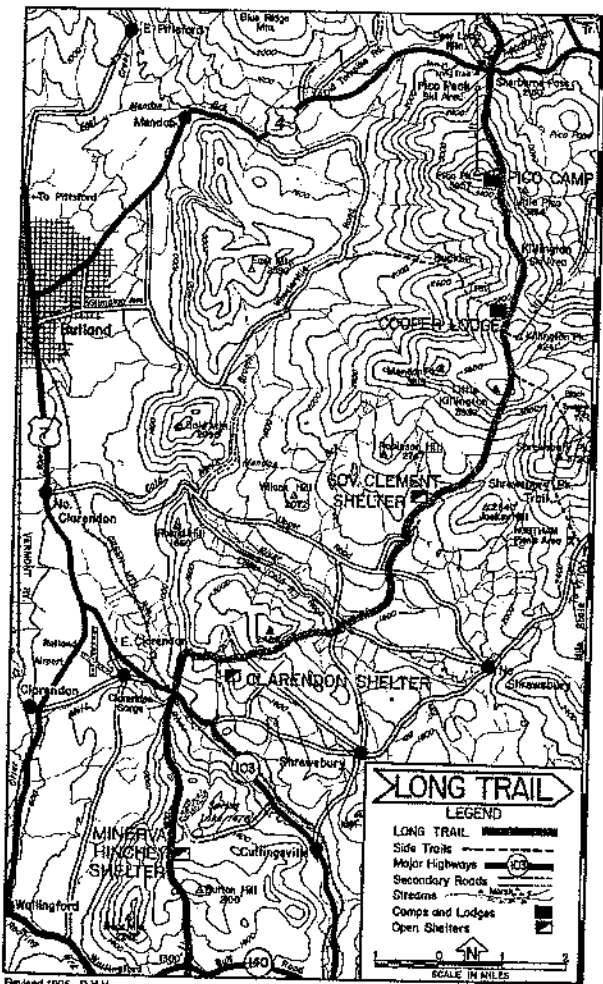


ARLINGTON ROAD TO MAD TOM NOTCH

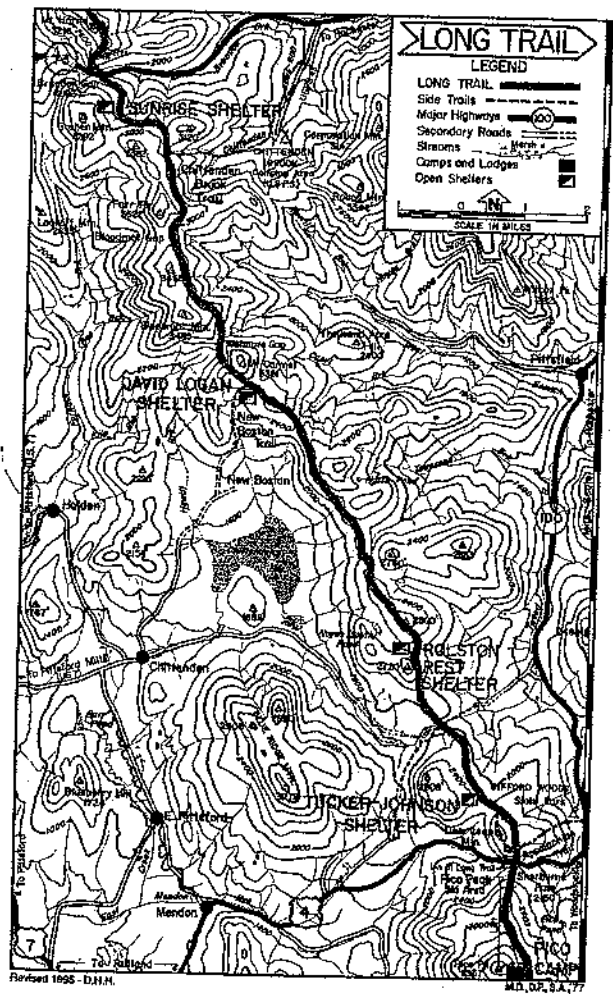


MAD TOM NOTCH TO VT. 140



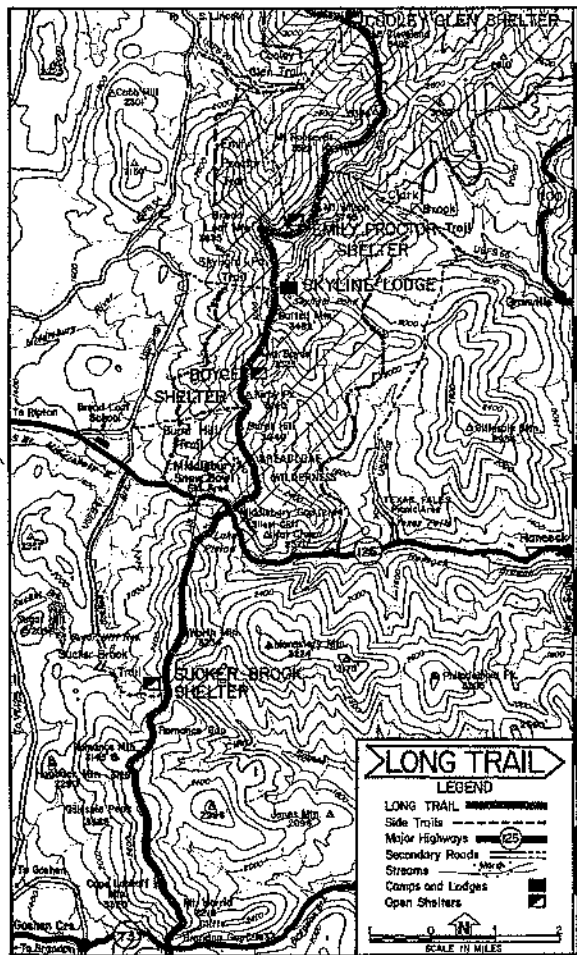


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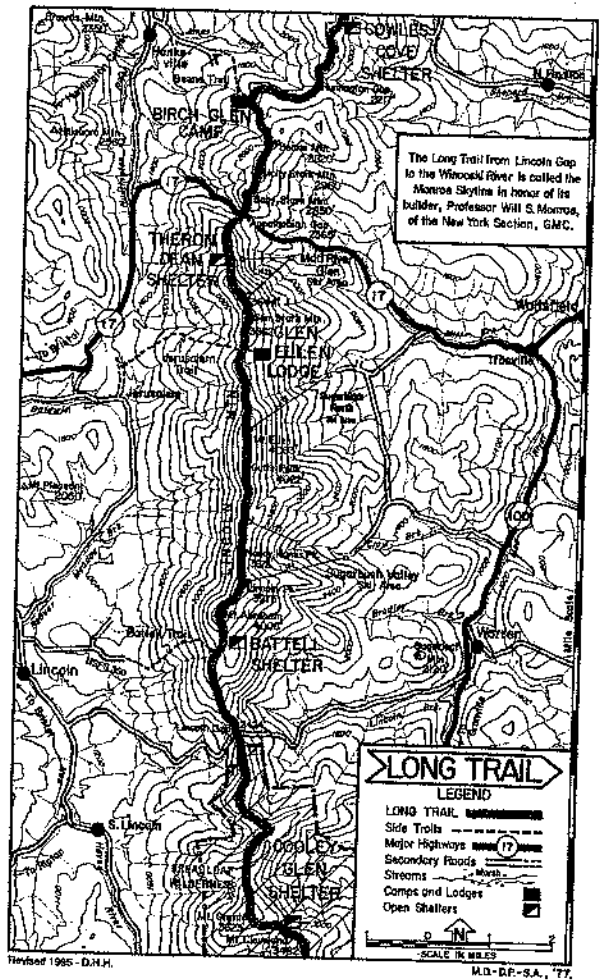


6

VT. 73 TO COOLEY GLEN SHELTER



COOLEY GLEN TO BIRCH GLEN

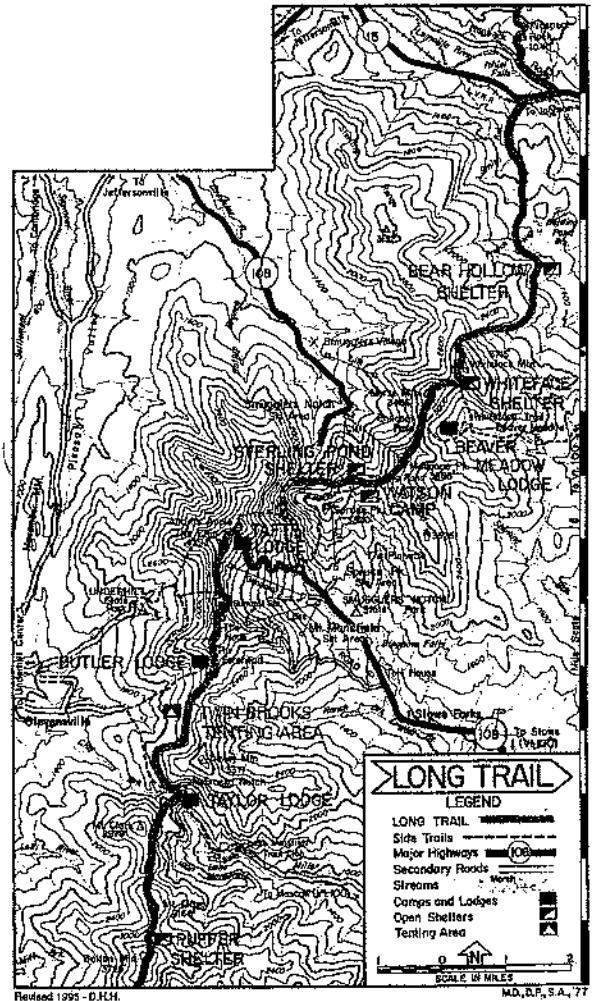


BIRCH GLEN TO BOLTON MOUNTAIN



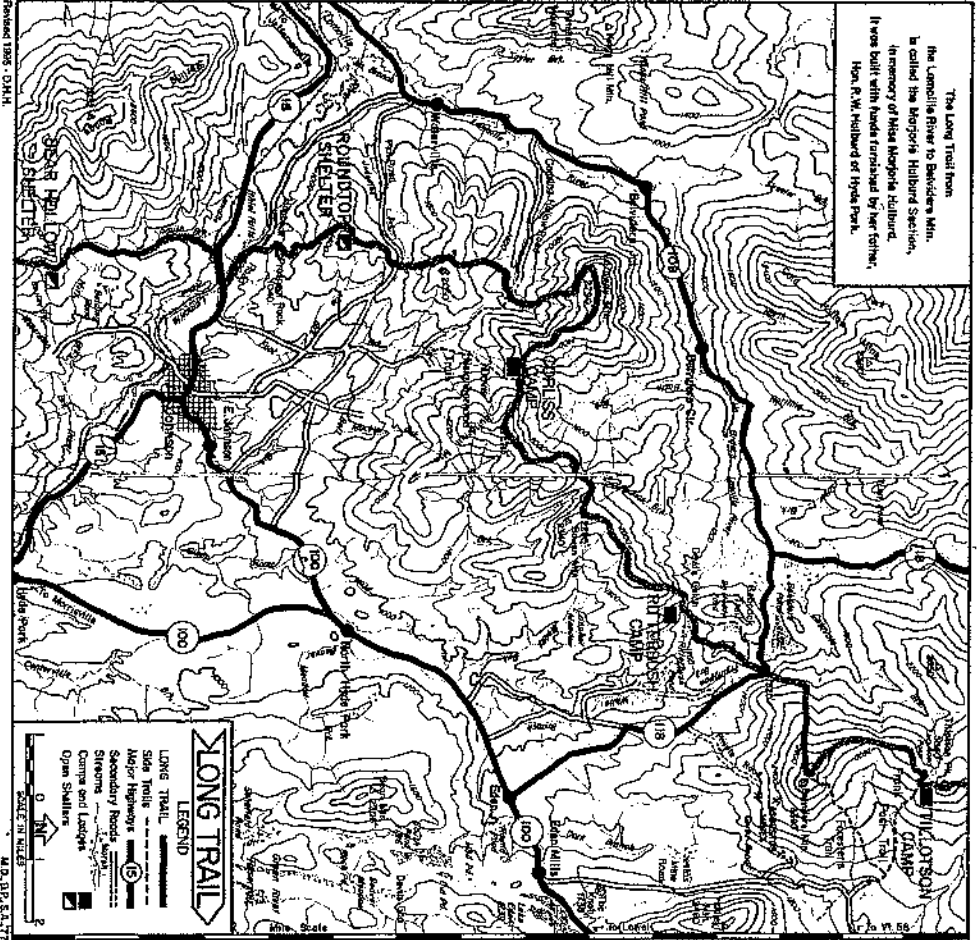
9

BOLTON MOUNTAIN TO VT. 15

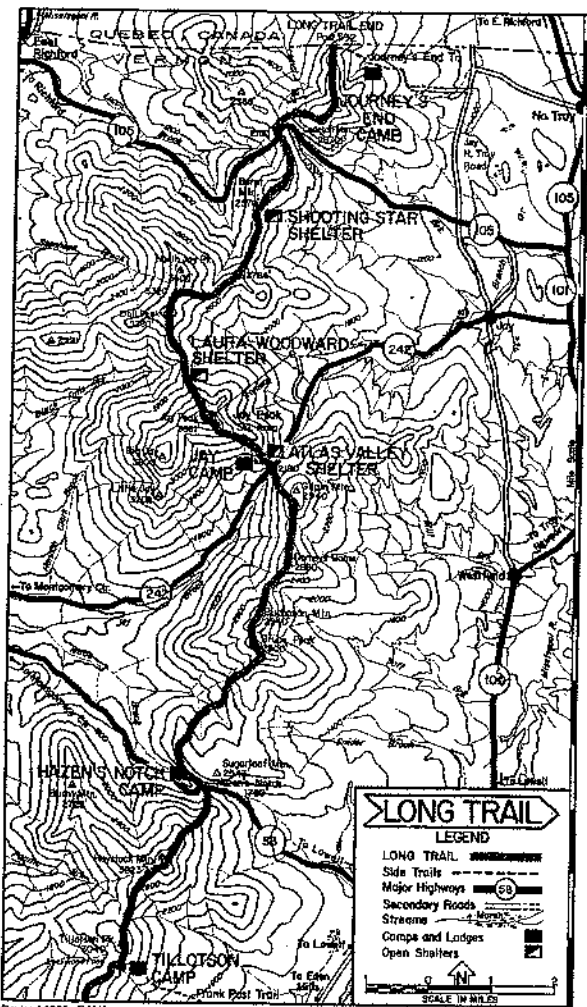


10

The Long Trail from the Lamolle River to Baldwins Mill, is called the Berger's Hubbard Section, in memory of Miss Margie's husband. It was built with funds furnished by her father, Hon. R. W. Hubbard of Hyde Park.



TILLOTSON CAMP TO CANADA



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