



Ritt Kellogg Memorial Fund Registration

Registration No. JR4R-ZWS1N
Submitted Apr 18, 2021 10:48pm by Maddi Schink

Registration

2020/2021

Ritt Kellogg Memorial Fund

RKMF Pathways Grant Group Application 2020-2021

RKMF Pathways Grants Due for summer trips Apr 19, 2021

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

The RKMF Pathways Grant aims to provide financial assistance for CC students to plan, propose, and execute trips of 6 or more days long to test and grow their outdoor skills, build their confidence in an expeditionary setting, and prepare them for proposing a Ritt Kellogg Expedition Grant in the future. These grants will hopefully put students on a path towards a Ritt Kellogg Expedition later on in their CC career. These trips are limited to the contiguous US, and can occur throughout the year. Trips can but do not have to enter remote backcountry areas. Car camping trips will not be funded, and students should propose trips in which they are self supported/pack their own weight (resupplies are OK, however).

Students can receive up to \$500 each for their Pathways trip. Each trip team must be made up of at least two currently enrolled Colorado College students.

Applications are due at the following intervals:

- Trips going out over Fall Break are due by 4th Monday of 2nd Block
- Trips going out over Winter Break are due by 4th Monday of 3rd Block
- Trips going out over Spring Break are due by 4th Monday of 5th Block
- Trips going out over the summer are due by 4th Monday of 7th Block

Trips going out at other times outside of the above dates are due 5 weeks before departure.

If you have additional questions about the Pathways Grant or writing your application please email Kate Macklin, Outdoor Education and RKMF Coordinator, at kmacklin@coloradocollege.edu

Waiting
for
Approval

Participant



Maddison (Maddi) Schink



Trip Summary

Trip Name

Backpacking the Middle Fork River Trail in Idaho

Objectives

The objective of our Happy Salmon expedition is to hike over 70 miles along the Middle Fork of the Salmon River in the expansive Frank Church-River of No Return Wilderness in Idaho. In terms of the challenge that this expedition offers, this will be one of the longest backpacking trips we have both experienced, and it will allow us to further develop self-reliance, confidence in our backcountry skills, and appreciation of the wilderness. After a year spent in Zoom classes and the chaos of a pandemic and political and social unrest, we hope to use this expedition as a way to reconnect with nature and ourselves. Ultimately, this trip is about finding happiness after a tough year - thus the name of our expedition, Happy Salmon! Additionally, this opportunity holds special importance for Kaden, who has rafted this section of the Middle Fork of Salmon several times and fell in love with the area. While on these rafting expeditions, Kaden and his family would spend time off the river exploring the Middle Fork Trail and observe backpackers traveling by, which sparked his interest in hiking the trail himself one day. This RKMF Grant would be an opportunity for Kaden to gain a new perspective on his favorite wilderness area and share it with Maddi, who has always wanted to visit Idaho but never had the chance.

Location

The location of our expedition is in the Frank-Church River of No Return Wilderness in Idaho. We will be hiking along the Middle Fork of the Salmon River until we reach Camas Creek, where we will begin to hike out. Boundary Creek Campground, where we will be beginning our trip, is in Cascade, Idaho. The Everett Decora Trailhead, where we will be ending our journey, is in Challis, Idaho.

Departure Date

May 30, 2021

Return Date

Jun 9, 2021

Days in the Field

8

Wilderness Experience

Our expedition will take place in the Frank Church-River of No Return Wilderness Area in Idaho. This is the largest contiguous wilderness in the continental United States, and it covers over 2.3 million acres. Although we won't be traversing every inch of this wilderness area, our 8-day backpacking trip will surely provide us with a remote experience that will challenge us to use our backcountry skills, offer us a chance at solitude, and allow us to escape from human infrastructure and technology. This will be one of the longest backpacking trips that both of us will have experienced, which adds the element of grit to our expedition, as we will be pushing ourselves physically and mentally.

However, we acknowledge that the Middle Fork of the Salmon is a popular rafting destination, and it is likely that we will encounter other people along the way. There are also ranches and airstrips on the river, which are features that will remind us of the human impact on the land. To preserve our wilderness experience and maintain COVID safety, we plan to limit contact with other people by trying to camp in sites that are not as heavily trafficked or set up our tent away from other groups. If we encounter people on the trail, we will, of course, say hello, but keep conversations brief.

Along the banks of the Middle Fork of the Salmon, there are many sites of cultural and historical importance for the indigenous people who called this land home. We want to note that while we now consider this area wilderness, it was inhabited by the Tuka-Deka Sheep Eaters Native American Tribes and Shoshone-Bannock Tribes. We plan to enter this wilderness with the understanding that the land holds histories and a special significance to indigenous peoples and encounter any cultural sites with respect.

Participant Qualifications

Participant Information

Kaden McAllister, [REDACTED]

Maddi Schink, [REDACTED]

Does your group have adequate experience?

Yes

Training Plan

We plan on spending 8th block attending Outdoor Education workshops and training when possible in order to refresh various skill sets that are necessary for the backcountry. Specifically, we would like to brush up on orienteering and map-reading skills. Additionally, we are planning on spending 8th block and the beginning of the summer working out consistently with a variety of cardio and strength routines in order to build up the physical and mental fitness necessary for a backpacking trip. Since we will not be doing any resupply on our trip, we acknowledge that our packs will be heavy. For this reason, we are going to place emphasis on leg, core, and back strength in our training. Finally, during Block 8 or the very beginning of the summer, we will go on a two-night backpacking trip together using personal transportation and following all COVID-19 protocols. One specific area we are considering for this backpacking trip is Lost Creek Wilderness. This mini expedition will be an opportunity to get comfortable with our skills and gear and establish effective and efficient habits that capitalize on each of our strengths and weaknesses. Day hikes with weighted packs on the weekends throughout the spring are also part of our goal to improve our physical fitness and establish our dynamic as a team. Finally, we will look for the bear safety and river crossing course to be held later this semester, as was recommended by the RKMf committee.

Trip Logistics, Gear and Food

Travel Plan

On May 30 we will be using Maddi's personal vehicle to drive from CC's campus in Colorado Springs to Boulder to stay at [REDACTED] and finish packing and purchasing all necessary materials. Early on May 31, we will leave Boulder and take turns driving the 14 hours to the Boundary Creek Campground in Cascade, Idaho. We will make sure to check in with one another so that we can switch when we are tired of driving, as well as make sure to take breaks for bathrooms, food, and stretching. If both of us are feeling too tired to drive, we also have the option to pull off at a rest stop and take a nap in the car so that we are being safe. Maddi also has a subscription to AAA, which is another way to stay safe on the road in case we have car trouble.

Google Map from Boulder to Boundary Creek Campground (~14 hours):

<https://www.google.com/maps/dir/Boulder,+Colorado/Boundary+Creek+Campground,+Boundary+Rd,+Cascade,+ID+83611/@42.1532647,-114.5516845,6z/data=!3m1!1e3!3m2!1d-115.2930605!2d44.5313862!3e0>

We will be staying the night at the Boundary Creek Campground on the 31st before we begin our expedition on the morning of June 1. We will then use the Salmon River Shuttle Service to drive Maddi's car from the Boundary Creek Campground to the Everett Decora Trailhead in Challis, Idaho. This will be COVID safe because the shuttle service can leave the car for a few days after we leave and dropping off the car a few days before we get to the Everett Decora Trailhead, allowing time for the virus to die without a host. We will be carrying one set of keys with us while backpacking and the other set of keys will be locked in the car by the shuttle service. After our 8 days in the field, we will get back in Maddi's car and drive back to Colorado Springs to return to campus.

Google Map from Everett Decora Trailhead to Colorado (~14 hours):

<https://www.google.com/maps/dir/Everett+Decora+Trailhead,+Camas+Creek+Road,+Challis,+ID/Boulder,+CO/@42.2358919,-114.1377393,6z/data=!3m1!1e3!3m2!1d-115.2705456!2d40.0149856!3e0>

Trip Itinerary

[Pathways Itinerary.pdf](#) (8.9MB)

Uploaded 4/4/2021 4:34pm by Maddi Schink

Digital Map

<https://caltopo.com/m/UBJ9>

Re-ratting

We do not have plans to re-ratting during our expedition. We acknowledge that this means our packs will be heavy and will be training accordingly with a focus on leg, core, and back strength.

Food Storage

We will protect our food from wildlife using Ursacks. Neither of us owns Ursacks, so we will be renting them from Outdoor Education. We will be bringing two Ursacks each, with each Ursack holding up to 6 days' worth of food. The Frank-Church River of No Return Wilderness allows Ursacks in the area. This will allow us to place our food items - and any other "smelly" items - away during the evening in a safe manner. When using the Ursacks, we will make sure not to get food on the outside of the bags. Additionally, we will make sure to always be aware of our packs and any wildlife around us, and our packs won't be left unattended.

Food List

[Food Plan Pathways.pdf](#) (103KB)

Uploaded 4/4/2021 4:16pm by Maddi Schink

Equipment List

[Pathways Equipment List.pdf](#) (58KB)

Uploaded 4/18/2021 10:34pm by Maddi Schink

First Aid Kit List

[first aid kit list.pdf](#) (16KB)

Uploaded 3/28/2021 12:01am by Maddi Schink

Impact

To manage our waste on this trip that is so close to a river, we will be packing out all of our trash and human waste. This means we will prepare by bringing wag bags and reusable baggies that can be used to store any wrappers or other food waste items. When we cook meals, we will make sure to eat all of the food, as well as disperse water from doing dishes and from brushing our teeth. To reduce our impact, we will also make sure to remain on the trail and only use access points to the river that are well-established so that we aren't treading on plant life or causing unnecessary erosion. In general, and especially when observing cultural sites of indigenous peoples, we will keep our voices low as a sign of respect for the wilderness and its history. We also plan to pack out any manageable trash that we encounter on our expedition so that we leave the area better than when we found it. Also, due to past wildfires in the area and potential restrictions, we have decided to use stoves to cook and will not be making any campfires. We plan to puncture and recycle our fuel canisters upon our return. Additionally, we will be purchasing reusable baggies instead of plastic Ziploc baggies and we will not be using toilet paper on our trip so that we can limit single-use waste. Instead, we will be using a backcountry bidet.

Since this wilderness is heavily used by rafters, we will manage the balance between selecting places to camp that are already used so that we are not damaging a new area, while also avoiding places that are overrun, for both impact and COVID reasons. Overall, we will follow Leave No Trace principles and keep respect, compassion, and gratitude at the core of our interactions with one another, other users of the wilderness area, and the natural world.

In terms of our transportation impact, the CC Sustainability Office carbon emissions calculator calculated that our trip from Colorado Springs, Colorado to Cascade, Idaho (where the Boundary Creek Campground is located) was a 980-mile journey that emitted 0.72 metric tons of carbon, which is an offset cost of \$3.62. On the return journey from Challis, Idaho (Everett Decora Trailhead) to Colorado Springs, CO, our journey will be 825 miles and will emit 0.61 metric tons of carbon, which is an offset cost of \$3.05. Therefore, the total offset cost of our travel will be \$6.67. While we acknowledge the harm of any carbon emissions, we decided to use Maddi's car because it gets better gas mileage and is a more sustainable option.

Risk Management

Objective Hazards

For common hiking hazards like blisters and sore legs, we will mitigate by drinking plenty of water, bringing a well-equipped first aid kit, taking breaks while hiking as necessary, and wearing proper boots that have been broken in. For blisters, we will attempt to prevent their formation by taping hot spots, and covering blisters with moleskin and tape as needed. For general backpacking soreness, we will rest in the shade, drink water with electrolytes, and stretch or do yoga. Our response will be treated as necessary with moleskin and bandages.

When dealing with Rattlesnakes, we will mitigate risk by being aware of sunny rocks and other places rattlesnakes are often found, being aware of what they sound like and how to recognize them, and knowing the proper way to act if one is seen/sees you by backing away slowly and calmly. If a bite does occur, we will respond by immediately calling rescue services, treating the bite by removing tight clothing/jewelry from around the area before swelling starts, allowing the bite to bleed, bandage, and staying still and calm.

After talking with the forest rangers for that area over the phone and looking at the website for that area, we learned that the trail is well maintained and that all of the bridges we will be using are in place. However, to be safe, we will call them again a week before we leave to make sure all bridges are still functional. There should not be any stream crossings larger than a small creek that does not have a bridge, but for any streams that we have to cross unexpectedly, we will mitigate danger by using caution, bringing proper gear (waterproof boots, hiking poles, etc), and have extra clothes available. If one of us falls in, we will get them out by offering a long object such as our hiking poles to pull them out, get them into dry clothing, and get them warm. Our goal is to use our trekking poles to provide the third and even fourth point of contact that can help us keep our balance while crossing the stream. Also, in the event that the footbridges are gone when crossing the streams, we will follow the guidelines of the U.S. National Park Service for safe river crossings. In planning for crossing streams, we will place our sleeping bags and clothes in stuff sacks and plastic bags in order to keep them dry in the event that we fall into the stream. If the water is above our boots, we will change into our river crossing shoes that can get wet and use them to cross the stream so our boots remain dry. Before attempting any crossing, we will make sure to take the time to assess the stream, walking up and down the bank to find the best place to cross, which is often a straight section in the middle of the "S" of a curve in a stream. Walking up and down the bank will also allow us to assess any hazards both upstream and downstream and allow us to locate the safest entry and exit points where the banks are not steep and the water is shallow without any prominent hazards. We will also try to look for any islands of sandbars in the middle of the stream that might be good halfway points for us to cross to. Ultimately, if we feel that the water is too high, too cold, or too swift, we will wait, turn around, or find somewhere else to cross. Part of the assessment can also be completed by assessing the water's properties, such as the types of waves and ripples. We know that small, close ripples are indicative of a shallower, smoother bottom and that standing waves indicate a log, boulder, or uneven bottom. Similarly, we can toss a stick or a rock to gauge both the speed and the depth of the stream at any given point. The last thing that we can do to mitigate this hazard is to unclip our sternum and waist belts while crossing so that if we fall, we can more easily release our packs from our bodies, as well as cross facing upstream and cross at a slight angle downstream if there is a faster current. During this time of year, there will be a lot of snowmelt and the streams will likely be swollen, so if we come across a stream that we must cross and the water is above our calves at all potential crossing points, we will be safe and turn around to hike back out.

When dealing with potential musculoskeletal injuries, we will mitigate the danger by using caution when crossing streams or difficult terrain, hiking at a reasonable pace, being aware of footing, and using hiking poles for balance. If we experience a major musculoskeletal injury like a broken bone, depending on the severity and location, we will either hike out at the nearest exit point or reach out to advanced medical services using our InReach device. If we

experience a mild musculoskeletal injury, we will rest, ice, compress, and elevate the injured area. We will press the emergency button on the InReach device if there is a life-threatening injury or we are not able to exit on our own.

We will prepare for potential rain/storms by bringing proper rain gear (rain jacket and pants). Lightning is very unlikely as we are at the bottom of a canyon, but we will still be mindful of where the tallest trees are and try to avoid them, as well as staying out of the open. If a storm does occur, we will do our best to keep our equipment dry and stay warm, and if lightning is present and we are caught in the open, then we will get in lightning position (crouched with heels together on the balls of your feet, hands over ears, without touching any possible conductors).

In terms of cold temperatures, it is possible that it could be very cold at night. For this reason, we are packing warm layers for the night and will make sure that we are changing into dry clothing before going to bed. We will also make sure to be aware of signs of hypothermia (shivering, loss of manual dexterity and coordination, slurred speech, mental impairment) and help one another rewarm our core body temperatures if needed by making sure we are dry, wearing all of the layers we can, and wrapped in our sleeping bags.

For wildlife, we will make sure to store food appropriately and if we see any wildlife, be respectful and leave them plenty of space. If an animal (mountain lion, bear, etc) attack does occur, we will assess the severity of any injuries and potentially use the emergency button on the Garmin InReach to signal for immediate help.

Specifically, to mitigate the risk of encountering a bear, we will use the U.S. National Park Service's recommended technique of occasionally yelling or clapping as we hike so that we alert bears of our presence. We will also make sure not to be on the trail very early in the morning (before 8 am) or at dusk (past 7 pm) or during the night since bears tend to be most active during these times. Additionally, we will be "bear aware" by keeping our eye out for scat and other signs of bears such as torn-up logs, digging, fresh claw marks on trees, and carcasses in the area. Part of this awareness is also making sure to alert bears by making a lot of noise when near thick bushes or brush, or when near plants with berries since these are areas that are more likely to have bears foraging or resting. Prior to departing for our backpacking trip, we will also make sure to call the local ranger to ask about any bear activity or sightings to ensure that we are aware of potential dangers. Finally, we will both be carrying a can of Counter Assault bear spray on our hip using the waist belt accessory so that we have easy access to the can while hiking. We will use the Counter Assault website to view numerous tutorials about how to use the bear spray. (Note: We did research on this area and there is a chance that we could see black bears, but there are no Grizzly bears in this wilderness area.) If we come across a bear and it doesn't notice us, we will take care not to surprise them, back away, and give it plenty of space until we can move around them. If the bear does notice us, we will make ourselves look as big as possible, make lots of noise, and stay calm.

For safety, we have decided not to swim, however we will mitigate risk of falling into water by being mindful of rapids downriver, the current, and hazards like strainers. If one of us starts getting pulled downstream, we will remember the catchy phrase "reach or throw, don't go," and try to catch an eddy. If going down a rapid, we will float on our butt with feet downstream, and won't try to stand until we are all of the way to shore. If we get stuck in a hole, we will make ourselves as big as possible, then if that doesn't work as small as possible, then repeat.

For any burn areas along the trail, we will make sure we know where they are and how long they are. We will make sure to hydrate and stay cool by wearing the proper clothes. For potential heatstroke, we will rest in the shade or in a safe spot in the river and slowly drink water. For waterborne illnesses, we will bring Aquamira drops and stripens to purify the water.

For more personal hazards like being hungry or feeling irritable, we will bring snacks and make sure to stay hydrated. We will take rest when needed and set and respect boundaries. We will take personal time and space, and make sure to have alone time if necessary.

Evacuation Plan

In the event of a life-threatening emergency, we will use our Garmin InReach to contact emergency services and seek medical help. We would contact Kaden's parents, who are very familiar with this region and would be able to help us direct aircraft to the nearest landing strip. We would use our maps to locate the closest landing strip and meet the aircraft there. Alternatively, we can locate the nearest ranch or campsite that is likely to host rafting groups, so that we can find other people and ask for help. After we each earn our WFR certification, we will also have the skills to take any immediate medical actions we can until professional medical support is available.

The Garmin InReach satellite device we will be using will allow us to contact Kaden's parents and get in contact with emergency services. The Garmin InReach also has an emergency button that will send out an SOS to GEOS, the Garmin-powered International Emergency Response Coordination Center with 24/7 global monitoring. Staff will then notify emergency responders in our area. We will bring solar chargers and battery packs to ensure that our phones don't die.

In terms of self-evacuation scenarios in non-life-threatening scenarios, we would locate either Loon or Camas Creek, or turn back to Boundary Creek, which are the points that we can use to hike out to the nearest road. From there, we would be able to call for additional help, or, if we made it to the Everett Decora Trailhead (out from Camas Creek), use Maddi's car to drive to the nearest medical center. If we are early in the journey and closer to the Boundary Creek Campground, we would turn around and seek help there, as it is a more populated area for rafters entering the Middle Fork and has more resources available. We will use our best judgment about our own state, as well as the conditions to decide what is the safest option for that day and whether self-evacuation makes sense.

Alternatively, the rafters could be used as an alternative route to get out. For example, if we are closer to the Impassable Canyon and unable to walk to Camas Creek and out to the Everett Decora Trailhead, we could ask rafters to get us through the Impassable Canyon and to the rafting take out at Cache Bar, where there will be additional road access and medical help.

Special Preparedness

N/A

Emergency Resources

Middle Fork Ranger Station: (208) 879-4100
Medical Center: St Lukes Wood River Medical Center, (208) 727-8800
Hospital: Weiser Memorial Hospital, (208) 549-0370

We will communicate with these Emergency Resources (in a non-life-threatening emergency) by texting Kaden's dad through the Garmin InReach device. He will be able to make a phone call for us and send any information back our way via text. In an emergency situation, we will use the SOS button on the device.

Emergency Communication

During our expedition, we will be using a Garmin InReach (Kaden owns) and paying for a month-long subscription to a service so that we can make emergency calls during our trip.

We will be using Garmin InReach in case of emergency communication. Garmin InReach allows you to send text messages to someone who could call in a bush plane for evacuation if needed (in this case Kaden's parents). It also has an emergency button that will send out an SOS to every emergency service in the area, and in the event that we are not able to reach an airstrip they will send in a helicopter to evacuate us. We will bring solar chargers and battery packs to ensure that our phones don't die.

COVID-19 Preparedness

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

Currently in Idaho (as of 4/11), there have been 1,995 deaths and 183,258 cases of COVID-19. In the past week, Idaho has had 278 cases per day, which is a decrease of 3 percent from the average two weeks ago. However, as of mid-April, 20% of the population has been fully vaccinated and 30% have received at least one dose.

We will continue to closely monitor the COVID-19 situation in Idaho using the New York Times map. This is a good resource because it is updated frequently and will allow us to monitor the specific cases per day and the last 14-day trend of the counties where our expedition will be focused (Idaho County, Valley County, Custer County, Lemhi County).

This is one source we will use to continue to monitor the situation: <https://www.nytimes.com/interactive/2020/us/idaho-coronavirus-cases.html>

The ICU capacity in Idaho is currently at 65% and described as "can likely handle another COVID wave," by the source covidactnow.org. The current infection rate is considered medium at about 0.97 and the positive test rate is 5.6%. Since this places Idaho in a critical state, we must strictly adhere to COVID precautions and monitor the situation closely (<https://covidactnow.org/us/idaho-id/?s=1522471>).

This website (<https://visitidaho.org/covid-19-travel-alert/>) will also allow us to see the specific restrictions that are in place for each county. There are currently no travel restrictions for the backcountry.

If we are evacuated, these are the two closest medical clinics in the area that we would need to access:

- 1) Challis Area Health Center (<https://cahcinc.com/>)
- 2) Salmon River Clinic (<http://www.salmonriverclinic.org/>)

The closest hospitals are:

Medical Center: St Lukes Wood River Medical Center, (208) 727-8800
Hospital: Weiser Memorial Hospital, (208) 549-0370

We can call these medical centers and hospitals closer to our departure date to determine if it is still a good idea to travel to this area.

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

Since we are in a pod on CC's campus, we will continue to limit time spent with other people after school gets out and before our trip. We will remain vigilant about social distancing, mask-wearing, hand-washing, and avoiding large gatherings. This will be particularly applicable to our trips to the store to purchase any necessary items for our expedition, as well as our WFR training in Boulder. Depending on the state of the pandemic in Colorado Springs and Boulder, we can also use grocery delivery services instead of visiting the store in person. In terms of our stay at Maddi's grandparent's house, we will be staying in the basement of the home, eating outside, and wearing masks in order to limit exposure to one another. Essentially, we will use the few weeks before our expedition as close to a quarantine as we can. It is also important to note that as employees of the college, we will both be fully vaccinated by the start of our expedition.

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 Idaho residents by getting COVID tested before our trip (likely at the end of the year at CC) and then remaining in a pod with one another, wearing masks, and social distancing to limit our own exposure and likelihood of becoming sick. When traveling to Idaho, we will continue to follow these behaviors when stopping to get food or gas. Otherwise, we will be in Maddi's car and have limited contact with Idaho residents. We also plan to bring disinfectant wipes in the car so that we can wipe down surfaces before we give our car to the shuttle service, and when we pick the car back up at the Everett Decora Trailhead.

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

While in the backcountry, we will act as a "family unit." Throughout the 2020-2021 school year, we have been in a "pod" while on CC's campus, so we expect to continue that behavior. We will also bring masks with us into the backcountry so that if we do happen to encounter other people who are on the trail or rafting the Middle Fork, we can interact with them safely. This will include remaining socially distant from any other people we see along the way. Additionally, we will bring one small bottle of hand sanitizer and soap as another form of COVID-19 risk mitigation.

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

If someone on our expedition develops COVID-19 symptoms, both team members will begin to wear masks when around one another, as well as hike at least six feet apart. We also plan to bring a hammock and a small tarp so that, if needed, one team member could sleep in the tent and another in the hammock to prevent further exposure. Depending on the severity of symptoms, this may mean that our team has to evacuate and we will use our corresponding evacuation plan for that day to reach a road and access medical care. Additionally, we will have a Garmin InReach with us as a resource so that we can make emergency calls and get help if a team member needs medical attention. If one of us starts showing COVID symptoms, we will redistribute weight in our packs and if we are too sick to self-evacuate, we will use our Garmin InReach to contact emergency services. During any type of medical evacuation, we will take extra care to follow all COVID guidelines (i.e. mask-wearing and social distancing) that medical professionals suggest.

Budget

Budget

[Pathways Budget.xlsx](#) (17KB)

Uploaded 4/4/2021 4:18pm by Maddi Schink

Transportation

656.73

Food and Fuel

325.57

Maps and Books

0

Permits/Fees

10

Gear Rentals

0

Carbon Emissions Offsetting

6.67

Total Funding Request

998.97

Funding Per Person

499.49

Cost Minimization Measures

We have decided to shop for our food items at King Soopers, since they are available in both Colorado Springs and Boulder, Colorado, and are stores that are moderately priced. Maddi also has a King Soopers card, which allows for further savings at King Soopers. We also selected some items from the local Mountain Mama's food store because they had cheaper prices for some bulk items we were seeking. We will be renting any items we need from Outdoor Ed or borrow them from friends and family, and if needed, will purchase items out-of-pocket separate from the grant funding. Additionally, we will be using the Gas Buddy app (which is the website through which we calculated our gas costs) during our drive to and from Idaho as a way to find the cheapest places to fill up.

Additionally, the area we have selected does not require any permits and we already have access to all of the books and maps we need for the expedition through Kaden's family.

Pathways Agreement

Pathways Agreement

[Pathways Grant Signed Form.pdf](#) (68KB)

Uploaded 4/11/2021 8:39pm by Maddi Schink

Kaden and Maddi Happy Salmon Expedition Itinerary - Pathways Grant
June 1 - June 8 in the field
Traveling May 30 and June 8/9

Our map: <https://caltopo.com/m/UBJ9>

May 30
Travel to Boulder

We head to [REDACTED] from Colorado Springs and spend some time finishing up packing and preparing. We will spend the night here before we leave for Idaho. *Note: We will need to purchase our specific food items from Mountain Mama's food store before leaving Colorado Springs

<https://www.google.com/maps/dir/Colorado+College,+Cutler+Hall,+West+Cache+La+Poudre+Street,+Colorado+Springs,+CO/2827+Twin+Lakes+Cir,+Lafayette,+CO+80026/@39.4207925,-105.4835896,9z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x8713454067bf7d47:0x1a86fdbaf85af7a!2m2!1d-104.8257346!2d38.847962!1m5!1m1!1s0x876bf37914a62d7f:0xd2e6a2794e352756!2m2!1d-105.1335476!2d39.9966729!3e0>

May 31
Travel to Idaho

We leave [REDACTED] together and drive to Boundary Creek Campsite.
13 hours 47 minutes ~828 miles

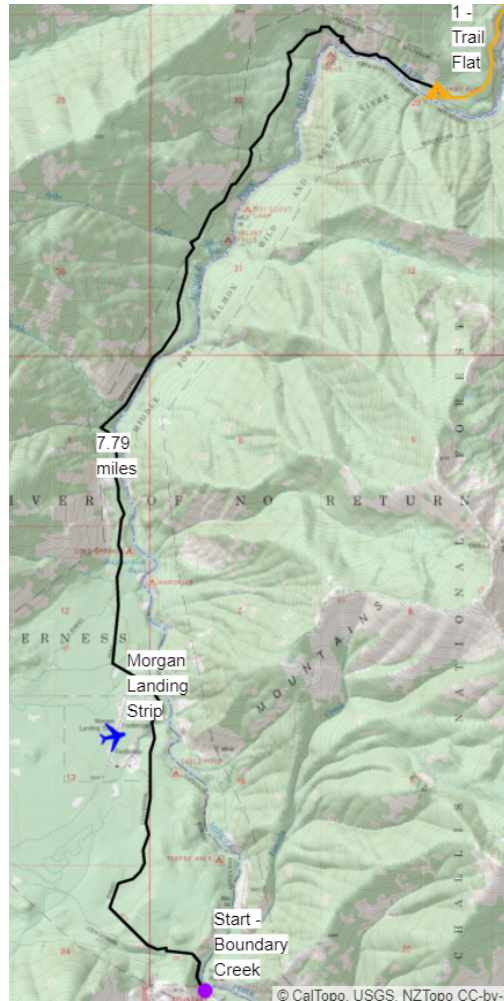
We will make sure to take turns driving so that we remain alert and safe. We will stop for water/bathroom breaks and to stretch our legs. We plan on eating the snacks that we purchase beforehand and not eat out so that we avoid any further COVID exposure. We will be staying at the Boundary Creek Campground in Cascade, Idaho (\$10/night, [make reservations online](#)).

<https://www.google.com/maps/dir/2827+Twin+Lakes+Cir,+Lafayette,+CO+80026/Boundary+Creek+Campground,+Boundary+Road,+Cascade,+ID/@42.1606195,-114.5524886,6z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x876bf37914a62d7f:0xd2e6a2794e352756!2m2!1d-105.1335476!2d39.9966729!1m5!1m1!1s0x54a88187243c871b:0xd714ef638525dae!2m2!1d-115.2930605!2d44.5313862!3e0>

June 1
DAY 1 - Boundary Creek to Trail Flat Campground

Starting Location: Boundary Creek, large campground at put in used mainly by rafting groups, 44.5315, -115.2944, 5680'

Ending location: Trail Flat Campground, the river takes a southeastern turn (right hand turn) after spike creek, 44.6082, -115.2668, 5396'



Mileage: 7.79 miles

Elevation gain/loss: +1079, -1365, net -286

Route description: No side trails to worry about, starts at large Boundary Creek campground, heads down river (North west) from campground. Leaves the river slightly at the very beginning but rejoins and follows the river closely after about 2.25 miles.

Water: Boundary creek/Horn Creek/Middle Fork/side creeks

Evacuation routes: Boundary Creek has access to vehicles and other people. Morgan Landing Strip is about 2 miles in, and will be the closest major evacuation point for the rest of the day.

Notable hazards: Swimming opportunities, typical hiking hazards (blisters, injuries, etc), rattlesnakes, small creek crossings, rain/storms.

Note: Drop off car with River Shuttles to be shuttled to the Everett Decora Trailhead.

June 2

DAY 2 - Trail Flat Campground to Dome House Campground

Starting Location: Trail Flat Campground, 44.6082, -115.2668, 5396'

Ending location: Dome House Campground, right after Lake Creek, across the river from Greyhound Creek and Greyhound Creek Campsite, 44.6490, -115.1702, 5123'

Mileage: 8.4 miles

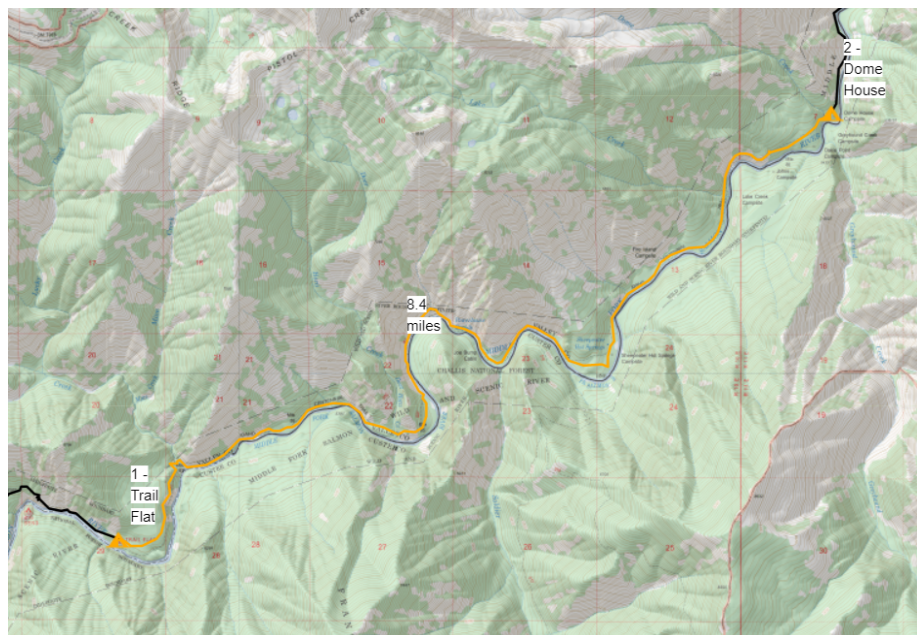
Elevation gain/loss: +1130, -1404, net -274

Route description: No side trails to worry about. The trail follows the river closely, and gets really bendy after about 3.5 miles. Sheapeater hot springs after about 5 miles, after Joe Bump cabin.

Water: Middle Fork/Deer Horn Creek/side creeks

Evacuation routes: Closest airstrip is Morgan Landing Strip, otherwise Boundary Creek for less severe emergencies.

Notable hazards: Swimming opportunities, typical hiking hazards (blisters, injuries, etc), rattlesnakes, small creek crossings, rain/storms.

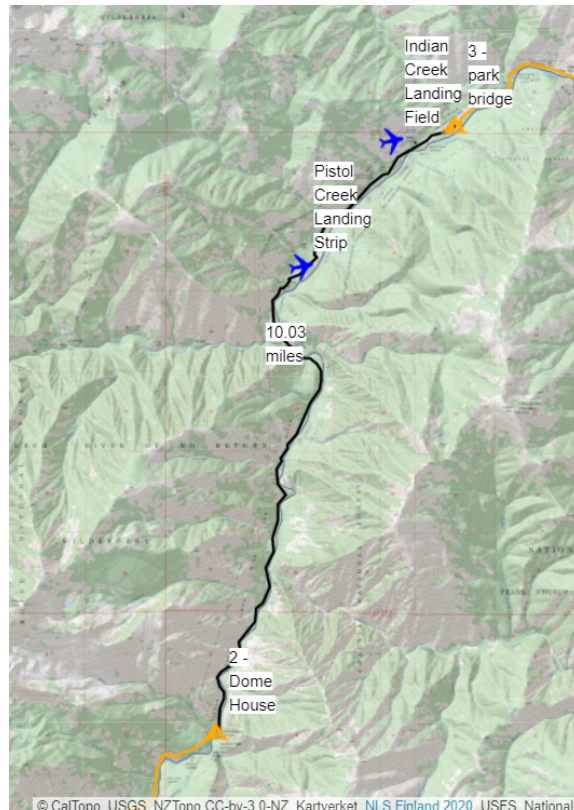


June 3

DAY 3 - Dome House Campground to Park Bridge Campground

Starting Location: Dome House Campground, 44.6490, -115.1702, 5123'

Ending location: Park Bridge Campground, along Indian Creek landing strip, right after Guard Station Campsite, after Garden Creek, 44.7609, -115.1058, 4660'



Mileage: 10.03 miles

Elevation gain/loss: +996, -1460, net -464

Route description: Follows river closely, footbridge crossing Pistol Creek after about 6 miles. Another trail heads up Pistol Creek at the footbridge, but we will continue to follow the main trail along the river. Another small side trail heading north at Pistol Creek landing strip, we will stick to the river. Indian Creek landing strip right before camp.

Water: Middle Fork/Pistol Creek/side creeks

Evacuation routes: Closest airstrip is Pistol Creek Landing Strip until the last mile, when Indian Creek Landing Strip (right next to camp) becomes the closest. Boundary Creek for less immediate emergencies.

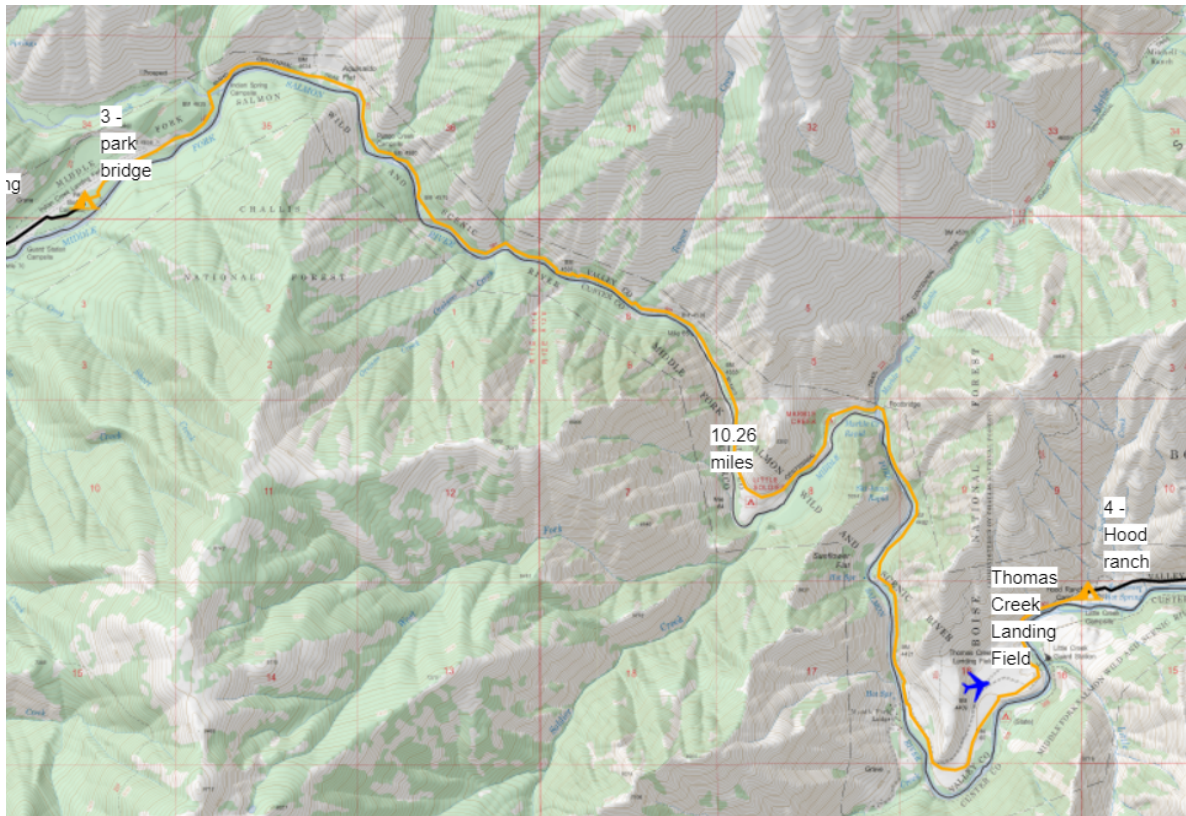
Notable hazards: Swimming opportunities, typical hiking hazards (blisters, injuries, etc), rattlesnakes, small creek crossings, rain/storms.

June 4

DAY 4 - Park Bridge Campground to Hood Ranch Campground

Starting Location: Park Bridge Campground, 44.7609, -115.1058, 4660'

Ending location: Hood Ranch Campground, after a large left bend in the river where it goes from flowing south to flowing north, right after Thomas Creek Landing Field, just before Sunflower Hot Springs, 44.7298, -114.9941, 4371'



Mileage: 10.26 miles

Elevation gain/loss: +1161, -1459, net -298

Route description: Multiple small trails break off and head north, following Indian Creek right at the start, we will stick to the right and follow the Middle Fork. Two large bends in the river right before camp. Thomas Creek landing field just before camp.

Water: Middle Fork/Teapot Creek/side creeks

Evacuation routes: Closest landing strip is Indian Creek Landing Strip (right next to beginning camp) for the first 5.5 miles, after that Thomas Creek Landing Strip is the closest (right before camp that night). Loon Creek is a day and a half ahead from camp that night for less severe emergencies.

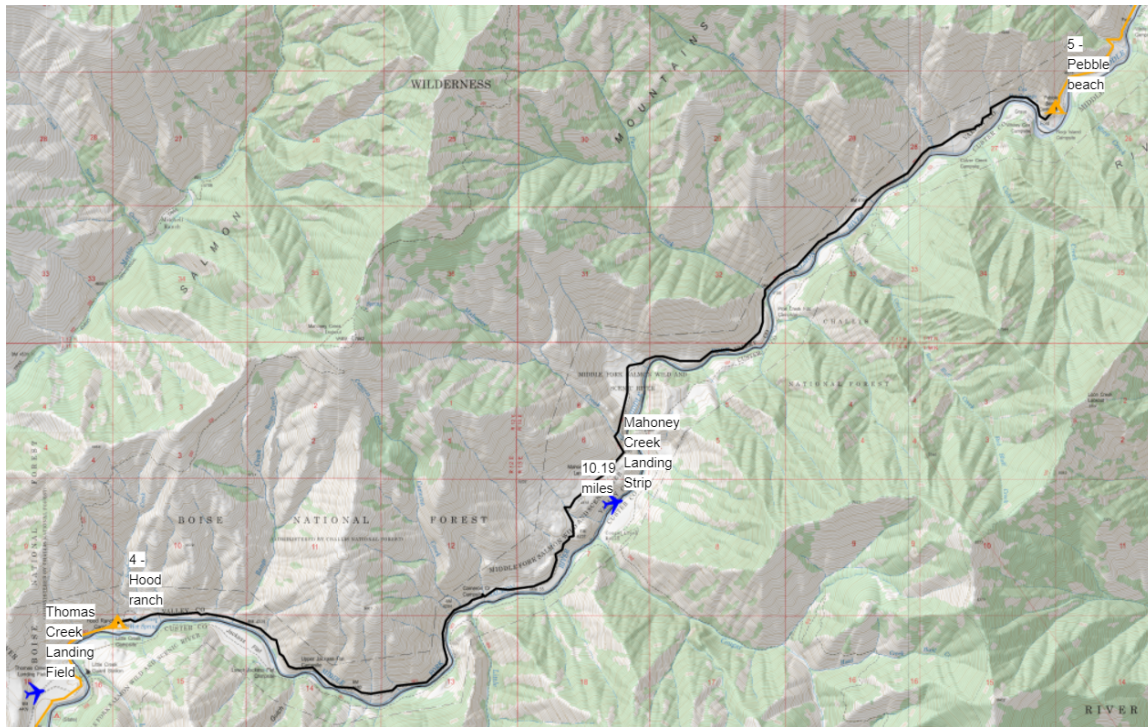
Notable hazards: Swimming opportunities, typical hiking hazards (blisters, injuries, etc), rattlesnakes, small creek crossings, rain/storms

June 5

DAY 5 - Hood Ranch Campground to Pebble Beach Campground

Starting Location: Hood Ranch Campground, 44.7298, -114.9941, 4371'

Ending location: Pebble Beach Campground, right past Cox Hot Springs and Rock Island Campsite, after an S curve in the river with a small island. 44.7846, -114.8527, 4181'



Mileage: 10.19 miles

Elevation gain/loss: +1879, -2062, net -183

Route description: Sunflower hot springs about 500 yards downstream from camp to the right of the trail. Trail passes right next to Mahoney Creek landing strip after about 3 miles. No side trails, Cox hot springs to the left of the trail about 400 yards before camp.

Water: Middle Fork/Pine Creek/side creeks

Evacuation routes: Closest landing strip is Thomas Creek Landing Strip for the first 2 miles, then Mahoney Creek Landing Strip for the next 7. After that, Simplot Emergency Airstrip is the nearest at the mouth of Loon Creek. Hiking up Loon creek is the nearest for less severe emergencies.

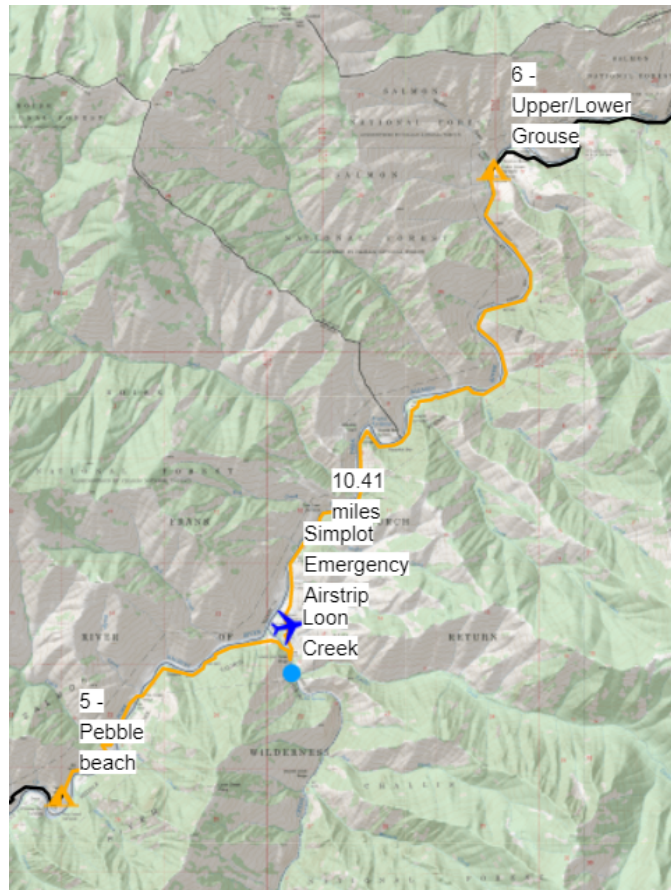
Notable hazards: Swimming opportunities, typical hiking hazards (blisters, injuries, etc), rattlesnakes, small creek crossings, rain/storms

June 6

DAY 6 - Pebble Beach Campground to Upper/Lower Grouse Campgrounds

Starting Location: Pebble Beach Campground, 44.7846, -114.8527, 4181'

Ending location: Upper/Lower Grouse Campgrounds, right across Tappen Gulch, before Tappen Falls and Tappen Island. Located at Grouse Creek. 44.8719, -114.7678, 3873'



Mileage: 10.41 miles

Elevation gain/loss: +1094, -1408, net -314

Route description: Trail crosses the Middle Fork after about a mile at White Creek Bridge, now on the right side of the river. After another mile trail crosses Loon Creek at Lower Loon Creek Bridge, a side trail heads up Loon Creek and out of the canyon to numerous ranches (possible evacuation point), we will stay left and continue to follow the Middle Fork. Simplot Emergency Airstrip at the mouth of Loon Creek. No other side trails until camp.

Water: Middle Fork/Norton Creek/side creeks

Evacuation routes: Closest landing strip is Simplot Emergency Airstrip, for less severe emergencies hike out at Loon Creek.

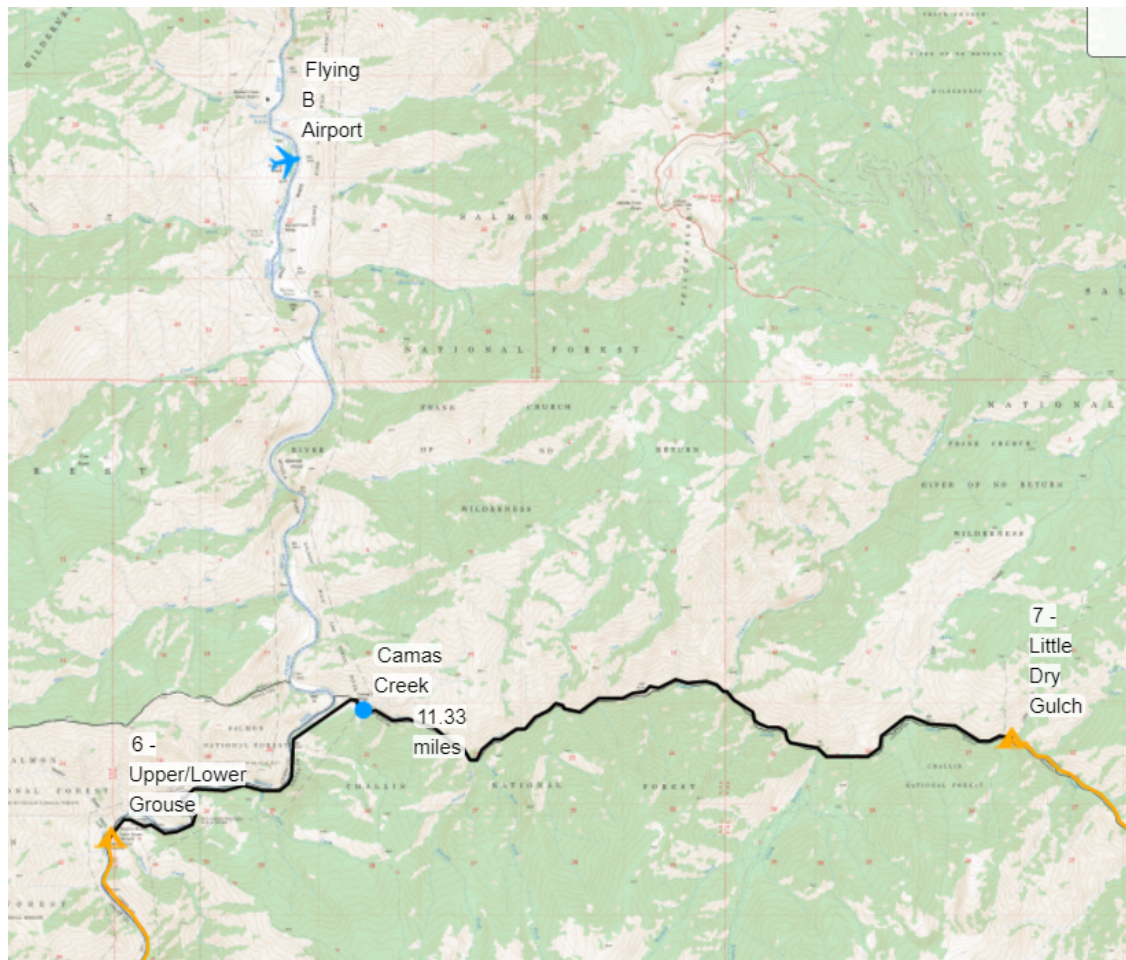
Notable hazards: Swimming opportunities, typical hiking hazards (blisters, injuries, etc), rattlesnakes, small creek crossings, rain/storms.

June 7

DAY 7 - Upper/Lower Grouse Campgrounds to Little Dry Gulch

Starting Location: Upper/Lower Grouse Campground, 44.8719, -114.7678, 3873'

Ending location: Little Dry Gulch, along Camas Creek, after Yellowjacket Creek, before Anvil Creek and Red Spar Mine. 44.8833, -114.5816, 4747'



Mileage: 11.33 miles

Elevation gain/loss: +3221, -2301, net +920

Route description: We will continue up the main canyon for about 2.5 miles until the trail crosses the Camas Creek bridge on the right side of the river. After crossing the bridge, we will follow the trail that breaks off to the right and heads up Camas Creek. A few other small side trails break off to the left of the Camas Creek trail and head up other small drainages, but we will stick right and continue to follow Camas Creek for about 8.5 miles until we reach camp at Little Dry Gulch, just before Anvil Creek.

Water: Middle Fork/Camas Creek/small side creeks

Evacuation routes: Closest landing strip is Simplot Emergency Airstrip, with Flying B as a backup further up the main canyon. Continuing to hike out at Camas Creek for less severe emergencies.

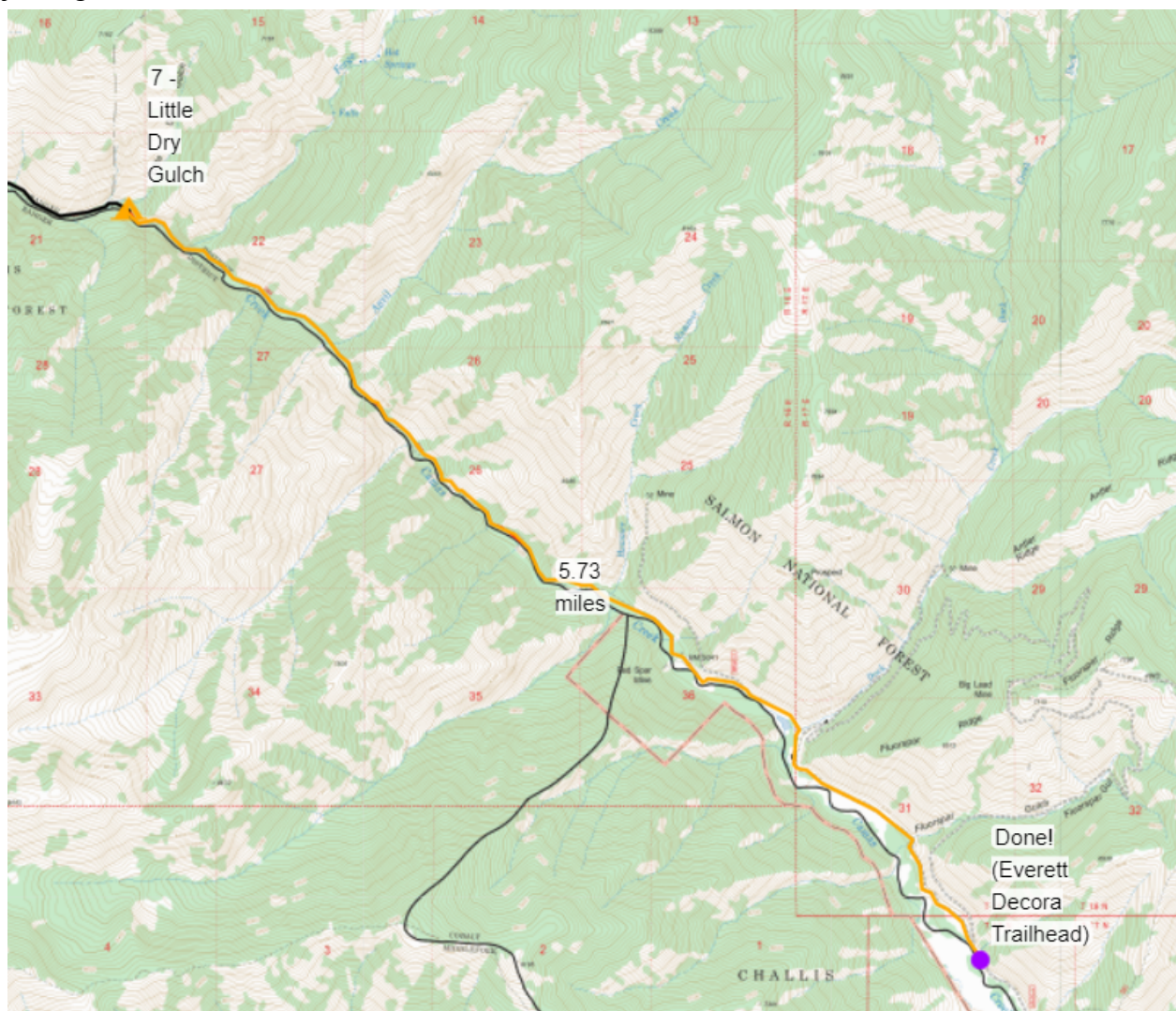
Notable hazards: Swimming opportunities, typical hiking hazards (blisters, injuries, etc), rattlesnakes, small creek crossings, rain/storms.

June 8

DAY 8 - Little Dry Gulch to Everett Decora Trailhead

Starting Location: Little Dry Gulch, 44.8833, -114.5816, 4747'

Ending location: Clear trailhead, should see car, pit toilets, other vehicles, as well as other trails joining. 44.8361, -114.5074, 5151'



Mileage: 5.73 miles

Elevation gain/loss: +920, -529, net +391

Route description: Continue following Camas Creek until we reach the trailhead and car. After about 3.5 miles Red Spar Mine will be visible across the creek and a side trail will break off to the left to an old mine, we will continue to follow Camas Creek. From the mine onwards, multiple trails break off to the left, we will continue to follow Camas Creek until we reach our car.

Water: Camas Creek/Hammer Creek/side creeks

Evacuation routes: Closest airstrip is Simplot Emergency Airstrip, closest exit route is to continue up Camas Creek.

Notable hazards: Swimming opportunities, typical hiking hazards (blisters, injuries, etc), rattlesnakes, small creek crossings, rain/storms.

June 8 and 9

Travel Day(s) back to Colorado Springs

Return to Colorado Springs from Everett Decora Trailhead. ~14 hours 45 minutes and 858 miles. We will make sure to take turns driving so that we remain alert and safe. We will stop for water/bathroom breaks and to stretch our legs. We plan on eating the snacks that we purchase beforehand and any leftover food from our trip so that we do not have to eat out and risk COVID exposure. When we get tired, we plan on using the rest stop feature on Google Maps to pull over and take a nap in the car before continuing.

<https://www.google.com/maps/dir/Everett+Decora+Trailhead,+Camas+Creek+Road,+Challis,+ID/Colorado+Springs,+CO/@41.80539,-114.1435817,6z/data=!3m1!4b1!4m14!4m13!1m5!1m1!1s0x54a7f8ca24b48449:0x82c96cdbc6b7b72f!2m2!1d-114.50333!2d44.83137!1m5!1m1!1s0x8713412ea1e6d22b:0x418eeb92f5e86b13!2m2!1d-104.8213634!2d38.8338816!3e0>

We will arrive back in Colorado Springs on June 9.

Pathways Grant Food Plan and Budget

Kaden Caloric Needs: ~4,100 calories a day (no dietary restrictions)

Maddi Caloric Needs: ~3,000 calories a day (pescatarian, no dairy, no gluten)

Maddi Breakfast (will eat this every morning for 8 days):

Item	Amount	Calories	Benefits	Brand/Type	Cost	Where to purchase
Oatmeal	1 packet each day	150	Fiber Carbs	Simple Truth Organic Instant Oatmeal (Original)	\$3.29 per 12 packets = \$3.29	King Soopers
Peanut Butter	1-2 tablespoons each day	100-200 calories	Protein	Simple Truth Organic Crunchy Peanut Butter	1 jar = 14 tablespoons = \$3.99	King Soopers
Dried Raspberries	1/3 cup for days 1-3	32 calories	Vitamins Glucose Carbs	Mother Earth Products	2 cups (sharing with Kaden) = \$8.45	Mother Earth Products https://motherearthproducts.com/products/freeze-dried-raspberries?variant=7993189695548
Dried Blueberries	1/3 cup for days 4-6	29 calories	Vitamins Glucose Carbs	Mother Earth Products	2 cups (sharing with Kaden) = \$8.95	Mother Earth Products https://motherearthproducts.com/products/freeze-dried-blueberries?variant=7993161547836
Dried Strawberries	1/2 cup for days 7-8	38 calories	Vitamins Glucose Carbs	Mother Earth Products	2 cups (sharing with Kaden) = \$7.95	Mother Earth Products https://motherearthproducts.com/products/freeze-dried-strawberries?variant=7993196707900
Dried Prunes	2-3 prunes each day	50 calories	Fiber Glucose Carbs	Mariani	1 bag = \$6.99 (share with Kaden)	King Soopers

TOTAL		~438 calories			\$39.62	
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Kaden Breakfast (will eat this every morning for 8 days):

Item	Amount	Calories	Benefits	Brand/Type	Cost	Where to purchase
Oatmeal	2 packets each day	280 calories	Fiber Carbs	Quaker Fruit and Cream Instant Oatmeal	\$2.79 per 8 packets x 2 = \$5.58	King Soopers
Protein Powder	1 scoop a day	150	Protein	Optimum Nutrition Whey Chocolate Protein Powder	1 bag = \$16.49	Amazon https://www.amazon.com/-/es/gp/product/B00G4MA4B8/ref=ewc_pr_img_1?smid=ATVPDKIKX0DER&psc=1
Dried Raspberries	1/3 cup for days 1-3	32 calories	Vitamins Glucose Carbs	Mother Earth Products	2 cups (sharing with Maddi) = \$0	Mother Earth Products https://motherearthproducts.com/products/freeze-dried-raspberries?variant=7993189695548
Dried Blueberries	1/3 cup for days 4-6	29 calories	Vitamins Glucose Carbs	Mother Earth Products	2 cups (sharing with Maddi) = \$0	Mother Earth Products https://motherearthproducts.com/products/freeze-dried-blueberries?variant=7993161547836
Dried Strawberries	1/2cup for days 7-8	38 calories	Vitamins Glucose Carbs	Mother Earth Products	2 cups (sharing with Maddi) = \$0	Mother Earth Products https://motherearthproducts.com/products/freeze-dried-strawberries?variant=7993196707900
Tea	1 bag of tea	5 calories	Caffeine	Morning Thunder	\$2.49 for a	King Soopers

				Celestial Seasonings	box x 2 = \$4.98 (to share with Maddi)	
Honey (to sweeten tea)	0.5 oz a day	65 calories	Glucose	Simple Truth Organic Honey	\$3.99	King Soopers
		~538 total			\$31.04	

Maddi Lunch (will eat this every day for 8 days):

Item	Amount	Calories	Benefits	Brand/Type	Cost	Where to purchase
Gluten Free Tortillas	1 a day	190 calories	Carbs	Mission	\$3.29 per 12 packets x 2 = \$6.58	King Soopers
Tuna packet	1 a day	130 calories	Protein	StarKist Chunk Light Tuna	1 packet = \$1.25 x 8 = \$10	King Soopers
Hummus	4 tablespoons	220 calories	Protein	Dehydrated Hummus	16 ounces (32 tablespoons) = \$5.88 \$5.88 per pound	Mountain Mama's
Carrot	½ carrot	12 calories	Carbs fresh!	Kroger	5 lb bag (sharing with Kaden, will eat some on car ride) = \$2.99	King Soopers
Red Pepper	½ pepper	18 calories	Carbs fresh!	Kroger	\$1.50 each x 4 = \$6	King Soopers
Sriracha	3 packets	15 calories	spicy!	Fix	25 packets = \$6.99	Amazon https://www.amazon.com/-/es/gp/product/B0875J77QP/ref=ox_sc_act_title_11?smid=A2FNQ1S4FFF

						Y8Y&psc=1
Mayo	3 packets	258 calories	Fat	Kraft	24 packets	Already have
		843 calories			\$38.44	

Kaden Lunch (will eat this every day for 8 days):

Item	Amount	Calories	Benefits	Brand/Type	Cost	Where to purchase
Flour Tortillas	2 a day	450	Carbs	Kroger	\$1.89 for 8 tortillas x 2 = \$3.87	King Soopers
Peanut Butter	1-2 tbsp a day	100-200	Protein	Simple Truth Organic Crunchy Peanut Butter	1 jar = 14 tablespoon, \$3.99	King Soopers
Dark Chocolate Granola	⅓ cup a day	390	Carbs	Bear Naked	\$3.79 for 3 days of ⅓ cup x 3 = \$11.37	King Soopers
M & Ms	1 oz a day	160	Glucose	Peanut M & Ms	\$3.37 for 10 oz bag	King Soopers
Honey	½ oz a day	65 calories	glucose	Simple Truth Organic Honey	\$0 (cost listed in breakfast)	King Soopers
TOTAL		1165-1265 calories			\$22.60	

Maddi Snacks (will eat this every day):

Item	Amount	Calories	Benefits	Brand/Type	Cost	Where to purchase
Protein Bar	1 a day	150 calories	Protein Carbs	IQ Protein Bar	\$24.99 for a back of 12 bars	Amazon https://www.amazon.com/-/es/gp/product/B07Y7H3FH/B/ref=ox_sc_act_title_7?smi d=AODVMGMTMN5ADJ&psc=1

Chocolate	¼ of a bar a day	144 calories	Carbs	Xoxo Chocolate	\$3.86 per bar (lasts 4 days) x 2 = \$7.72	King Soopers
Granola	⅔ cup of granola	430 calories	Carbs	Purely Elizabeth Vanilla	\$6.92 x 2 bags = \$13.84 (⅔ cups a day for 8 days = 2 bags)	King Soopers
Salted Mixed Nuts	¼ cup a day	172 calories	Fat	Kroger	\$7.99	King Soopers
Crackers	6 crackers a day	120 calories	Carbs	Simple Truth Organic	1 pack, \$2.99	King Soopers
TOTAL		1,016 calories			\$73.28	

Kaden Snacks:

Item	Amount	Calories	Benefits	Brand/Type	Cost	Where to purchase
Salted Mixed Nuts	½ cup	345 a day	Protein, fat	Kroger	\$7.99	King Soopers
Beef Jerky	1 oz a day	180 a day	Protein	Jack Links	3 bags, \$4.99 each = \$14.97	King Soopers
Corn Nuts	⅔ cup	780 a day	Protein, fat	Corn Nuts	8 bags, \$1.29 each = \$10.32	King Soopers
Cliff Bars	1 a day	240 a day	Protein	Cliff Bars	\$1.25 x 8 = \$10	King Soopers
Carrot	½ carrot	12 calories	Carbs fresh!	Kroger	5 lb bag (sharing with Maddi, will eat some on car ride) = \$0	King Soopers

Cheddar Cheese	1 ⅓ oz a day	160 a day	Protein	Kroger	\$3.99	King Soopers
TOTAL		1,717 calories			\$50.26	

5 Dinners: Ramen

Item	Number	Calories	Benefits	Brand/Type	Cost	Where to purchase
Ramen	1 packet each per night	380 calories	Carbs	Lotus Black Rice Ramen	\$1.89 per packet x 10 = \$18.90	King Soopers
Dried Vegetable Soup Mix	1/4 cup each per night (2 servings)	200 calories	Carbs	Mother Earth Products	Full quart mylar bag (13 serving for \$12.30) + 2 cup mylar bag (7 servings for \$6.83) = \$19.13	Mother Earth Products https://motherearthproducts.com/collections/all/products/dried-vegetable-soup-mix?variant=7993230131260
Tamari	1 packet each per night	5 calories	Salt!	San-J	20 packets = \$4.04	Amazon https://www.amazon.com/-/es/gp/product/B0073M51SE/ref=ox_sc_act_title_13?smid=A3AFTPXK3AVV55&psc=1
TOTAL		580 calories			\$42.07	

2 Dinners: Curry Lentils

Item	Number	Calories	Benefits	Brand/Type	Cost	Where to purchase
Curry Lentils	½ cup each per night	550 calories	Protein	Bulk Mountain Mama's Curry Lentils	\$10.13 (one pound = 16 oz = 2 cups)	Mountain Mama's
Dried Vegetable	1/4 cup each per	200 calories	Carbs	Mother Earth Products	7 oz mylar bag (7	Mother Earth Products

Soup Mix	night (~2 servings each per night)				servings) = \$6.83	https://motherearthproducts.com/collections/all/products/dried-vegetable-soup-mix?variant=7993230098492
Coconut oil	1 tablespoon each per night	135 calories	Fat	Nutiva Coconut Oil	\$4.57	Mountain Mama's
Salt	Pinch or a sprinkle	0	Flavor	Morton	\$0.99	King Soopers
TOTAL		885 calories			\$22.52	

1 Dinner: On Day 8 (when we get to the Everett Decora Trailhead)

Kaden = Campbell's Chicken noodle soup - \$1.99, 250 calories

Maddi = Pacific Thai Sweet Potato soup - \$3.75, 310 calories

TOTAL: \$5.74

TOTAL = \$325.57 ~ \$162.78 each ~ \$20.35/day (for 8 days)

Equipment List

Individual Gear

Item	Number (each)	How we will get this item (left blank if either one/both of us already owns this item)
Packs ~65-70 liters	1	
Pack cover	1	
Backup trash bag	1	
T-shirt	2-3	
Long sleeve base layer	1	
Base layer bottom	1	
Light fleece	1	
Thick warm layer/ puffy jacket	1	
Rain jacket	1	
Underwear/sports bras	3	
Hiking pants	1	
Hiking shorts	1	
Fleece pants	1	
Rain pants	1	Kaden needs to rent from CC Gear house (free)
Sun hat	1	
Warm hat	1	
Light gloves	1 pair	Kaden will rent from CC Gear House (free)

sunglasses	1	
Camp/River crossing shoes that can get wet	1	
Hiking boots	1	
Hiking socks	3-4	
Trekking poles	1	
Camp shoes	1	
SPF Lip balm	1	
bandanas	1-2	
Headlamp with extra batteries	1	
Sleeping bag and compression stuff sack	1	
Sleeping pad	1	
Nalgene	2	
Book (optional)	1	
Mess kit (bowl/spork)	1	
Light mug	1	
Journal and pen (optional)	1	
Toiletries kit (toothbrush, toothpaste, hair ties, medications, tampons, etc.)	1	

Cell phone (for maps and emergencies)	1	
Pocket knife	1	
Whistle	1	
Watch with alarm	1	
Personal items (ID, cash, medical card) – mainly for travel to/from site	n/a	
Bug head net	1	

Group Gear

Item	Number (for group)	How we will get this item (left blank if either one/both of us already owns this item)
Nail clippers	1	
2 person tent (with rainfly, stakes, ground tarp)	1	
small tarp	1	
MSR Pocket Rocket	1	
Fuel	3 8-oz MSR IsoPro cans	Will purchase out-of-pocket
Sunscreen (75+ SPF)	1-2bottle	
Bug spray	1 bottle	
Tent repair kit	1	Purchase with our own money

Stove repair kit	1	Rent from CC Gear House (free)
Compass	1	
Duct tape/gear tape	1 small roll	
Pack repair kit (Small sewing kit/ dental floss/ awl/ extra buckles)	1	
Lighters	2-3	
paracord	1 small roll	
Cutting Board	1	
Pot with lid	1	
Pan	1	
Cooking utensil kit (spatula, serving spoon)	1	
Ursaks	5 (2 each + 1 to store our WAG bags at night)	Free rental through Outdoor Education
Small hand sanitizer	1	
Maps of Frank Church River of No Return Wilderness	2 copies (each carry one map)	
Satellite phone (Garmin InReach)	1	We will need to buy a \$30 subscription for our trip but we will borrow the device from Kaden's dad (not included in budget, this will be an out-of pocket expense)

Charging Banks	2	
Charging cords	1	
Goal Zero Solar charger (optional)	1	
Small sponge	1	
Small bottle of biodegradable soap	1	Will purchase out-of-pocket
Water treatment (Aquamira)	2 (1 each)	Will purchase out-of-pocket
Pot grabber	1	
hammock	1	
Dromedary bag	1	
Reusable Ziploc bags (for medical, food, and human waste purposes)	6	Will purchase out-of-pocket
Cleanwaste Wag Bags	8	Get for free from CC Gear House for RKMF Expeditions
Bear Spray	2	
Steripen and extra batteries (backup water treatment)	1	
First Aid Kit	1	Rent from CC Gear House (free) and then we will supplement it

TOTAL: \$0 (already have items, will be renting for free from OE, or plan to borrow from family and/or purchase items out-of-pocket)

First Aid Kit

Bandage Materials

- 6 - Bandage, Adhesive, Fabric, 1" x 3"
- 4 - Bandage, Adhesive, Fabric, Knuckle
- 3 - Bandage, Butterfly Closure
- 1 - Bandage, Conforming Gauze, 3"
- 2 - Dressing, Gauze, Sterile, 2" x 2", Pkg./2
- 2 - Dressing, Gauze, Sterile, 4" x 4", Pkg./2
- 2 - Dressing, Non-Adherent, Sterile, 3" x 4"
- 3 - Gloves, Nitrile (Pair)

Blister / Burn

- 1 - Moleskin, Pre-Cut & Shaped (14 pieces)
- 1- Bottle of Crazy Glue

Instrument

- 1 - EMT Shears, 4"
- 1 - Pencil
- 1- Notebook
- 4 - Safety Pins
- 1 - Splinter Picker/Tick Remover Tweezers

Medication

- 6 - After Bite Wipe
- 10 - Antihistamine/Benadryl (Diphenhydramine 25 mg)
- 30 - Ibuprofen/Tylenol
- 15 - Yeast infection Medication (Gyne-Lotrimin)

Wound Care

- 10 - Antiseptic Wipes
- 1 - Cotton Tip Applicator, Pkg./2
- 1 - Dressing, Petrolatum, 3" x 3"
- 1 - Skin Tac Topical Adhesive Wipes
- 4 - Syringe, Irrigation, 10 cc, 18 Gauge Tip
- 1 - Tape, 1/2" x 10 Yards
- 10 - Triple Antibiotic Ointment, Single Use

Other

- 2- Emergency Blankets
- 1 - WFR Book
- 10 - throat lozenges
- 1 - EpiPen

20 - Zyrtec
1 - oral thermometer
4 - glucose/sugar packets
20 - antacids/Tums
1 - medical waste bag
20 - diarrhea medicine (pepto-bismol)
1 - eye wash

Kaden and Maddi's Happy Salmon Expedition Final Budget

Transportation		
Item	Cost	Notes
River Shuttle Service	\$450 Total for Shuttle Service \$50 cash for gas (as requested by shuttle company) \$400 for shuttle service	https://www.rivershuttles.com/ \$50 cash for gas (as requested by shuttle company) \$400 for shuttle service
Gas *based on Maddi's car with 23 mpg (from Colorado Springs XXXXXX to Boundary Creek Campground)	\$11.41 + \$95.29 = \$106.70	Calculated on https://www.gasbuddy.com/tripcostcalculator 963 miles, 35.2 gallons of gas
Gas *based on Maddi's car with 23 mpg (from Everett Decora Trailhead to Colorado Springs, CO)	\$100.03	Calculated on https://www.gasbuddy.com/tripcostcalculator 858 miles, 36.64 gallons of gas
TOTAL TRANSPORTATION	\$656.73	
Food and Fuel		
Item	Cost	Notes
Groceries for 8 days in field	\$325.57	For both Kaden and Maddi, \$162.78 each ~ \$20.35/day (for 8 days)
Pocket Rocket Fuel	\$0.00	3 8oz IsoPro canisters, will buy out-of-pocket
TOTAL FOOD AND FUEL	\$325.57	
Gear		
Item	Cost	Notes
TOTAL GEAR	\$0.00	Already have items, will be renting from Outdoor Ed gear house for free, borrowing from friends and family, or purchasing out-of-pocket
Permits		
Boundary Creek Campground for 1 night	\$10	https://www.recreation.gov/camping/campgrounds/233355
TOTAL PERMITS	\$10	
Carbon Offsetting		
Item	Cost	Notes
Carbon Offsetting	\$6.67	Calculator
TOTAL CARBON OFFSETTING	\$6.67	
Maps and Books		
Item	Cost	Notes
None	\$0	River of No Return Wilderness and River Maps from Kaden's Dad
TOTAL MAPS AND BOOKS	\$0	
TOTAL REQUEST	\$998.97	~\$499.49 per person