



Ritt Kellogg Memorial Fund Registration

Registration No. 291Z-V112P

Submitted Apr 19, 2021 10:08pm by Ana Kilgore

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.

**Waiting
for
Approval**

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

Participant



Ana Kilgore



Trip Summary

Trip Name

A Wheelie Good Trip: Biking California's Coastal Highways

Objectives

On this trip, we aim to accomplish our first long-term bikepacking trip ever by completing a portion of the pacific coast route. Both of us have enjoyed biking as a hobby for years, and we began biking with one another frequently at the beginning of our junior year at CC. On these ventures, we had long conversations about our biking aspirations in the future, eventually moving from going to short rides around the CC area to longer trips biking to beautiful places like Garden of the Gods,

Palmer Park, and Pikes Peak. We want to take our love for biking to the next level by completing a bike tour. We not only hope to expand our biking knowledge (mechanics, navigation, etc.), but also hope to continue to develop our future cycling aspirations as we go on this journey together. We will be navigating in a variety of different settings; highways along the ocean, cities, mountain roads, and are excited to experience an area famous for its wide range of scenery and terrain.

The structure of the pathways grant is perfect for an expedition like ours. This experience will be a stepping stone for longer distance rides where we could possibly average 50-60 miles a day in more remote regions. Although we both have extensive experience in the backcountry from backpacking and camping trips, the combination of isolation paired with the prospect of novel impediments such as traffic accidents is a daunting obstacle. The support of the pathways grant is especially helpful for our first venture into bike touring, as neither of us would feel fully comfortable jumping into a more remote tour with little overnight experience. We will be troubleshooting and problem solving on this trip (bike fixing, directions, taking breaks, food preparation) in an accessible and less remote setting, which makes this expedition a great introduction to long-term tours. Additionally, the chosen route is a famous one in the biking community, and we hope to potentially meet more experienced individuals with stories, advice, and suggestions for future adventures. Biking the pacific coast is not only a great introduction to long-term trips, but a great way for us to learn more about bikepacking culture.

Completing this expedition would be an accomplishment which would give us the confidence to venture out on longer, more complex routes, and dig deeper into the world bikepacking. We are incredibly thankful for the opportunity to complete this route with the support of Colorado College Outdoor Education and the Ritt Kellogg foundation, entities which have facilitated our growth into experienced and confident outdoorsmen. Although we fully expect to face challenges along the way, we couldn't be more excited for an opportunity to venture into the wilderness together as a capstone to our fourth year (and final year for one of us) at CC!

Location

Over the course of 11 days, we will travel from Redwood City to Santa Barbara following a coastal route. We chose this location because we want to experience the beautiful scenery of the California coast; the rolling hill, rocky cliffs and redwood trees. Although the majority of the journey will take place at sea level, there will also be challenging periods of intense elevation gain and loss. This location will perfectly facilitate our trip objectives by providing a challenging first bikepacking route where medical and technical help is not too far away if the worst occurs. The extensive list of hospitals and resource numbers in the area is comforting to both us (and especially to our parents!). Biking along the Pacific coast has been an aspiration of Ana's for years after being inspired by a friend who completed the trip, and we are eager to check out a segment in order to consider doing more in the future.

Departure Date

Aug 16, 2021

Return Date

Sep 1, 2021

Days in the Field

11

Wilderness Experience

Due to the popularity of the location and accessibility that comes along with paved roads, we will not be able to fully escape the front country and enter into the physically isolating nature of the backcountry. We understand the opportunity for growth that comes along during periods in the wilderness isolated from normal life, and have agreed to maximize what we can get out of this expedition by minimizing our interactions with technology and urban areas, including using our cell phones exclusively for emergencies and navigation when necessary (photos allowed as well!), rely on paper maps and instructions when possible, and only interact with front country resources when resupplying food and water. We are preserving our wilderness experience by camping in dispersed areas, bike-in only sites, and tent-only sites when we can. Celia and I are eager for this expedition because of the chance to experience beautiful natural scenery in a physically challenging setting, the same mentality we had when applying to a backcountry Ritt grant last year, and are eager to leave the front country behind for a bit to experience a challenging and rewarding period of growth.

Participant Qualifications

Participant Information

Celia Herdic, [REDACTED]
Ana Kilgore, [REDACTED]

Does your group have adequate experience?

Yes

Training Plan


We hope to complete an average of 40 miles a day (20 miles in the morning and 20 miles in the afternoon) on our trip. To do this we will each keep up our workout regimes daily (running, walking, biking) and continue to go on bike rides together. Both of us are avid cyclists, we typically ride at least 2-3 times a week and will continue and intensify our routines leading up to the expedition. We hope to do long day trips together and separately to prepare for our planned 40 mile average. We also will prepare for our first multi-night expedition ever by doing a few overnight trips before our date of departure in August. Specifically, we are planning to go to Knights Peak in western Colorado Springs with a total of 38.9 miles over the last weekend of April (dependent on weather). In late May, we plan to do a longer overnight trip, potentially riding to Aspen, and will attempt to cover 70+ miles in one day to mimic our longest day of the planned expedition. We hope to follow the annual aspen bike itinerary which has a middle day of about 70 miles.

They will also allow us to gauge our fitness level going into the summer, when we will have 2+ months to train to our desired fitness level. Additionally, we will rent the same gear we plan to use in California from outdoor ed to get used to the weight and bulkiness. Getting experience with the high elevation and large elevation gains on these two ventures will help us in the training process, especially because our trip is at sea level. Although much of the expedition will pass through areas with little altitude gain, riding in the mountainous areas surrounding Colorado Springs will assist us in training for the hills we will experience in areas such as Big Sur. We will be separated over the summer, but will check in on each other's training progress on a weekly basis to hold each other accountable for preparation and be aware of any physical concerns.

In addition to physical training, we hope to hone in on our bike mechanic skills before we go on the trip. We also plan to utilize the bike co-op at CC for bike repair and maintenance questions and additionally will take a mechanics workshop at local shops over the summer (in COS for Celia, Albuquerque for Ana) to prepare for any issues we could experience on our journey and receive additional advice on our trip.

Trip Logistics, Gear and Food

Travel Plan

 they will journey to LA. We will spend a day in LA checking our bikes and getting prepared, and the next morning we will drive to Santa Barbara, our ending destination, and park Celia's personal car in the rental car parking lot. We will then rent a car going up to South San Mateo with our bikes in the back. We will arrive at the rental car agency in Redwood city around midday and then bike from there to our first camping site.

Trip Itinerary

[WheellieGoodTrip_Itinerary.pdf](#) (8.1MB)

Uploaded 4/19/2021 9:16pm by Ana Kilgore

[WheellieGoodTrip_Itinerary2.pdf](#) (39KB)

Uploaded 4/19/2021 9:20pm by Ana Kilgore

Digital Map

[https://www.komoot.com/tour/348027503?](https://www.komoot.com/tour/348027503?share_token=aIP0zOL3HDxpBW4OtN0wRmwnVNGDO2nje8suZIXQHAAVotcfft&ref=wtd)

[share_token=aIP0zOL3HDxpBW4OtN0wRmwnVNGDO2nje8suZIXQHAAVotcfft&ref=wtd](https://www.komoot.com/tour/348027503?share_token=aIP0zOL3HDxpBW4OtN0wRmwnVNGDO2nje8suZIXQHAAVotcfft&ref=wtd)

Re-rationing

We will ration twice on the expedition, the first time by mailing a box of food to San Juan Bautista, and the second time by ordering groceries to the Sotos true earth market in Cambria (this decision was motivated by a desire for some fresh foods towards the conclusion of the journey). For the first, we will buy groceries in Albuquerque, NM where food is significantly cheaper than in LA. On this grocery trip, we will not only get the restock for San Juan Bautista but also the food for the first leg of the trip which is 3 days. We will pack the food and ship it in LA so it will arrive in less than 3 days, and wait for us in San Juan Bautista on August 23rd. For the second, we will place an order at Soto's True Earth Market before departing to be picked up on August 27th around 10 am.

San Juan Bautista Post Office:

Hours: 9am-4pm

1 (800) 275-8777

301 The Alameda

San Juan Bautista, CA 95045

Soto's True Earth Market:
 Hours: 8am-8pm
 1 (805) 927-3410
 2244 Main St
 Cambria, CA 93428

Food Storage

For food storage we will carry our food in Ursacks to be safe (which we will rent from the gear house). The only night of the expedition where bears will pose a risk is the last night, when we will be in bear country. Throughout the trip, we will still bag our food to keep creatures (bugs/small mammals/ birds) out of our food as required by the principles of LNT.

Food List

[WhealieGoodTrip_FoodPlan.pdf](#) (70KB)

Uploaded 4/19/2021 9:24pm by Ana Kilgore

Equipment List

[WhealieGoodTrip_Equipment....pdf](#) (63KB)

Uploaded 4/19/2021 9:37pm by Ana Kilgore

First Aid Kit List

[WhealieGoodTrip_FirstAidK....pdf](#) (50KB)

Uploaded 4/19/2021 9:35pm by Ana Kilgore

Impact

We will follow the principles of Leave No Trace, packing out all of our waste and/or disposing of it in designated bins at campgrounds when that option is available. This route is a popular one among cyclists, so we expect to encounter many others and will set an example of packing out waste and leaving wildlife undisturbed while camping, breaking, and while on the road. This trip is an opportunity for us to deepen our cycling skill sets, hone our bike repair techniques, strengthen our tour planning abilities, and in general, making long-term trips and commuting more accessible activities in the future. The Pathways Grant provides us with the learning tools to mature as cyclists, helping us get more into a lifelong activity which will lower our carbon footprint. Our greatest impact on this trip will be traveling to and from our departure site. Carbon emissions round-trip from Albuquerque to Santa Barbara cost \$8.58 to offset and our one-way rental car journey from Santa Barbara to Redwood City will cost \$2.22 to offset, totalling an offset cost of \$10.80.

Risk Management

Objective Hazards

Road Hazards

We have situated our route to avoid one of the most dangerous sections in central California, the section between Santa Barbara and LA. However, road hazards will still most likely be our biggest concern on this trip and we have made a list of certain protocols that we will both agree to abide by. No music on busy roads. Listening to music can be distracting and can easily cause one to lose control of their bike, and additionally can hamper our abilities to pay attention to the other's attempts at communicating.

Regular brake checks before going down steep hills. We will check each other's breaks frequently on hilly days especially. Cars on the shoulders. We will only leave the bike lane when there is a car on the shoulder, and while doing this, we plan to make sure that there aren't any cars behind us before passing using both our mirrors and a brief over the shoulder glance. If we do not have time to look behind us then we will stop behind the car. Biking at night. We have made our itinerary to finish biking way before the sunsets most days, but we will bring lights on our bikes just in case we find ourselves biking into the evening. Lights will also help with visibility in hazy conditions (due to pollution, forest fires, fog, etc.). Having lights will also make us feel more comfortable getting early starts on our longer days. Communication on the Road. We will be very communicative on the road when we need to take water breaks or are having bike issues. We plan to ride close at all times so as to be able to communicate verbally, but will also have a bike bell signal to call breaks if we are out of earshot of each other. We will also communicate with other vehicles using hand signals to remain completely safe the whole time. In general, both Ana and I feel comfortable with traffic as we both ride together on a weekly/monthly basis. We feel comfortable with road signals and communicating with cars. We will both be wearing jackets that are bright neon as well.

Overexhaustion

We designed our trip to have a balance of heavy, medium and light days on the road. Our trip gradually builds up in mileage over time, and our heavy days always have a light day situated afterwards (see excel of our itinerary for the differences in mileage per day and the intensity per day). We do have an intensely heavy day on the 7th and 10th days, and we have intentionally planned a very light day the following days. Our bikes will have low enough gears to ascend the steep inclines on our trip. This will prevent us from getting in unsafe situations of needing to walk our bikes along the road, and keep us

from becoming overly exhausted. We understand that overexhaustion can lead to inattention and accidents, and for this reason have incorporated taking breaks and resting as a part of our routine.

Bike Hazards

We will do bike checks everyday on one another's bikes before we start riding. We will check our breaks most importantly (especially when we are about to go down a decline) and be in constant communication on the health and safety of our bikes. We will bring a substantial bike repair kit and plan to take a bike repair class before we go to review old skills and learn new ones. We want to make sure that we understand how to do preventative maintenance and also fix things when needed. At the moment, we are both very familiar with inner tube patching and replacement, and somewhat familiar with brake and chain repair. We will also both get our bikes professionally serviced before the expedition to catch any issues we may have missed. Finally, we will make sure to both bring sturdy U-Locks to prevent theft while camping overnight, during re-rationing, and any other periods when our bikes may be unattended.

Weather, Environment & Climate change

Climate change has caused notable changes in California's mountain and coastal landscapes in recent years. Most predominantly, forest fires and landslides have disrupted the state during summers for the past few years, and are growing more and more intense from year to year. Due to this, we will take care to monitor fire conditions in all parts of the state (accounting for smoke and impacts to visibility as well) and landslide threats, in the news and state websites. Landslides are common events on the pacific coast, and their occurrence could easily disrupt our travel plans. We have developed a backup itinerary in the case of road closures on highway 1. We will never camp in landslide prone areas and will stay in established, flat areas. During our breaks, we will watch for signs of instability, such as leaning telephone poles and soil seeps, and be especially attentive while in fire-damaged areas. In general, we will avoid taking breaks of any length on steep hilly slopes which could be at risk. Forest fires are common in California, and there is a strong chance our trip will be impacted in some way by nearby fires. Some disruptions we anticipate are evacuations changing traffic patterns, smoke could lowering visibility on roads and causing lung irritation (and persistent smoke could cause minor medical issues and interfere with breathing) and areas we plan on biking through may become inaccessible and unsafe due to closures and evacuation orders. In the case of a fire, we will pause riding in cases of severely reduced visibility, and will have lights to still be visible to cars. In the case that smoke conditions create persistent and/or worsening unsafe road conditions, we will backtrack to a safe location and evacuate by asking Celia's uncle to pick us up. We will be careful to keep in touch with evacuation guidelines and road closures due to fire, and follow any instructions given by the county if our route becomes impassable. We are going in late August. Luckily in these sections of California the weather is moderate but in the event of a rain storm we will have rain gear prepared and will take cover in the event of a thunderstorm. With severe weather and risk of flash floods we will not bike as it is a risk to our safety. We have accounted for wind as well, our route travels north to south to ride with strong prevailing winds that are common on the coast instead of against them.

Personal Injury & Health

We are both WFR certified and plan on reviewing our needed skills before leaving (in the event of a head injury, heat exhaustion and other events that could happen on a bike tour). Additionally, we will all wear helmets at all times. Our current workout regimes ensure that we are used to strenuous rides of medium mileage, and our training plan specifies trips we plan to complete before our expedition to gauge our fitness and preparedness so we are used to the planned distance and repeated days of riding by August. We will avoid conditions of physical discomfort such as chafing, sunburns, and blisters by treating preventatively. Hydration is very important, and we will carry plenty of water each day for drinking and cooking. Most of our camping situations have potable water available, but for those that will not, we have noted locations on the itinerary to refill water.

Interpersonal Conflicts

A bike trip of this nature will be a new experience to both of us, and we expect to experience some stressful challenges despite careful planning. Celia and I are confident we will be able to work through any conflicts in a mature fashion, we have been friends for years and were roommates for an academic year as well, giving us practice confronting technical and personal challenges together.

COVID-19

Although we will both be fully vaccinated by the trip dates, we plan to do daily health check-ins similar to the CC daily covid check in order to be in touch with each other's well being. We also will continue to adhere to CC social distancing policies, and avoid unnecessary contact with individuals outside of our 2-person group.

Evacuation Plan

We have devised a tiered evacuation plan to address any number of emergency scenarios accounting for a variation of incident intensity (injury, natural disaster, equipment failure) and time sensitivity. Both Celia and I are WFR certified, and will use our risk evaluation and management skills to properly determine the correct protocol to use during an emergency.

Rapid Evacuation: This scenario will be triggered in the case of a time-sensitive, life-threatening emergency, and will cover the most extreme incidents. We will be on roads for the duration of the trip, making us accessible by any ambulance in the event of a medical emergency. If in cell service range, we will call 911 and follow the operator's instructions. If not in service range, we will use our SAT phone to contact authorities. If we are in a remote area and help is distant, the non-injured party will use their WFR training to treat the injured party after contacting authorities until help arrives.

Self Evacuation: In scenarios less extreme than one requiring rapid evac, we will use one of three self-evacuation methods to leave our biking route. In the case of injury, the decision of which method to use will be based on WFR protocol and depend on the severity of the incident and the injured party's level of pain or discomfort. These are scenarios which do not warrant a 911 call or professional assistance to reach medical help. We will be in service range for the majority of the trip, but if an emergency occurs in an area where we do not have service and Self Evac A is not possible, we will first attempt to move to an area where service is available (backtracking if service areas were noted nearby, otherwise proceeding towards the nearest developed area). If one party is unable to bike but not under a time-sensitive threat to health or well being while we are out of service, we will first use the SAT phone to contact Celia's uncle, and remain in place.

Self Evac A: Preferably, we will leave our route on bike and head to the nearest city center as detailed in our itinerary. In the case of evacuation due to wildfires or other natural disasters, we will follow the directions of authorities concerning evacuation. We will first address the cause of evacuation (getting advice from medical professionals in the case of injury/other health issues) and reassess whether or not to return to our scheduled itinerary and continue our route. If we decide not to continue, we will call Celia's uncle and be driven back to Celia's car in Santa Barbara for the journey home.

Self Evac B: In less time-sensitive scenarios when continuing to bike is no longer an option, Celia's uncle in Los Angeles has agreed to pick us up along the coast in any event of an emergency preventing the completion of our trip. In this scenario, we would stay in place, finding a comfortable and safe place removed from traffic, until picked up. This will likely take 5+ hours.

Self Evac C: In more time-sensitive scenarios not qualifying a rapid evac emergency, we will use a ride-share service such as Lyft or Uber in order to reach the nearest city center and/or hospital. This is our last resort before the rapid evac option, and most likely would take around 1-5 hours depending on our location.

Special Preparedness

Neither of us has a medical history or outstanding issues warranting special preparedness.

Emergency Resources

Ranger Districts & Parks:

- Midpeninsula Regional Open Space District (650-691-1200) (To report serious emergencies (650-968-4411))
- Pescadero County Park/Memorial County Park (650) 879-0238
- Butano State Park (650) 879-2040
- Ano Nuevo State Marine Reserve (650) 879-2025
- Henry Cowell State Park (831) 335-4598
- Monterey Ranger District 831-242-0619 (phones answered Mon-Fri 8-430)
- Ventana Wilderness (Ventana Wilderness Alliance) (831) 423-3191
- Santa Lucia Ranger District at (805) 925-9538
- Los Padres National Forest 805-968-6640
- Cachuma Lake Recreation Area (805) 686-5055 (Gate)
- County numbers:
 - Lompoc (805) 737-7775
 - Santa Barbara (805) 681-4200
 - Santa Maria (805) 934-6295
 - Solvang (805) 686-5011

Hospitals (a guide to which we will navigate to for each day of the trip is included in the itinerary):

Sequoia Hospital:

170 Alameda de las Pulgas, Redwood City, CA 94062
16503695811

Stanford Hospital:

300 Pasteur Dr, Stanford, CA 94305
650-723-4000

Dominican Hospital:
1555 Soquel Dr, Santa Cruz, CA 95065
18314627700

Watsonville Community Hospital:
2468, 75 Nielson St, Watsonville, CA 95076
18317244741

Hazel Hawkins Memorial Hospital:
911 Sunset Dr, Hollister, CA 95023
18316375711

Salinas Valley Memorial Hospital:
450 E Romie Ln, Salinas, CA 93901
18317574333

Community Hospital of the Monterey Peninsula:
23625 Holman Hwy, Monterey, CA 93940
18316245311

Mee Memorial Healthcare System:
300 Canal St, King City, CA 93930
18313856000

Twin Cities Community Hospital:
1100 Las Tablas Rd, Templeton, CA 93465
18054343500

Sierra Vista Regional Medical Center:
1010 Murray Ave, San Luis Obispo, CA 93405
18055467600

Arroyo Grande Community Hospital:
345 S Halcyon Rd, Arroyo Grande, CA 93420
18054894261

Marian Regional Medical Center:
1400 E Church St, Santa Maria, CA 93454
18057393000

Santa Ynez Valley Cottage Hospital:
2050 Viborg Rd, Solvang, CA 93463
18056886431

Goleta Valley Cottage Hospital:
351 S Patterson Ave, Santa Barbara, CA 93111
18059673411

Emergency Communication

We will both have working phones as we will be in signal for the majority of the trip and will both have portable chargers to recharge if our batteries die. We will also have a SAT phone for potential emergencies when we are out of signal range.

COVID-19 Preparedness

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

The state of California has instituted a tiered ranking system for all counties based on risk. Counties can be categorized as yellow (lowest risk level), orange, red, or purple (highest risk level). The lower the risk, the more facilities are permitted to remain open. Currently, the counties we will be traveling through are all either orange or red. Statewide, over 20 million doses of one of the vaccines have been distributed and hospitalizations have stabilized and California is now advertising a "grand reopening" of the state on June 15th, dependent on vaccination supply. It is hard to tell what the COVID-19 landscape will look like when we depart in August, but we will use the following informational links to keep track of cases

and hospitalizations over the summer.

<https://www.nytimes.com/interactive/2021/us/california-covid-cases.html>

Tier assignments: <https://covid19.ca.gov/safer-economy/#county-status>

San Mateo County:

-Tier Orange

-As of April 15th, San Mateo county has 20 available acute care beds and 7 available ICU beds plus additional surplus capacity in each category. San Mateo has experienced a 10% decline in cases during the past two weeks.

-ICU capacity & Hospital Data: <https://www.smchealth.org/data-dashboard/hospital-data>

-Cases: <https://www.smchealth.org/data-dashboard/cases-city>

Santa Cruz County:

-Tier Orange

-As of April 15th, 11 ICU beds are currently available in Santa Cruz county. Cases have experienced a 96% increase from two weeks ago.

-Hospitalizations:

<https://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/CoronavirusHome.aspx>

-Case numbers:

<https://www.santacruzhealth.org/HSAHome/HSADivisions/PublicHealth/CommunicableDiseaseControl/CoronavirusHome.aspx>

-ICU Beds:

https://public.tableau.com/shared/K4SJRN97W?:display_count=n&:origin=viz_share_link&:embed=y&:showVizHome=no

Monterey County:

-Tier Orange

-Cases are up 46% from two weeks ago, and ICU capacity is currently at 48%.

-Monterey COVID text updates: MCCOVID19 to 888777

-Case numbers and general information: <https://www.co.monterey.ca.us/government/departments-a-h/health/diseases/2019-novel-coronavirus-covid-19>

San Luis Obispo County:

-Tier Red

-Up 4% from two weeks ago. 63% of ICU beds (out of 38) are currently available.

-Case numbers and ICU beds: <https://www.emergencyslo.org/en/covid19.aspx>

-Current restrictions: <https://www.emergencyslo.org/en/currentrestrictions.aspx>

Santa Barbara County:

-Currently Tier Red, potentially moving down to tier orange next week

-Cases are up 25% from two weeks ago. ICU bed availability is currently at 31.6%.

-Case numbers and ICU Beds: <https://publichealthsb.org/status-reports/>

COVID Info Portal: <https://publichealthsb.org>

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

Overall, we plan to fully adhere to CDC policies while traveling and in the field to avoid contracting and transmitting COVID-19. We will be avoiding hotels or other lodging in favor of staying with fully vaccinated family members, which will both save money and prevent contact from strangers. We will buy food for our travels when we purchase food for our first resupply, so we will have to visit as few businesses as possible while traveling.

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 plan to interact minimally with residents of the areas we will be passing through by using minimal indoor resources. We have two planned re-rations along the route, shipping a box to the first and ordering groceries in advance in the second to both maintain our isolation from front country settings and residents of the area by minimizing our time inside buildings. We will camp outdoors, apart from other recreationalists, and will wear masks when interacting with others.

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

We plan to act as a "Family Unit." Both of us will be fully vaccinated by the date of departure, so becoming a pod aligns with CDC guidelines. Despite our vaccinations, we will conduct a health check-in similar to CC's daily self check, taking temperatures and pulse checks and asking each other about possible covid symptoms. We will stock our first aid kit with extra supplies related to maintaining hygiene and preventing transmission such as extra face masks, a thermometer, a pulse oximeter, and ample hand sanitizer. We will only interact with members outside our pod 6 feet apart, with masks on.

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

If one of us develops symptoms of COVID-19, we will immediately begin to make efforts to prevent transmission between the two of us, wearing masks around the other, and remaining 6 feet apart at all times, including during meals and while sleeping. If symptoms are minor, we will find a testing center through the county we are in, and follow enhanced social distancing protocol until a negative test result is received. We will both get tested, and await results without continuing our itinerary. In the case of a positive test, our general plan would be to find a hotel and quarantine for two weeks. However, we will call the county health lines for additional advice and follow the instructions given, which could mean quarantining in a designated location, leaving the county, or evacuating.

County COVID-19 hotlines:

*211 for works statewide for non-emergency questions and advice

San Mateo:

Public COVID Call Center 800-273-6222

Santa Cruz:

COVID Hotline (831) 454-4242

Monterey:

COVID Call Center (831)769-8700

San Luis Obispo:

General COVID Questions (805) 788-2903

Santa Barbara:

Testing appointments and Info (888) 634-1123

Budget

Budget

[WheellieGoodTrip_Budget.pdf](#) (59KB)

Uploaded 4/19/2021 9:47pm by Ana Kilgore

Transportation

562.47

Food and Fuel

337.97

Maps and Books

0

Permits/Fees

262.00

Gear Rentals

67.00

Carbon Emissions Offsetting

10.80

Total Funding Request

1,000.00

Funding Per Person

500.00

Cost Minimization Measures

To minimize our expenses, we are using a personal car when possible and found the cheapest rental car option for getting to our starting point (for the one day). We are buying our food in Albuquerque, New Mexico, where it is significantly cheaper than California. Additionally, we are staying with family and are camping throughout the trip to avoid lodging costs. We have

a tiered evacuation plan to save money on minor, non-time sensitive emergencies. Because we are driving/traveling together, we will be able to minimize the cost of gas. We are renting our bikepacking gear from the gear house, free of charge instead of from a rental shop. Not included in our budget is our bikes (because we are bringing our own) and we hope to use the CC bike coop to avoid shop bike repairs costs on our personal bikes.

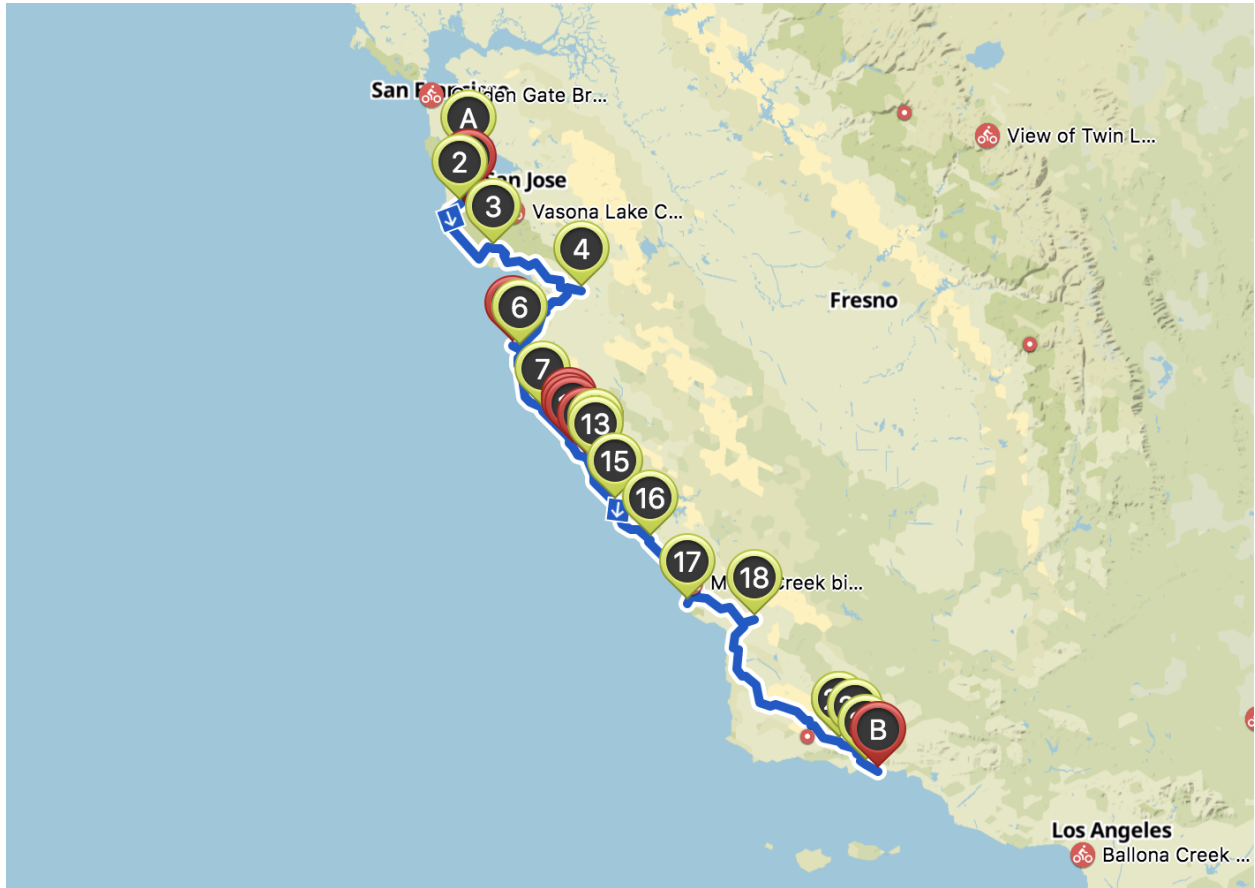
Pathways Agreement

Pathways Agreement

[WheellieGoodTrip_PathwaysA....pdf](#) (390KB)

Uploaded 4/19/2021 9:59pm by Ana Kilgore

Overall Map of Bike Trip along Highway 1 (see waypoints on excel to see corresponding destinations)



Terrains

See below the different surfaces (on the left) on our trip and the types of road (on the right)

SURFACES



- **Unpaved:** 12.5 mi
- **Paved:** 48.0 mi
- **Asphalt:** 373 mi
- **Unknown:** 4.36 mi

WAYTYPES

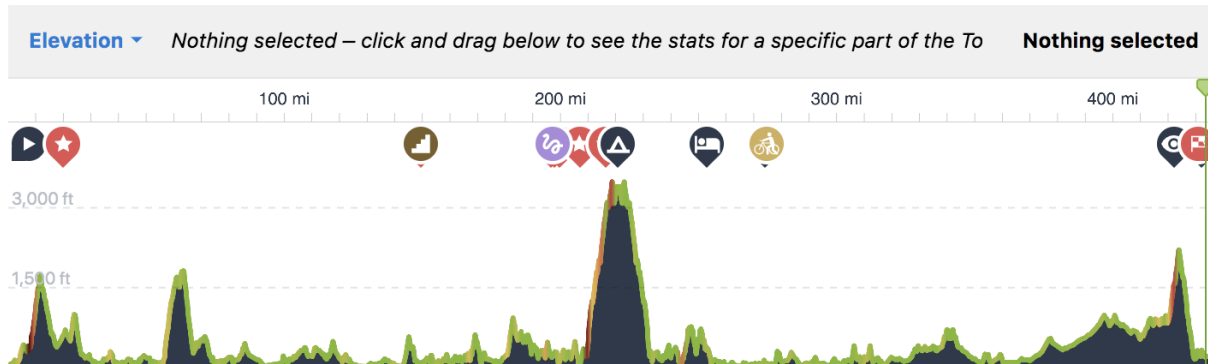


- **Path:** 3.07 mi
- **Access Road:** 126 yd
- **Cycleway:** 91.5 mi
- **Street:** 21.9 mi
- **Road:** 119 mi
- **State Road:** 200 mi
- **Off-grid (unknown):** 1.46 mi

Elevation Changes Overall

At the bottom, we will have an elevation chart with elevation differences each day.

TOUR PROFILE



▲ **Highest Point** 3,475 ft

▼ **Lowest Point** 0 ft

Route

We present two itineraries, one (Itinerary A) taking the traditional route down Highway 1, or an alternative taking roads away from the coast (Itinerary B). This precaution is due to a landslide which occurred in Big Sur this winter, causing the closure of Highway 1 for several months. Construction was recently announced to be concluding early, Highway 1 will open April 30 despite projections that repairing the damage would take until July or August. We still will include Itinerary B for planning purposes just in case the construction schedule changes, or another event of this nature interferes with our ability to use Itinerary A in August. At this point in time we have no reason to suspect itinerary A will be inaccessible, but we will include the planned routes for both.

We used Kamoot to map our bike trip because of its ability to avoid highways in favor of bike-friendly routes and include scenic trails. When you click on the links it'll take you to the overall map. Press 'edit'. This will allow you to see the entirety of the waypoints. On each day, below in the itinerary, it will be clear on the waypoints corresponding to each campsite and starting point. Please email me (c_herdic@coloradocollege.edu) if you have any immediate questions!

Itinerary A (On Highway 1):

https://www.komoot.com/tour/348027503?share_token=aIP0zOL3HDxpBW4OtN0wRmwnVNGDO2nje8suZIXQHAaVotcftT&ref=wtd

Itinerary B (Avoiding Highway 1):

https://www.komoot.com/tour/347336924?share_token=aaeqBHK3xi7EsyterTDVU4n0LQ3ifSMVaON9K35Wljinl8E5RzQ&ref=wtd

Also, below on each day in the field we will have the following information:

- Day #
- Milage

- General starting and ending point
- Kamoot waypoints
- Date
- General day summary
- Campground for that night
- Nearest hospital (beginning point, mid point hospitals and contact information [also included in emergency contact])
 - This information is also at the very bottom of the document.
- Map screen shot (way points included)
- Elevation profile of the day (includes highest/lowest point)

Navigation

Driving: We will use google maps to navigate to our starting point, but will also have paper road maps just in case.

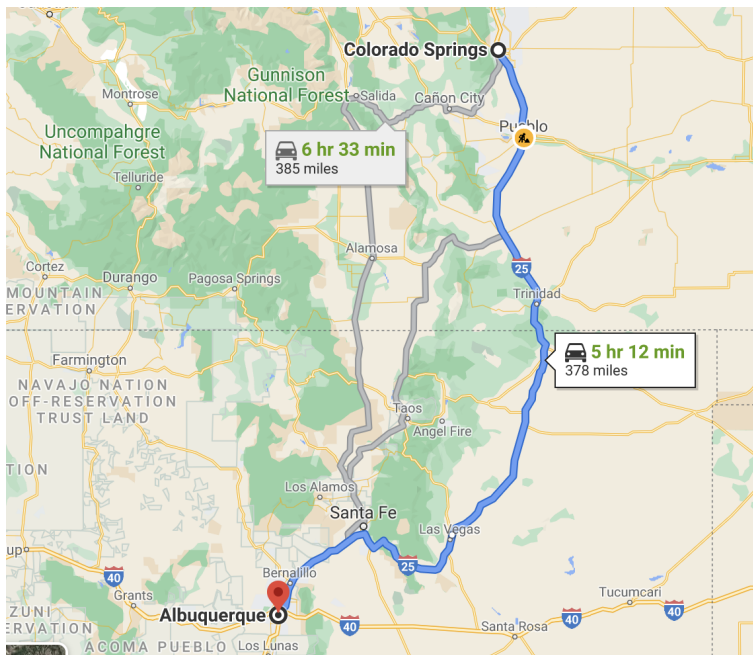
Biking: We will carry printed paper maps and written instructions primarily for each and every day. We will also use the Komoot app and download the maps for instances when we lose signal. Everyday we will review the route we will be taking. Leading up to our trip, we will also use google maps to study the turn offs so we can recognize them.

Travel Days

Travel Day 1 COS>>>Albuquerque (5hr 12min)

Monday, August 16th

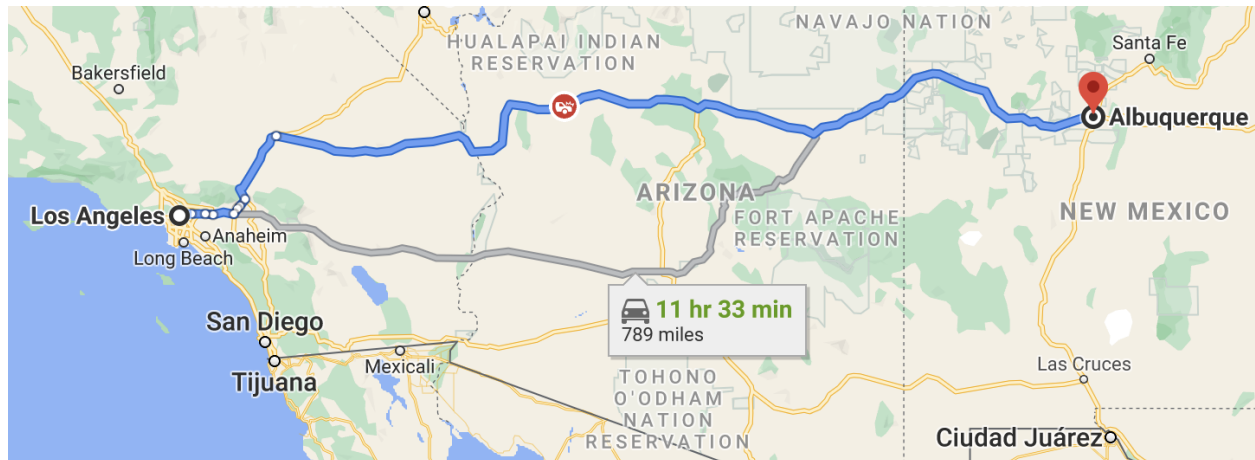
Celia will drive from Colorado Springs to [REDACTED] Albuquerque, NM, both spending the night. We will shop for our first and second food supplies in Albuquerque (cheaper food prices than LA). Together, we will go to the local grocery store to prepare our first resupply and get separate food for our travel days.



Travel Day 2 (11 hr 13 mins) Albuquerque>>>LA, Pacific Palisades

Tuesday, August 17th

Leave EARLY (5-6am) Celia and Ana will switch up driving on the journey from Albuquerque to LA. We will probably take a lunch break along the way and bathroom breaks.



Travel Day 3

Wednesday, August 18th

Rest day in LA [REDACTED]. Prepare the food. Ship our 1st resupply to San Juan Bautista. Rent and pack our bags. Review our routes. Complete a VERY THOROUGH bike check. Print out the things we need to print out. Get any last minute things that we may have missed.

Travel Day 4 LA, Pacific Palisades>>>Santa Barbara>>>Redwood City (6 hours 15 mins total)

LA>>>Santa Barbara (1 hour 54 mins driving)

Santa Barbara>>>Redwood City (4 hours 45 mins driving)

Day 1 (27.7 mi) in the field

Redwood City>>>Pescadero (27.7 miles on bike!)

Komoot waypoints A to 2

Thursday, August 19th

Leave EARLY (6am on the dot). The rental car in Santa Barbara place opens at 8am (we'll be there right when it opens!). We will leave Celia's personal car on the street (I called them and they said it can happen). We will pack our bikes and supplies and head to Redwood City to drop off the rental car. We will make sure to bring our lunch on the road (separate from our regular

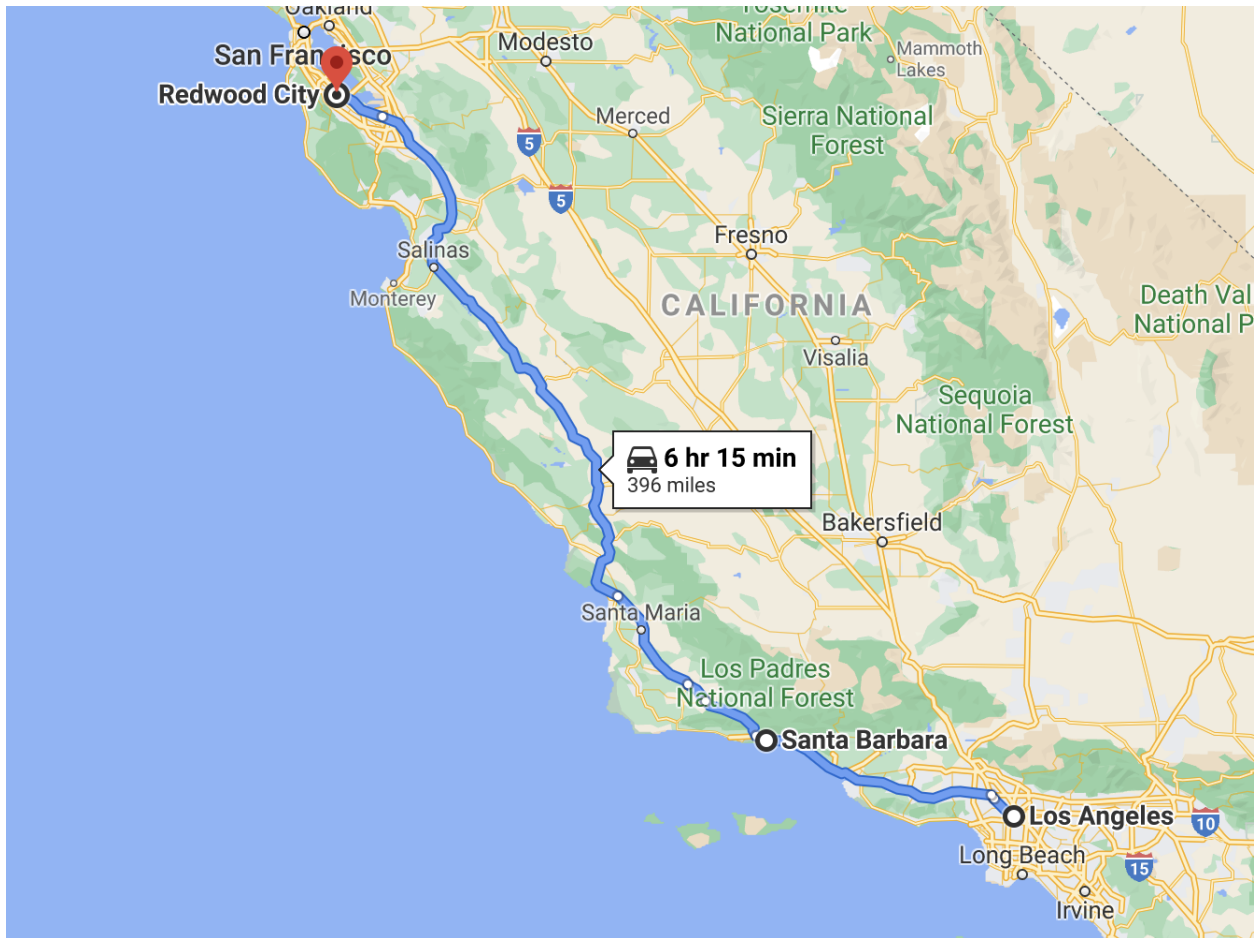
food). We will also plan to leave food (non perishable food/snacks) in the car so that when we get back we will have food ready to go (not in the food budget)!

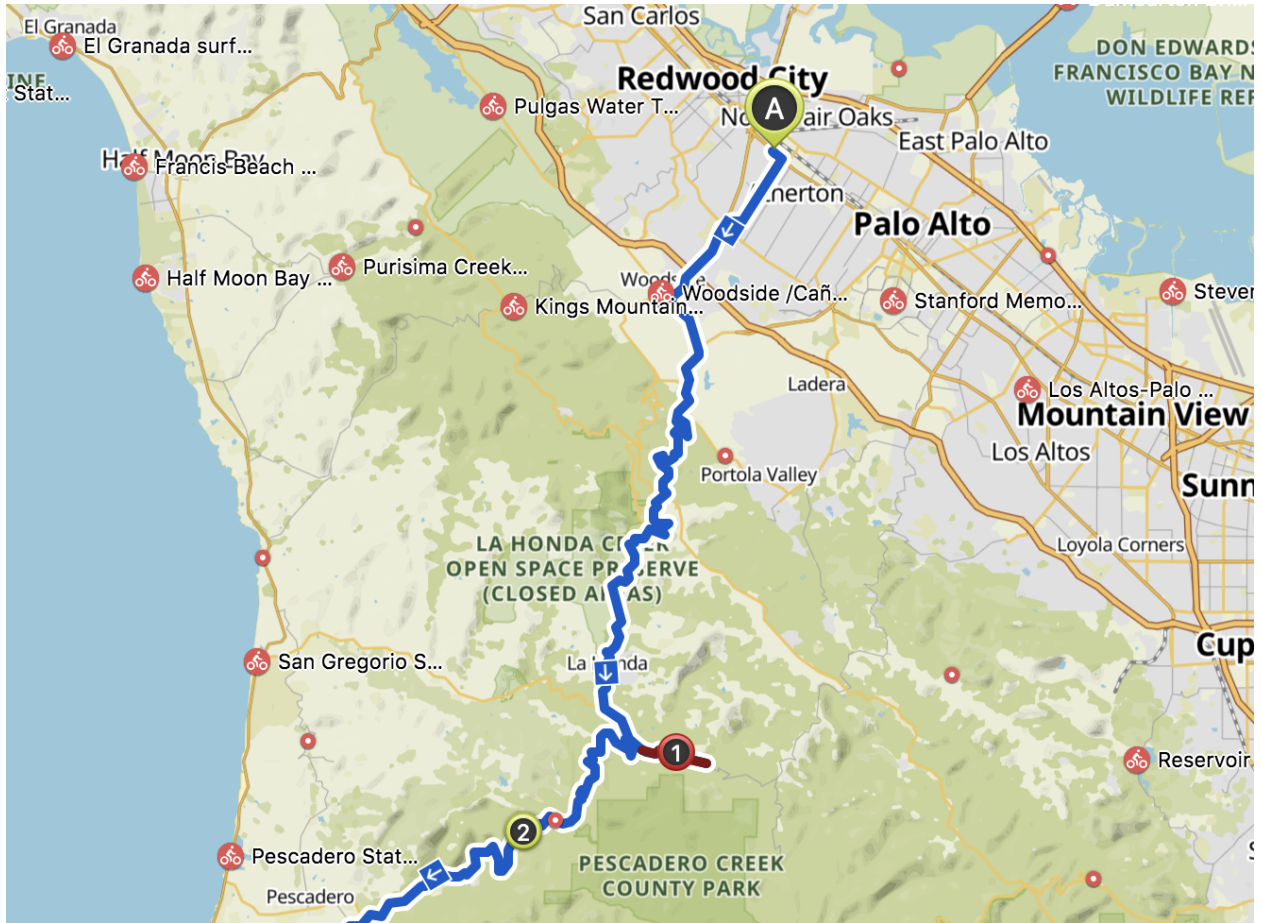
We will then prep our bikes and pack everything on our bikes to head to Pescadero (Memorial Park, Wurr Flat #2 campground). Along the way we will be biking through La Honda Creek Open Space and stop at Alpine Road Redwood Forest to experience the redwoods (*Komoot waypoint 1*)!

Campground: Memorial Park, Wurr Flat #2

Hospitals:

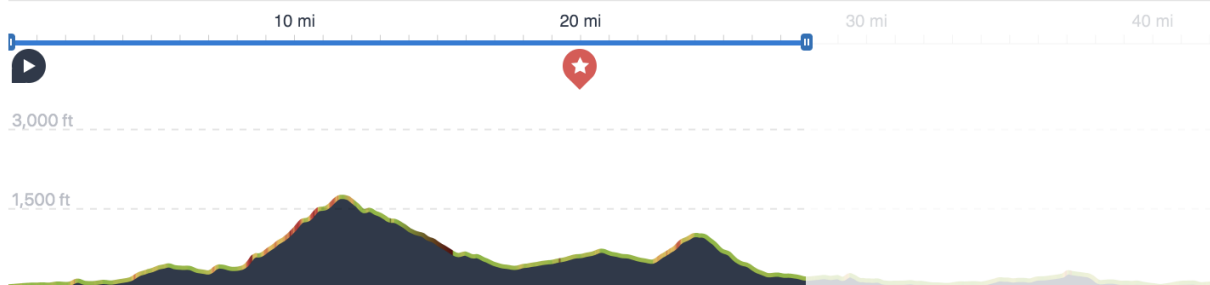
Sequoia Hospital	170 Alameda de las Pulgas, Redwood City, CA 94062	1-650-369-5811
Stanford Hospital	300 Pasteur Dr, Stanford, CA 94305	650-723-4000





TOUR PROFILE

Elevation ▾ ⌚ 03:46 ↔ 27.9 mi ⌚ 7.4 mph ↗ 2,850 ft ↘ 2,700 ft [Clear Selection](#)



▲ **Highest Point** 3,475 ft

▼ **Lowest Point** 0 ft

Day 2 (37.7 mi) in the field

Pescadero>>>Henry Cowell State Park (biking)

Komoot waypoints 2 to 3

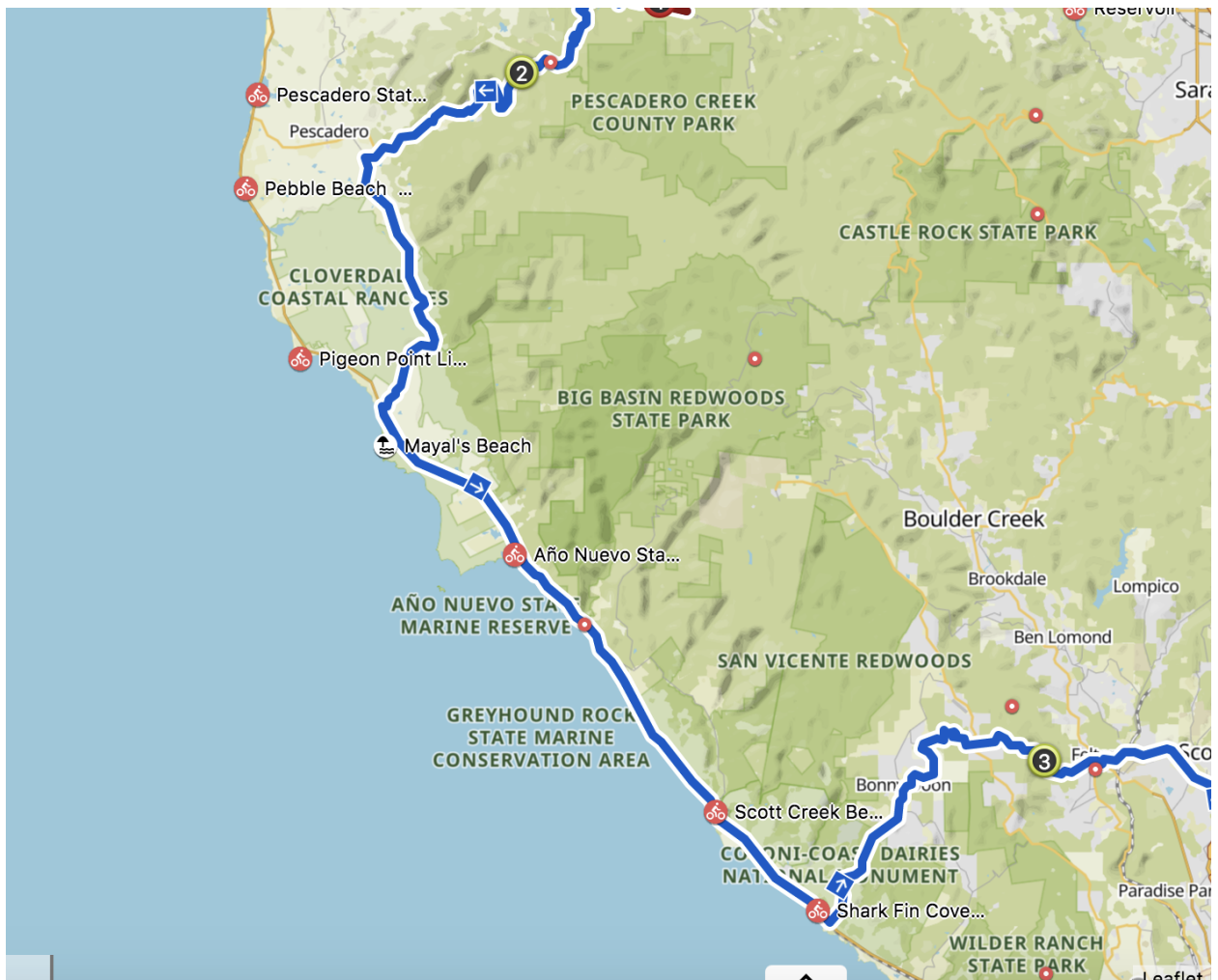
Friday, August 20th

This day we will leave to continue down Pescadero Creek Road. Going west towards the ocean, we will take the first left turn onto Gazos Creek Road and take it until we reach the sea. We will continue south down Cabrillo highway. At Williams Landing (historic spot), take a left heading east on to [Bonny Dune Road](#) (see pic with link). Take the road all the way to the end and take a right at the T intersection on Ice Cream Grade. Ice Cream turns into Felton Empire Rd. Take a left into the campsite (Cowell Campground North in Henry Cowell State Park).

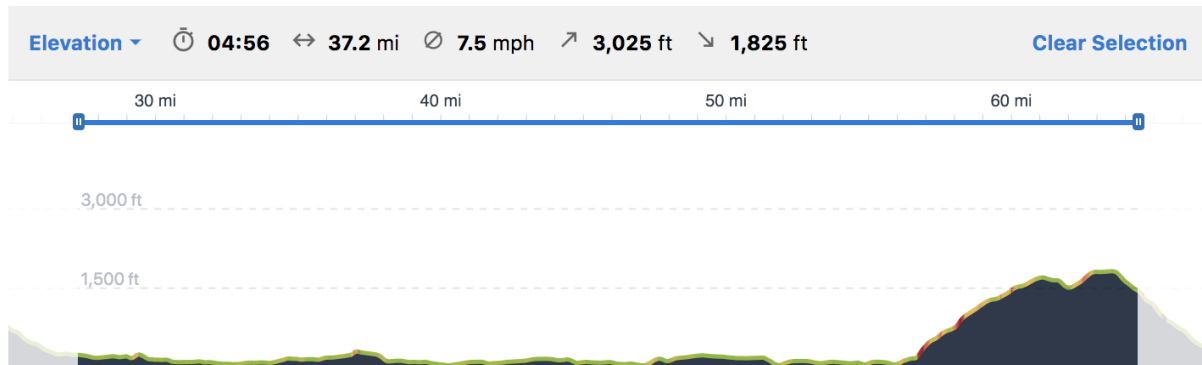
Campground: Cowell Campground North (Henry Cowell State Park)

Hospitals:

Stanford Hospital	300 Pasteur Dr, Stanford, CA 94305	650-723-4000
Dominican Hospital	1555 Soquel Dr, Santa Cruz, CA 95065	18314627700



TOUR PROFILE



▲ **Highest Point** 3,475 ft

▼ **Lowest Point** 0 ft

Day 3 (43.6 mi) in the field

Henry Cowell State Park>>>San Juan Bautista

Komoot waypoints 3 to 4

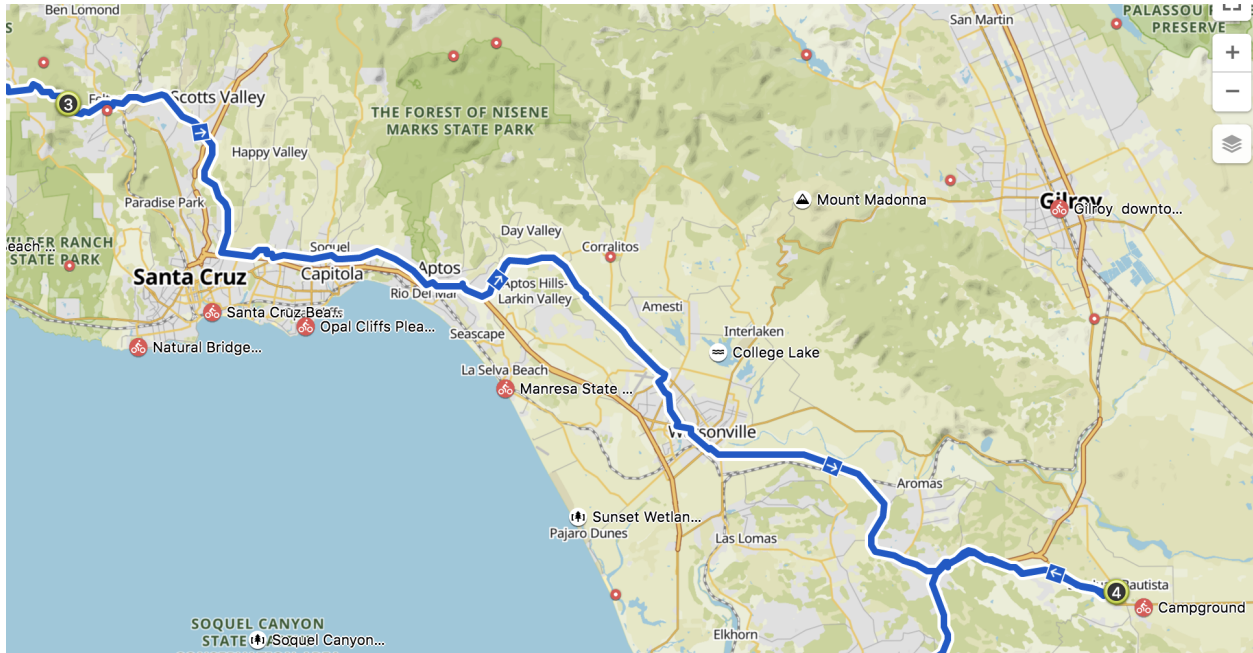
Saturday, August 21st

We will leave early to go to San Juan Bautista, our longest day so far. We will fully stock up on water at Henry Cowell to make sure we are well-hydrated

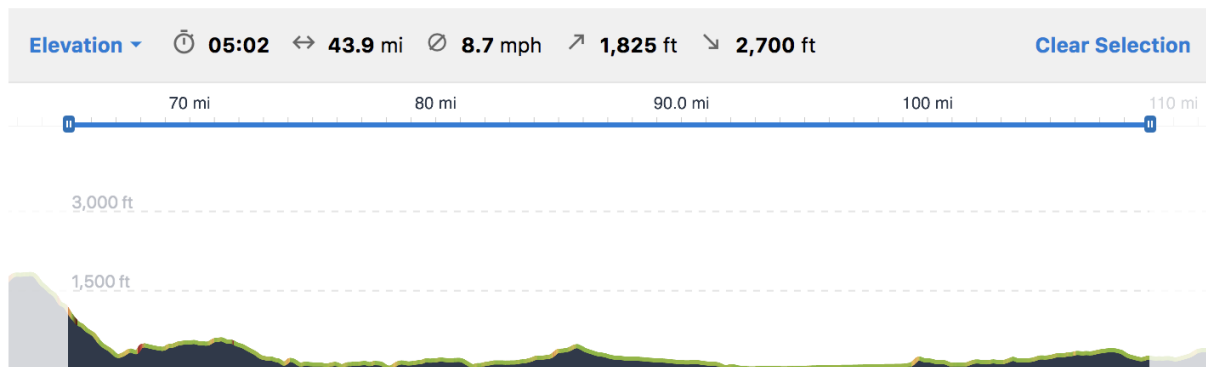
Campground: Madrone Campground, San Juan Bautista

Hospitals:

Dominican Hospital	1555 Soquel Dr, Santa Cruz, CA 95065	18314627700
Watsonville Community Hospital	2468, 75 Nielson St, Watsonville, CA 95076	18317244741



TOUR PROFILE



▲ **Highest Point** 3,475 ft

▼ **Lowest Point** 0 ft

Day 4 (44 mi) in the field (Food restock day)

San Juan Bautista>>>Carmel by the Sea

Komoot waypoints 4 to 6

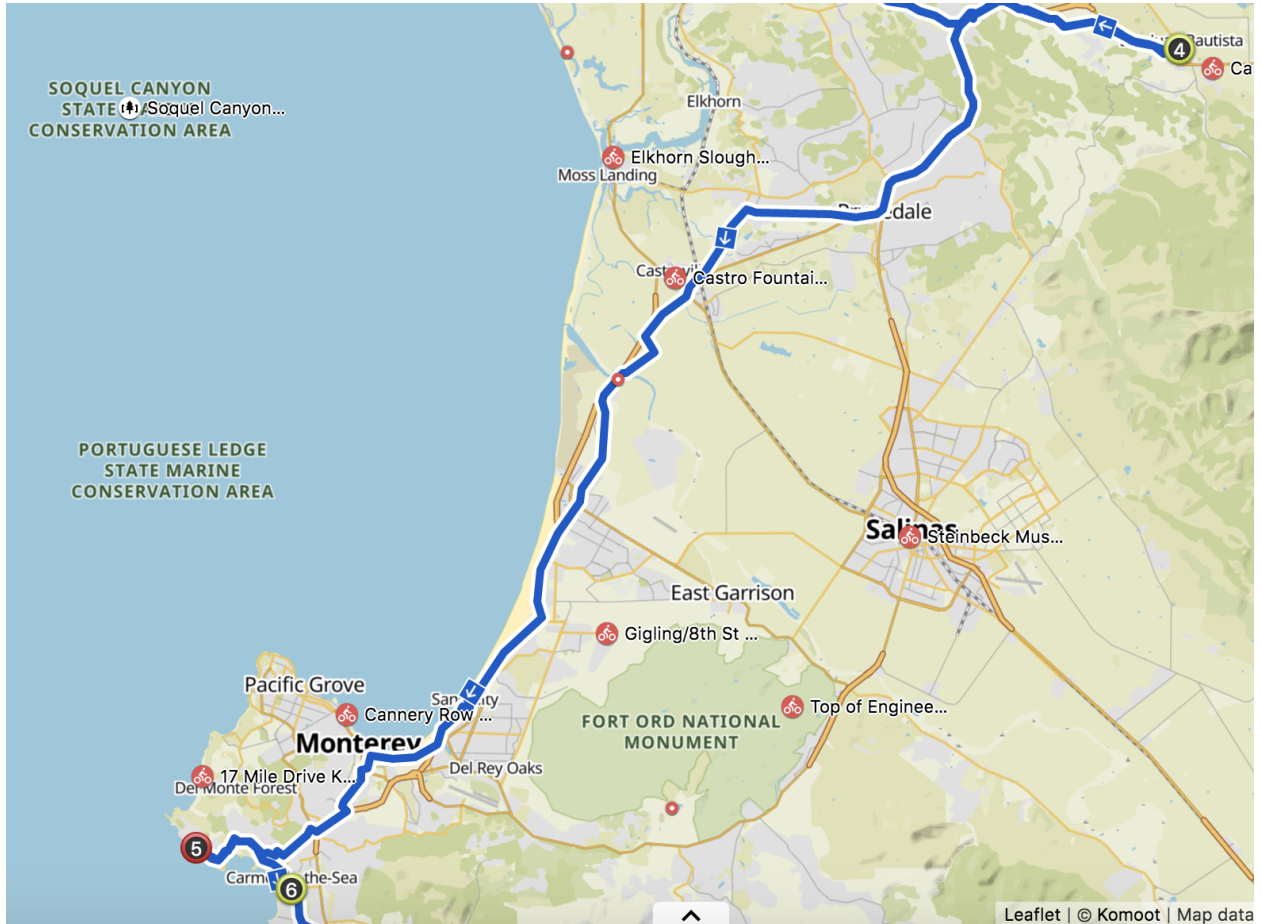
Sunday, August 22nd

We will get to the post office and San Juan Bautista after leaving camp in the morning, pick up our restock and pack it up! This day we will head to Monterey. We will make sure we are fully stocked with water in the morning that will last us to Monterey. We will probably stop along the beach for a long nice break. Then, we hope to stop for sunset at pebble beach (*waypoint 5*) and then head to our campsite before it's completely dark.

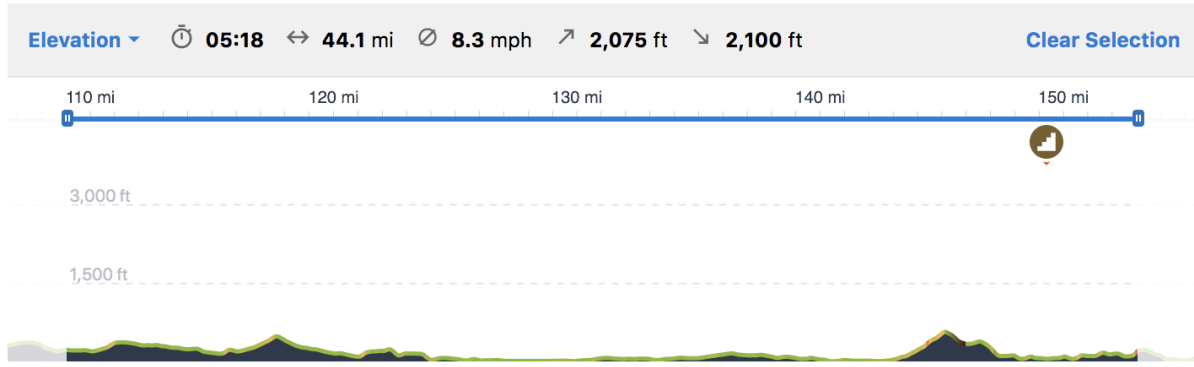
Campground: Carmel by the River Campground

Hospitals:

Hazel Hawkins Memorial Hospital	911 Sunset Dr, Hollister, CA 95023	18316375711
Salinas Valley Memorial Hospital	450 E Romie Ln, Salinas, CA 93901	18317574333



TOUR PROFILE



▲ **Highest Point** 3,475 ft

▼ **Lowest Point** 0 ft

Day 5 (28 mi) in the fields

Carmel by the Sea>>>Pfeiffer Big Sur

Komoot waypoints 6 to 7

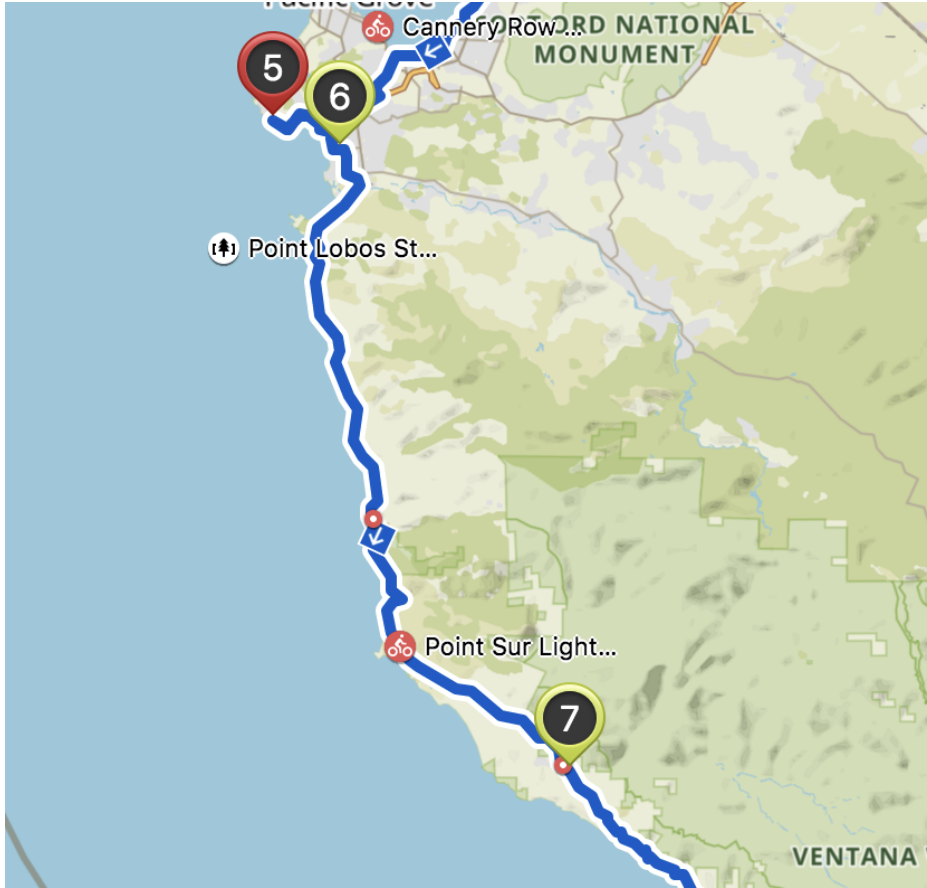
Monday, August 23rd

This day we are headed to Big Sur. This will be a light day and one of the most beautiful stretches of the expedition, and we will take our time along the coast and take plenty of pictures. We will definitely stop at Bixby Creek Bridge (15 miles in) and also Point Sur Lighthouse (22 miles in)!!! Our ending spot is Pfeiffer Big Sur Campground.

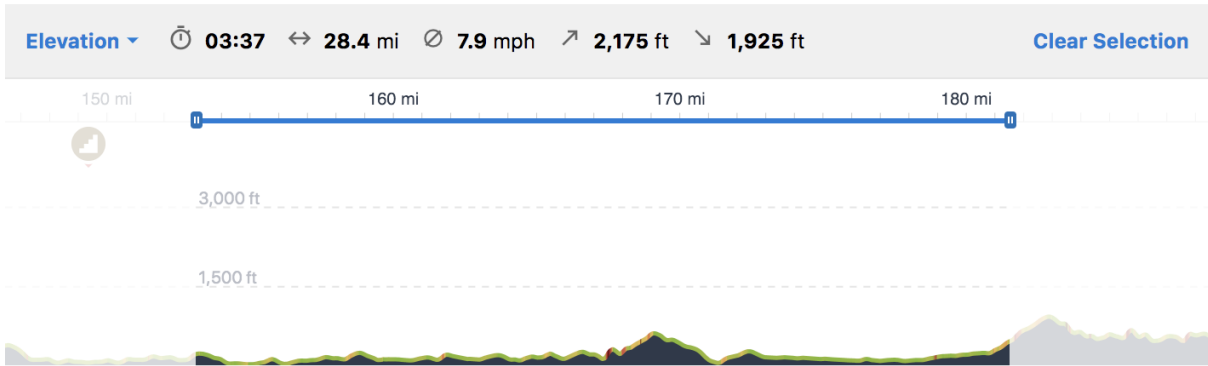
Campground: Pfeiffer Big Sur Campground

Hospitals:

Community Hospital of the Monterey Peninsula	23625 Holman Hwy, Monterey, CA 93940	1831624531 1
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TOUR PROFILE



- ▲ Highest Point 3,475 ft
- ▼ Lowest Point 0 ft

Day 6 (40 miles) in the field
Pfeiffer Big Sur>>>Prewitt Ridge
Komoot waypoints 7 to 13

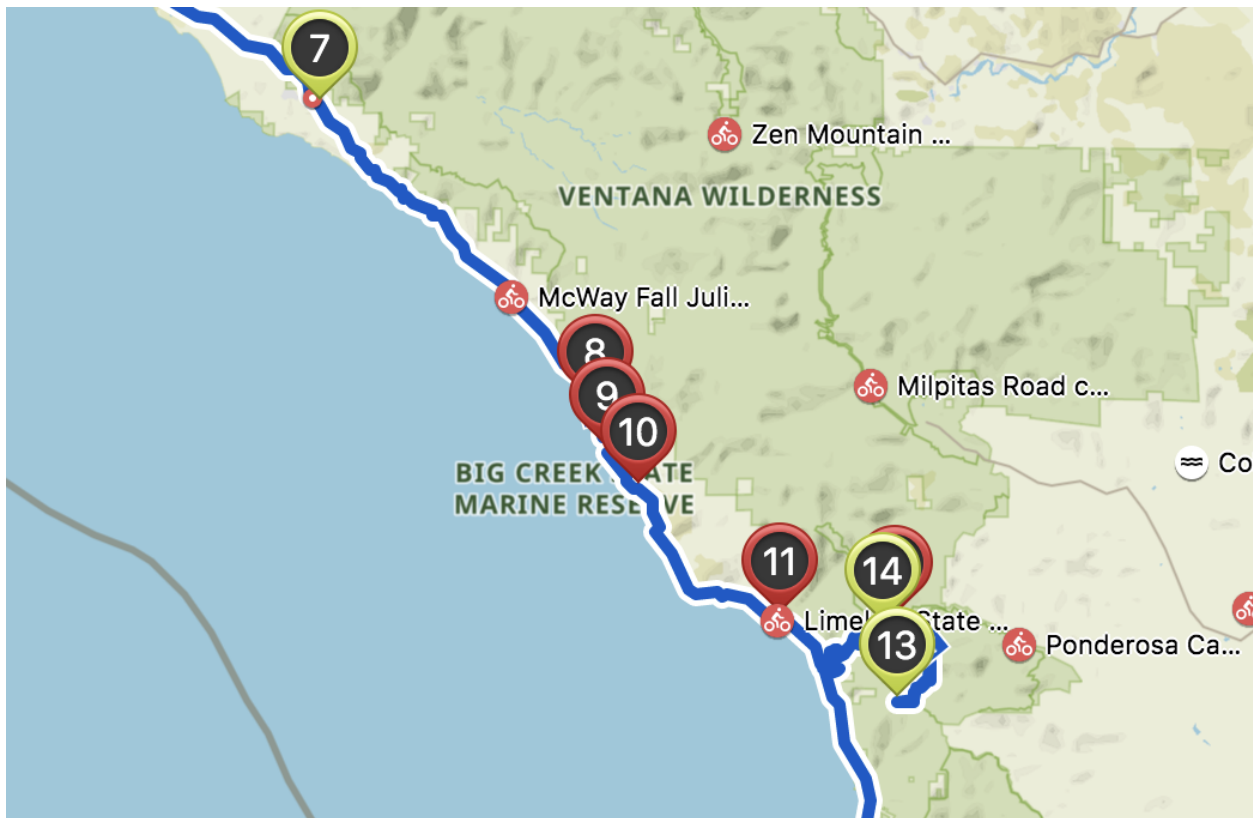
Tuesday, August 24th

We will leave early because it will be a long day, taking care to hydrate and fill up water (Prewitt Ridge will be our only waterless campsite). We will definitely take a break at the beautiful McWay Falls (10 miles in)! We will top off our water supply at Kirk Creek campground (right next to the turn off of the highway to Prewitt Ridge), because no potable water will be available at Prewitt Ridge. The last 15 miles will be **uphill** so we want to make sure we give ourselves enough time/energy to do it! Ending spot is dispersed camping along Prewitt Ridge. The last 15 miles will be along a gravel road.

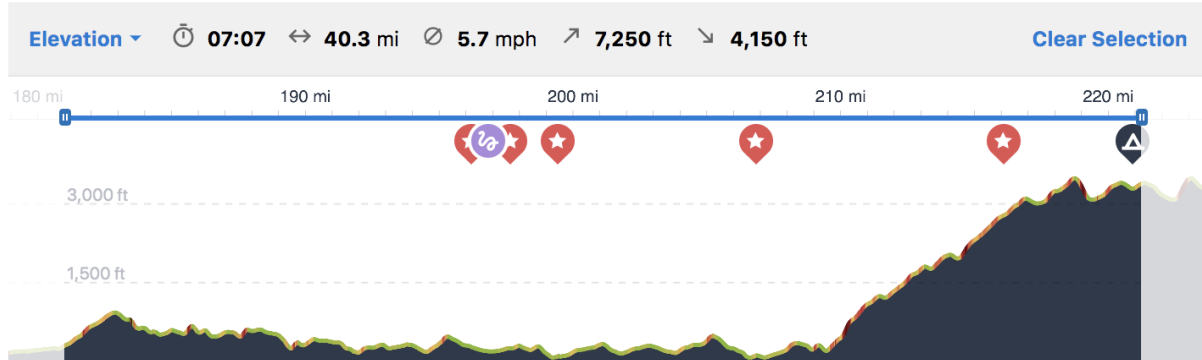
Campground: Prewitt Ridge

Hospitals:

Community Hospital of the Monterey Peninsula	23625 Holman Hwy, Monterey, CA 93940	18316245311
Mee Memorial Healthcare System	300 Canal St, King City, CA 93930	18313856000



TOUR PROFILE



△ **Highest Point** 3,475 ft

▽ **Lowest Point** 0 ft

Day 7 (53 miles) in the field
Prewitt Ridge>>>San Simeon
Komoot waypoints 13 to 16

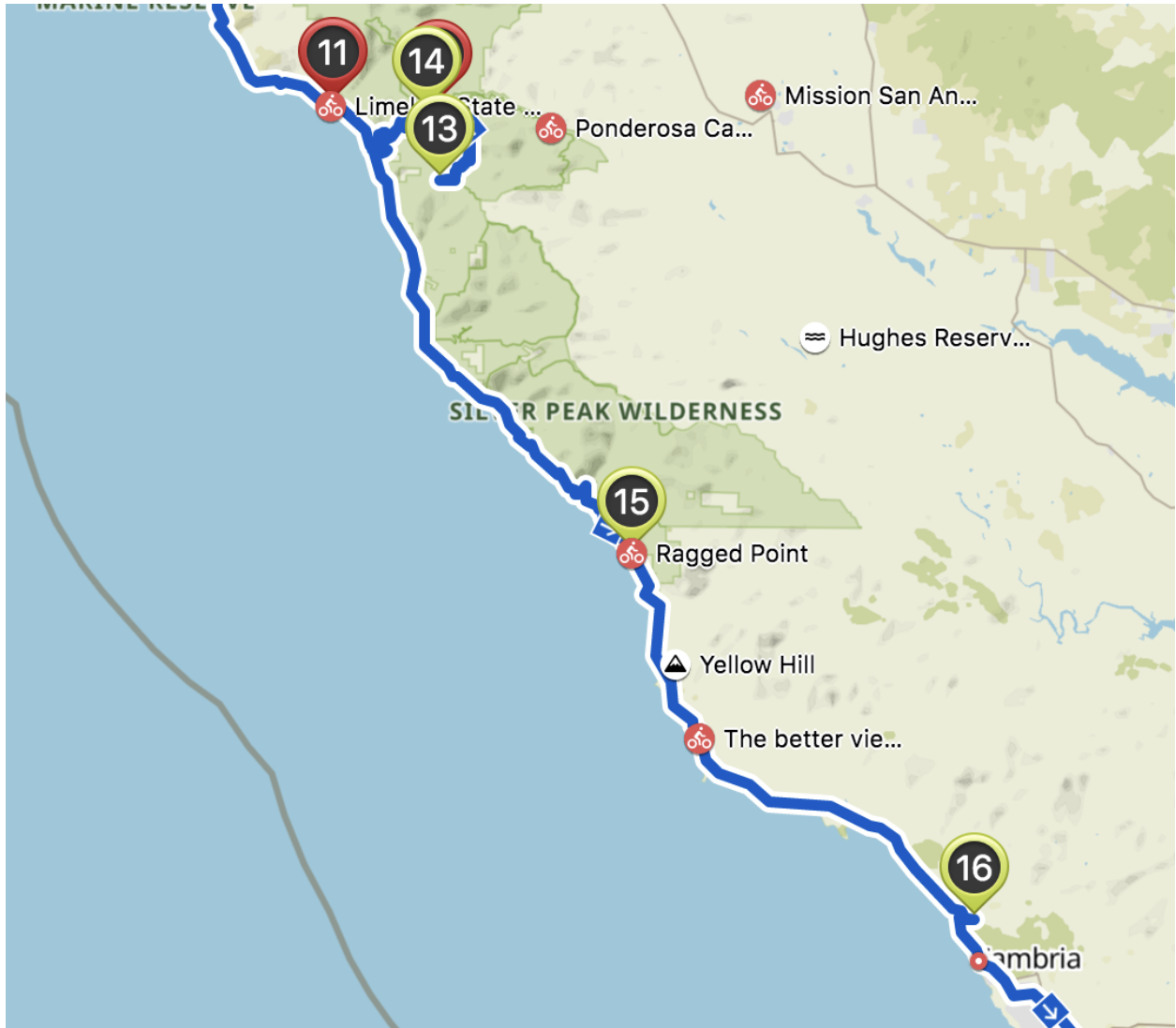
Wednesday, August 26th

We hope to get up very early to have some time with the elephant seals! We will do a break check for our descent and then descend back down to the coast and hope to stop along Jade Coast for some beautiful scenery. We will refill water at Hearst San Simeon State Park around midday, and we hope to stop to see the elephant seals along the coast at Piedras Blancas (40 miles in). We hope to take a long break to prepare for the last 13 miles. We will end in San Simeon, at Washburn Campground (right before Cambria).

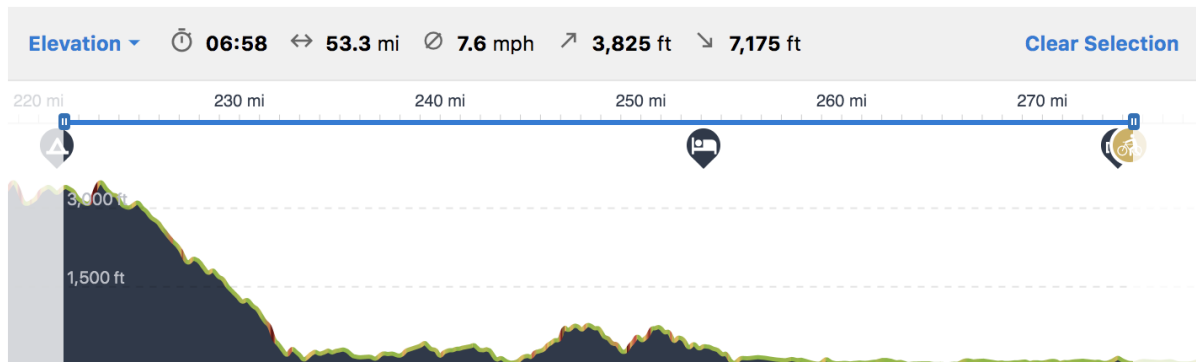
Campground: Washburn Campground

Hospitals:

Mee Memorial Healthcare System	300 Canal St, King City, CA 93930	18313856000
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TOUR PROFILE



Elevation ▾ ⌚ 06:58 ↔ 53.3 mi ⌀ 7.6 mph ↗ 3,825 ft ↘ 7,175 ft [Clear Selection](#)

- ▲ **Highest Point** 3,475 ft
- ▼ **Lowest Point** 0 ft

Day 8 (35 miles) in the field (Food Restock Day)

San Simeon>>>Montana De Oro State Park

Komoot waypoints 16 to 17

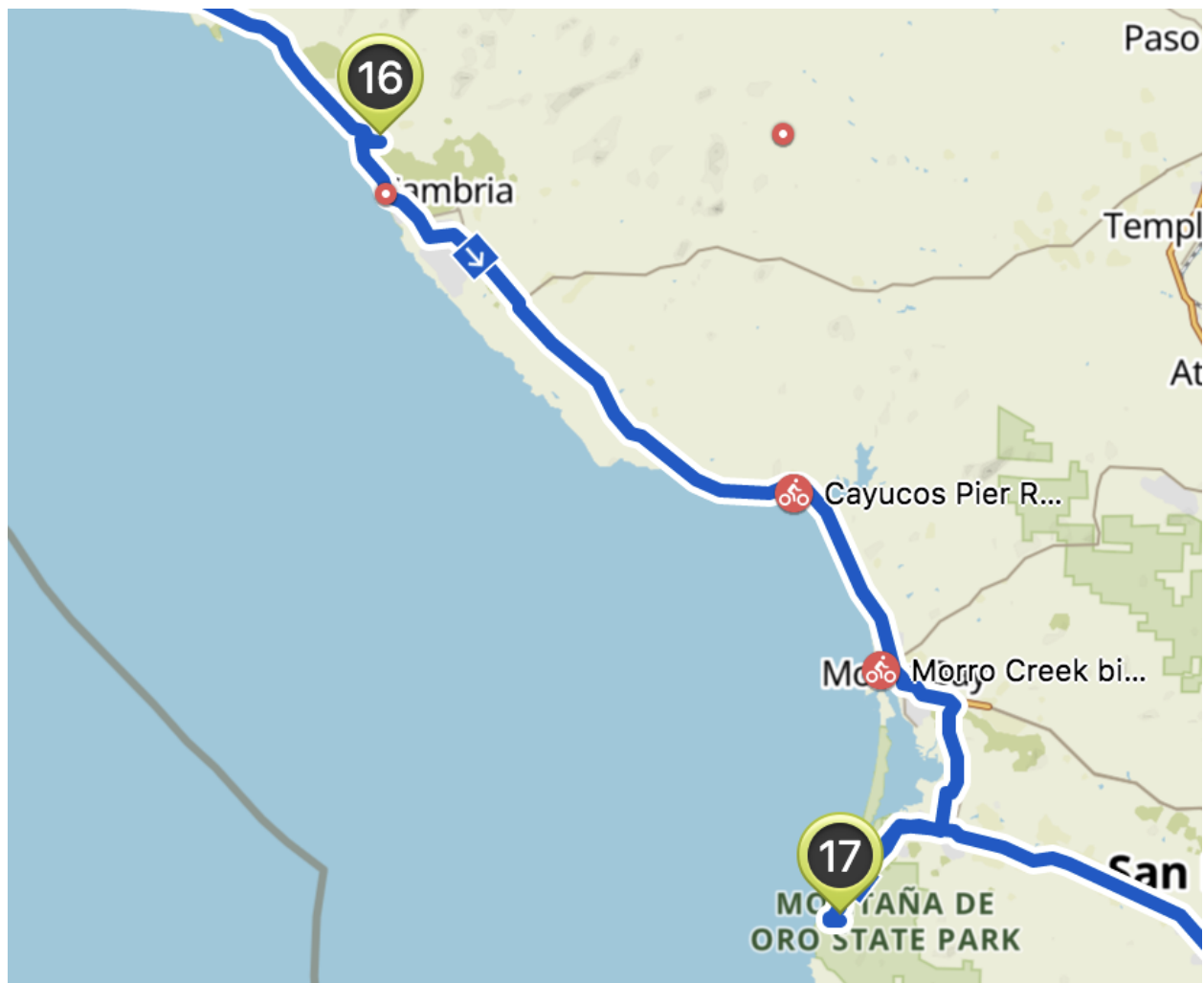
Thursday, August 26th

We will wake up fairly early to get to the grocery store (Soto's True Earth Market) in Cambria, about 10 miles from our starting point, to pick up our order (see restock plan). In the entrance to Montana de Oro State Park, there is a monarch grove that we will stop at. We will spend the sunset at our campsite making dinner. Accessing our campsite may require a quarter of a mile hike in on some beach paths with our bikes.

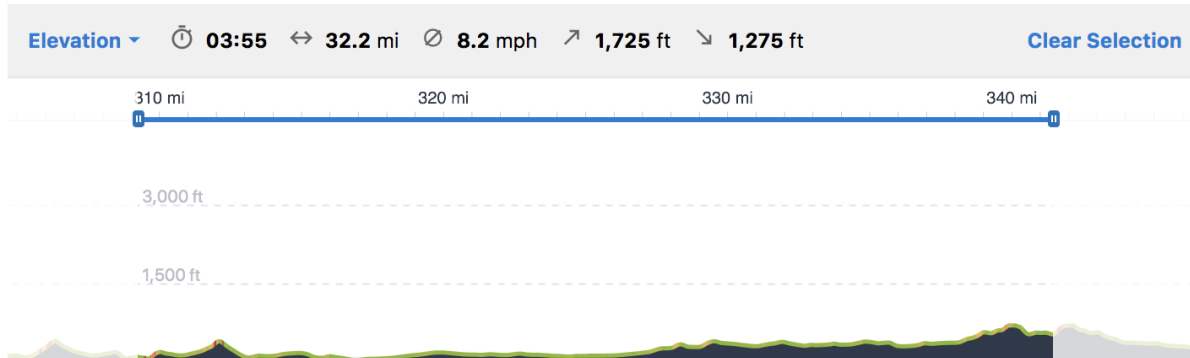
Campground: Islay Creek Campground

Hospitals:

Twin Cities Community Hospital	1100 Las Tablas Rd, Templeton, CA 93465	18054343500
Sierra Vista Regional Medical Center	1010 Murray Ave, San Luis Obispo, CA 93405	18055467600



TOUR PROFILE



▲ **Highest Point** 3,475 ft

▼ **Lowest Point** 0 ft

Day 9 (32 miles)

Montaña de Oro State Park>>>Arroyo Grande (Lopez Lake)

Komoot waypoints 17 to 18

Friday, August 27th

This day there's not much scenery so we may spend the morning at the state park taking our time and then ride up to Lopez Lake Ground. We can refill water near Laguna Lake, outside San Luis Obispo. We will ride up to the lake and spend the rest of our day on the lake resting before our longest leg of the expedition.

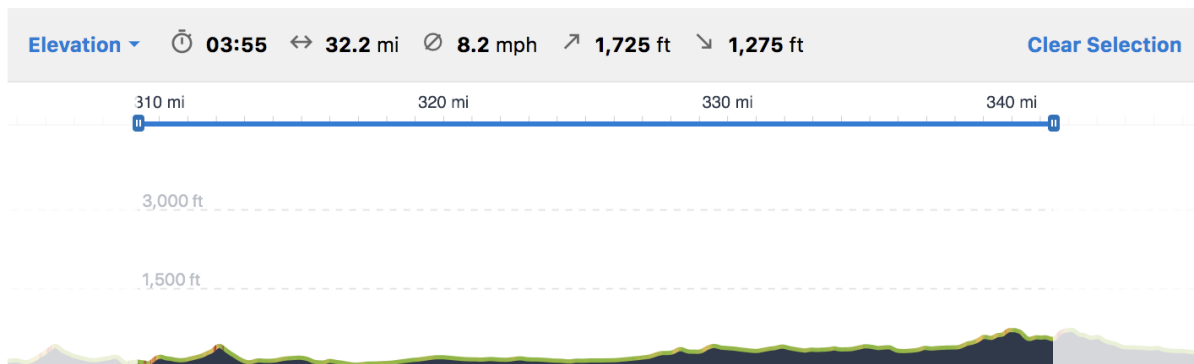
Campground: Lopez Lake Campground

Hospitals:

Sierra Vista Regional Medical Center	1010 Murray Ave, San Luis Obispo, CA 93405	18055467600
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TOUR PROFILE



▲ **Highest Point** 3,475 ft

▼ **Lowest Point** 0 ft

Day 10 (75 miles) in the field INTENSE DAY

Arroyo Grande (Lopez Lake)>>>Cachuma Lake

Komoot waypoints 18 to 22

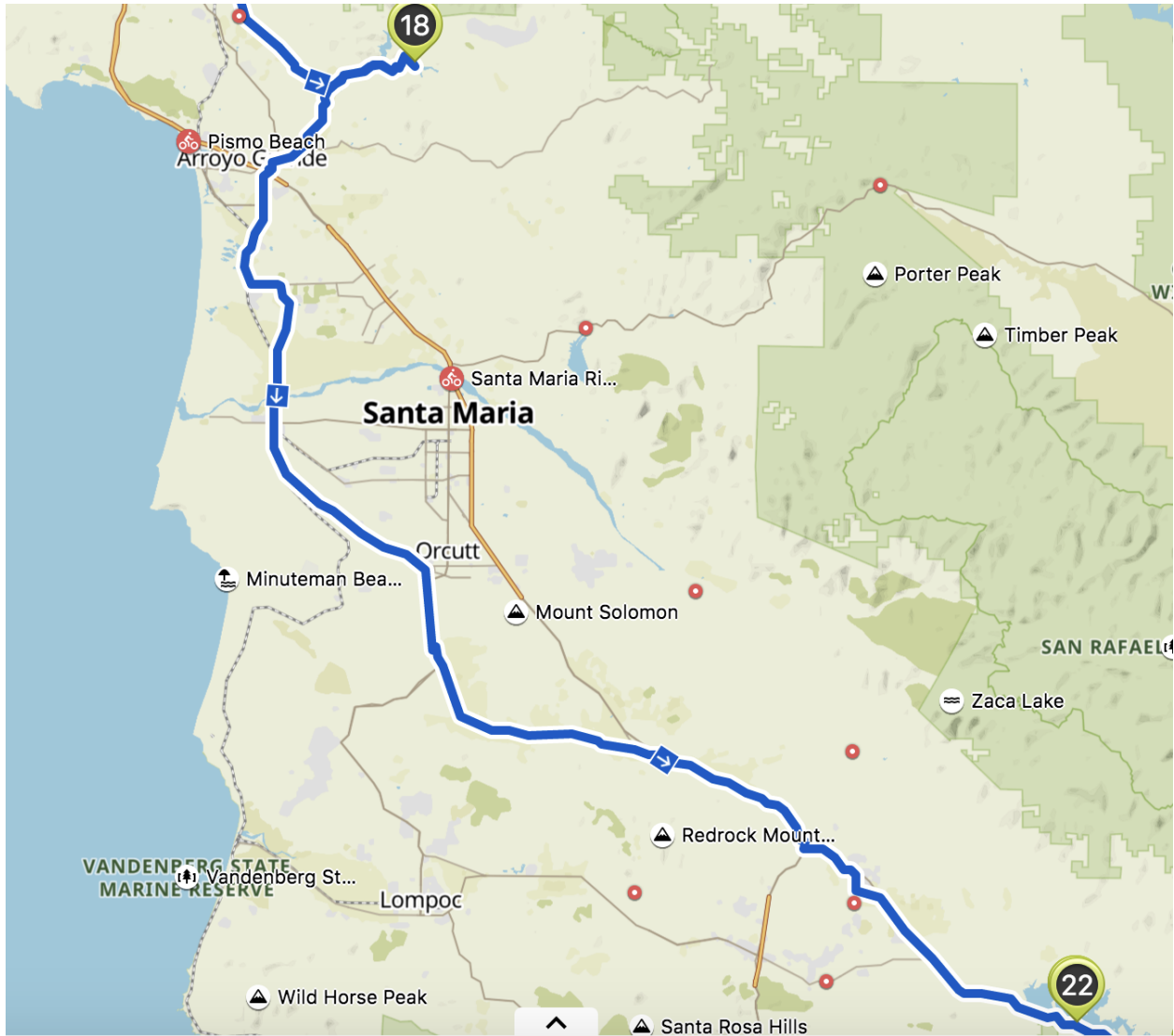
Saturday, August 28th

This day we will get up at dawn to begin our journey. This will be our most intense day so we don't have that much time for breaks. We will probably take a lunch break and maybe a couple snack breaks. We plan to get there before sunset but will have our lights ready in case it gets dark fast. We will arrive at Cachuma Lake Campground and rest on the lake with our dinner!

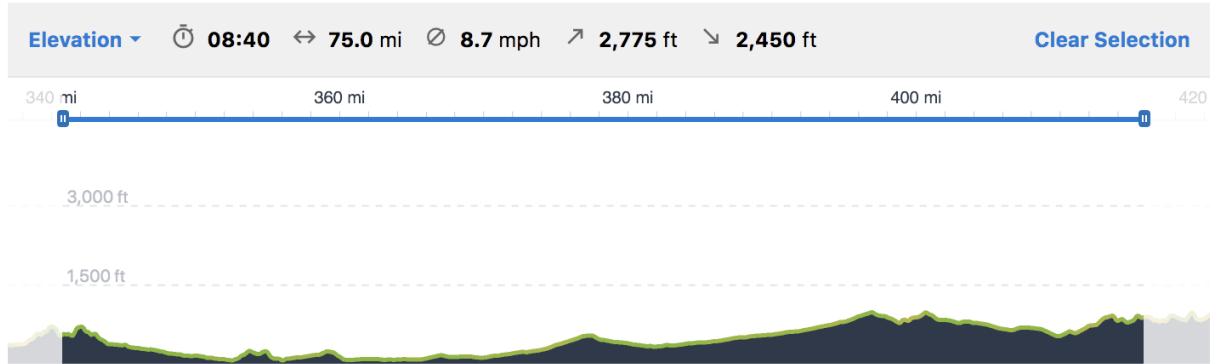
Campground: Cachuma Lake Campground

Hospitals:

Arroyo Grande Community Hospital	345 S Halcyon Rd, Arroyo Grande, CA 93420	18054894261
Marian Regional Medical Center	1400 E Church St, Santa Maria, CA 93454	18057393000
Santa Ynez Valley Cottage Hospital	2050 Viborg Rd, Solvang, CA 93463	18056886431



TOUR PROFILE



△ **Highest Point** 3,475 ft

▽ **Lowest Point** 0 ft

Day 11 (22 miles) in the field

Cachuma Lake>>>Santa Barbara

Komoot waypoints 22 to B

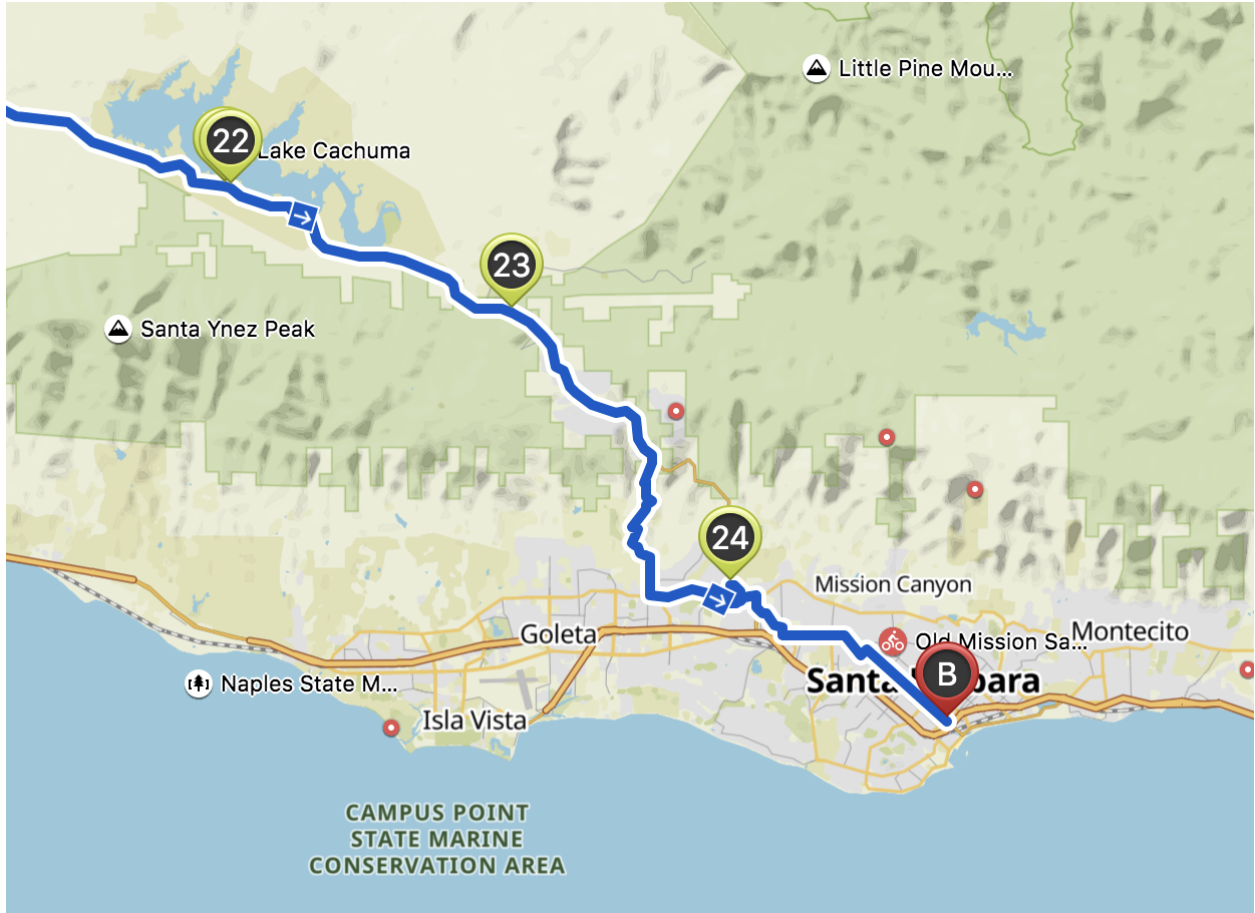
Sunday, August 29th

We hope to spend a little bit of time on the beach taking in the scenery and head down to Santa Barbara. We hope to get my car first thing and then explore Santa Barbara for a short while before heading back to LA (to Celia's Uncle's House).

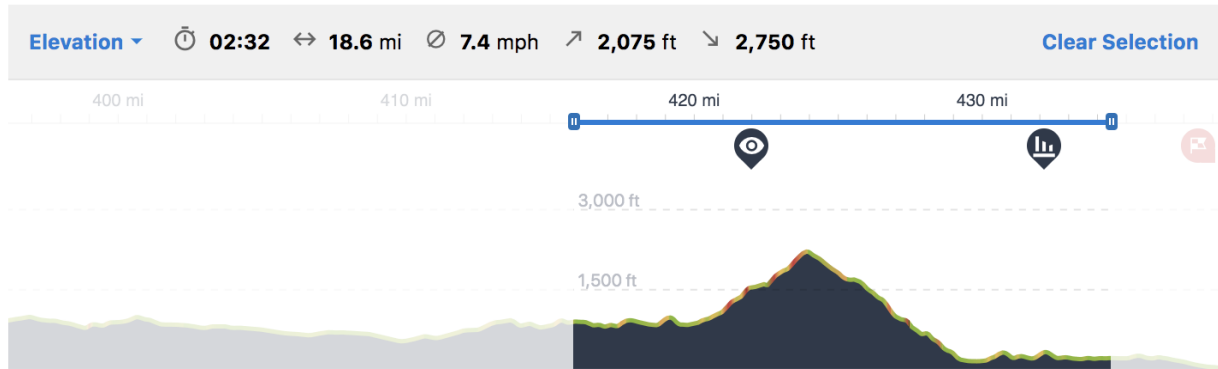
Campground: Celia's Uncle's House

Hospitals:

Santa Ynez Valley Cottage Hospital	2050 Viborg Rd, Solvang, CA 93463	18056886431
Goleta Valley Cottage Hospital	351 S Patterson Ave, Santa Barbara, CA 93111	18059673411



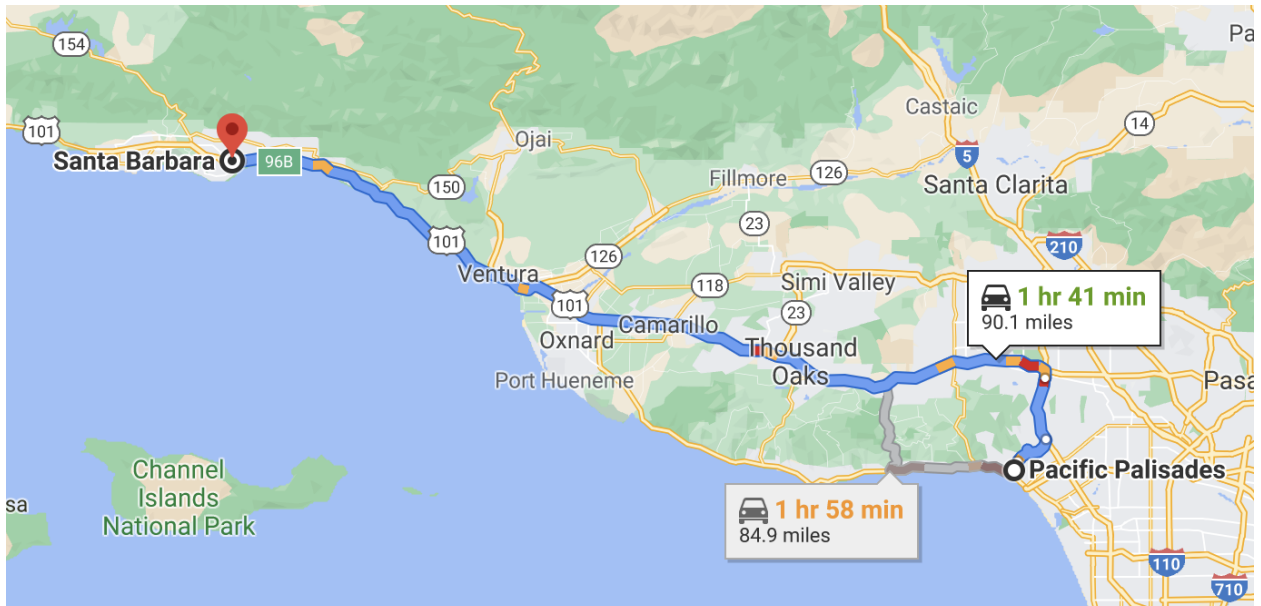
TOUR PROFILE



- ▲ Highest Point 3,475 ft
- ▼ Lowest Point 0 ft

Travel Day 5 Santa Barbara>>> Los Angeles, Pacific Palisades (2 hours driving)
 Monday, August 30th

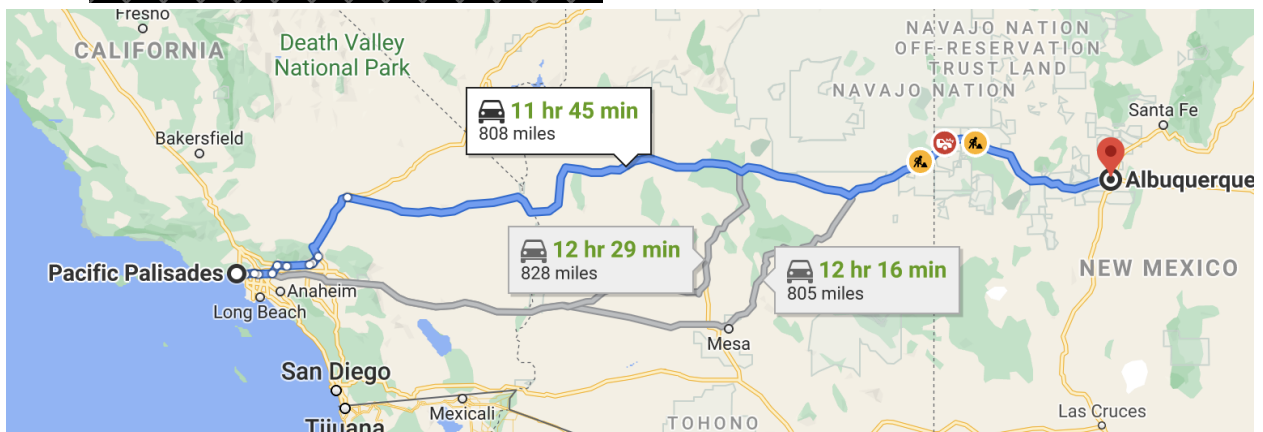
We will spend the day resting and recuperating from our trip and preparing for our journey to Albuquerque the next day. We will take a LONG SHOWER!! Get snacks and food for the next long day.



Travel Day 6 Los Angeles>>>Albuquerque (12 hours)

Tuesday, August 31st

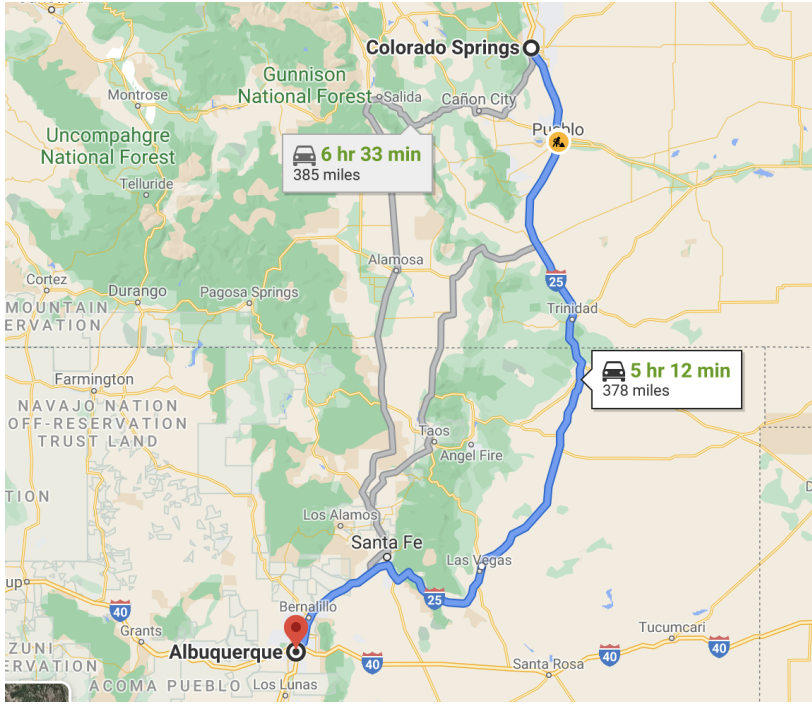
This day will be full of driving. We will probably stop along the way to eat lunch and bathroom break.



Travel Day 7 Albuquerque>>>COS (5 hours 12 mins)

Wednesday, September 1st

Celia will drive in the morning of travel day 7 to go back to Colorado Springs and that is it!



Evacuation Destinations/ Designated Hospitals

A guide to which hospital we'd evac to on separate points of each day

Day	time of day	area	nearest hospital
1	beginning	Redwood City	Sequoia Hospital
	mid route	La Honda Open Creek Area	Stanford Hospital
2	beginning	Memorial County Park	Stanford Hospital
	mid route	Año Nuevo State Park	Dominican Hospital
3	beginning	Henry Cowell State Park	Dominican Hospital
	mid route	Scott Park	Watsonville Community Hospital
4	beginning	San Juan Bautista	Hazel Hawkins Memorial Hospital
	mid route	Salinas River National Wildlife Refuge	Salinas Valley Memorial Hospital
5	beginning	Monterey/Carmel by the Sea	Community Hospital of the Monterey Peninsula
	mid route	Point Sur Lighthouse	Community Hospital of the Monterey Peninsula
6	beginning	Pfeiffer Big Sur	Community Hospital of the Monterey Peninsula
	mid route	Lucia	Mee Memorial Healthcare System
7	beginning	Prewitt Ridge	Mee Memorial Healthcare System
	mid route	Jade Cove	Mee Memorial Healthcare System

8	beginning	San Simeon	Twin Cities Community Hospital
	mid route	Cayucos Pier	Sierra Vista Regional Medical Center
9	beginning	Montaña de Oro State Park	Sierra Vista Regional Medical Center
	mid route	Laguna Lake Park	Sierra Vista Regional Medical Center
10	beginning	Arroyo Grande (Lopez Lake Campground)	Arroyo Grande Community Hospital
	mid route	Santa Maria (Leroy Park)	Marian Regional Medical Center
	mid route	Los Alamos	Santa Ynez Valley Cottage Hospital
11	beginning	Cachuma Lake (Campground)	Santa Ynez Valley Cottage Hospital
	mid route	Cold Spring Canyon Arch Bridge	Goleta Valley Cottage Hospital

Itinerary A (Down highway 1)										
Total Day	Day in Field	activity	start	end	milage on bike	total milage on bike	milage in car	intensity	waypoint	Specific Destination (car rental/camp ground)
	1	Just Celia	Driving	COS	Albuquerque	0	x	378 N/A		
	2		Driving	Albuquerque	Los Angeles	0	x	788 N/A		
	3		Rest/prep day	Los Angeles	Los Angeles	0	0	N/A		
	4		Driving	Los Angeles	Santa Barbara (Car Rental Place)	0	x	95 N/A		x
	4		Driving	Santa Barbara	Redwood City	0	x	302 N/A	A	Enterprise Car Rental in Redwood City: https://goo.gl/maps/mbEn3gDvqzLvwQa6
	4	1	Biking	Redwood City	Pescadero	27.7	27.7	x light	2	Memorial Park, Wurr Flat #2
	5	2	Biking	Pescadero	Henry Cowell State Park	37.7	65.4	x medium	3	Cowel Campground North in Henry Cowell State Park
	6	3	Biking	Henry Cowell State Park	San Juan Bautista	43.6	109	x heavy	4	Madrone Campground, San Juan Bautista, CA 95045
	7	4	Biking	San Juan Bautista	Carmel by the sea	44	153	x heavy	6	Carmel by the River Campground, 27625 Schulte Rd, Carmel-By-The-Sea, CA 93923
	8	5	Biking	Carmel by the sea	Pfeiffer Big Sur	28	181	x light	7	Pfeiffer Big Sur Campground, Pfeiffer Big Sur Rd, Big Sur, CA 93920
	9	6	Biking	Pfeiffer Big Sur	Prewitt Ridge	40	221	x medium	13	Prewitt Ridge Campground
	10	7	Biking	Prewitt Ridge	San Simeon	53	274	x heavy	16	Washburn Campground, 500 San Simeon-Monterey Creek Rd, Cambria, CA 93428
	11	8	Biking	San Simeon	Montaña de Oro State Park	35	309	x medium	17	Islay Creek Campground
	12	9	Biking	Montaña de Oro State Park	Arroyo Grande	32	341	x medium	18	Lopez Lake Campground
	13	10	Biking	Arroyo Grande	Cachuma Lake	75	416	x heavy	22	Cachuma Campground
	14	11	Biking	Cachuma Lake	Santa Barbara (Car Rental Place)	22	438	x light	B	x
	14		Driving	Santa Barbara	Los Angeles	0	x	95 N/A		
	15		Driving	Los Angeles	Albuquerque	0	x	788 N/A		Canyon Vista Campgrounds, 7997 Lake Mary Rd, Flagstaff, AZ 86001
	16	Just Celia	Driving	Albuquerque	COS	0	x	378 N/A		home!

Day of Expedition	Breakfast	Lunch	Dinner			
Day 1	Oatmeal	Veggie Wraps	Polenta & Peppers			
Day 2	Oatmeal	Veggie Wraps	Cashew Curry			
Day 3	Oatmeal	Veggie Wraps	Backcountry Chili			
Day 4	Oatmeal	PB, Honey & Banana Chips	Polenta & Peppers**		Meals from Resupply 1	
Day 5	Oatmeal	PB, Honey & Banana Chips	Cashew Curry**		Meals from Resupply 2	
Day 6	Oatmeal	PB, Honey & Banana Chips	Backcountry Chili		Meals from Resupply 3	
Day 7	Oatmeal	PB, Honey & Banana Chips	Beans, Rice & Fritos	** Fresh components will be replaced with dried substitutes if possible		
Day 8	Oatmeal	Veggie Wraps	Polenta & Peppers			
Day 9	Oatmeal	Veggie Wraps	Cashew Curry			
Day 10	Oatmeal	Veggie Wraps	Cashew Curry			
Day 11	Oatmeal	PB, Honey & Banana Chips	Beans, Rice & Fritos			
Meal	Ingredient	Amount needed /meal	Number of meals needed	Amount needed total	Cost*	
Oatmeal	Rolled Oats	3 oz	11	33 oz	\$5.99	
Calories per Serving: 730	Powdered Milk	~1 oz		11 oz		Bring from home
	Bananna Chips	1 oz		11 oz	\$5.00	
	Raisins	1 oz		11 oz	\$3.49	
	Almonds	2 oz		22 oz	\$15.98	
	Chia Seeds	1 oz		11 oz	\$5.00	
	Coconut flakes	1 oz		11 oz	\$2.99	
	Chocolate Chips	1 oz		11 oz	\$2.99	
Veggie Wraps	Tortilla	4 tortillas (2 per person)	6	24 tortillas	\$5.99	
Calories per Serving: 681	Cheese	4 oz		24 oz	\$9.00	
	Hummus	4 oz		24 oz	\$8.98	
	Spinach*	2 handfuls		12 handfuls	\$6.97	1 8 oz bag per resupply
	Bell Pepper*	1 pepper		6 peppers	\$9.95	
PB, Honey & Bananna Chips	Tortilla	4 tortillas (2 per person)	5	20 tortillas	\$5.99	
Calories per Serving: 776	Peanut butter	4-5 tbsp		20-25 tbsp	\$6.49	
	Honey	2 tbsp		10 tbsp	\$3.99	
	Banana Chips	2 oz		10 oz	\$5.00	
Fritos, Beans & Instant Rice	Instant beans	4 oz	2	8 oz	\$3.95	
Calories per Serving: 668	Instant rice	3 oz		6 oz	\$1.25	
	Cheese	2 oz		4 oz		N/A
	Fritos	1 bag		2 bags	\$7.00	4 oz included in cell F23
	Taco Seasoning	1 package		2 packages	\$2.00	
Backcountry Chili	Instant Beans	4 oz	3	12 oz	\$7.90	
Calories per Serving: 512	TVP	2 oz	(Fresh food only 2 times)	6 oz	\$4.57	
	Bell Pepper*	2 peppers		4 peppers	\$6.94	
	Tomato Paste	2 oz		6 oz	\$6.98	
	Cheese	2 oz		6 oz	\$3.00	
	Taco Seasoning packet	1 package		3 packages	\$3.00	
Cashew Curry	Instant Rice	4 oz	3	12 oz	\$2.50	
Calories per Serving: 644	Chickpeas (dried preferably)	2 oz	(Fresh food only 2 times)	6 oz	\$2.50	
	Cashews	2 oz		6 oz	\$8.89	
	Spinach*	2 handfuls		4 handfuls		N/A
	Green curry paste	2 oz		6 oz	\$5.98	Included in cell F25
	Powdered Milk	~2 oz		6 oz		Bring from home
Polenta & Peppers	Polenta	4 oz	3	12 oz	\$3.99	
Calories per Serving: 695	Bell Peppers*	2 peppers	(Fresh food only 2 times)	4 peppers	\$7.96	
	Spinach*	2 handfuls		4 handfuls		N/A
	Tomato Paste	4 oz		12 oz		N/A
	Cashews	2 oz		6 oz		N/A
	Parmesan	2 oz		6 oz	\$3.99	Included in cell F44
SNACKS						
Calories per serving: 693	Trailmix	2 cups (1 per person)	11	22 cups (160 oz)	\$29.97	
Calories per serving: 190	Nature Valley Granola Bars	2 packages (1 pack per person)		22 packages	\$15.46	
Calories per serving: 95	Apple	2 apples (1 apple per person)		22 apples	\$20.00	
Calories per serving: 206	Dried Mango	4 oz (2 oz each)		44 oz	\$29.97	
Calories per serving: 441	Banana Chips	2 oz (1 per person)		22 oz	\$7.50	
Calories per serving: 106	Oreos (for dessert! :))	4 cookies (2 per person)		44 oreos	\$11.98	
CALORIES FROM MEALS PER DAY:						
	1923-2174					
CALORIES FROM SNACKS PER DAY:						
	1731					
Total Calories consumed per day:	3654-3905					
Approx BMR:	1,858					
Calories burned biking 40 miles:	1,943					
Total Calories burned per day:	3801					
Miscellaneous items						
	Onion Powder					Bring from home
	Garlic Powder					Bring from home
	Ginger Power					Bring from home
	Cinnamon					Bring from home
	Salt & Pepper					Bring from home
	Pre-tax cost of food:				\$301.08	
	California State Tax:					N/A, groceries are exempt from sales tax in CA
	Expected tax on groceries:					N/A
	Groceries total cost:				\$301.08	
	Fuel cost:				\$14.99	
	Food/Fuel total cost:				\$316.07	
	Food/Fuel cost per person:				\$158.04	
	Food/Fuel cost per person per day:				\$14.37	

Equipment list				
Group Gear				
	1 trowel	have		
	1 Paracord	buy		
	1 First Aid kit (see above)	buy		
	8 extra AAA batteries (for lights)	buy		
	2 lighters	have		
	1 vaciline	have		
	1 hand sanitizer	have		
	1 bottle of Dr. Bonners Soap	have		
	1 whisperlite stove	rent ORC		
	1 whisperlite maitenance kit	rent ORC		
	2 fuel canisters for wisper light	rent ORC		
	1 pot	have		
	2 bear bags (Ursacks)	Rent ORC		
	1 spatula	have		
	1 spoon	have		
	1 large tarp (sleeping under)	have		
	1 pack of gallon zip lock bags	buy		
	1 bottle of body sun screen	buy		
	1 bottle of face sun screen	buy		
	1 solar charger for phone	buy		
	1 Print out Maps	will have		
	1 Pen	have		
	1 guidebook	buy		
	1 disposable camera	buy		
	1 toliet paper	have		
	1 bottle of buy spray	buy		
	1 SAT phone	rent ORC		
Personal Gear (per person)				
	1 sleeping bag (0-20F)	have		
	1 sleeping pad (possibly inflatable so easier to pack)	have		
	1 microfiber towel	buy		
put in group gear	1 knife/multitool	have		
	1 camel back packpack with bladder 3L	have		
	1 (or more) Nalgene or other 1L water storage	have		
	1 squeezable water bottles to fit on bike	have		
	1 bowl	have		
	1 camping mug	have		
	1 utencil	have		
	1 personal ID	have		
	1 cash (for camping/other things)	have		
	1 credit cards/debit cards	have		
	1 Cell phone	have		
	1 portable charger	have		
	1 toothbrush/toothpaste	have		
	1 set of clothes to leave in car	have		
	1 bike navigation app on phone	have		
For Bike				
	on bike (per person)			
	1 bike	have (we will both be bringing our own bikes!)		
	1 helmet	have		
	1 head light (with batteries already)	buy		
	1 bike helmet mirror	buy		
	1 tail light (with batteries already)	buy		
	1 bell	have		
	1 lock	have		
	4 bungy chords/straps	have	bungy chord sleeping bag/sleeping pad to the top	

	2 cages on bike for water	buy			
	1 cargo rack	rent			
	2 pannier bags	rent			
	1 handlebar bag	rent	to put snacks/phone/sun screen/maps		
	1 phone holder on bike	buy			
	1 saddle bag (under seat)	rent	put first aid kit in here		
	Reflective tape	have			
	bike repair (group gear)				
	essentials				
	5 bike inner tubes	buy			
	2 patch kits	buy			
	1 pump	have			
	1 tire lever	buy			
	2 cycling multi-tool (variety of different tools)	have			
	additional repair items				
	1 bottle of extra sealant	buy			
	1 tire plug	buy			
	1 curved needle	buy			
	1 bottle of super glue	buy			
	2 extra chains (for corresponding bikes)	buy			
	2 spare cleats and bolts	buy			
	1 Package of Zip Ties	buy			
	1 Bottle of Chain Lube	buy			
	2 Shop Rags	buy			
	3 Feet of Electrical Tape	buy			
	5 Feet of Gorilla Tape	buy			
Clothing					
	bike clothing (per person)				
	1 Helmet	have			
	1 pair of bike gloves	have			
	1 small hat for under helmet	have			
	2 pair of padded biking shorts	have			
	1 long sleeve	have			
	1 short sleeve	have			
	1 pair of biking shoes	have			
	4 pairs of cycling socks	have			
	1 wind breaker	have			
	1 rain coat	have			
	1 sunglasses	have			
	1 cycling glasses	buy			
	camping clothing (per person)				
	1 Pair leggings	have			
	1 pair of shorts	have			
	1 Pair of camp shoes	have			
	10 Pairs of Underwear	have			
	1 Pair Rain Pants	have			
	1 Puffy (may or may not bring depending on weather conditions)	have			
	1 Fleece Jacket	have			
	2 Pair warm Socks	have			
	1 Pair Light Pants	have			

Category	Equipment	have/own/to buy/to rent/to rent ORC	
First Aid List	1 Wilderness medicine guide-with patient assessment forms and pencil	have	
	2 Pair nitrile gloves	have	
	10 Band aids (3 in)	buy	
	4 Transparent bandages	buy	
	5 Butterfly bandages	buy	
	2 Moleskine (precut/shaped 14 pieces)	buy	
	2 Athletic tape roles	buy	
	1 Kinesio tape roll	buy	
	2 Triangular bandages (96x96x136cm)	buy	
	1 Ace bandage (7.5 cm x 4.5 m)	buy	
	1 6cm Roller gauze (4m)	buy	
	1 10cm Roller gauze (4m)	buy	
	4 5x5 cm Wound dressing	buy	
	2 7.5x7.5 cm Gauze Pad (2/pkg)	buy	
	2 Burn dressing	buy	
	2 triple antibiotic ointment (1/32 oz)	buy	
	3 Antiseptic wipes	buy	
	1 instant ice pack	buy	
	5 antiseptic towelettes	buy	
		Tools	
	1 Irrigation syringe	buy	
	1 Tweezers/forceps	have	
	5 Safety pins	buy	
	1 Trauma shears	buy	
	1 CPR Breathing Barrier	have	
	1 thermometer	have	
	1 finger tip pulse oximeter	have	
		Medications	
	Acetaminophen (500mg, 2/pkg)	have	
	Ibuprofen (200mg, 2/pkg)	have	
Naproxen (220mg)	have		
Benadryl (25mg, 2.pkg)	have		
Aspirin (325mg, 2/pkg)	have		
1 tube Aloe vera (.75 oz)	have		
2 After Bite itch and sting relief pad	have		
1 Tincture of Benzoin	have		

General Budget		
Expenses	Total	/Person
Transportation	\$562.47	\$281.24
Gear Rentals	\$67.00	\$33.50
Permits/Fees	\$262.00	\$131.00
Maps	N/A	N/A
Food/Fuel	\$337.97	\$168.99
Expenses Total	\$1,229.44	\$614.72
Itemized Budget		
Category	Item	Cost
Transportation	<u>Rental Car*</u>	\$171
	total milage in car	2148
	\$ per gallon (avg in CA/AR/NM/CO)	\$3.19
	mpg in Celia's Car	18
	<u>Gas</u>	\$380.67
	<u>Carbon Emissions Offsetting</u>	\$10.80
	Total	\$562.47
Gear Rental	<u>ORC rentals</u>	\$0
	1 stove repair kit	\$0
	1 whisperlite	\$33
	2 fuel canisters for wisper light	\$34
	2 Ursakcs bear bags	\$0
	1 SAT phone	\$0
	1 First Aid Kit	\$0
	bike packing bags**	\$0
	Total	\$67
Permits/Fees	Memorial Park, Wurr Flat #2	\$30
	Cowel Campground North in Henry Cowel	\$43
	Madrone Campground, San Juan Bautista	\$10
	Carmel by the River Campground, 27625	\$35
	Pfeiffer Big Sur Campground, Pfeiffer Big	\$5
	Prewitt Ridge Campground	\$0
	Washburn Campground, 500 San Simeon	\$28
	Islay Creek Campground	\$25
	Lopez Lake Campground	\$38
	Cachuma Campground	\$48
	Total	\$262
Food & Fuel	Itemized on Menu	\$316.07
	Resupply 1 Shipping***	\$21.90
	Total	\$337.97
*only for one day (Santa Barbara>>>Redwood City)		
**seat bag, (half-frame bag), bedroll harness, and handlebar bags		
***shipping to San Juan Bautista from LA		