

## Post-Trip Report

### • Itemized Budget

#### Itemized Budget

Items	Unit Cost	Quantity	Total Cost
Bob Marshall North and South Half Maps	28.78	1	28.78
Electrolytes, + Bug Spray			40
Gas			512
Inreach Monthly fee			15
Bear Spray	62	2	124
Bear horn/bells	14	3	42
Fuel	4.3	3	12.9
Backpacking Meals	329.55		584.79
Other food	255.24		
Resupply+ meals during the drive up	204.38		
<b>Total</b>			1681.18

#### Food and Rationing

On the whole, our meals were well rationed and plenty filling for our bellies! We rotated between two breakfasts. Most days, we ate oatmeal topped with peanut butter, pumpkin seeds, protein powder, and granola. On some days, we had granola with powdered milk and assorted toppings.

For lunch, we had peanut butter and Nutella tortilla wraps, trail mix, and bars. Occasionally, lunch was too late and the group would feel extra hungry. Towards the end of the trip after the resupply, we ran short on tortillas and had to eat a lighter lunch. To better sustain our energy throughout the day, we wish we had brought more tortillas, trail mix, and bars. Pre resupply, we coveted the rich taste of cheese after our sweet nutella sandwiches. To satisfy our cravings, we packed a few blocks of cheese stashed in the resupply car that were a real treat despite their weight.

For dinner, we had freeze-dried backpacking meals supplemented with lentils and couscous. Adding mushroom bouillon and the “Slap Ya Mama” seasoning to the backpacking meals added a delicious and deepened flavor profile. On our layover days, we had ramen and instant noodles when high caloric meals were less of a concern. Some of the dinners could have benefited from having more couscous to add more calories as well as more nutritional yeast. That being said, our oreo ration was excellent (three per night!).

## **Equipment**

Our crazy creek chairs were an excellent addition to our equipment list as we used them throughout the day to cook and rest on. Hiking poles were a tremendous help to balance out the weight on our backs during lengthy ascents and descents. Rain ponchos and covers provided a much needed protective cover from the constant drizzle and rain on our backpacks. One item that proved to be the star of the show was our mosquito net. Our tent door was broken before the trip and we were unable to repair it before starting our journey. In a spark of genius innovation, Evelyn was able to jerryrig the mosquito net as a door everyday and it did an effective job of keeping the many mosquitos out of the tent. One underutilized item on our trip was the hacky sack. Having two stoves and an extra pot also proved to be redundant. We found that having extra paracord packed was essential when Wiley's shoelaces got eaten by rodents near the northfork cabin.

## **Travel Logistics**

We left from Colorado Springs together in Evelyn's car. We decided to cut the drive into two days, staying the first night in Bozeman and arriving at Arvada the next afternoon. We stayed the night at our friend Clayton's cabin which happens to be only a few miles away from our trailhead. He drove us to our trailhead as well as helped coordinate shuttling our cars for the resupply. When we finished our trip, Evelyn drove out to California, Wiley drove to Colorado Springs, and Izzy took a plane home from Missoula.

## **Leadership and Group Dynamics**

Generally, all camp responsibilities were shared equally. Because we all have unique and specialized skills in different areas of backcountry adventure, we would take turns teaching each other certain skills to fill in gaps in our knowledge. We were lucky to have a cohesive group who worked hard to always proactively communicate with one another to avoid tension. With that being said, being temporarily hangry was an experience that caught up to us from time to time. Our most monumental success was learning lots about physics through some trials and tribulations with bear hangs.

## **Safety and Risk Management Concerns**

We practiced good horse ethics when being passed by horse packers. We stayed downhill and chatted to the horses. We were also careful to set up our tents away from dead trees to protect from tree fall. There was some threat of snow and rain on a couple days. We were able to adapt our schedule to take a layover day on the stormiest day. We had one bear encounter where we

saw a cub scurry up a tree up ahead of us right next to the trail. Mama bear was nearby. We made a lot of noise and took an off trail detour to pass the bears. Otherwise, no unexpected risks arose.

### **Specific route description and concerns**

There were a lot of established camps along our route. We adapted our original plans to stay at established camps instead of at the point we had plotted. We also added a layover day hike up prairie reef fire lookout. Another change was to camp farther away from the China Wall as we learned there was a no camping zone where we had planned to camp. We camped instead along Moose Creek and were surprised to find a cool waterfall. Otherwise outside of changing camps the trails we were on were well marked and we stuck to our initial route.

### **Photos**







## **Detailed Course Log**

### **Day 1 - North Fork Trail Head → North Fork Cabin**

On our hike in we met 4 time iditarod champion Doug Swinley. We enjoyed a swim at the river by the cabin. Wiley shoelaces got eaten by mice.

### **Day 2 North Fork Cabin to Danaher Meadows**

This was our longest day with our heaviest packs of the trip. We invented a wonderful song in the meadows.

### **Day 3 Layover - Danaher Meadows**

Rained all day we hangout in a grove of trees.

### **Day 4 Danher Meadows to Basin Creek**

Wet hike leaving the meadows. Lots of sandhill cranes. Met some forest service workers who let us dry our boots in their cabina at Basin Creek.

### **Day 5 Basin Creaak to Hoadley Creek**

Hiked over Stadler Pass.

### **Day 6 Hoadley Creek to Benchmark Resupply**

Quick day. Resupply felt more front-country. Had a nice feast.

### **Day 7 Benchmark to West Fork of the Sun River**

Easy day good swimming along the river.

### **Day 8 Praire Reef Fire Lookout Day Hike**

Hiked to top of fire look out. Some storms in afternoon.

### **Day 9 West fork of the Sunriver to Moose Creek**

Got our first glimpse of the China Wall and began to see more CDT through hikers. Camped at a waterfall by Moose Creek.

### **Day 10 Moose Creek Layover Day**

Spent the day beneath the wall.

### **Day 11 Moose Creek to Rock Creek**

Said goodbye to the China Wall. Met some awesome through hikers and descended a pass. Had a swim in My Lake. Camped at Rock Creek and explored the waterfall there.

### **Day 12 Rock Creek to Gates Park**

Hiked over a pass to Gates Park. Had a bear encounter. Camped along the Sun River. Lots of swimming. Camped with another backpacker who had had a bear encounter near our camp.

### **Day 13 Gates Park to Headquarters Pass**

Spent morning and afternoon by the river before bumping camp three miles. Met a legendary friend named Bryce who shared some snacks with us. Very kind! Bumped camp a few miles up the pass.

### **Day 14 Headquarters Pass to Headquarters Pass Trailhead**

Hiked out of the pass. Got passed by some horsepackers in the morning. Hung out with a mountain goat on top of the pass. Descended to our exit. Some waterfalls on the way down.