

Ritt Kellogg Memorial Fund – Proposal Evaluation

Proposal Title: _____

Applicants: _____

*previous grantee

Reviewer: _____

General Criteria

- Minimum 12 days in field
- Wilderness-based
- WFR of each team member will be current prior to trip departure
- Start of trip no later than 8 months after graduation
- Expedition team is made up of at least two CC students
- Expedition will occur in US or Canada
- First aid kit
- Maps

Proposal Completeness

- Emergency contact information
- Insurance
- Medical release
- Applicant questionnaire
- Relevant experience resume
- References provided
- Certificates and other proof of training
- Participant acknowledgement and assumption of risks & release and indemnity agreement
- Ritt Kellogg Fund Agreement
- Complete proposal as per web site

Proposal Elements

Relevant Experience of Team Members

- Members have relevant experience in the activity
- Members have relevant experience in the venue
- Members have relevant experience in backcountry conditions, including inclement weather
- Members have relevant hazard evaluation skills
- Members have taken additional classes or training for the activity
- Members have relevant decision-making/route finding experience
- Overall, team members will solidify skills on the expedition rather than “cut their teeth”
- References and certifications

Risk Management Plan

- Proposal identifies thorough list of hazards associated with the activity

- Proposal identifies thorough list of hazards associated with the venue
- Proposal identifies thorough hazard evaluation plan
- Proposal identifies sensible steps to avoid incidents
- Proposal identifies a sound management plan if incidents occurs
- Proposal includes reliable emergency communication plan
- Proposal includes well-planned emergency evacuation plan
- Proposal lists the first aid kit contents which are appropriate for activity, venue, size of group, and participant health conditions

Logistical Considerations

- Proposal states dates of expedition and total days in field
- Proposal includes reasonable travel plans to and from the trail head
- Proposal details a sensible, day-by-day itinerary including elevations, distances, and camps
- Proposal provides a detailed route description, including maps
- Proposal provides minimum impact techniques
- Proposal provides cultural considerations (if applicable)
- Proposal provides appropriate gear list for activity and venue
- Proposal provides appropriate food list for activity and venue and considers re-rations
- Proposal includes a service component

COVID-19 Preparedness

- Proposal includes an analysis of the current COVID situation in the proposed location
- Proposal includes a realistic pre-expedition plan for reducing COVID likelihood
- Proposal includes realistic travel considerations
- Proposal includes an appropriate planned response for managing COVID in the field

Budgetary Considerations

- Proposal provides itemized budget
- Proposed budget does not include capital equipment purchases
- Proposal includes reasonable travel costs
- Expedition cap per person is \$1,500 (12+ days) or \$2,500 (21+ days)

Reviewer's Conclusion

Should the expedition be funded? _____

What are the total funds requested by the team? _____

How much funding do you believe the team should be awarded? _____

Is anyone on the team requesting additional financial support for a WFR course? _____

RKMF Expedition Summary

EXPEDITION NAME: Backpacking in the North Cascades

DATE OF EXPEDITION: 8/12/2024-8/24-2024

EXPEDITION MEMBER DETAILS:

Team Member	Graduation	Emergency Contact	WFR Cert
Nick Bishop	2024	[REDACTED]	01/2026
Ewan Henderson	2024	[REDACTED]	01/2026
Henry Howe	2024	[REDACTED]	Recert 3/2-3/3, 2024
Sabine Blumenthal	2024	[REDACTED]	01/2026

TOTAL FUNDING REQUEST: \$3,932

MAP OF ROUTE: <https://www.alltrails.com/explore/map/map-january-18-2024-7813d15>

LOCAL EMERGENCY NUMBERS & COMMUNICATION TOOLS:

Okanogan Search and Rescue Association
PO Box 1344, Okanogan, WA, United States, Washington (509) 668-0848
okanogansearchandrescue@gmail.com Okanogansar.org

Methow Valley Ranger Station
24 W Chewuch Rd, Winthrop, WA 98862 (509) 996-4000

Tonasket Ranger Station
Tonasket Ranger Station, Tonasket, WA 98855 (509) 486-2186

Will carry Garmin InReach



Ritt Kellogg Memorial Fund Registration

Registration No. GJ7F-V7HZ7
Submitted Jan 25, 2024 12:46pm by Sabine Blumenthal

Registration

Aug 21, 2023-
Jan 24, 2024

Ritt Kellogg Memorial Fund
RKMF Expedition Grant 2024 Group Application

This is the group application for a Ritt Kellogg Memorial Fund Expedition Grant. In this application you will be asked to provide important details concerning your expedition.

In addition to this Group Application, **each team member must submit an Individual Application.** All Group Applications and Individual Applications must be received by 1st Wednesday of Block 5 at noon.

For more information, example applications, proposal writing tips, and further guidance, please visit <https://www.coloradocollege.edu/other/rittkelloggfund/grants/expedition-grants/overview.html>

If you have any questions please email the office of Outdoor Education outdoored@coloradocollege.edu

Waiting for Approval
Jan 25, 2024
12:46pm

Participant



Sabine Blumenthal



Expedition Summary

What is the name of your proposed expedition?

Backpacking in the North Cascades

If you have an alternate name for your expedition, please list it here.

Clark D Runs it Back: Braids, Fades, and the Cascades

Briefly describe the objectives of your expedition.

The goal of this expedition is to complete 13 days of backpacking in the Pasayten Wilderness and North Cascades National Park, covering a total of 160.05 miles and 38,301 feet of elevation gain. We are not only hoping to explore this wilderness area in Washington State, a region we are each unfamiliar with, but also to utilize the opportunities that CC has to further our passions for backcountry travel, navigation skills, route making, and more.

Wilderness can be, when done safely, a powerful tool for relationship building, self- discovery, and beauty at any point in one's life. Our goals for this trip are not only to learn more about ourselves as individuals, but also about what we are capable of, together, while exploring a beautiful part of the country.

Briefly describe the location of the expedition.

The Pasayten Protected Wilderness, located in the Okanogan-Wenatchee National Forest, covers a total of 531,000 acres in North Central Washington State. This area of Washington, situated up against the Canadian Border, is fairly dry and mountainous, yet hosts a range of environments such as low grassy valleys along streams and high alpine terrain. Several famous trails, such as the Pacific Northwest Trail, the Pacific Crest Trail, and the Boundary Trail, all navigate through sections of the Pasayten Wilderness.

The Pasayten Wilderness is the ancestral home and hunting lands of the Nlaka'pamux or Nlaka'pamuk indigenous peoples, who's original territory also includes parts of Southern British Columbia and the North Cascades National Parks, which we will briefly venture into along Ross Lake at the tail end of our expedition. As we will be traveling through this area, it is important for each of us to educate ourselves about the history of these lands, how they became transformed to national parks, and the implications this has for the Nlaka'pamuk people.

Lastly, the Pasayten Wilderness has the largest population of lynx, deer, moose, big horned sheep, wolves, and grizzly bears anywhere in Washington State. Despite its beauty and ecological importance, funding for trail maintenance in this area is limited. This has been a greater issue in the past decade as wildfires have increased both in size and frequency. Access to and quality of trails has been, at times, heavily affected, not only impacting hikers such as ourselves, but also the wider ecosystem— including habitat of many keystone and endangered species. We are taking special precautions and doing extensive research to make sure that our route is up to date fire wise, that we have the appropriate resources to navigate the trails, and that we have safe evacuation routes and plans!

Date that travel to the expedition will start.

Aug 10, 2024

Date that your team will enter the field.

Aug 12, 2024

Date that your team will exit the field.

Aug 24, 2024

Date that the last team member gets to their home location.

Aug 25, 2024

How many days will your team be in the backcountry?

13

How does your planned destination provide a "wilderness experience," and how will your expedition offer solitude and promote self-reliance and grit?

The "wilderness experience" offers many different things to different people. To us, being detached from technology, the day-to-day grind of academic life, and surrounded by beauty, nature, and elements of the unknown, are some ways that we define a wilderness experience.

Our expedition, accumulating 160 miles and 38,000 feet of elevation gain in total, takes place completely in backcountry terrain, with the one exception being our resupply point near Slate Peak Road. Being in complete backcountry terrain fits with our definition of a wilderness experience. While we may encounter other hikers and backpackers along the trail or at campsites, we will be navigating some of the more remote and unpopular trails in all of Washington State, relying completely on ourselves and our navigation skills to complete our route.

Furthering this point, solitude will not only be certain due to the limited number of backpacking spots that each campsite allows, but also because the majority of the trails we will hike across are far from any day-hiking entry points/roads.

Lastly, any backcountry experience promotes self-reliance and grit due to the problem solving and spontaneity of backcountry travel (encountering the unknown). Weather, wildlife, and other natural events can change your plans at any moment and you must be prepared to adapt. There is no way to perfectly prepare for how your trip will actually turn out. Yes, looking at detailed weather predictions for the national forest (NOAA Forecast for North Central Pasayten and Okanogan and Wenatchee Forest Alerts and Warnings), checking snow levels, and confirming campground conditions are important, but you must be adaptable to the conditions experienced as you go on your adventure.

Participant Qualifications

Expedition team member information

Nick Bishop: Graduating in the Spring of 2024 + WFR course taken January 10-19th 2022.
Recertification course: January 19th-21st, 2024.

Ewan Henderson: Graduating in the Spring of 2024 +WFR course taken January 10-19th 2022.
Recertification course: January 19th-21st, 2024.

Henry Howe: Graduating in Winter of 2024 + WFR course taken January 10-19th 2022.
Recertification course: March 2nd-3rd, 2024.

Sabine Blumenthal: Graduating in the spring of 2024 + WFR course taken January 10-19th 2022.
Recertification course: January 19th-21st, 2024.

Does your team have adequate experience?

Yes

Describe your team's training plan to solidify or improve technical skills, physical conditioning, and team dynamics prior to the start of the expedition.

All three of these national parks are mountainous alpine environments with lots of elevation gain and loss. We plan to average 15 mile days to hike 160 miles over a 13 day period. The majority of our days will be over ten miles, with no rest days.

Spring Semester 2024: Throughout the spring semester, we each plan to keep in shape and prepare ourselves for this expedition in three ways: Firstly, we all consistently exercise here on campus. Ewan and Henry, who are active climbers on the club team, Nick who is on the tennis team, and Sabine is on Zenith, all exercise daily. In regards to conditioning, we will go on at least four three-mile runs increasing in distance and length weekly. As the weather gets warmer, we also plan to do the incline twice a week on Sunday and Wednesday afternoons, to keep in good ascent shape (starting in mid-7th block).

May + June + July 2024: As the summer progresses we plan to gradually increase the distance of our training runs and hikes to build up our endurance. Each week we will run 3 times per week with one hike (with heavy backpacks between 40-60 pounds) of a longer distance and greater elevation gain. We will aim to be comfortable completing 4-6 mile runs and 6-8 mile hikes by the end of May. We will then increase our goal for June to be completing 6-8 mile runs and 8-10 mile hikes. And lastly by the end of July we will be aiming to up our mileage to 8-10 mile runs and 10-12 mile hikes. To hold each other accountable while in different locations throughout the summer, we will be following each other on Strava to keep track of our progress. We are hoping the gradual increase in mileage by month will prepare our bodies for the daily mileage on the trip.

August 2024: In the beginning of the month we will complete increasing the distances on our endurance training to 10-15 miles hiking to replicate our daily mileage. In the week leading up to the trip we will reduce the intensity of our distances to rest our body in preparation for the trip. In the first week of August, although we will not be in the same location, we both plan on going on extended day hikes in our area. This will include a single night camping trip to test our gear (tent, sleeping bags, stoves, etc) to ensure they are working properly before the trip. Secondly, we will continue to watch weather reports, trail conditions, and other National Forest alerts that may alter our expedition.

Expedition Logistics, Equipment, and Food

Briefly describe how each expedition member will travel from home to the trailhead and back again.

To Trailhead:

Nick Bishop and Sabine Blumenthal: Both these team members live in Seattle, WA, and will have one car available each for use.

Ewan and Henry fly into Seattle on the evening of Saturday, August 10th, where Sabine and Nick will pick them up from the airport. Henry and Ewan will stay at either Nick or Sabine's family home that evening.

On August 11th, all four of us will depart Seattle with Sabine's mom accompanying us in two cars. We drop one car at the Eastbank Trailhead (ending location), and we all pile into one car and head to our resupply point, Slate Peak TH. After we drop our resupply, we will then drive to Omak, Washington, and stay in the Best Western Plus located there to rest up before our first day.

On August 12th, we will leave the hotel at 7am and arrive at the Middle Fork Trailhead at 10:00am, where we will begin our hike. Sabine's mom will drive the vehicle back to Seattle that day.

Returning to Seattle:

All of us: On August 24th, we will arrive at the Eastbank Trailhead where we will arrive at the car we dropped off there. We will drive back to Seattle, and Ewan and Henry will stay in Nick's family home.

Henry and Ewan will fly out back to their respective homes on August 25th. Ewan will fly to Boston and Henry will fly to Colorado Springs. Sabine and Nick will stay in Seattle!

Upload a detailed day-by-day itinerary, beginning when the first team member leaves home.

[Day-by-day itinerary.pdf](#) (87KB)

Uploaded 1/25/2024 12:21pm by Sabine Blumenthal

Please paste a URL to your complete digital expedition map.

<https://www.alltrails.com/explore/map/map-january-18-2024-7813d15>

If you have plans to re-ration during the expedition, describe the plan below

We will be re-rationing at the end of day 7 at Slate Pass Campground. This is great timing as it is ½ way through the trip in terms of days in the backcountry. Prior to leaving on the expedition, we will drive to slate pass campsite, just off of Slate Peak Road NF 600, where Buckskin Ridge trailhead is located. We will stash our re-ration food, water and backup First Aid supplies here. As this is a trailhead operated by the Okanogan Wenatchee Forest Service and the Methow Ranger District, there are structures at this trailhead for us to safely store our food for the first part of the expedition. As noted in the itinerary, and directions to and from the trailhead above, we will drop this resupply gear off at the Buckskin Ridge trailhead on our way to Omak on the front end of the trip (August 11th). We will keep our re-ration supplies in bear canisters to make sure that it is safe for the first week of the expedition.

Buckskin Ridge Trail Head Location and Details:

North Cascades > Pasayten

Buckskin Ridge (#498)

Okanogan-Wenatchee National Forest, Methow Valley Ranger District

Coordinates: 48.7323, -120.6683

Describe how you will protect your food from wildlife.

We plan on primarily using bear canisters to protect it from wildlife. All of our planned campsites are in close proximity wooded areas as well, in case we need to create a make-shift bear hang. But, the bear canisters will be sufficient protection for our food on the entirety of our trip. Additionally, we will carry bear spray in case a scenario arises where it is needed.

Upload a detailed food list with budget numbers and show hoe it meets the caloric needs of the expedition.

[Food and Total Budget .pdf](#) (222KB)

Uploaded 1/25/2024 12:02pm by Sabine Blumenthal

Upload a thorough equipment list.

[Flnal Equipment list.pdf](#) (46KB)

Uploaded 1/25/2024 12:20pm by Sabine Blumenthal

Upload a first aid kit list.

[FA KIT.pdf](#) (42KB)

Uploaded 1/25/2024 12:02pm by Sabine Blumenthal

How will you limit and leverage your impact on this trip?

We plan to limit the impact of our trip on the environment by practicing Leave No Trace. We plan to carry out everything we carry in. As part of Leave No Trace, we will be packing an extra trash bag to hold on to all trash and ALL items that are not decomposable. We will take advantage of mid-route national park facilities (such as at Buckskin Ridge Trailhead and Ross Lake) to dispose of trash throughout the trip. We will be purchasing compostable toilet paper, as well as following Okanogan-Wenatchee National Forest guidelines by digging a 6-inches deep hole as a poop-hole. As fire is a particular concern in the North Cascades and the Pasayten Wilderness, we will be practicing extra caution when using the stove (cooking on rocky surfaces when able and always using an aluminum foil ground protector).

Risk Management

What are the main objective hazards of the expedition?

Water: Every campsite we stay at will have a stable water source without question. The Pasayten Wilderness receives surplus rain and snowfall. More water rationing is detailed in our day-to-day itinerary, but this is generally of little concern given the conditions of the park year round.

We have four methods of water filtration: (1) Sawyer purifier, (2) gravity filter (for camp), (3) Iodine Tablets (extra safety), and (4) the ability to boil water.

Snow Travel: In case of extended snow travel, we will be renting microspikes from the gear house as a part of our expedition. Throughout the preparation period, we plan to explore various courses that may offer intro-level skills on snow travel. Although Nick has experience with alpine snow travel, it will be important to refresh our memory and be ready for what the route has in store during August.

Weather: We will be well equipped for all weather conditions: rain, snow, heat, and stormy weather. In the Pasayten Wilderness, a changing climate is common, and the weather is unpredictable. To be prepared for these things, we have included necessary rain apparel, as well as enough layers to withstand colder temperatures,

especially when camping at higher elevations. In regards to heat, making sure to cool down with water, and also staying thoroughly hydrated throughout the trip will be key to reducing this impact. Similarly, sun protection, such as bandanas and sunscreen will also be necessary items to utilize during hot days.

<https://www.fs.usda.gov/alerts/okawen/alerts-notice-Current-Conditions> !

Sun: The Pasayten Wilderness is very exposed to the sun. The most likely cause of a burn in the back country is via sun exposure. Therefore, to mitigate this risk, we will wear sun protective clothing (light colored, long sleeved attire, sun hats, etc.), and apply sun screen multiple times a day. We will also put sun screen in the resupply bin as to not run out.

Terrain: Overall, the terrain is straightforward, as there are many national trails that we will be hiking on such as the Pacific Crest Trail, the Pacific Northwest Trail, and the Boundary Trail. While wildfire is common in this area, often impacting trail conditions with downed trees, we will be able to adapt to this by staying up to date throughout the summer and especially in the weeks leading up to the expedition on trail conditions for our specific route. If there is a section that becomes unviable due to fire or landslide, we will be able to adjust because of how interconnected this area is via these trails.

Based on previous year trail conditions from the Washington Trails Association: This trip report reflects two of the highest elevation points on our expedition, at fairly similar times of the year as when we will do it. There are also two trip reports located in the day-to-day itinerary on day 2 and day 10.

<https://www.wta.org/go-hiking/hikes/cathedral-pass-loop>

In general, the two biggest things to be aware of are: (1) The total elevation gain and loss, which totals up to 38,301 feet. As indicated in our training plan, we will be well prepared for extensive downhill and uphill travel. (2) The next item on the awareness agenda is our lack of a planned full rest day. While we anticipate being in shape to hike continuously for the entire trip, we also have a couple days (specifically Day 2 and 11) which will have less mileage (6.18 mi and 7.18 mi respectively), as well as less elevation gain (669 ft and 1,368 ft respectively).

River Crossings: All major river crossings will be monitored via trip reports consistently right until we enter the backcountry. Due to the North Cascades National Park being well maintained, any high-water river crossing will be accessible through constructions or other services provided by the forest service. For smaller river crossings, poles will help guide us through those if there is high runoff at the time of passing.

One major river crossing is the Ashnola River crossing on day 4. There are reports of a good safe river crossing in the article below. Additionally, they mention minimal snow in June which leads us to believe there will be next to none when we make our trip in August (but we will continually check trail conditions to monitor water and snow levels):

https://www.wta.org/go-hiking/trip-reports/trip_report.2016-07-01.5737149397

Food security: Bear Canisters are also required in areas where it is not possible to hang food 12 feet high and 10 feet out from the tree trunk in the North Cascades National Park. Our food storage while traveling will include Outdoor Research bags to carry miscellaneous snack items, while the majority of our meals and food will be carried in four bear canisters. The reason why we will be bringing four bear canisters is to minimize the weight of hanging food at campsites.

Mapping/route finding: Along with a compass, we will be bringing the topographic map of the Pasayten Wilderness, which entails our entire expedition. From our Alltrails map, we will be printing our daily routes prior to our departure. Lastly, we will be downloading a detailed topographic map on our mobile phones as well where we can access the map without service (from alltrails as well). For the paper maps, we will keep them in plastic bags to avoid any risk of water damage.

In the event we get lost: We will have In-Reach to contact help. Guidelines on the Okanogan-Wenatchee National Forest website are:

- Keep calm. Do not walk aimlessly. Trust your map and compass. Shelter and warmth are more important than food. Backtrack if possible. Stay together, if possible. If not, send at least two people for help,
 - To find your position, climb to a place where you can see the surrounding country,
 - When you reach a road, trail or telephone line, follow it. As a last resort, follow a stream downhill,
 - Before being caught by darkness, select a sheltered spot and prepare camp, shelter and firewood. Stay in this camp all night. Mark your base camp so it is visible from the air,
 - Don't abandon your skis. Build a fire and shelter. Stay warm by getting out of the wind; insulate yourself with a parka and other clothing (use insulate pad, branches or skis between you and the snow),
- If you are injured and alone, keep calm. Stay where you are, clear an area down to mineral soil and build a signal fire. Green boughs will create heavy smoke,
- Three signals of any kind, either audible or visible, is the universal SOS call. Examples are three blasts from a whistle, three regulated puffs of smoke, or three flashes from a mirror or flashlight. Repeat at regular intervals. If it is recognized by a search party, it will be answered by two signals.

Trash: As part of Leave No Trace, we will be packing an extra trash bag to hold on to all trash and ALL items that are not decomposable. Similarly, we will pack out all other trash items. We will be purchasing compostable toilet paper, as well as following National Forest guidelines by digging a 6-foot deep hole as a poop-hole.

Fire: We will be hiking during the dry season (July-August), and in past years there is typically a fire restriction or ban put in place. We will be monitoring the wilderness area website for these announcements as the summer goes on, as well as monitoring fire conditions as the trip approaches. Regardless of fire restriction status, we will plan on using gas stoves for all cooking which is allowed at all times in the backcountry in the park.

<https://fortress.wa.gov/dnr/protection/firedanger/> - Wildfire Danger and Burn Bans in Washington State

Permits: Backpacking permits are required for some of the campsites in the North Cascades National Park Service we will be staying at in the Ross Lake National Recreation Area. The rest of the campsites are in the Pasayten Wilderness and are free and available at trailheads or nearby ranger stations (Methow Valley Ranger Station). We will need to apply for Derrick's Camp and Devil's Creek campsites backcountry permit in advance to camp here on nights 10 and 11. On March 4th we will fill out an early-access lottery application to the North Cascades National Park Service. On March 22nd we will be notified of our time slot to apply for campsite permits. Lastly, the trailheads we will be leaving our vehicle at requires a Northwest Forest Pass to leave your vehicle there, which we can buy up until the day we leave Seattle at any local outdoors store such as REI.

The two campsites we are applying for: Day 10, Derrick's Camp + Day 11, Devil's Creek Camp.

https://www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprdb5350935.pdf

Describe your self-evacuation plan in the event of an emergency.

Three of us are currently WFR certified, and the fourth will be certified on March 3rd. We will be able to use our first aid kit and skills to address all minor injuries. In the event of an evacuation, we will have our Garmin In-Reach accessible for the entirety of the trip. For situations where we will not be able to hike out (access points listed in day to day), we will use the SOS button to contact search and rescue.

Local Ranger Stations:

Methow Valley Ranger District -
Address: 24 West Chewuch Road
Winthrop, WA 98862

Phone: (509) 996-4003

Site: <https://www.fs.usda.gov/recarea/okawen/recarea/?recid=59073>

Tonasket Ranger District
Address: 1 West Winesap
Tonasket, WA 98855
United States

Phone: (509) 486-2186

Site: <https://www.fs.usda.gov/okawen/>

In these scenarios, our biggest focus will be to immediately address the situation based on our WFR training. We will bring a small manual received from our course on our trip with us, as mentioned in the gear list. Contacting Search and Rescue and securing the patient will be our main two focuses in emergency situations. Similarly, delegating tasks to any other hikers at the time of a serious emergency is another potential tool to remain safe in the backcountry.

Discuss any measures taken for teammates with medical histories which warrant special preparedness.

All members are in good health, and have no medical histories or conditions that interfere with execution or precipitation in this Ritt Grant Expedition.

List the emergency and rescue resources available in the vicinity of your expedition.

Okanogan Search and Rescue Association
PO Box 1344, Okanogan, WA, United States, Washington
(509) 668-0848
okanogansearhandrescue@gmail.com
Okanogansar.org

Methow Valley Ranger Station
24 W Chewuch Rd, Winthrop, WA 98862
(509) 996-4000

Tonasket Ranger Station
Tonasket Ranger Station, Tonasket, WA 98855
(509) 486-2186

List the emergency communication devices you will be carrying on your expedition. If none, explain why.

We will be carrying a Garmin in-reach device (Sabine's personal Garmin Device) on the entirety of our trip. To perfect our understanding and use of this device, we will each practice using and sending messages from the in-reach in the weeks leading up to the trip. We will also each read through the instructions that came with the device.

COVID-19 Preparedness

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

Okanogan County currently has low transmission rates. As our trip approaches, we will continue to monitor COVID transmission using this New York Times website. <https://www.nytimes.com/interactive/2021/us/covid-cases.html>

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

During our trip, we will make sure to test prior to departing. We are also all vaccinated and boosted. Given a negative test, we will be masking and washing/sanitizing our hands in any public spaces we will travel through.

How do you intend to mitigate the risks of exposing the residents of the area(s) where you will be traveling to COVID-19?

While staying in Omak prior to leaving for our expedition, we will use basic precautions such as mask wearing in public spaces, keeping distance when indoors, etc., to reduce the risk of exposing others. If one of us develops symptoms prior to leaving for the trailhead, we will test for COVID 19 and reassess based on the results. If positive, we will not go into the back country. Lastly, we will each plan on testing and quarantining if positive following the conclusion of our expedition.

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

If any team member develops symptoms of COVID 19, we will mask and distance, using standard precautions for any illness such as washing hands and sanitizing group items. If we encounter other hikers on the trail, we will make sure to keep a healthy distance between us to reduce the risk of sharing illness.

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

If a teammate shows symptoms, we will each mask and wait for symptoms to pass. If not, we will survey the severity of the illness and hike out (if possible and needed) to our nearest exit point using standard evacuation plans outlined in the Day to Day Itinerary.

Budget

Upload a detailed and complete expedition budget.

[Food and Total Budget .pdf](#) (222KB)
Uploaded 1/25/2024 12:29pm by Sabine Blumenthal

What is the total funding request for your trip?

3932

What is the funding request per person?

983

Describe what measures you have taken to minimize expenses for your expedition.

We are planning on saving expenses by traveling within the continental US and limiting the number of members that need to fly to minimize travel costs (2 out of the 4 members live in the state which we will be backpacking in and thus won't need to get on a plane). Additionally we will be saving money by buying our food in bulk which should cut down on our budget. Lastly, we will be using more fuel efficient cars than larger trucks or vans to reduce our environmental impact and overall cost.

Expedition Agreement

The Expedition Agreement must be printed, read, and signed in ink by each member of the expedition team. Once the Agreement is filled out, it should be scanned into PDF format and uploaded here. The group application will not be considered complete until this form is submitted


Uploaded 1/25/2024 12:28pm by Sabine Blumenthal

Day-by-day itinerary

DATES	Itinerary - Maps, Elevation Gain, Mileage, Daily Details, Trails	Region, Starting Location, Campsite (Coordinates)
Before Hiking		Sabine/Nick in Seattle. Henry in Colorado Springs. Ewan in Boston.
August 10th	Henry flies into Seattle from Colorado Springs. Ewan flies into Seattle from Boston.	Ewan and Henry at Nick and Sabine's houses in Seattle.
August 11th	The four of us drive out in two separate cars with Sabine's mom joining to drive one car back. We drop one car at the ending trailhead linked here . It is right past diablo lake leading to Canyon Creek trail on highway 20.	Staying at a hotel in Omak, Washington: Best Western Plus!
Day 1- August 12	7 am: Leave Blue Western Plus 7:30 am: Arrive at trailhead! 8:00 am Start hiking! Mileage: 9.83 miles Elevation Gain: 2,451 feet Trails: Middle Fork Trail, Boundary Trail	Region: Pasayten Wilderness Trailhead: Middle Fork TrailHead, NF 309 (48.8752, -119.89836) Campsite: Loudon Lake, (48.98614, -119.94967) Water Source: Creek crossings (Clutch and Sunny creek), about 3 and 7 miles into hike if refills are needed before camp. Loudon Lake will provide our source at camp. Evac Route: We will hike the 9.83 miles back to National Forest Development Road 5160 if needed. Backup Camp: Smith Lake, Horseshoe Creek

<p>Day 2- August 13</p>	<p>Mileage: 6.2 miles</p> <p>Elevation Gain: 669 feet</p> <p>Trails: Boundary Trail</p>	<p>Region: Pasayten Wilderness</p> <p>Starting Location: 48.98614, -119.94967</p> <p>Campsite: Target Dome (48.9709, -120.03453)</p> <p>Water Source: Begin day full at Loudon Lake. Two seasonal unnamed streams to refill about 4.5 miles per day. Unnamed stream below the campsite will provide water at camp.</p> <p>Evac Route: Our closest access to a road is National Forest Development Road, 16 miles from the campsite.</p> <p>Trail report: https://www.wta.org/go-hiking/trip-reports/trip_report.2023-07-02.8942256792</p> <p>Backup Camp: Tungsten Creek camp.</p>
<p>Day 3- August 14</p>	<p>Mileage:12.35 miles</p> <p>Elevation Gain: 1,926 feet</p> <p>Trails: Boundary Trail</p>	<p>Region: Pasayten Wilderness</p> <p>Starting Location: 48.9709, -120.03453</p> <p>Campsite: Upper Cathedral Lake (48.98174, -120.20258)</p> <p>Water Source: Begin day at Target Dome. Multiple refill options at streams such as Tungsten Creek and Cathedral Creek. Campground is next to the upper cathedral lake.</p> <p>Evac Route: Hike 18.99 miles south to National Forest Development Road 5160. We</p>

		<p>would exit at the Andrews Creek Trailhead.</p> <p>Backup Camp: Rimmel Lake.</p>
<p>Day 4- August 15</p>	<p>Mileage: 16.79 miles Elevation Gain: 3,360 feet</p> <p>Trails: Boundary Trail</p>	<p>Region: Pasayten Wilderness, Skagit Valley Provincial Park, E.C. Manning Provincial Park</p> <p>Starting Location: 48.98174, -120.20258</p> <p>Campsite: Quartz Lake (48.95727, -120.41353)</p> <p>Water Source: Begin day at Upper Cathedral Lake. Multiple refill options at unnamed streams dispersed throughout the day ~2, 4, 8... miles in. Additionally, we cross the Ashnola River. Campground is next to a lake</p> <p>Evac Route: Hike 18.79 miles to the Billy Goat Trailhead. We would take the Larch Creek Trail. .</p> <p>Backup Camp: Sheep Lake, Peeve Creek.</p>
<p>Day 5- August 16</p>	<p>Mileage:13.33 miles Elevation Gain: 1,982 feet</p> <p>Trails: Boundary Trail, East Fork Pasayten Trail, Hidden Lake Trail</p>	<p>Region: E.C. Manning Provincial Park</p> <p>Starting Location: 49.05836, -120.84076</p> <p>Campsite: Big Hidden Lake (48.9155, -120.49302)</p> <p>Water Source: Begin day at Quartz Lake. Multiple refill options at streams such as the four crossings of Dean Creek</p>

		<p>and the East fork of the Pasayten River. Campground is next to two lakes</p> <p>Evac Route: Hike 16.07 miles South to the Billy Goat Trailhead on Trail 477,</p> <p>Backup Camp: Middle Hidden Lake, Dean Creek Camp, East Fork Pasayten River.</p>
<p>Day 6- August 17</p>	<p>Mileage: 13.92 miles</p> <p>Elevation Gain: 5,433feet</p> <p>Trails: Tatoosh Buttes Trail, Buckskin Ridge Trail</p>	<p>Region: EC. Manning Provincial Park</p> <p>Starting Location: 48.9155, -120.49302</p> <p>Campsite: Buckskin Lake (48.84647, -120.64332)</p> <p>Water Source: Begin day at Hidden Lake. One refill option at stream such as The Middle Fork of the Pasayten River and Cathedral Creek. Campground is next to a lake</p> <p>Evac Route: Hike 11.93 miles to Slate Peak Road.</p> <p>Backup Camp: Pasayten River.</p>
<p>Day 7- August 18</p>	<p>Mileage: 11.93 miles</p> <p>Elevation Gain:3,760 feet</p> <p>Trails: Buckskin Ridge Trail</p>	<p>Region: Pasayten Wilderness</p> <p>Starting Location: 48.84647, -120.64332</p> <p>Campsite: Slate Pass (48.7322, -120.66674)</p> <p>Water Source: Fill up to begin the day at the starting campground. There will be a couple alpine lake to fill up at</p>

		<p>about half way through the day. We will want to fill up completely here in case Slate Pass does not have access to water (only seasonal streams), but this is okay because we will resupply here and will leave water jugs at our resupply.</p> <p>Evac Route: We will be camping at Slate Pass where Slate Peak Road ends.</p> <p>Backup Camp: Buckskin Lake.</p>
Week 2		
Day 8- August 19	<p>Mileage: 12.42 miles</p> <p>Elevation: 1,375 feet</p> <p>Trails: PCT</p>	<p>Region: Pasayten Wilderness</p> <p>Starting Location: 8.7322, -120.66674</p> <p>Campsite: Holman Pass (48.83965, -120.73522)</p> <p>Water Source: Shaw Creek will be about 8 miles into the day and allow us to refill water. We will fill up for that night in case there is no accessible water at the campsite (only seasonal streams). Can hike 1 mile past camp to a stream that drains into Goat Lake</p> <p>Evac Route: Hike 12.42 miles south along Buckskin Ridge Trail to Slate Peak Road</p> <p>Backup Camp: West Pasayten River trail junction</p>
Day 9- August 20	<p>Mileage: 13.10 miles</p> <p>Elevation Gain: 3,002 feet</p>	<p>Region: Pasayten Wilderness</p> <p>Starting Location: 48.83965,</p>

	<p>Trails: PCT</p>	<p>-120.73522</p> <p>Campsite: Route Creek (48.95802, -120.77748)</p> <p>Water Source: We will cross a stream early in the first mile of our day (drains into Goat Lake). We will also cross multiple small streams throughout the day. Our campsite will be located next to Route Creek providing us water for that night.</p> <p>Evac Route: Hike 25.52 miles south along the PCT to Re-ration supply point at Buckskin Ridge Trailhead off of Slate Peak Road.</p> <p>Backup Camp: Heather Lake.</p>
<p>Day 10- August 21</p>	<p>Mileage: 17.67 miles</p> <p>Elevation Gain: 4,583 feet</p> <p>Trails: Castle Pass Trail (TR749), Three Fools Creek Trail</p>	<p>Region: Ross Lake National Recreation Area</p> <p>Starting Location: 48.95802, -120.77748</p> <p>Campsite: Deerick's Camp (48.90275, -120.9798)</p> <p>Water Source: Begin day at Route Creek. Multiple refill options at unnamed streams and 2 crossings of Big Face Creek. Also three Fools creek. Camp near the junction of three streams which join lightning creek.</p> <p>Evac Route: Hike back to our Re-supply point at Buckskin Ridge Trailhead, southbound along the PCT. Closest road is</p>

		<p>Slate Peak Road (NF600). Total distance is 25.5 miles.</p> <p>Trail Report: https://www.wta.org/go-hiking/hikes/castle-pass</p> <p>Backup Camp: Backtrack to junction between PCT and Castle Pass and continue northbound along the PCT where there is a marsh and flat ground to camp, ample water access as right off of Route Creek. There is also a camp at big face basin, if we need to stop early.</p>
<p>Day 11- August 22</p>	<p>Mileage: 7.13 miles</p> <p>Elevation Gain: 1,368 feet</p> <p>Trails: Lightning Creek Trail, East Bank Trail</p>	<p>Region: Ross Lake National Recreation Area, Pasayten Wilderness</p> <p>Starting Location: 48.90275, -120.9798</p> <p>Campsite: Devil's Creek (48.83598, -121.01871)</p> <p>Water Source: Begin day at Deerick's camp. Hike almost the entire day next to Ross Lake with many streams throughout the day. Camp next to enormous lake and Devils Creek.</p> <p>Evac Route: Hike south along Lightning Creek Trail, then continue south past North Fork Devil's Creek Campsite to the East Bank Trail which ends at Highway 20. This is a total of 17.43 miles, but is the quickest access to medical services.</p> <p>Backup Camp: Many</p>

		<p>campsites north and south along this wide and flat valley which follows Lightning Creek (consistent water access). We can access these other campsites by continuing north along the Lightning Creek Trail.</p>
<p>Day 12- August 23</p>	<p>Mileage: 13.32 miles Elevation Gain: 5,853 feet Trails: Devils Ridge Trail, Jackita Ridge Trail</p>	<p>Region: Pasayten Wilderness Starting Location: 48.83598, -121.01871 Campsite: North Fork Devil's Creek (48.78609, -120.85152) Water Source: Begin day at Devil's Creek. Have one refill at an unnamed run off ~1.5 miles in and another ~11 miles in at North Fork Devil's Creek. Camping by the junction of North Fork Devil's Creek. Evac Route: Hike to the nearest road (highway 20) via the East Bank Trail along the eastern shore of Ross Lake. Total of 10.3 miles to Highway 20 and medical access. Backup Camp: Devils Junction, 0.2 miles southwest of Devil's Creek Camp right off the shore of Ross Lake.</p>
<p>Day 13- August 24</p>	<p>Mileage: 12.06 miles Elevation Gain: 2,539 feet Trails: Jackita Ridge Trail, Canyon Creek Trail</p>	<p>Region: Pasayten Wilderness Starting Location: North Fork Devil's Creek Final Destination/Pick Up: Canyon Creek trailhead on highway 20</p>

		<p><u>Exit Trailhead</u></p> <p>Water Source: Begin day at North Fork Devil's Creek. Multiple refill options at streams such as Canyon Creek. There are also 3 unnamed streams throughout the day, two of which run off from an unnamed lake.</p> <p>Evac Route: Closest road is Highway 20. We will hike out the rest of the designated route, a total of 12.06 miles as this is the shortest distance between us and medical care/access.</p> <p>Backup Camp: As we are planning camp along the North Fork Devils Creek, if our campsite is taken or not optimal for some reason, we can continue hiking north or south along the creek to find a more suitable area to camp for the night.</p>
--	--	--

Equipment list:

- 2-2 person tent (Agnes)
- 4 sleeping bags
- 4 sleeping pads
- 6 heavy duty trash bags for internal pack use to keep clothes/sleeping bags dry (as well as one to hold trash).
- 1 Solar charger block and chord.
- 2 Pocket Rocket Stoves (tested prior to trip) + cooking pot, lid, and gripper (<https://www.msrgear.com/stoves/canister-stoves/pocketrocket-2-stove/09884.html>)
- 12 Fuel canisters: We will be using 8oz Isopro Fuel Blend Cannisters. For two people, one canister should last four days with two to three boils per day. For our first section we will pack six full fuel canisters. At our re-ration sections, we will restock with 6 canisters, and take all six (or fewer) depending on if there is leftover fuel.
- 1 Gravity Filter (6 liters)
- 300 Iodine Tablets (Backup water filtration)
- Toilet Paper (8 rolls)
- Hand Sanitizer (2fl oz)
- 1 BlueWater 7mm x 30 ft. Rope
- Outdoor Research Stuff Sack - 5L(2), 3L(4), six more in a smaller size.
- 2 Sawyer water filter systems
- 1 In-reach device Sabine's personal
- 4 Sunscreen (8-10 Fl OZ) (2 for resupply)
- 4 sets of microspikes that will be rented from the gear house.
- WFR Manual (Small book, not large one)
- Backpacking Bag (one each)
- 3 Lighters
- Paper Maps
- 4 iPhones
- Car Keys for return drive
- 1 Trowel
- 4 Headlamps
- 12 quantities extra batteries (6 in resupply)
- 4 bear canisters

Individual Apparel and Gear

- Rain jacket + pants (1 each)
- Down Jacket (1)
- Fleece/thin jacket (1)
- Warm pants (1)

- **Long underwear tops + bottoms(1 each)**
- **Non-Cotton hiking socks (Wool blend), 3 pairs.**
- **Toiletry bag: small toothpaste, toothbrush, sleep mask, floss.**
- **Warm Hat (1)**
- **Shorts (1)**
- **Quick Dry T- shirts (2)**
- **Underwear (Whatever amount you want)**
- **Hiking Boots (1)**
- **Slides/camp shoes (1)**
- **Bandana for sweat (1)**
- **Small knife (1)**
- **Camping Bowl + utensil (1 each)**
- **Whistle (1 each)**
- **Bug Spray (2 group)**
- **Tooth brush + tooth paste (1 each)**
- **Hiking Poles (1 pair)**
- **Two decently sized water bottles (one smartbottle for Sawyer)**
- **Compass (1)**
- **Ducks Pack Backpack cover x2 (for rain)**
- **Garmen In Reach Device (1)**

First aid list: Ultralight/Watertight .7 Medical Kit - Adventure Medical Kit

- **Bandage Materials - Bandage, Adhesive, Fabric, 1" x 3"**
- **12 - Bandage, Adhesive, Fabric, Knuckle**
- **12 - Bandage, Butterfly Closure**
- **4 - Bandage, Conforming Gauze, 2"**
- **8 - Dressing, Gauze, Sterile, 2" x 2", Pkg./2**
- **8 - Dressing, Gauze, Sterile, 3" x 3", Pkg./2**
- **8 - Dressing, Non-Adherent, Sterile, 3" x 4"**
- **Bleeding PPE**
- **Gloves, Nitrile (Pair), Hand Wipe**
- **Blister / Burn- Moleskin, Pre-Cut & Shaped (11 pieces)**
- **1 roll Duct Tape - Duct Tape, 2" x 26"**
- **Fracture / Sprain**
- **1 - Bandage, Elastic with Velcro, 2"**
- **Other Instruments**
- **3 - Safety Pins**
- **2 - Splinter Picker/Tick Remover Forceps**
- **Medication**
- **4 - After Bite Wipe**
- **8 - Antihistamine (Diphenhydramine 25 mg)**
- **8 - Aspirin (325 mg), Pkg./2**
- **16 - Ibuprofen (200 mg), Pkg./2**
- **16 - Acetaminophen (500 mg), Pkg./2**
- **Wound Care**
- **12 - Antiseptic Wipe**
- **12 - Alcohol Swab**
- **3 - Tape, 1" x 10 Yards**
- **4 - Skin Tac™ Topical Adhesive, Wipe**
- **12 - Triple Antibiotic Ointment, Single Use**

Food Group	Food Item	CALS	Quantity	Total Cals	Cost:
Breakfast	Oatmeal		100	15000	52.14
Breakfast	Cliff Bar		250	15000	98.68
Breakfast	Tortillas		180	10800	21
Breakfast	Nutella Large		4000	16000	40
Breakfast	Peanut Butter		3125	12500	40
Breakfast	Apples		95	2470	15
Breakfast	Bagels		245	7350	37.5
Breakfast				0	
Breakfast				0	
Breakfast				0	
Breakfast				0	
Snacks/Lunch	Cliff Bar		250	15000	98.68
Snacks/Lunch	Large Bag Dried Mango		4180	4180	29.99
Snacks/Lunch	Tuna Packet		100	1600	32
Snacks/Lunch	Sardines		130	5070	68.22
Snacks/Lunch	Beef Jerkey Bag		560	3360	120
Snacks/Lunch	Tortillas		180	10800	21
Snacks/Lunch				0	
Snacks/Lunch				0	
Dinner	Backpackers Pantry Pad Thai w/ Chicken		730	17520	310.8
Dinner	Sante Fe Rice and Beans and Chicken		600	14400	310.8
Dinner	Annies Mac and Cheese		650	7800	24
Dinner	Ramen		370	5920	16
Dinner				0	
Dinner				0	
Dinner				0	
Fun Yummies!	Nuun (8 pack)			10	80
Fun Yummies!					
Gear	Cooking Fuel			10	80
Gear	Bear Spray			2	120
Carbon Offset	\$17.63/1000km traveled (Terrapass)	km traveled:		13674.93	241.0890159
Flights:	Boston->Seattle	ewan arrival:	1		400
	Seattle->Boston	ewan depart:	1		400
	COS->Seattle	henry arrival:	1		350
	Seattle->COS	henry depart:	1		350
Gas:	27 mpg at 4.5\$/gal (2 cars)	miles driven:	800		266.6666667
Paper maps	Trail maps (REI or OR)			6	72
Parking Permit	Northwest Forest Pass			1	30
Camping Permits	Trip permit			1	26
Hotel room		nights:		1	180
TOTAL				164770	3931.565683
		Calories per person per day:		3168.653846	
					1415.81
					2007.755683
					406
					982.8914206
					983