

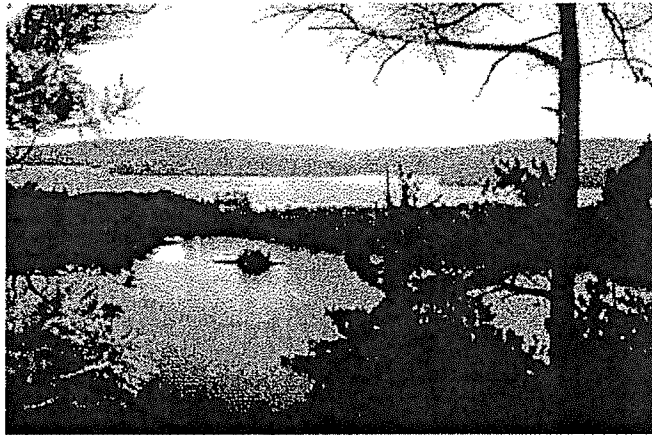
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Ritt Kellogg Proposal

1/8/2007

## Challenge and Reflection in the Temagami Wilderness

Jenny LaBudde and Erica Simpson



Trip Dates: September 7 - September 22, 2007

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## Introduction

Our proposed trip is a 16-day canoe expedition in the Temagami region's remote lake chains. Our trip is flatwater-based, covering 145 miles of Ontario's beautiful lakes and rivers.

## Expedition Goals

We have organized the goals of our trip around the two themes of challenge and reflection. Both are important for a variety of reasons, and we believe that challenge creates room for reflection, at the same time that deeper reflection unleashes the ability to challenge oneself.

## Challenge

The two most important challenges of this trip are remoteness and physical difficulty. The area we will be in is wilderness terrain, and there is the possibility that we might not have any contact with other groups for the entire trip. This means that one of our challenges will be maintaining a high level of safety and awareness throughout the trip. In terms of physical difficulty the trip covers 145 miles, 14.5 of which are portaging. In terms of technical difficulty the route is not overly ambitious, but this seems to be the best decision, considering the small group size and remoteness.

## Reflection

The wilderness is a setting that we think can provide both an opportunity for reflection, and inspiration for future endeavors. As we are both seniors this year, the burden of confronting life changes is weighing heavily in our minds. We expect that the solitude and peace of the Ontario wilderness could serve as a space for reflecting upon our lives as students at Colorado College, as well as a space for reckoning with the challenges that lie ahead of our college experience. We have planned Day 8 of our trip as a solo day in order to strengthen the reflection component of the expedition. We will spend this day by ourselves, (within earshot, but not in sight of one another), and use this time to recoup our energy as well as for self-reflection.

As both of us are involved in outdoor education, we hope to use this trip to renew our passion for the wilderness, as well as reflect upon our goals and experiences as teachers. An extended personal trip offers an unparalleled opportunity to rediscover all the reasons that we find the wilderness to be valuable, intrinsically, as a setting for personal insight, and as a learning tool.

## **Preparation**

We plan to prepare for this trip by working out 3X per week during the spring and summer, including running, weightlifting, and swimming. We will be sure to include back and core exercises in order to prepare for the physical strain of portaging.

We will arrive in Cooperstown a week before our trip leaves, and practice paddling skills, such as steering, scouting and reading currents, and self-rescue on day trips on Otsego Lake and the Susquehanna River (both located in Cooperstown, NY). During our time in Cooperstown we will also review our commitment to our stated expedition goals and discuss strategies for achieving them.

We will shop for and organize food while in Cooperstown.

(Additional, individual preparation is discussed in our Application Questionnaires)

### Transportation

We would begin our trip from Cooperstown, NY (where Jenny is from), and drive to Temagami, Ontario, where the put-in on Lake Temagami is located. The drive is an estimated 550 miles (one way), and takes about ten and a half hours. The canoe expedition is a loop, so no shuttle will be necessary, and parking is available at the put-in. We will be carrying all of our food for the duration of the trip from the outset, so no food drops will be necessary.

### Itinerary

**\*\*Camp sites for each night are marked on the provided maps with the day number.**

Day 1 (September 7, 2007)

Drive from Cooperstown to Temagami (10.5 hours). Camp near Temagami.

Day 2

Total Distance: 6mi

Portaging: 1.3mi

Obtain permits from Forest Service located in Temagami. Rent canoes at Thorncrest Outfitters in Temagami. Park at Temagami Lake Access point, start from the put-in on the Western shore of Temagami Lake. Temagami Lake to Diamond Lake. One portage, from Sharp Rock inlet to Diamond Lake. At least two developed campsites available on Diamond Lake.

Day 3

Total Distance: 12.6 mi

Portaging: 870m

Diamond Lake to Obabika Lake. Portage 430m on the West end of Diamond Lake to a small unnamed lake. Paddle the small lake and then portage 440m to Wakimika Creek. Wakimika creek meets Obabika Lake, camp on the North end of Obabika.

Day 4

Total Distance: 6 mi

Portaging: 3100m

Obabika Lake to Diamond Lake. Portage from Obabika to Shishkong, 770m. Portage 850m to an unnamed lake, then portage 275m to Bob, followed by 1200m portage to Diamond Lake. Camp at Diamond Lake.

Day 5

Total Distance: 16.8 mi

Portaging: 100m

Diamond Lake to Hobart Lake. Paddle to Lady Evelyn Lake. Option to take a shortcut, portaging 100m at the North end of Lady Evelyn Lake. Camp on the Southwest end of Hobart.

Day 6

Total Distance: 10.8 mi

Portaging: none

Hobart Lake to Sucker Gut Lake. Hike Maple Mountain (a 4-5 hour hike), then paddle to Sucker Gut Lake and camp.

Day 7

Total Distance: 5.4 mi

Portaging: 2450m

Sucker Gut Lake to portage trail to Stonehenge Lake, just beyond Katherine Lake. Day begins with portaging over a series of falls. Portage 125m past Frank's Falls. Then portage 650m past Centre Falls (a bit steeper). Portage 500m past Helen Falls. Portage another 360m around some possible bony sections. Portage 280m into Katherine Lake. Will need to either portage or line rapids at the far end of Katherine. Portage 525m to Stonehenge Lake. There are two campsites along the portage trail, camp at one of these, next to the river.

#### Day 8

Total Distance:0 Portaging:0

Solo day on the river. Solo will last approximately 24 hours, and both of us will have watches and headlamps, as well as whistles in case of emergency. We plan to be far apart enough that we are not in sight of one another, but are safely within earshot. We will use this day to reflect and regroup (staying put as much as possible during the 24 hrs.) We will keep camp set up during our solo, and will not have food with us individually.

#### Day 9

Total Distance: 6 mi Portaging: 400-1000m

Line or portage rapids out of Stonehenge Lake. Scout, and portage or line a short section of rapids into MacPherson Lake. Portage 190m around falls at the West end of MacPherson Lake. Portage or line a series of rapids (470m), then on to a small unnamed lake, followed by more portaging and lining (440m). Portage to a small unnamed lake that connects to South Lady Evelyn River. There is a small campsite at the south end of this lake. Camp here.

#### Day 10

Total Distance: 13.2 mi Portaging: 200m

Small unnamed lake to Florence Lake. Portage 200m from small lake to South Lady Evelyn River. There are a few short sections of Class 1 rapids along this stretch of the river that we will scout, and then choose whether to portage or line them. Camp on the east side of Florence Lake. Option to climb Florence mountain the afternoon of this day, or morning of the next.

#### Day 11

Total Distance: 10.8 mi Portaging: 2070m

Florence Lake to Ames Lake. Portage 470m out of Florence Lake onto the Lady Evelyn River. Portage 500m to Ames Creek. This creek may or may not have water this time of year, but there is a portage river right (2000m) in the event that it is not deep enough to paddle. Ames Creek becomes Ames Lake, camp at the south end of Ames Lake.

#### Day 12

Total Distance: 6.6 mi Portaging: 3400m

Ames Lake to unnamed lake along the Yorston River. Portage 225m from the campsite on Ames Lake. Portage marshy sections, 1050m in all, then reach Mudchannel Creek, to Mudchannel Lake on the Yorston River. Mudchannel Creek may need to be lined or portaged. 4 more portages along the Yorston River, until reaching a skinny unnamed lake. Camp here.

#### Day 13

Total Distance: 17.4 mi Portaging: 5000m

Skinny lake on the Yorston River to Upper Goose Falls on the Sturgeon River. Portage 125m along Yorston river, then portage 230m around a falls. Continue through Seagram Lake, portage

745m to Yorston Lake. Portage 1600m out of Yorston. Next portage is 900m, then portage 645m to the Sturgeon River. Paddle down the Sturgeon, a few portages around rapids and bony sections may be necessary, and camp at Upper Goose Falls.

#### Day 14

Total Distance: 7.2 mi                      Portaging: 100m

Upper Goose Falls to Wawiagama Lake. Paddle down the Sturgeon River, the Obabika River joins the Sturgeon on river left. 1000m portage around Obabika falls, ending on the Obabika River. Paddle the Obabika River to Wawiagama Creek. Wawiagama Creek is small, and we will probably need to line parts of it. Wawiagama Creek to Wawiagama Lake, where we will camp at the northwest end of the lake.

#### Day 15

Total Distance: 18 mi                      Portaging: 2600m

Wawiagama Lake to Lake Temagami. Portage 1000m to Obabika Lake. This portage is on the northeast end of Wawiagama. Paddle through Obabika Lake, portage 940m to Obabika Inlet on Lake Temagami. Devil's Bay portage, 640m, camp on Lake Temagami.

#### Day 16

Total Distance: 5.4 mi                      Portaging: none

Paddle to Lake Temagami Access point, take out. Return rented canoe and bear containers to Thorncrest Outfitters.

Drive home to Cooperstown.

## Risk Management

### **Emergency Contact Numbers:**

Search and Rescue in this region is Conducted by Ontario Provincial Police. We will contact them before our trip and send them a detailed itinerary of our anticipated route along with alternative routes. When we get out of the park, we will contact them again to let them know that we have made it out safely.

The nearest Provincial Police Department to Temagami Park is located in New Liskeard. The Department phone number is (705)647-8400. They service the Temagami region and all the lakes and rivers within the park. Their address is:

300 Armstrong St. N., Box 6000  
New Liskeard, ON P0J 1P0.

The nearest hospital to the park is Temiskaming Hospital which is also located in New Liskeard. The town is anywhere from 10 to 60 miles from the park, depending on one's location within the park. The address for this hospital is:

421 Sheppardson Rd  
New Liskeard ON P0J 1P0

And their telephone number is (705) 647-1088

South of the park, in the town of North Bay, the primary Hospital is North Bay General. Their address is:

750 Scollard Street  
P.O. Box 2500  
North Bay, ON  
P1B 5A4

And their telephone number is (705) 474-8600

### **Trip-Specific Concerns:**

1. Bears, and other wildlife
  - a. In order to address this concern we will be keeping all food/aromatic items in approved bear-resistant containers. We will also be carrying bear spray.
  - b. We plan to keep a safe distance from all wildlife encountered.
2. Environmental Concerns
  - a. Lake Crossing—When preparing to cross large lakes, lightning and wind are two important concerns. We plan to discuss all lake crossings longer than ½ mile, checking that weather conditions are sufficiently safe for crossing, and agreeing on a spot to cross to on the opposite shore.
  - b. Lightning is an especially important concern when traveling on large lakes. If a storm approaches we will head close to shoreline when lightning is seen, and exit the water completely if the storm is directly overhead.
  - c. Hypothermia is a special concern for any water trip, and we plan to bring adequate warm layers, and review hypothermia signs and symptoms and treatment in order to be prepared. We also plan to use caution in windy conditions and swift



water in order to avoid accidental submersion. We will wear life jackets at all times, providing extra warmth should we tip our canoe unexpectedly.

3. Health
  - a. We will be treating all water with iodine and practicing good sanitary methods (dipping bowls/utensils in boiling water every day, using hand sanitizer before cooking and after going to the bathroom) in order to avoid becoming sick.
4. Communication
  - a. We will be carrying a satellite phone, in case medical assistance is absolutely necessary. We will be renting a phone from Globalstar, at \$39/wk for three weeks.
5. River Protocol: This trip includes a few sections that are Class I whitewater, and also passes many falls. Many sections may have too many rocks ("bony sections"), depending on water levels, to be run-able. We plan to scout any questionable sections beforehand and to decide whether to run (paddle), line (walk boats through the water), or portage (carry all gear on land) these sections. All whitewater sections are able to be portaged, and we plan to make very conservative decisions, as we have only one boat, and cannot set up people below rapids with throwbags.

#### **Emergency Action Plan:**

In case of a wilderness Emergency, the two of us will implement the following Protocol:

- 1) After following the appropriate procedures for patient care as set forth by Wilderness Medical Institute, making sure that all immediately life threatening conditions have been dealt with, we will move on to our emergency protocol procedure
- 2) First, we will assess the severity of the situation. If it becomes clear that the situation necessitates evacuation from the back country, and cannot be dealt with using our medical training and the contents of our first aid kit, we will then look at the type of evacuation appropriate to the circumstance.
  - If the patient will be able to walk/paddle out safely, we will choose our most appropriate route out of the backcountry for the necessary front country medical attention.
  - If the patient cannot move on their own accord, we will then decide whether or not the other member of the team can safely remove the patient from the back country.
  - If the severity of the situation is such that it necessitates help in an evacuation, we will see if it is possible to summon aid of other paddlers and hikers in the region.
- 3) If none of these three methods of evacuation can safely be carried out, then we will implement the following chain of action:
- 4) Using our satellite phone, we will first call the Ontario Provincial Police Department located in New Liskeard [(705) 647-8400]. We will give the appropriate SOAP note over the phone, as well as providing the Department with our location. We will have provided the Department, prior to our departure, with a detailed itinerary of our trip.
- 5) We will then phone the closest hospital and provide the staff again with the SOAP notes so that they will be prepared for the patient's arrival.
- 6) If the satellite phone does not function properly, the able member of the team will try to get to the nearest high point to improve reception.

- 7) If contact with emergency care cannot be achieved, and the situation necessitates that one of us goes for help, we will head to the nearest road/phone/trailhead with
- a copy of the SOAP note
  - a map showing the patients location
  - GPS or UTM coordinates
  - Car keys (if necessary)
  - Enough food and gear to spend a night out

**Budgeting**

**Overall Trip Budget**

Maps	60
Canoe Rentals	352
Permits	320
Food	200
Bear Container Rental	75
Satellite Phone	117
Travel	88
Car gets 35mpg	
Distance: 1100 miles	
Gas @ 2.8\$/gal	
Fuel	20
Emergency Funds	50
Bear Spray	40

**Total Estimated Cost                    1322**

**Meal Planning and Food Budget**

Food	(2pppd)	Times 32 (for two for 16 days)	
Breakfast	0.32	10.24	10
Dinner	0.34	10.88	11
Cheese	0.23	7.36	7
Trail Foods	0.36	11.52	12
Flour and Baking	0.15	4.8	5
Sugar and Fruit Drinks	0.13	4.16	4
Soups, Bases and Desserts	0.12	3.84	4
Milk, Eggs, Margarine, Cocoa	0.27	8.64	8
		Sum (lbs)	61

Breakfast Options	Lbs	Flour and Baking	Lbs
Bear Mush	2	Powdered Eggs	1
Cous cous	2	Baking Mix	4
Oatmeal	3		
Sugar	1	Estimated Cost@3\$/lb	15
Hash Browns	2		
Sum	10		
Estimated Cost @2\$/lb	20		
<b>Dinner</b>		Sugar	3.5
Instant Veggie Burgers	1	Fruit Drinks/Tea	0.5
Potato Pearls	1	Estimated Cost@3\$/lb	12
Textured Vegetable Protein	1		
Beans	1		

Tortillas	3
Pasta	3
Cous cous	1
Sum	11
Estimated Cost@2\$/lb	22

<b>Cheese</b>	
Swiss	2
Cheddar	5
Estimated Cost@4\$/lb	28

<b>Trail Foods</b>	
Nuts	3
Dried Fruit	2
Peanut Butter	5
Chocolate	2
Sum	12
Estimated Cost@3\$/lb	36

<b>Soups, Bases, Desserts</b>	<b>Lbs</b>
Ramen	2
Cup o Soup	1
Dried Veggies	0.5
Dessert	1
Sum	4.5
Estimated Cost@2\$/lb	9

<b>Milk/Eggs</b>	
Powdered Milk	2
Powdered Eggs	2
Margarine	2
Cocoa	2
Estimated Cost@\$3/lb	24

<b>Total Estimated Cost</b>	<b>166</b>
<b>Plus Spice Kit/Misc Items</b>	<b>200</b>

**Notes and Measures taken to reduce cost:**

1. The car we will be driving is a Honda Civic, and gets good gas mileage (about 35 mpg).
2. Canoes rent at about \$35/day, but Thorncrest Outfitters in Temagami is willing to rent to us for \$22/day, considering the length of our trip.
3. Food items are simple, and most of them can be bought at low cost in bulk.
4. Permits cost \$10 per day per person and are obtainable at the Forest Service Office in Temagami, Ontario.
5. Topo Maps (1:50,000) needed: (\$10.00/map) (Copies of each of these maps are included with our application, and labeled with camp spots for each night)
  - 41 P/1 Obabika Lake
  - 41 P/8 Lady Evelyn Lake
  - 41 P/7 Smoothwater Lake
  - 40 P/2 Pilgrim Creek
  - 41 I/15 Milnet
  - 41 I/16 Lake Temagami

## Expedition Equipment List

### Clothing

- Rain Jacket
- Fleece or Down Jacket
- Long Underwear Top
- T-Shirt
- 2 Sports Bras
- Rain Pants
- Fleece pants
- Long Underwear Pants
- Quick Dry Shorts
- 3 pairs underwear
- Wool/Synthetic Gloves/Mittens
- Wool/Synthetic Hat
- Hiking Boots
- Chacos
- 3 Pair Wool Socks

### Camping Gear

- Sleeping Bag (15° or Less)
- Sleeping Pad
- Sierra Design Electron Tent
- Bowl, Spoon, Mug
- 2 One Liter Water Bottles
- 70 oz. Camel Back Bladder
- Six Liter MSR Dromedary Bag
- GSI Bugaboo Cookware Set
  - 1-Quart pot and fry pan/lid
  - 1.5-Quart pot and fry pan/lid
  - 2.5-Quart pot and fry pan/lid
- Spoon and Spatula

- MSR WhisperLite Internationale
- 4 Twenty Two oz. MSR Fuel Bottles
- Extra Fuel
- CampSuds
- Dry Bag

### Accessories

- Leatherman
- Head Lamp
- Toiletries
- Iodine pills (enough for 3 liters of water/person/day)
- Sunscreen
- Bug Spray
- SPF Lip Balm
- Maps (In Zip-Loc bags)
- First Aid Kit
- Extra Bags (Contractor and Ziploc)
- Trowel
- Hand sanitizer
- Compass
- Extra Parachute Cord
- Stove Repair Kit
- Lighters and Matches

### Boating

- Canoe
- 3 Paddles
- 2 PFDs
- Throw Rope

## Medical Kit Contents

Erica's Personal Pro Series 2.0 First Aid Kit (From WMI)

1 Backcountry First Aid and Extended Care Book	2 Rolls of Medical Adhesive Tape
1 Green Soap Scrub Sponge	3 Patient Assessment Forms and SOAP Notes
6 Pair of Nitrile Gloves	1 SAM Splint
6 Antiseptic Towelettes	2 Safety Pins
1 MDI CPR Micromask	3 Ace Bandages
24 Acetaminophen Tablets	1 12cc Irrigation Syringe
4 Antimicrobial Towellette	10 3"x 3" Sterile Gauze Pads
10 Diphenhydramine Tablets	2 SEPP Tincture of Benzoin
30 Ibuprofen Tablets	2 5" x 9" Combine Dressings
Moleskin	1 Tube Neosporin
EMT Shears	1 Povidone-Iodine Solution
1 Hypo Wrap Blanket	2 3"x 4" Telfa Non-adherent Dressings
2nd Skin Dressings	1 Steri-Strip Wound Closure
1 Tweezer	1 2" x 3" Micro-Thin Dressing
1 Triangular bandage	1 Sterile Cotton-Tipped Applicator
2 Pencils	20 Various size and shape band aids
1 Ball Point Pen	

## Minimum Impact Considerations

On our trip, we will strive to uphold both Leave No Trace principles, as well as specific minimum impact policies of the Temagami Park. The seven tenets of Leave No Trace outdoor ethics are as follows:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

The first of these guidelines is by far the most important, for by working hard to achieve the first goal, the other six fall into place. By doing all the work prior to the trip (working out equipment, medical kits, food, permits, maps, emergency protocols, search and rescue, hospitals, a daily itinerary etc.) we are adhering to the first and most important rule of LNT.

The second rule, travel and camp on durable surfaces, is made easy by the fact that we are traveling primarily on the water, thus greatly minimizing our impact on the land of the Temagami region. However, camping and portaging the canoe is inevitable. To avoid further human impact on the land, we plan to only do our portages at designated portage locations, which are marked by the park service throughout the park. Whenever possible, we will camp in designated campsites throughout the park. However, when these are not available, we are both trained in finding campsites that will cause the least amount of human impact on the ecosystem, such as dirt or gravel bars which are plentiful along river and lake shores.

Waste disposal in the Temagami region is made more eco friendly by the installation of privies by the park services. However, where these resources are not available, the park recommends using the technique of digging cat holes, 10 to 15 centimeters deep in the active soil layer, 50 meters away from bodies of water. We will not be bringing toilette paper along, so that aspect will not be a problem. Since both of us are female, and may be menstruating during the trip, we both have menstrual cups, which help in reducing waste since they are silicone and reusable, as opposed to cotton based feminine hygiene products. In terms of all waste that is not bodily, we will follow the tenet of pack it in pack it out.

As far as leaving what we find, the two of us have no desire in bringing anything back with us, and we fully understand that it is important to leave the wilderness environment as undisturbed by human touch as possible so as to allow future travelers the same wilderness experience and to not disrupt the natural ecosystem. We do not plan on building campfires, since we will be doing all of our cooking on white gas burning camp stoves. However, if for an emergency reason we do need to build a fire, we will do so with dead and downed wood on a durable surface and will properly put the fire out.

As we mentioned before, bears are a major consideration in this region. To avoid domesticating bears, as well as other wildlife of the Temagami region, we will be storing food and other odor producing products in bear containers at all times except for when we are cooking and eating. We will pick up all micro food particles when we cook and pack them out, and we plan on using a straining stream for cleaning our dishes to ensure that as little food as possible makes it onto the dirt or stones.

It is our hope that, due to the season in which we will be traveling as well as the remoteness of our route, we will not be coming into contact with other people. However, since we cannot guarantee this, we are taking precautions to minimize our noise pollution. One way that we will achieve this is by traveling in such a small group, which will greatly lessen our effect on those around us. We will be courteous to other paddlers, both on the water as well as during our portages. It is our hope that by carrying out these various measures, we will be minimizing our impact as much as possible.