

## 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:** Thru Hike of the Colorado Trail

**DATE OF EXPEDITION:** 7/15/2024-8/22/2024

**EXPEDITION MEMBER DETAILS:**

Team Member	Graduation	Emergency Contact	WFR Cert
Kristen Richards	2024	[REDACTED]	Recert 6/5-6/6, 2024
Lila Galinkin	2024	[REDACTED]	Cert 6/5-6/9, 2024

**TOTAL FUNDING REQUEST:** \$2,473.11

**MAP OF ROUTE:** <https://caltopo.com/m/F09HR>

**LOCAL EMERGENCY NUMBERS & COMMUNICATION TOOLS:**

Emergency phone numbers: Jeffco Sheriff: 720-497-7850

South Platte Ranger District: 303-275-5610 Ranger Office: 303-634-3744 or 303-634-3745.  
Colorado Parks and Wildlife: 303-291-7227  
Denver Water: 303-893-2444

Summit County Sheriff: 970-453-2232  
Eagle County Sheriff: 970-328-8500

Lake County Sheriff: 719-486-1249

Chaffee County Sheriff: 719-539-2596

Saguache County Sheriff: 719-655-2525

Mineral County Sheriff: 719-658-2600

Hinsdale County Sheriff: 970-944-2291  
San Juan County Sheriff: 970-387-5531

Montezuma County Sheriff: 970-565-8452

La Plata County Sheriff: 970-247-1157

Will carry Garmin InReach



# Ritt Kellogg Memorial Fund Registration

Registration No. SCK1-H8HLW  
Submitted Jan 23, 2024 8:43pm by Kristen Richards

## 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](mailto:outdoored@coloradocollege.edu)

**Waiting for Approval**

Jan 23, 2024  
8:43pm

## Participant



**Kristen Richards**

## Expedition Summary

**What is the name of your proposed expedition?**

Thru-hiking the Colorado Trail

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

Connections and Conclusions: Thru-hiking the Colorado Trail

**Briefly describe the objectives of your expedition.**

After four years of living in Colorado Springs, we have learned a new appreciation for what it means to connect with the outdoors. From hiking Pikes Peak to camping in Woodland Park, together we have spent an overwhelming amount of time in nature. Thus, graduating from CC and moving towards life outside of higher education promises new opportunities for growth, learning, and gratitude for the land we enjoy. This thru-hike of the Colorado Trail bridges the gap between where we have been and where we are headed to. Looking towards

this hike, we are asking ourselves the following questions:

- What are the mental and physical challenges of walking so many miles? And how is this changed by doing this with each other?
- What role does connection play in overcoming challenges in the backcountry?
- What is it about the Colorado Trail that helps us find home and belonging in the natural landscape?
- How can we appreciate and give back to the land that has offered us so many meaningful memories?

For Kristen, the natural landscape of Colorado is an incredible source of inspiration for her poetry, and throughout the thru-hike, she has her own personal goal of documenting this journey through poetry. More specifically, this will mean dedicating time everyday to write about the gratitude and growth that come from each day on the trail. Writing allows time for reflection, which will be incredibly important in experiencing this trip to the fullest!

Lila has always enjoyed exploring her home state and intends to use this experience to deepen her connection in a more extensive exploration across Colorado. As an environmental science major Lila has learned to appreciate the outdoors differently through earning her degree and hopes to take this knowledge to the trail. Lila is also considering a career in natural resources, making this trip a valuable in her future career in addition to a chance for personal growth.

**Briefly describe the location of the expedition.**

The Colorado Trail stretches approximately 500 miles from Denver to Durango, passing through a total of six National Forests and six Wilderness Areas. The Colorado Trail Association splits the trail into 28 different segments, all of which offer an abundance of diverse backcountry experience, such as meadows and forests, rivers, and climbs above treeline. In addition, the Colorado Trail has a total elevation gain of about 89,000 vertical feet. The lowest point on the trail is at the beginning of segment 1, in Denver at 5,000 feet, and the highest point on the trail is 13,271 feet in the San Juan mountains.

**Date that travel to the expedition will start.**

Jul 14, 2024

**Date that your team will enter the field.**

Jul 15, 2024

**Date that your team will exit the field.**

Aug 22, 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?**

38

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

While the Colorado Trail is a popular route for thru-hikers, day hikers, and mountain bikers, there are numerous areas along the trail that are much more remote and offer a kind of solitude that requires hikers to be well prepared and experienced. This is especially true when navigating the higher elevation aspects of the trail.

While we acknowledge that connecting with others is a core part of thru-hiking, we also value the remoteness and independence on the trail, and how this will help us grow as both hikers, students, and humans in the world.

In addition, we are aware (and excited) that the Colorado Trail will inevitably be a challenging experience for both of us. In this way, through long miles, steep climbs, and uncertain weather conditions, we will learn how to

adapt to challenges and appreciate the tools of determination and independence that we will gain throughout this experience.

## Participant Qualifications

### Expedition team member information

Kristen Richards, graduation May 2024, WFR expiration date: 7/31/24. Recertification course will be taken with Desert Mountain Medicine from June 5 - 6, 2024.

Lila Galinkin, graduation May 2024, Wilderness First Responder with Desert Mountain Medicine from June 5 - June 9, 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.

#### Backpacking Training

During spring break, from March 15-20, we will travel to Sedona, Arizona, for a 3 day backpacking trip with a total of approximately 30 miles.

For block break 7, from April 18 - April 21, we will go backpacking in Moab, Utah, for a 3 day backpacking trip accumulating around 35 miles.

In June, we have two proposed backpacking trips:

- The Collegiate Loop (west side) – this would be 5 days and about 75 miles.
- Canyonlands National Park backpacking – around 5 days and 45-50 miles

For our final training backpacking trip, we have planned a 3-4 day trip in Breckenridge, Colorado, with a total of 20-25 miles. This will occur in July prior to the beginning of our thru-hike.

Our goal for these backpacking trips is to help our bodies adjust to hiking long miles with packs, practice our outdoor skills, and make any adjustments necessary regarding gear, food, etc.

#### Additional Hiking Training

Hiking with packs at least 1-2x per week on hilly terrain (beginning March, or weather permitting)

→ these hikes will include the following local trails, which will help us adjust to altitude

Barr Trail

Mount Herman

Mount Rosa

Longs Peak

Cheyenne Canyon

Mount Muscoco

Manitou Incline\*

\*We will plan to hike the Manitou Incline 1x per week beginning in March, or when weather permitting

#### General Training:

Other cardio (Lila - roller skating, running, biking, skiing) (Kristen - running, biking, and ice skating)

Strength training 1-2x week starting March, 2024

An outline of our training plans beginning in March will mainly look like this:

Monday: Cardio

Tuesday: Strength

Wednesday: Rest

Thursday: Cardio

Friday: Strength

Saturday: Long hike

Sunday: Rest

The goals for our other physical training will be focused on building strength for carrying heavy packs uphill, and to help us improve our endurance, which will be needed for this long trip.

In order to be fully rested prior to the beginning of our thru-hike, our final training backpacking trip will be approximately 2 weeks before we begin. In addition, if we find we are in need of more experience, we will add in another backpacking trip in either May or June.

## Expedition Logistics, Equipment, and Food

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

Both Lila and Kristen will be staying in the Denver area prior to the beginning of the thru-hike. Luckily, we have friends who will be able to drop us off at the trailhead via car on the morning of July 15th.

Returning from Durango, Lila and Kristen will take a flight on August 25 from Durango to Denver. Due to not having access to a car in Durango, we thought it was best to book a flight for this return trip.

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

[Daily Itinerary \(2\).pdf](#) (61MB)

Uploaded 1/23/2024 2:05pm by Kristen Richards

### **Please paste a URL to your complete digital expedition map.**

<https://caltopo.com/m/F09HR>

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

We will have a total of six resupplies throughout our thru-hike, at the following locations: Rolling Creek Trailhead, Breckenridge, Leadville, Mt. Princeton Hot Springs, Gunnison, and Las Molas Campground.

For our first resupply at Rolling Creek Trailhead on the morning of July 18th, we will have friends meet us to drop off these supplies. This will include 5 breakfasts, lunches, and dinners, as well as five days of snacks and 1 fuel canister. Having this resupply so early on in the hike will allow us to have slightly lighter packs starting out, which will be especially important considering our high-mileage day in Waterton Canyon.

Next, we will resupply in Breckenridge on July 23rd. Lila's parents will be in Breckenridge, and we will drop off our resupply box for them to hold onto prior to beginning our thru-hike. This will include 6 breakfasts, 5 lunches, 5 dinners, toilet paper, fuel canisters, ziplock bags for waste disposal, soap, sunscreen, and water purification tablets.

Our third resupply will be in Leadville on July 29th. We will be sending our resupply box to the post office in Leadville to pick up on the 29th. We will call ahead to the post office and request that they hold our box until the day we pick it up. This box will include 6 breakfasts, 6 lunches, 6 dinners, 6 days of snacks, and the same other

supplies as the previous resupply box.

Our next resupply will be at Mt. Princeton Hot Springs on August 3rd. There is a place to mail hiker boxes to Mt. Princeton Hot Springs, and it has been confirmed with previous thru-hikers that they are able to hold the resupply box until we pick it up on August 3rd. The same supplies will be in the box as listed above for Leadville and Breckenridge, except we cannot mail fuel canisters, so they will not be included in this resupply.

Our fifth resupply will be in Gunnison during our rest day on August 9th. We will be mailing our box to the post office in Gunnison to pick up during the day of August 9th. This box will be our largest resupply for food, with 8 breakfasts, lunches, and dinner, and 8 days of snacks, as well as the other supplies listed above. We will buy fuel canisters while in town.

For our last resupply, we will mail a box to Las Molas Campground to pick up on August 17th. This box will include 7 breakfasts, lunches, and dinner, and 7 days of snacks, and all the supplies we need refilled until we reach the end of the trail in Durango.

### **Describe how you will protect your food from wildlife.**

In order to protect our food from wildlife we will each carry a bear canister. This decision has been made as it is the safest way to ensure animal-proof food storage. While Ursacks and other scent proof bags may be used by other hikers, our experience and research has told us they are less effective, especially against smaller animals (rodents in particular). Additionally, the use of bear canisters removes any risks associated with hanging bear bags that may be hazardous to ourselves and our surroundings.

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

[RKMF\\_Food\\_Budget \(1\).pdf](#) (527KB)

Uploaded 1/23/2024 7:35pm by Kristen Richards

### **Upload a thorough equipment list.**

[Official CT Gear List .pdf](#) (33KB)

Uploaded 1/23/2024 7:27pm by Kristen Richards

### **Upload a first aid kit list.**

[First Aid Kit.pdf](#) (51KB)

Uploaded 1/23/2024 2:22pm by Kristen Richards

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

To minimize our impact during this trip we are taking a variety of measures including safe food storage, waste disposal, sustainable diets, using biodegradable products when possible, purchasing carbon offsets, traveling together and general Leave No Trace principle adherence.

Leave No Trace Plan: Abiding to the seven principles, we have planned our trip abiding to the seven LNT principles.

Plan ahead and prepare - We have mapped out water sources and designated campsites along our planned route (the well established trail system of the CT), planned to purchase and bring appropriate supplies (food and gear), and created a training plan to prepare ourselves.

Travel and camp on durable surfaces - Campsites are planned based on approved areas as designated by CPW to be appropriate.

Dispose of waste properly - All trash will be packed out. Human waste protocols will be followed in digging pits to appropriate depths, packing out TP and using the bathroom at safe distances from water sources.

Leave what you find - Nothing found on the trail will leave the trail!



Minimize campfire impacts - Dependent on fire danger, fires will be made in safe areas and fully put out. We will follow and respect the limitations of fire bans at the time of our thru-hike.

Respect wildlife - Wildlife will only be viewed from afar. All food/edible products will be stored in bear proof containers and/or hung from trees at a safe height. Any items that have any smell to them (such as scented hand sanitizer, water bottles with gatorade, etc) will be placed in the bear proof container at night, along with all food items. All waste will be disposed of properly.

Be considerate of others - Sharing the trail and greeting other recreational trail users will always be a priority!

## Risk Management

### What are the main objective hazards of the expedition?

In this section we will outline the potential risks and hazards, and provide an overview of our plan for risk management. We will speak to the specific potential hazards for each day on the trail in our daily itinerary.

#### Weather

We will plan for all weather on the trail, including hotter days and colder nights, packing layers of clothing to account for this shift in temperature. Our biggest concern regarding weather is the unpredictability of afternoon thunderstorms, especially during the higher-elevation second half of the trail, where many days are entirely above treeline. We will expect and plan for rainy afternoons, ensuring we have adequate rain gear and are prepared to keep ourselves and our gear as dry as possible during these afternoon storms. On days with higher elevation, we will plan to hike the majority of our miles in the mornings, prior to when the thunderstorms come in during the afternoon. If we are stuck above treeline in a storm, we will get to lower ground as soon as possible, avoiding isolated trees and other lone tall structures. We will place all gear containing metal at least 100 ft away from us and be at least 100 ft from one another, and resume lightning position. Lightning position includes crouching on the ground on the balls of our feet with our feet together, our head lowered and our ears covered. A lesser but still important concern regarding weather is the potential heat in the afternoon and the exposed parts of the trail that will include hiking entirely in the sun. To minimize this risk, we will carry plenty of water and electrolytes in anticipation of needing more water on hotter days, and ensure that we are applying sunscreen every few hours daily.

#### Water/food

We will make sure to pack enough food for each day on the trail, accounting for each of our body's needs and requirements for strenuous hiking. To avoid running out of food between resupply stops, we will plan to pack extra food and err on the side of bringing too much food, rather than too little. This is crucial in our ability to complete the trail, maintain our health, and take care of our bodies throughout this strenuous trip. Regarding water, we have noted in our itinerary the days at which we will not be camping near water, and will need to prepare to carry water overnight from the last water source. We will be using a water filter and/or iodine pills or bleach to clean our water prior to drinking it, regardless of whether the water is from a small stream or large lake. We will be sure to hydrate enough and plan ahead to ensure we have access to enough water each day on the trail. In addition, we will use the app FarOut, which is updated frequently regarding water sources along the trail.

#### Wildlife

We will respect any and all wildlife we come across while on the trail. We will maintain a safe distance from all wildlife, and refrain from feeding any wildlife, including squirrels, chipmunks, or any bugs. As noted in our Leave No Trace Principles, we will store all of our food in bear canisters.

## Wildfires

Prior to beginning our thru-hike, we will take note of the potential wildfire risks, as well as the detailed rules regarding any fire bans along the trail. During our resupplies in town, we will continue to check for any signs or news about wildfires along the trail, and any change regarding fire bans.

## Activity level

To minimize the risk of damaging our health while on the trail, we have outlined an extensive training plan to help us obtain a physical fitness that will allow us to hike the entirety of the Colorado Trail. This training plan includes backpacking trips to help us adapt to hiking while wearing packs, and cardio and strength workouts as well. A more detailed view of this training plan, and how it will help our ability to hike long distances is outlined in the "training plan" section of this document.

## Altitude

Because we will be living in Colorado Springs prior to beginning the trail, and are entirely acclimated to 6,000ft of altitude, this is not a huge concern for us. However, we will take into account the higher elevation parts of the trail, that can reach up to nearly 13,000ft. By integrating higher elevation hikes into our training plan, we will minimize the risk of altitude sickness while hiking at these elevations. In addition, the Colorado Trail begins at a lower altitude and gradually climbs to a higher altitude, allowing us time to acclimate even more.

## Resupply

We recognize the risks and uncertainty regarding sending resupply boxes to various places, and will take measures to minimize the potential hazard of not having a resupply box available for us to pick up when we arrive at the location we have sent it to. For the majority of our resupplies, we will have family members and friends meeting us along the trail to bring us our resupply boxes, and for the other resupplies, we will deliver the boxes to the post office ourselves for them to hold for us.

## Navigation

While the Colorado Trail is extremely well-marked, we recognize the risk and potential for getting lost or having issues with our navigation. To mitigate this, we will carry an extra map with us, and utilize our InReach device in case of an emergency.

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

We will both be Wilderness First Responder certified for this trip and prepared for a wide variety of emergency situations. In the event of a minor injury in which walking is a viable option our self evacuation plan will follow our pre-planned evacuation routes. If further complications arise we are prepared to use the SOS button on our InReach device. For situations on which evacuation is made necessary due to conditions, we will self-evacuate via outlined routes as soon as possible. If self-evacuation in this case is not possible we will contact emergency services via the SOS button on our InReach and shelter in place until their arrival. In the event of a life threatening emergency we will use the InReach SOS button to call emergency services and assess the situation and take appropriate safety measures while waiting for a response team.

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

Day 1-4: Segments 1-4

Emergency phone numbers:

Jeffco Sheriff: 720-497-7850

U.S. Forest Service South Platte Ranger District: 303-275-5610  
Ranger Office: 303-634-3744 or 303-634-3745.  
Colorado Parks and Wildlife: 303-291-7227  
Denver Water: 303-893-2444  
Nearest towns: Littleton, Evergreen, Conifer, Bailey  
Closest hospitals: AdventHealth Castle Rock +17204555000 and Conifer Medical Center +13036475300

Day 5-8: Segments 4-6  
Emergency phone numbers:  
Jeffco Sheriff: 720-497-7850  
Park County Sheriff: 719-836-2494  
Nearest towns: Jefferson  
Closest hospital: Centura St Anthony Summit Hospital +19706683300 and Conifer Medical Center +13036475300

Day 9-11: Segments 7-8  
Emergency phone numbers:  
Summit County Sheriff: 970-453-2232  
Eagle County Sheriff: 970-328-8500  
Nearest towns: Breckenridge, Frisco  
Closest hospital: Centura St. Anthony Summit Hospital +19706683300

Day 12-14: Segments 9-11  
Emergency phone numbers:  
Lake County Sheriff: 719-486-1249  
Nearest town: Leadville  
Closest Hospital: St. Vincent Health +17194860230

Day 15-20: Segments 11-15  
Emergency phone numbers:  
Chaffee County Sheriff: 719-539-2596  
Nearest town: Buena Vista, Salida  
Closest Hospital: St. Vincent Health +17194860230,  
Heart of the Rockies Medical Center (Buena Vista) +17193956641

Day 21-26: Segments 16-20  
Emergency phone numbers:  
Saguache County Sheriff: 719-655-2525  
Nearest town: Saguache  
Closest Hospital: Heart of the Rockies Medical Center (Buena Vista) +17193956641, Heart of the Rockies Regional Medical Center (Salida) +17195302200

Day 27-28: Segment 21  
Emergency phone numbers:  
Saguache County Sheriff: 719-655-2525  
Mineral County Sheriff: 719-658-2600  
Nearest town: Creede  
Closest Hospital: Heart of the Rockies Regional Medical Center (Salida) +17195302200, Rio Grande Hospital +17196572510, Creede Family Practice of Rio Grande Hospital +17196580929,

Day 28-30: Segments 22-23  
Emergency phone numbers:

Hinsdale County Sheriff: 970-944-2291  
San Juan County Sheriff: 970-387-5531  
Nearest towns: Lake City, Silverton  
Closest Hospital: Lake City Medical Center +19709442331

Day 30-32: Segments 23-25  
Emergency phone numbers:  
San Juan County Sheriff: 970-387-5531  
Nearest town: Lake City, Silverton, Telluride  
Closest Hospital: Lake City Medical Center +19709442331, Telluride Regional Medical Center +19707283848

Day 33: Segment 26  
Emergency phone numbers:  
San Juan County Sheriff: 970-387-5531  
Dolores County Sheriff: 970-677-2257  
Nearest towns: Silverton, Telluride  
Closest Hospital: Durango Urgent Care at Purgatory Lake City Medical Center +19709442331

Day 33-35: Segment 27  
Emergency phone numbers:  
Montezuma County Sheriff: 970-565-8452  
Nearest towns: Cortez  
Closest Hospital: Southwest Health Systems +19705656666

Day 35-36: Segment 28  
Emergency phone numbers:  
La Plata County Sheriff: 970-247-1157  
Nearest towns: Durango  
Closest Hospital: Common Spirit Mercy Hospital +19702474311

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

On this trip we will carry our personal cell phones and an InReach emergency communication device. We have compiled all emergency phone numbers relevant to each area of the trail and will use these if cell phone service is available. We are also prepared to use our InReach device's SOS button to contact emergency services in the event of an emergency in which no cellphone service can be obtained. Relevant phone numbers are listed in the emergency and rescue question in this application.

## COVID-19 Preparedness

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

We will be traveling through the town of Breckenridge, Leadville, and Gunnison during our thru-hike. Periodically we will check for any updates regarding covid on the following city websites:

Breckenridge:  
<https://www.summitcountyco.gov/1326/Public-Health-Orders>

Leadville:  
<https://www.leadvilletwinlakes.com/travel-resources-covid-19-coronavirus/>

Gunnison:

<https://www.gunnisonvalleyhealth.org/news/categories/covid/>

As of January 2024, there are no current covid regulations for these areas. However, we acknowledge this may change and will stay updated prior to and throughout our trip.

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

Because the trailhead of the Colorado Trail is in Denver, and we will be traveling by car to the trail, we will likely not run into any risks of exposure. However, we will plan to bring masks and extra hand sanitizer with us just in case.

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

When traveling through towns, namely Breckenridge, Leadville, and Gunnison, we will be sure to wear masks in highly populated areas, and check their city websites for any mask mandates. In addition, we will carry hand sanitizer with us, and be sure to wash our hands frequently.

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

While in the field, we will be sure to use hand sanitizer and soap prior to every meal and snack, and will be cautious about our distance between other hikers.

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

If someone in our group develops covid while in the field, we will utilize our previously determined evacuation plan for whichever day is appropriate. In addition, we will be sure to not take public transportation, and wear masks in any setting with others. If either one of us develops a serious case of covid where we are unable to find our way to a town via our evacuation plans, we will utilize our satellite phone to call for help. Generally, if this situation occurs, we will stay together, lean on the detailed evacuation plans we have already created, and be sure to be safe, wear masks, and social distance in any location with others.

## Budget

**Upload a detailed and complete expedition budget.**

[Budget\\_final.pdf](#) (90KB)

Uploaded 1/23/2024 8:39pm by Kristen Richards

**What is the total funding request for your trip?**

\$2,473.11

**What is the funding request per person?**

\$1,236.55

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

In an effort to minimize our expenses without compromising our personal safety we have decided to use rental gear when possible, buy in bulk, travel together and only buy what is necessary for our trip (including buffer costs for food and gear that is necessary in the case of an emergency).

Food will be the primary cost for this undertaking and our vegetarian diets may slightly increase the cost. This being said, however, we feel that the environmental benefits associated with our vegetarianism and personal morality associated with it merit the extra cost. We are reducing the cost of food when possible through budget friendly suppliers that sell bulk items. We are also aware that our listed food items may slightly vary depending on availability, in this case we will assess the most cost friendly comparable alternatives. We also feel that it is important to back ethical products when possible and find that the extra cost associated with some of these

## Thru-hiking the Colorado Trail – Daily Itinerary

Kristen Richards and Lila Galinkin

Travel to the trail:

July 14th: Travel from Colorado Springs to Denver, where we will be staying overnight with Lila's family in Englewood.

The daily itinerary includes the following:

- The caltopo map with our hike highlighted
- An elevation map showing the type of terrain, elevation change, and high and low points for each day
- The coordinates from campsite to campsite (beginning of day to end of day)
- Water sources that are available along each segment of the trail. Here, it is also noted if we will be at a campsite that does not have a water source nearby so that we can plan ahead.
- Any potential hazards we foresee for a particular day.
- Our evacuation route for each day. The specific phone numbers, hospital names, and contact information for each of these days is split up by segment and can be found in the risk management section.

Trail back from the trail:

August 25th: We will be traveling via plane from Durango to Denver, where we will have friends pick us up from the Denver airport.

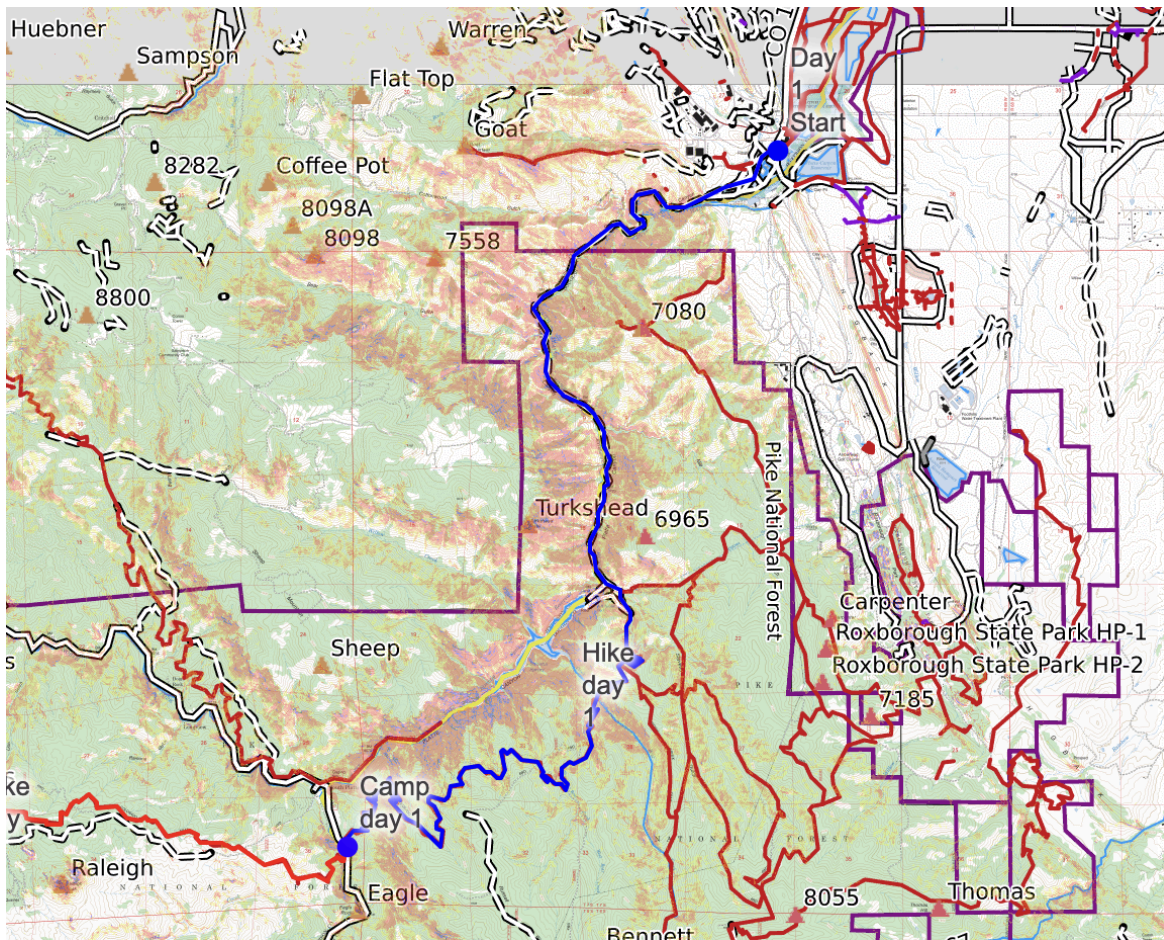
**JULY 15 – hike day 1 – segment 1**  
**(39.49139, -105.09381) to (39.40016, -105.16684)**

15.77 miles, +2517 ft elevation

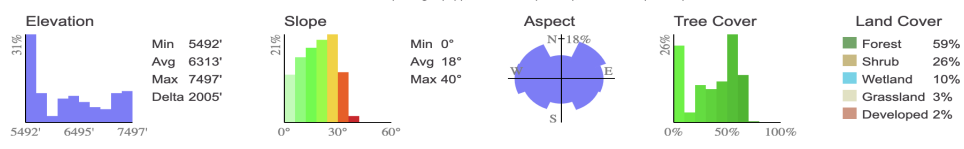
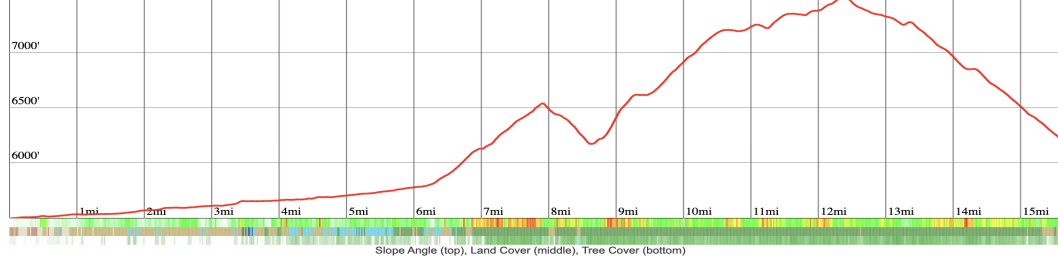
Water: accessible at the beginning of segment 2 (campsite) + along trail through Waterton Canyon

Possible hazards: Sun exposure, longer mileage day

Evacuation route: Since the hike for this day is so close to the city of Denver, in case of emergency we will retrace our steps back to the parking lot of Waterton Canyon. If needed, we will alert other hikers/bikers/fishers and ask them for help.



distance 15.77mi range 5492' to 7497' +2517' -1872' sampling interval 100' w/ 10.4x vertical exaggeration [resample](#) [png](#) [pdf](#) [csv](#) [Pro](#) [collapse](#)



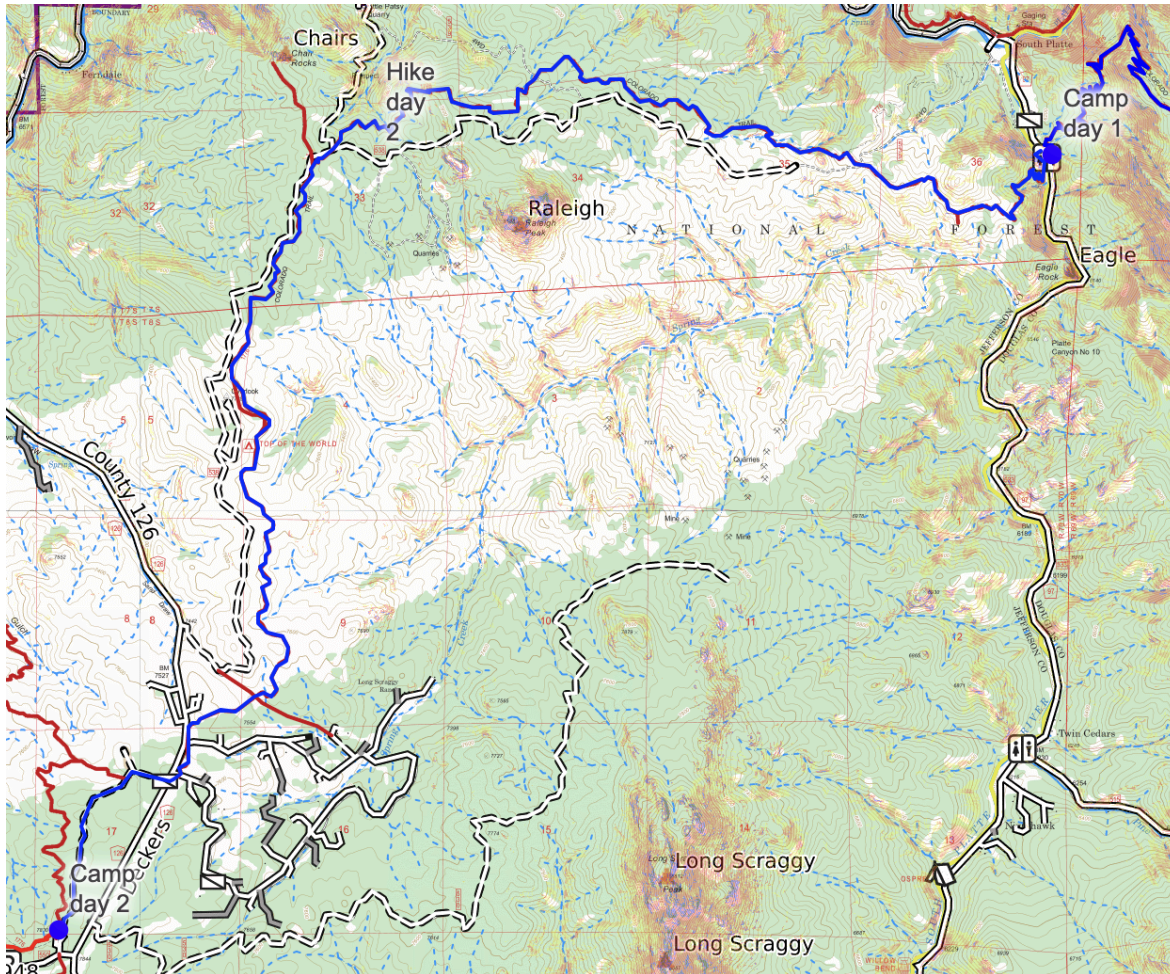
**JULY 16 - hike day 2 – segment 2**  
**(39.40016, -105.16684) to (39.34550, -105.25741)**  
11.04 miles, +2521 ft elevation

**Dry campsite at the end of segment 2**

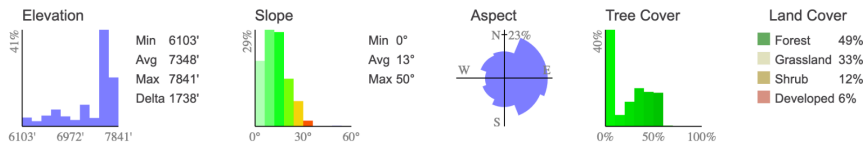
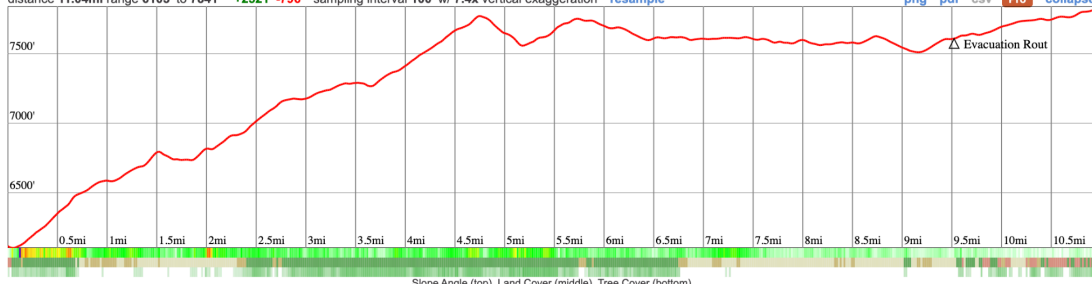
Water: No water on trail after crossing river at the beginning of the segment. Dry campsite.

Potential Hazards: Dry campsite/lack of water on this segment, sun exposure.

Evacuation route: This segment crosses highway 126. Approximately 3.2 miles down highway 126 is the town of Buffalo Creek, where there is access to a pay phone and a Forest Service center.



distance 11.04mi range 6103' to 7841' +2521' -796' sampling interval 100' w/ 7.4x vertical exaggeration [resample](#) [png](#) [pdf](#) [csv](#) [Pro](#) [collapse](#)





**JULY 17 – hike day 3 – segment 3**  
**(39.34550, -105.25741) to (39.33971, -105.39755)**

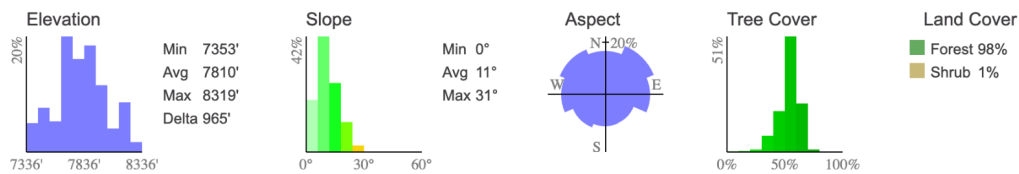
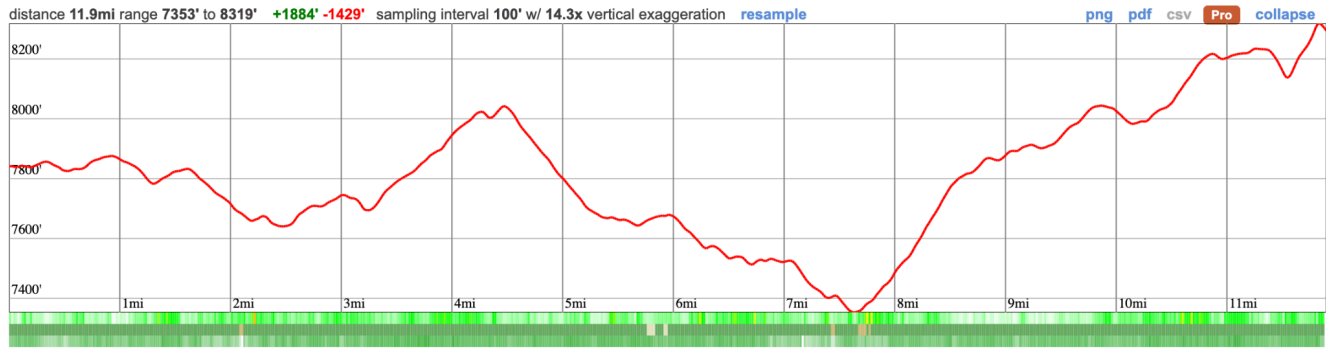
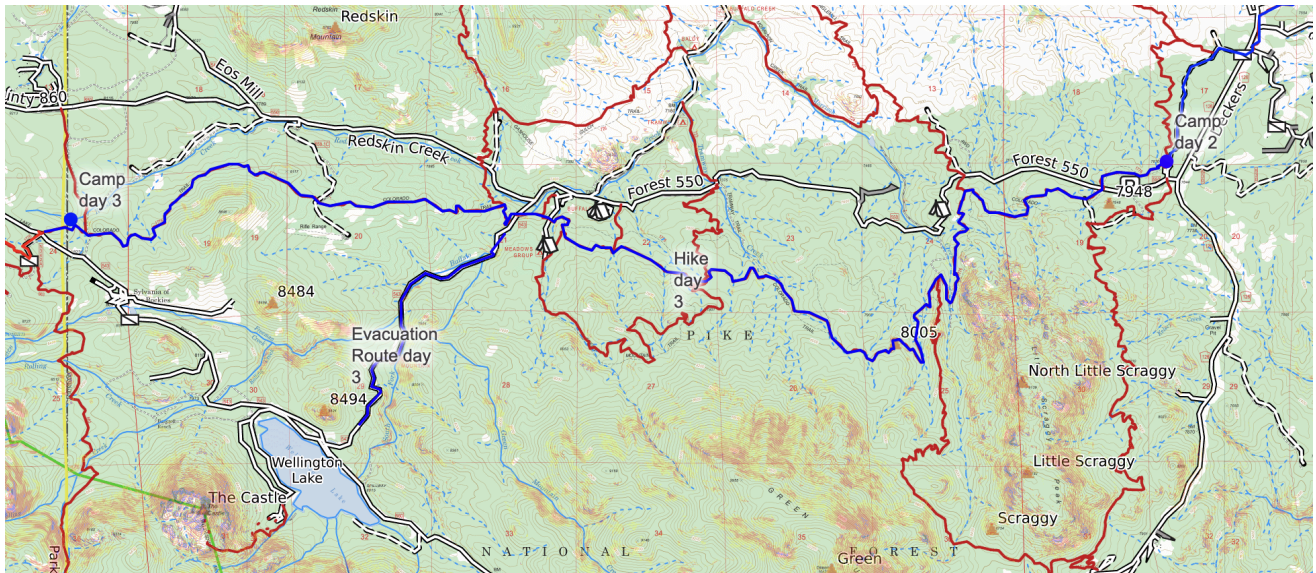
11.9 miles, +1884 ft elevation

Water: available at stream at campsite

Potential hazards: This segment is very popular and has plentiful water sources. The only foreseeable hazard is the climbs and elevation gain towards the end of this segment.

Evacuation plan: This route crosses directly through Buffalo Campground and crosses Wellington Lake Road, which leads to amenities and help available along Wellington Lake.

– resupply at Rolling Creek Trailhead (morning of day 4) –

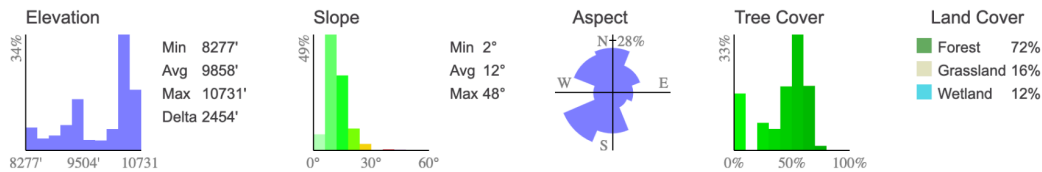
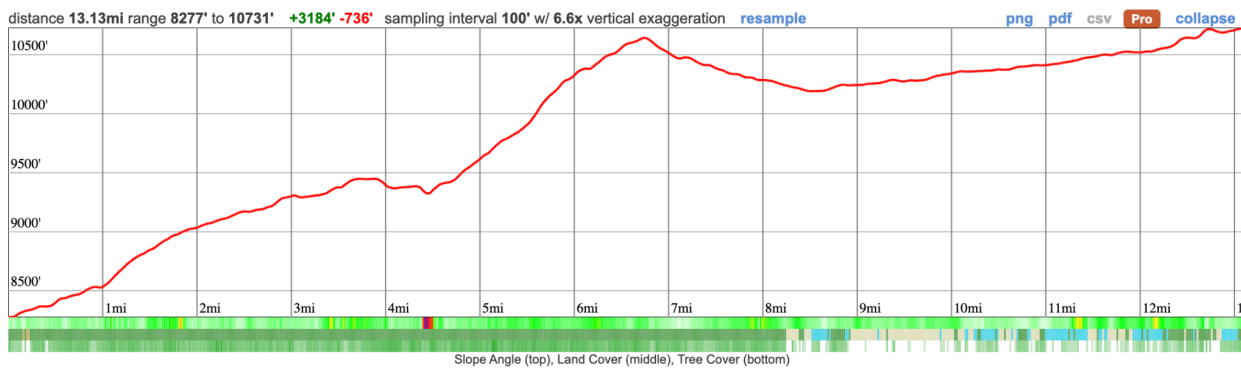
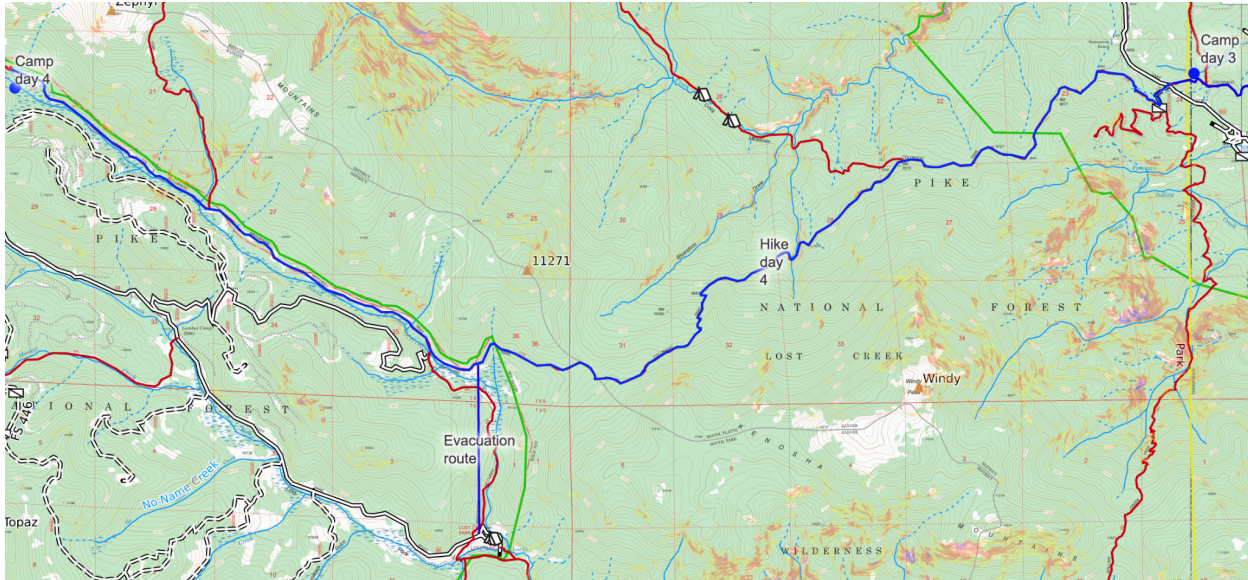


**JULY 18 – hike day 4 – segment 4**  
**(39.33971, -105.39755) to (39.33801, -105.57930)**  
13.13 miles, +3184 ft elevation

Water: dry campsite. last water available around 9-10 miles into hike

Possible hazards: This segment is more remote than the previous three segments and includes less water than average.

Evacuation Route: Hike to Lost Park along highway 56.



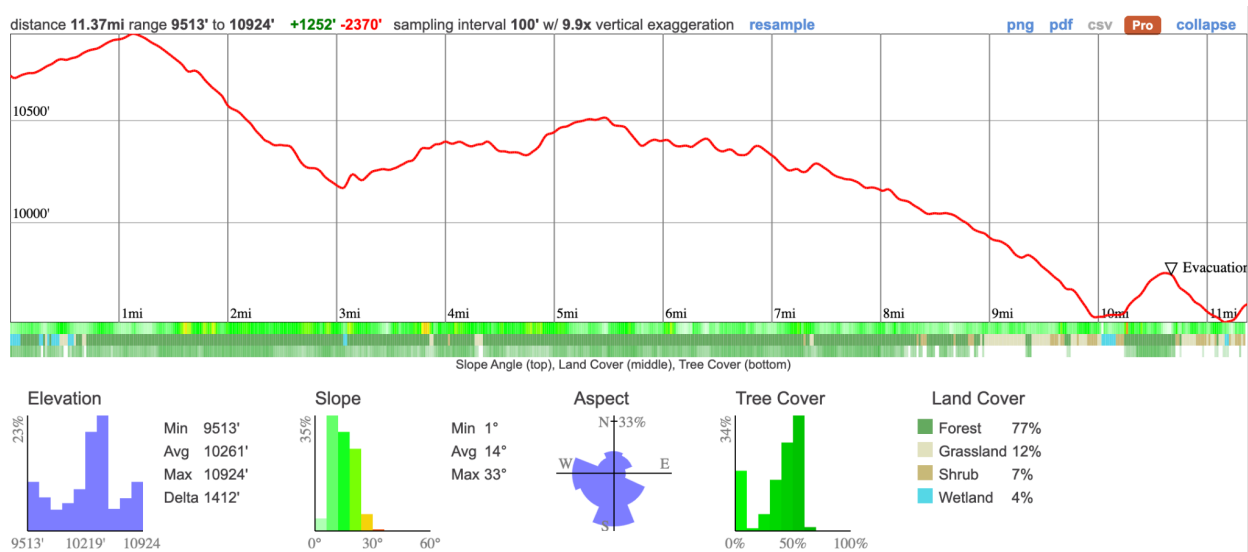
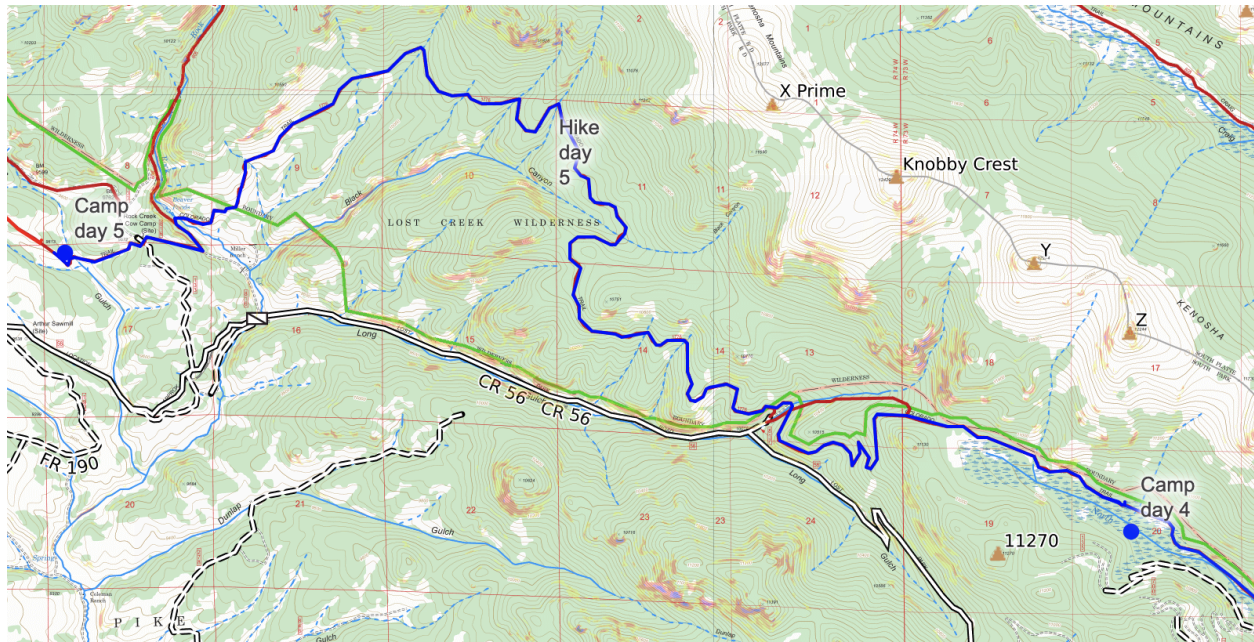
**JULY 19 – hike day 5 – segment 4 → 5**  
**(39.33801, -105.57930) to (39.36169, -105.69601)**

11.37 miles, +1252 elevation

Water: Small stream at campsite. Reliable water source at crossing for Rock Creek.

Potential hazards: None

Evacuation Route: In case of emergency, we will hike to CR 56, where it is likely we will run into other people. If not, we will continue hiking along this dirt road to the intersection with US highway 285, where we will be able to find help from passing cars. See evacuation plan for exact phone numbers/hospitals for this segment.



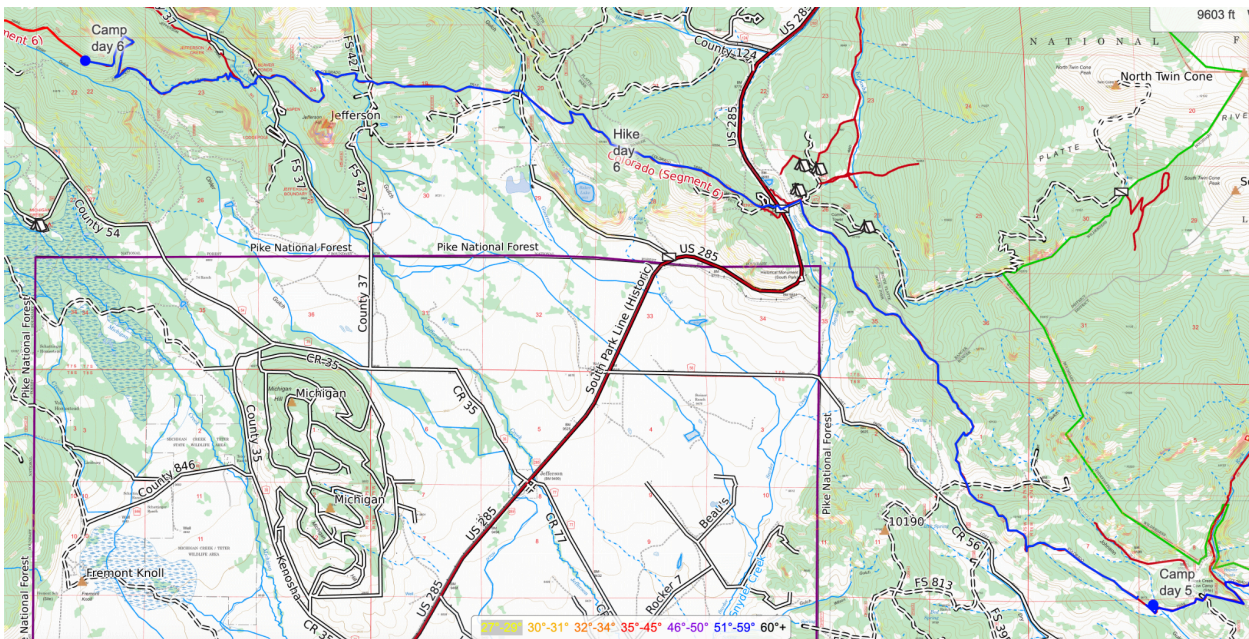
**JULY 20 – hike day 6 – segment 5 → 6**  
**(39.36169, -105.69601) to (39.43155, -105.87421)**

14.16 miles, +2932 elevation

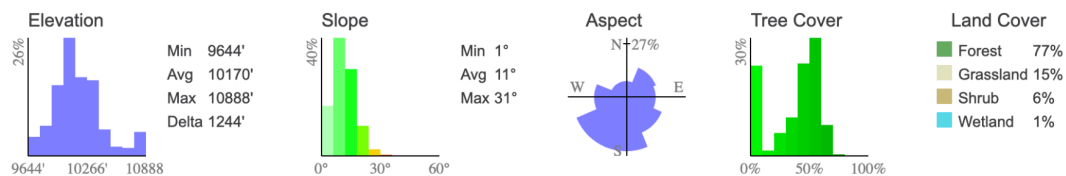
Water:

Potential hazards: Longer mileage day, larger elevation gain.

Evacuation Route: In case of emergency, we will hike to the intersection of the trail with US highway 285, where we will be able to flag down cars to bring us to the closest town and hospital.



distance 14.16mi range 9644' to 10888' +2932' -1688' sampling interval 100' w/ 21.9x vertical exaggeration [resample](#) [png](#) [pdf](#) [csv](#) [Pro](#) [collapse](#)



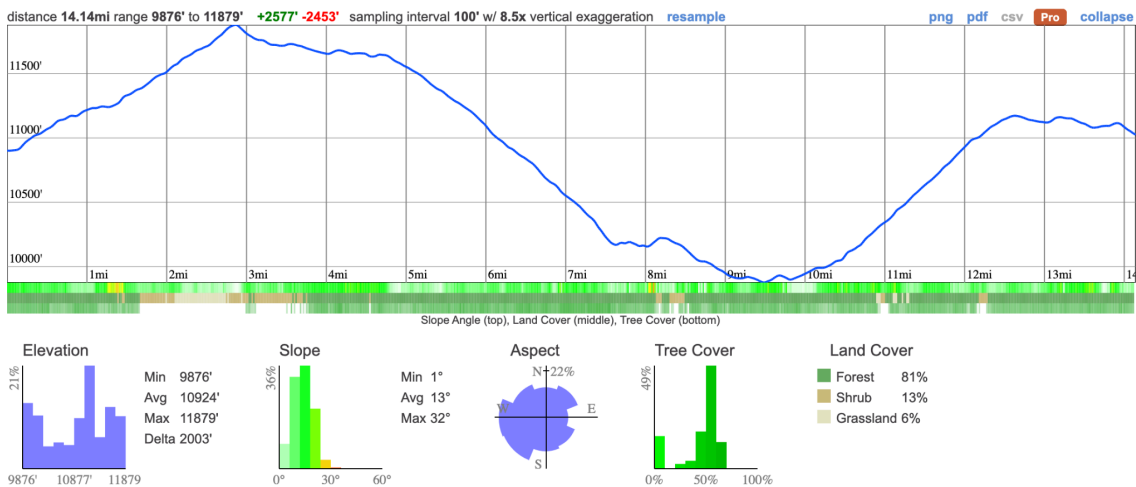
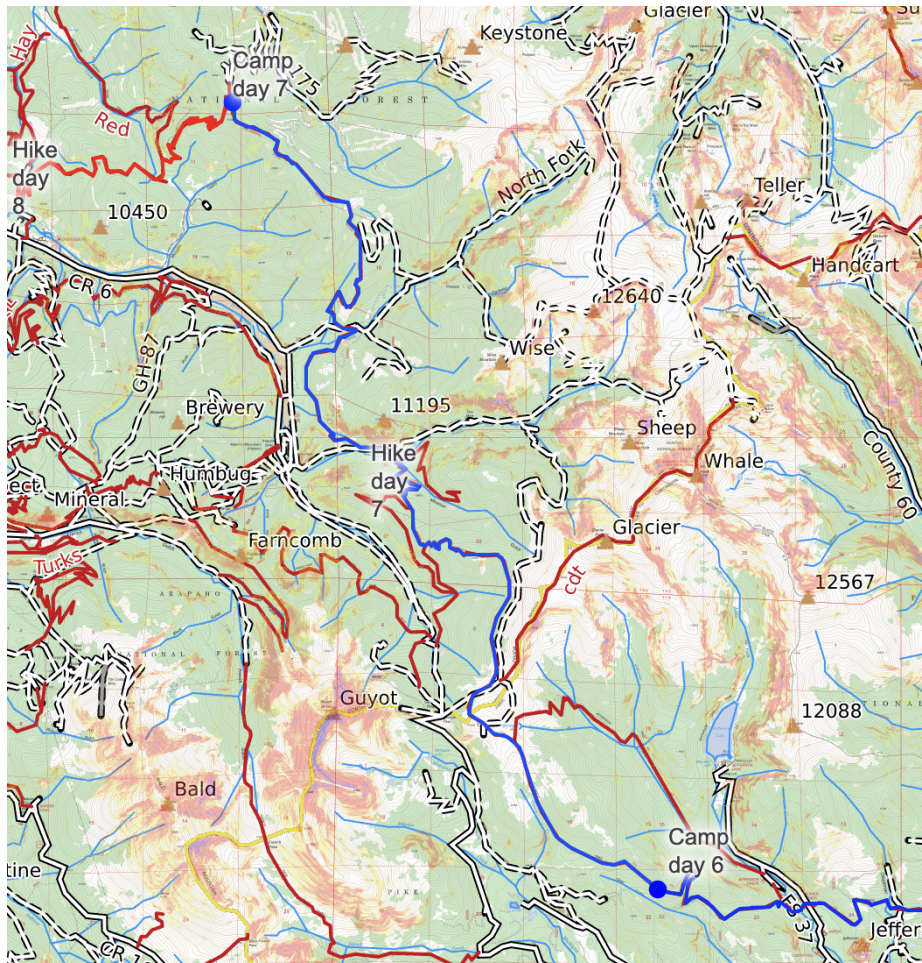
**JULY 21 – hike day 7 – segment 6**  
**(39.43155, -105.87421) to (39.55065, 105.95775)**

14.14 miles, +2577 elevation

Water: Guernsey Creek, Jefferson Creek, Swan River, dry campsite.

Potential hazards: Part of the hike is above treeline, lack of water (at campsite), need to be careful about afternoon thunderstorms for the higher altitude sections of this hike

Evacuation Route: In case of emergency, we will follow Swan River to the Masonic Monument, where there is an intersection with various service roads all leading to the town of Breckenridge.



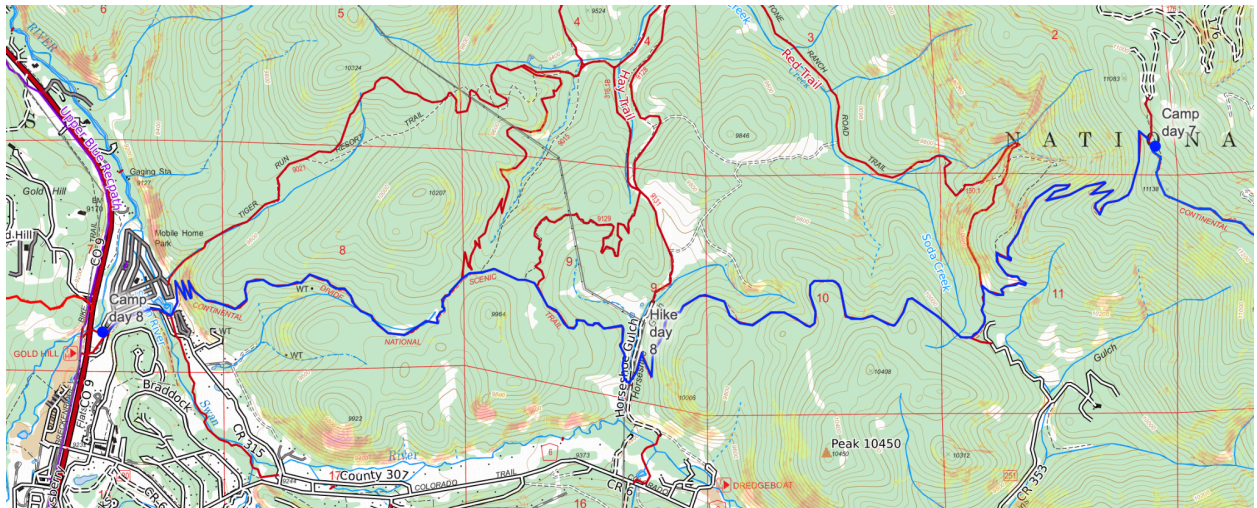
**JULY 22 – hike day 8 – segment 6**  
**(39.55065, 105.95775) to (39.53933, -106.04098)**

8.41 miles, +658 elevation

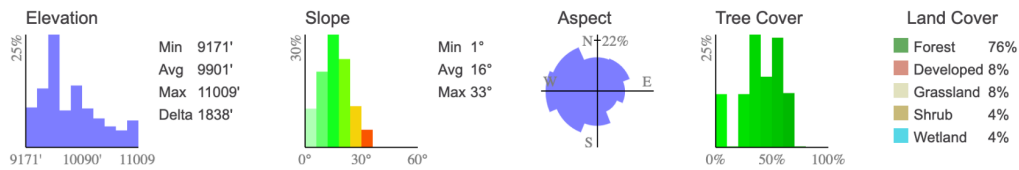
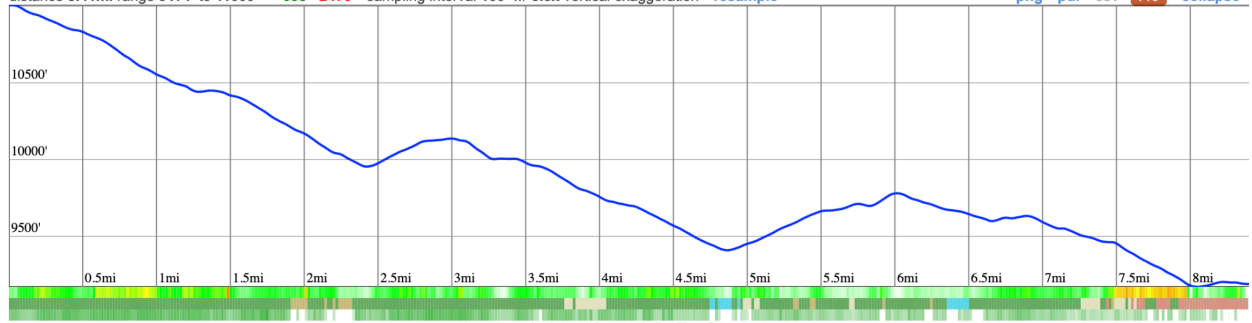
Water: Available and reliable at Swan River, resupply day in Breckenridge will allow access to plenty of water

Potential hazards: None anticipated

Evacuation Route: Follow CR 6 or cross (and follow) CO highway 9 to the town of Breckenridge. Here, there is a shuttle service available if necessary. Alternatively, follow the trail to the end of the day's hike, which will be in Breckenridge.



distance 8.41mi range 9171' to 11009' +658' -2473' sampling interval 100' w/ 5.5x vertical exaggeration [resample](#) [png](#) [pdf](#) [csv](#) [Pro](#) [collapse](#)



## GEAR LIST:

### Clothing (per person):

Rain jacket and rain pants  
1 sunhat  
1 warm hat  
1 pair of gloves  
1 pair of hiking pants/shorts  
1 pair of hiking boots or trail runners  
5 pairs of non-cotton socks  
1 pair of sunglasses  
2 non-cotton t-shirts  
1 long sleeved shirt  
1 pair of long pants  
5 pairs of underwear  
2 sports bras

### Individual gear:

1 sleeping bag  
1 sleeping pad  
1 backpack  
1 headlamp with extra set of batteries  
1 pack rain cover  
1 stove  
1 set of utensils  
1 bowl  
1 toothbrush  
1 tube of toothpaste  
2 water bottles  
1 pair of hiking poles

### Group Gear:

1 2-person tent  
1 trowel  
1 dromedary bag  
1 map  
1 satellite phone/InReach  
2 bear canisters  
1 stove repair kit

Other: (see budget for exact amounts)

Fuel canisters

Biodegradable soap

Biodegradable toothpaste

Water purification

Biodegradable sunscreen

Gallon plastic bags (for waste)



## **First Aid Kit:**

### **Wound Care/Blister/Burn**

- 1 - Wound Irrigation Tool 10 cc
- 10 - Wound Closure Strips
- 5 - Fabric Adhesive Bandages 1" x 3"
- 5 - Fabric Knuckle Bandages 1" x 3"
- 4 - Sterile Dressing 4" x 4"
- 4 - Sterile Dressing 2" x 2"
- 2 - Sterile Dressing 3" x 2"
- 1 - Elastic Band, 3"
- 2 - Gauze Bandages, 3"
- 1 - Tape 1" x 10 yd
- 14 - Moleskin, Pre Cut + Shaped
- 2 - Cotton Tip Applicator

### **Trauma/Bleeding**

- 1 - Trauma Pad 5" x 9"
- 2 - Nitrile Gloves (pair)
- 1 - Triangular Bandage

### **Medication**

- 3 - After Bite Wipes
- 2 - Diamode (2mg)
- 6 - Aspirin (325 mg)
- 3 - Antihistamine (25 mg)
- 8 - Ibuprofen (200 mg)
- 8 - Acetaminophen (500 mg)

### **Antiseptics/Creams**

- 6 - Antiseptic Wipes
- 2 - Triple Antibiotic Ointment
- 4 - Alcohol Swab
- 1 - Tincture of Benzoin

### **Tools/Instruments**

- 3 - Thermometer
- 1 - CPR face shield
- 1 - EMT shears
- 1 - Duct Tape 2" x 2.5 yd
- 1 - Tweezer
- 3 - Safety Pins

### **Instruction**

- 1 - Pencil
- 1 - Patient Assessment Form
- 1 - Wilderness & Travel Medicine Guide

<b>Breakfast 1</b>						
Item	Servings/amount per day	Days	Cal/serving	Carbohydrates (g)	Fat (g)	Protein (g)
Oats	1 cup / person	13	300	54	5	10
Nuts'n'more Peanut	2 tbs / person	13	190	10	12	9
Protein powder	1 scoop / person	13	150	15	4	21
Dried bananas	1 packet / person	13	30	9	0	0
Granola	2/3 cup	13	260	29	12	11
Coffee	1 tsp / person	13	0	0	0	0
Coffee creamer	1 tsp / person	13	15	2	0.5	0
		<b>Total:</b>	<b>945</b>	<b>119</b>	<b>33.5</b>	<b>51</b>
<b>Breakfast 2</b>						
Item	Servings/amount per day	Days	Cal/serving	Carbohydrates (g)	Fat (g)	Protein (g)
Protein pancake mix	1 cup mix/ person	13	400	22	6	28
Justins Honey Peanut butter	2 tbs / person	13	210	6	17	7
Dried strawberries	1 pack / person	13	15	4	0	0
Vegan jerky	1 stick / person	13	80	8	3	10
Tea	1 bag / person	13	0	0	0	0
		<b>Total</b>	<b>705</b>	<b>40</b>	<b>26</b>	<b>45</b>
<b>Breakfast 3</b>						
Item	Servings/amount per day	Days	Cal/serving	Carbohydrates (g)	Fat (g)	Protein (g)
Tortillas	1 / person	13	150	27	2	4
Peanut butter	2 tbs / person	13	210	6	17	7
Jelly	2 tbs / person	13	100	13	0	0
Trail mix	1/4 cup / person	13	160	12	10	5
Jerky	1 stick / person	13	80	8	3	10
		<b>Total</b>	<b>700</b>	<b>66</b>	<b>32</b>	<b>26</b>

<b>Lunch 1</b>						
Item	Servings/amount per day	Days	Cal/serving	Carbohydrates	Fat	Protein
Crackers	12 crackers/ person	13	240	40	7	6
Vegetarian Deli Meat	5 slices / person	13	110	5	3.5	14
Hummus	1/4 cup/ person	13	115	14	4	6
cookie bars	1 bar/ person	13	160	22	5	12
		<b>Total</b>	<b>625</b>	<b>81</b>	<b>19.5</b>	<b>38</b>
<b>Lunch 2</b>						
Item	Servings/amount p	Days	Cal/serving	Carbohydrates	Fat	Protein
Tortillas	1 / person	13	150	27	2	4
Tempeh	4 oz/ person	13	238	14	10	24
Hummus	1/4 cup/ person	13	115	14	4	6
Vegan jerky	1 stick / person	13	80	8	3	10
Trail mix	1/4 cup / person	15	160	12	10	5
		<b>Total</b>	<b>743</b>	<b>75</b>	<b>29</b>	<b>49</b>
<b>Lunch 3</b>						
Item	Servings/amount per day	Days	Cal/serving	Carbohydrates (g)	Fat (g)	Protein (g)
Quinoa	1/2 cup /person	13	300	54	5	12
Chickpeas	1/2 cup / person	13	70	12	1	4
Dried edamame	30 g / person	13	140	9	5	14
Freeze dried vegetable (broccoli and corn)	1 pack of each / person	13	50	11	0	2
		<b>Total</b>	<b>560</b>	<b>86</b>	<b>11</b>	<b>32</b>

<b>Dinner 1</b>						
Item	Servings/amount per day	Days	Cal/serving	Carbohydrates (g)	Fat (g)	Protein (g)
Couscous	1/2 package / person	13	375	60	1.5	10.5
Tempeh	4 oz/ person	13	238	14	10	24
Chickpeas	1/2 cup / person	13	70	12	1	4
Freeze dried vegetables (peas)	1 pack/ person	13	45	8	0	2
		<b>Total</b>	<b>728</b>	<b>94</b>	<b>12.5</b>	<b>40.5</b>
<b>Dinner 2</b>						
Item	Servings/amount p	Days	Cal/serving	Carbohydrates (g)	Fat (g)	Protein (g)
Pasta	2/3 cup / person	12	210	43	1	6
Pesto sauce	4 tsp / person	12	20	2	0	0
Tofu	40 g / person	12	200	7	1	20
Dried edamame	30 g / person	12	140	9	5	14
Hemp hearts	3 tbs / person	13	170	2	14	10
		<b>Total</b>	<b>740</b>	<b>63</b>	<b>21</b>	<b>50</b>
<b>Dinner 3</b>						
Item	Servings/amount p	Days	Cal/serving	Carbohydrates (g)	Fat (g)	Protein (g)
Rice	1 cup / person	13	340	74	0	8
Beans	1 oz/ person	13	100	18	0	6
Veggie meat crumf	6 tbs / person	13	120	10	2	16
		<b>Total</b>	<b>560</b>	<b>102</b>	<b>2</b>	<b>30</b>

<b>Snack list</b>						
Item	Servings/amount per day	Days	Cal/serving	Carbohydrates (g)	Fat (g)	Protein (g)
Poptarts	1 pack/ person	8	380	69	10	3
Clif bars	1 bar/ person	26	260	40	8	11
Pretzels	17 pieces/ person	22	110	23	2	2
Cheetos	21 pieces / person	15	160	15	10	2
Chex mix	1/2 cup / person	14	120	22	3.5	2
Trail mix	1/4 cup / person	15	160	12	10	5
Hi-chews	3 pieces / person	28	65	25	3	0
RX bars	1 bar/ person	10	200	23	8	12
Power crunch bars	1 bar / person	12	220	11	14	13
Dried fruit strips	1 bar/ person	28	60	15	0	0
Peanut butter pretzels	10 pieces / person	23	140	17	6	5
Chickpeas	1/4 cup / person	8	35	6	0.5	2
Nutella	2 tbs / person	20	200	22	11	2
Clif builder bars	1 bar/ person	9	280	31	9	20
Vegan jerky	1 stick / person	13	80	8	3	10
Snickers	1 bar/ person	24	250	33	12	4
Dried mango	1/2 cup / person	19	110	26	0	1

Item	Link	Price (\$)	Servings/container	Price/Serving	# Servings Needed	Total Price (\$)	Notes
Peanut Butter	<a href="https://www.walmart.com/ip/JUSTINS-No-Stir-Gluten-Free-Honey-Peanut-Butter-28-oz-Jar/932077362">https://www.walmart.com/ip/JUSTINS-No-Stir-Gluten-Free-Honey-Peanut-Butter-28-oz-Jar/932077362</a>	6.74	25	3.71	78.00	20.22	3 jars
Oats	<a href="https://www.walmart.com/ip/Great-Value-Organic-Old-Fashioned-Oats-18oz/563852157?from=/search">https://www.walmart.com/ip/Great-Value-Organic-Old-Fashioned-Oats-18oz/563852157?from=/search</a>	3.52	13 (1/2 cup servings)	0.27	52.00	14.08	4 containers
Protein powder	<a href="https://www.amazon.com/dp/B00J074W7Q/ref=twister_B0CRK63X9C?encoding=UTF8&amp;th=1">https://www.amazon.com/dp/B00J074W7Q/ref=twister_B0CRK63X9C?encoding=UTF8&amp;th=1</a>	29.94	20	1.50	26.00	60.00	2 jars
Dried fruit & Veggies	<a href="https://www.costco.com/readywise-freeze-dried-fruit-and-vegetable-assortment-5-boxes--120-total-servings.product.4000229723.html">https://www.costco.com/readywise-freeze-dried-fruit-and-vegetable-assortment-5-boxes--120-total-servings.product.4000229723.html</a>	99.99	120	1.20	104.00	99.99	1 order (includes 24 serving of each: banana, strawberry, broccoli, corn and peas)
Granola	<a href="https://www.traderjoes.com/home/products/pdp/peanut-butter-protein-granola-059583">https://www.traderjoes.com/home/products/pdp/peanut-butter-protein-granola-059583</a>	3.99	6	0.67	26.00	19.95	5 bags
Coffee	<a href="https://www.rei.com/product/158975/alpine-start-instant-coffee-bulk-bag-30-cups?sku=1589750001&amp;store=68&amp;CAWELAID=120217890006628439&amp;CAGPSPN=pla&amp;CAAAGID=116436822168&amp;CATCI=pla-940924578901&amp;cm_mmc=PLA_Google%7C2170000001700551_1589750001%7C92700057788019257%7CNB%7C71700000074090496&amp;gad_source=1&amp;acs_info=ZmluYWxldXJsOiAiaHR0cHM6Ly93d3cuemVpLmNvbS9wcm9kdWN0LzE1ODk3NS9hbHBpbmUtY3RhenQtaW5zdGFudC1jb2ZmZWU0YnVsayliYUWctMzAtY3VwcyIK&amp;gclid=CjwKCAiA5L2tBhBTEiwAdSxJXzVpGGocNfmJGcfx6nAMhglyglFaRWZAhrbmJlPwZzocpkBNhrX_hoCU2IQAvD_BwE&amp;gclid=aw.ds">https://www.rei.com/product/158975/alpine-start-instant-coffee-bulk-bag-30-cups?sku=1589750001&amp;store=68&amp;CAWELAID=120217890006628439&amp;CAGPSPN=pla&amp;CAAAGID=116436822168&amp;CATCI=pla-940924578901&amp;cm_mmc=PLA_Google%7C2170000001700551_1589750001%7C92700057788019257%7CNB%7C71700000074090496&amp;gad_source=1&amp;acs_info=ZmluYWxldXJsOiAiaHR0cHM6Ly93d3cuemVpLmNvbS9wcm9kdWN0LzE1ODk3NS9hbHBpbmUtY3RhenQtaW5zdGFudC1jb2ZmZWU0YnVsayliYUWctMzAtY3VwcyIK&amp;gclid=CjwKCAiA5L2tBhBTEiwAdSxJXzVpGGocNfmJGcfx6nAMhglyglFaRWZAhrbmJlPwZzocpkBNhrX_hoCU2IQAvD_BwE&amp;gclid=aw.ds</a>	25.00	30	0.83	52.00	50.00	2 packs
Coffee creamer	<a href="https://www.walmart.com/ip/Great-Value-Non-Dairy-Hazelnut-Coffee-Creamer-15-oz/605312445?from=/search">https://www.walmart.com/ip/Great-Value-Non-Dairy-Hazelnut-Coffee-Creamer-15-oz/605312445?from=/search</a>	3.48	142	0.02	52.00	3.48	1 container
Protein pancake mix	<a href="https://www.walmart.com/ip/Kodiak-Protein-Packed-Power-Cakes-Buttermilk-Flapjack-and-Waffle-Mix-20-oz-Box/47375763?adsRedirect=true">https://www.walmart.com/ip/Kodiak-Protein-Packed-Power-Cakes-Buttermilk-Flapjack-and-Waffle-Mix-20-oz-Box/47375763?adsRedirect=true</a>	5.72	9	0.64	52.00	34.32	6 boxes
Vegan jerky	<a href="https://www.amazon.com/Primal-Spirit-Vegan-Jerky-Certified/dp/B00L9IS504?crd=2Y1BBBC9F12AR&amp;keywords=primal%2Bspirit%2Bvegan%2Bjerky&amp;qid=1696965447&amp;srefix=primal%2Bspiri%2Caps%2C153&amp;sr=8-6&amp;linkCode=s11&amp;tag=vegnews03-20&amp;linkId=328da352d23832c87475380f07c3edbe&amp;language=en_US&amp;ref=as_li_ss_tl&amp;th=1">https://www.amazon.com/Primal-Spirit-Vegan-Jerky-Certified/dp/B00L9IS504?crd=2Y1BBBC9F12AR&amp;keywords=primal%2Bspirit%2Bvegan%2Bjerky&amp;qid=1696965447&amp;srefix=primal%2Bspiri%2Caps%2C153&amp;sr=8-6&amp;linkCode=s11&amp;tag=vegnews03-20&amp;linkId=328da352d23832c87475380f07c3edbe&amp;language=en_US&amp;ref=as_li_ss_tl&amp;th=1</a>	38.32	24	1.60	72.00	114.96	3 orders
Tea	<a href="https://www.walmart.com/ip/Bigelow-Earl-Grey-Black-Tea-Bags-20-Count/10293192?athbdg=L1600&amp;from=/search">https://www.walmart.com/ip/Bigelow-Earl-Grey-Black-Tea-Bags-20-Count/10293192?athbdg=L1600&amp;from=/search</a>	3.34	20	0.17	40.00	6.68	2 boxes
Tempeh	<a href="https://www.traderjoes.com/home/products/pdp/organic-3-grain-tempeh-099125">https://www.traderjoes.com/home/products/pdp/organic-3-grain-tempeh-099125</a>	2.29	2	1.15	26.00	29.77	13 packages
Hummus	<a href="https://www.amazon.com/Sadaf-Hummus-Mix-Tahini-6oz/dp/B0085320UM/ref=sr_1_1_sspa?adgrpid=1331509937717473&amp;hvadid=83219565530220&amp;hvbmt=bb&amp;hvdev=c&amp;hvlocphy=93554&amp;hvn etw=o&amp;hvqmt=b&amp;hvtargid=kwid-8322025368761%3Aloc-190&amp;hydacr=4824_10306130&amp;keywords=freeze-dried+hummus&amp;qid=1704676134&amp;s=grocery&amp;sr=1-1-spons&amp;sp_csd=d2lkZ2V0TmFtZTlzcF9hdGY&amp;pse=1&amp;smid=AW34VLXT29HLB">https://www.amazon.com/Sadaf-Hummus-Mix-Tahini-6oz/dp/B0085320UM/ref=sr_1_1_sspa?adgrpid=1331509937717473&amp;hvadid=83219565530220&amp;hvbmt=bb&amp;hvdev=c&amp;hvlocphy=93554&amp;hvn etw=o&amp;hvqmt=b&amp;hvtargid=kwid-8322025368761%3Aloc-190&amp;hydacr=4824_10306130&amp;keywords=freeze-dried+hummus&amp;qid=1704676134&amp;s=grocery&amp;sr=1-1-spons&amp;sp_csd=d2lkZ2V0TmFtZTlzcF9hdGY&amp;pse=1&amp;smid=AW34VLXT29HLB</a>	5.99	6	1.00	52.00	53.91	9 packages
Hemp hearts	<a href="https://www.traderjoes.com/home/products/pdp/organic-shelled-hemp-seeds-072937">https://www.traderjoes.com/home/products/pdp/organic-shelled-hemp-seeds-072937</a>	6.49	8	0.81	24.00	19.47	3 bags
Quinoa	<a href="https://www.traderjoes.com/home/products/pdp/organic-white-quinoa-059941">https://www.traderjoes.com/home/products/pdp/organic-white-quinoa-059941</a>	3.99	11	0.36	26.00	11.97	3 bags
Chickpeas	<a href="https://www.walmart.com/ip/Rani-Roasted-Chana-Chickpeas-Hi-Fi-Flavor-14oz-400g-PE T-Jar-All-Natural-Vegan-No-Preservatives-Gluten-Friendly-Indian-Origin-Great-Snack-Ready-Eat-Se/991210567?from=/search">https://www.walmart.com/ip/Rani-Roasted-Chana-Chickpeas-Hi-Fi-Flavor-14oz-400g-PE T-Jar-All-Natural-Vegan-No-Preservatives-Gluten-Friendly-Indian-Origin-Great-Snack-Ready-Eat-Se/991210567?from=/search</a>	11.99	20	0.60	60.00	33.00	3 containers
Dried edamame	<a href="https://www.walmart.com/ip/Seapoint-Farms-All-Natural-Sea-Salt-Dry-Roasted-Edamame-27-oz-Bag/108346978?from=/search">https://www.walmart.com/ip/Seapoint-Farms-All-Natural-Sea-Salt-Dry-Roasted-Edamame-27-oz-Bag/108346978?from=/search</a>	11.98	26	0.46	52.00	23.96	2 bags
Couscous	<a href="https://www.walmart.com/ip/Near-East-Couscous-Mix-Roasted-Garlic-Olive-Oil-5-8-oz-Box/10313905?athbdg=L1200&amp;from=/search">https://www.walmart.com/ip/Near-East-Couscous-Mix-Roasted-Garlic-Olive-Oil-5-8-oz-Box/10313905?athbdg=L1200&amp;from=/search</a>	2.37	2	1.19	26.00	30.81	13 boxes

Pasta	<a href="https://www.costco.com/garofalo%2c-organic-pasta%2c-variety-pack%2c-17.6-oz%2c-6-count.product.100381417.html">https://www.costco.com/garofalo%2c-organic-pasta%2c-variety-pack%2c-17.6-oz%2c-6-count.product.100381417.html</a>	12.99	54	0.24	52.00	12.99	1 pack (6 bags)
Pesto sauce	<a href="https://www.walmart.com/ip/12-Pack-Simply-Organic-Sweet-Basil-Pesto-Sauce-Mix-0-53-oz/817862813?from=/search">https://www.walmart.com/ip/12-Pack-Simply-Organic-Sweet-Basil-Pesto-Sauce-Mix-0-53-oz/817862813?from=/search</a>	30.28	48	0.63	48.00	30.28	1 order (12 packs)
Tofu	<a href="https://www.amazon.com/Friendly-Delicious-Bright-Therapy-substitute/dp/B07Y8TQJZ7/ref=sr_1_3?crid=346DDTPFFHD3R1&amp;keywords=freeze-dried+tofu&amp;qid=1704490704&amp;prefix=freeze-dried+tofu%2Caps%2C127&amp;sr=8-3">https://www.amazon.com/Friendly-Delicious-Bright-Therapy-substitute/dp/B07Y8TQJZ7/ref=sr_1_3?crid=346DDTPFFHD3R1&amp;keywords=freeze-dried+tofu&amp;qid=1704490704&amp;prefix=freeze-dried+tofu%2Caps%2C127&amp;sr=8-3</a>	22.49	25	0.90	50.00	44.98	2 orders
Rice	<a href="https://www.walmart.com/ip/Great-Value-Instant-White-Rice-42-oz/637923576?from=/search">https://www.walmart.com/ip/Great-Value-Instant-White-Rice-42-oz/637923576?from=/search</a>	4.38	26	0.17	26.00	4.38	1 box
Beans	<a href="https://www.amazon.com/Mother-Earth-Products-Dehydrated-Quart/dp/B0085MGW2K/ref=sr_1_2?adgrpid=1339205735252216&amp;hvadid=83700681131861&amp;hvbm=be&amp;hvdev=c&amp;hvlocphy=93123&amp;hvntw=0&amp;hvqmt=e&amp;hvtargid=kwd-83700719743034%3Aloc-190&amp;hydadcr=4383_13230993&amp;keywords=freeze-dried%2Bbeans&amp;qid=1704490558&amp;sr=8-2&amp;th=1">https://www.amazon.com/Mother-Earth-Products-Dehydrated-Quart/dp/B0085MGW2K/ref=sr_1_2?adgrpid=1339205735252216&amp;hvadid=83700681131861&amp;hvbm=be&amp;hvdev=c&amp;hvlocphy=93123&amp;hvntw=0&amp;hvqmt=e&amp;hvtargid=kwd-83700719743034%3Aloc-190&amp;hydadcr=4383_13230993&amp;keywords=freeze-dried%2Bbeans&amp;qid=1704490558&amp;sr=8-2&amp;th=1</a>	11.16	18	0.62	26.00	22.32	2 containers
Veggie meat crumbles	<a href="https://rollinggreens.com/products/plant-based-meeat-spicy-chorizo">https://rollinggreens.com/products/plant-based-meeat-spicy-chorizo</a>	9.99	4	2.50	26.00	69.93	7 bags
Poptarts	<a href="https://www.walmart.com/ip/Pop-Tarts-Frosted-Strawberry-Milkshake-Instant-Breakfast-Toaster-Pastries-Shelf-Stable-Ready-to-Eat-27-oz-16-Count-Box/2500214609?from=/search">https://www.walmart.com/ip/Pop-Tarts-Frosted-Strawberry-Milkshake-Instant-Breakfast-Toaster-Pastries-Shelf-Stable-Ready-to-Eat-27-oz-16-Count-Box/2500214609?from=/search</a>	4.98	8	0.62	16.00	9.96	2 boxes
Clif bars	<a href="https://www.costco.com/clif-bar-variety-pack%2c-2.4-oz%2c-26-count.product.100785499.html">https://www.costco.com/clif-bar-variety-pack%2c-2.4-oz%2c-26-count.product.100785499.html</a>	28.99	26	1.12	52.00	57.98	2 boxes
Pretzels	<a href="https://www.walmart.com/ip/ROLD-GOLD-Tiny-Pretzel-Twists-16-Oz/10900063?athbdg=L1600&amp;adsRedirect=true">https://www.walmart.com/ip/ROLD-GOLD-Tiny-Pretzel-Twists-16-Oz/10900063?athbdg=L1600&amp;adsRedirect=true</a>	3.98	15	0.27	45.00	11.94	3 bags
Cheetos	<a href="https://www.walmart.com/ip/Cheetos-Crunchy-Cheese-Puff-Chips-15-oz-Bag/443076575?athbdg=L1600&amp;from=/search">https://www.walmart.com/ip/Cheetos-Crunchy-Cheese-Puff-Chips-15-oz-Bag/443076575?athbdg=L1600&amp;from=/search</a>	5.48	15	0.37	30.00	10.96	2 bags
Chex mix	<a href="https://www.walmart.com/ip/Chex-Mix-Snack-Mix-Traditional-Savory-Snack-Bag-Family-Size-15-oz/10813359?athbdg=L1200&amp;from=/search">https://www.walmart.com/ip/Chex-Mix-Snack-Mix-Traditional-Savory-Snack-Bag-Family-Size-15-oz/10813359?athbdg=L1200&amp;from=/search</a>	3.69	14	0.26	28.00	7.38	2 bags
Trail mix	<a href="https://www.costco.com/kirkland-signature-trail-mix%2c-4-lbs.product.100752766.html">https://www.costco.com/kirkland-signature-trail-mix%2c-4-lbs.product.100752766.html</a>	15.99	60	0.27	120.00	31.98	2 bags
Candy	<a href="https://www.costco.com/hi-chew-fruit-chews%2c-original-mix%2c-30-oz.product.100568692.html">https://www.costco.com/hi-chew-fruit-chews%2c-original-mix%2c-30-oz.product.100568692.html</a>	11.99	28	0.43	28.00	11.99	1 bag
RX bars	<a href="https://www.walmart.com/ip/RXBAR-Variety-Pack-Chewy-Protein-Bars-Ready-to-Eat-18-3-oz-10-Count/331912964?athbdg=L1600&amp;adsRedirect=true">https://www.walmart.com/ip/RXBAR-Variety-Pack-Chewy-Protein-Bars-Ready-to-Eat-18-3-oz-10-Count/331912964?athbdg=L1600&amp;adsRedirect=true</a>	17.34	10	1.73	20.00	34.68	2 boxes
Power crunch bars	<a href="https://www.costco.com/power-crunch-protein-energy-bar%2c-strawberry-creme%2c-1.4-oz%2c-12-count.product.4000105196.html">https://www.costco.com/power-crunch-protein-energy-bar%2c-strawberry-creme%2c-1.4-oz%2c-12-count.product.4000105196.html</a>	17.99	12	1.50	24.00	35.98	2 boxes
Dried fruit strips	<a href="https://www.costco.com/pure-organic-layered-fruit-bars%2c-variety-pack%2c-0.63-oz%2c-28-count.product.100679927.html">https://www.costco.com/pure-organic-layered-fruit-bars%2c-variety-pack%2c-0.63-oz%2c-28-count.product.100679927.html</a>	15.99	28	0.57	56.00	31.98	2 orders
Peanut butter pretzels	<a href="https://www.walmart.com/ip/Great-Value-Peanut-Butter-Filled-Pretzel-24-oz-Resealable-and-Recyclable-Container/162020760?athbdg=L1200&amp;from=/search">https://www.walmart.com/ip/Great-Value-Peanut-Butter-Filled-Pretzel-24-oz-Resealable-and-Recyclable-Container/162020760?athbdg=L1200&amp;from=/search</a>	5.96	23	0.26	46.00	11.92	2 containers
Nutella	<a href="https://www.walmart.com/ip/Nutella-Hazelnut-Spread-with-Cocoa-for-Breakfast-Holiday-Baking-And-Desserts-26-5-oz-Jar/14574564?athbdg=L1600&amp;from=/search">https://www.walmart.com/ip/Nutella-Hazelnut-Spread-with-Cocoa-for-Breakfast-Holiday-Baking-And-Desserts-26-5-oz-Jar/14574564?athbdg=L1600&amp;from=/search</a>	7.97	20	0.40	40.00	15.94	2 jars
Jelly	<a href="https://www.walmart.com/ip/Great-Value-Squeezable-Strawberry-Fruit-Spread-20-oz/10315756?from=/search">https://www.walmart.com/ip/Great-Value-Squeezable-Strawberry-Fruit-Spread-20-oz/10315756?from=/search</a>	2.97	28	0.11	52.00	5.94	2 bottles
Tortilla	<a href="https://www.kingsoopers.com/p/stacey-s-organic-unbleached-white-flour-tortillas/0075167512125?searchType=mktg+attribute">https://www.kingsoopers.com/p/stacey-s-organic-unbleached-white-flour-tortillas/0075167512125?searchType=mktg+attribute</a>	4.29	10	0.43	52.00	21.45	5 bags
Nuts-n-more protein peanut butter	<a href="https://www.amazon.com/dp/B07CROX87W/ref=sspa_dk_detail_0?pd_rd_i=B07CROX87W&amp;pd_rd_w=DXO&amp;cont&amp;ent-id=amzn1.sym.a53ea610-e450-44d1-897e-68c0c718bf50&amp;pf_rd_p=a53ea610-e450-44d1-897e-68c0c718bf50&amp;pf_rd_r=VZ0W41GRST9XBEPEZ5XC&amp;pd_rd_wg=jqk8f&amp;pd_rd_r=14e6a467-ae6e-4cbe-a339-e9bb324cd6ea&amp;s=grocery&amp;sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhWxfGhlfWF0aWM&amp;th=1">https://www.amazon.com/dp/B07CROX87W/ref=sspa_dk_detail_0?pd_rd_i=B07CROX87W&amp;pd_rd_w=DXO&amp;cont&amp;ent-id=amzn1.sym.a53ea610-e450-44d1-897e-68c0c718bf50&amp;pf_rd_p=a53ea610-e450-44d1-897e-68c0c718bf50&amp;pf_rd_r=VZ0W41GRST9XBEPEZ5XC&amp;pd_rd_wg=jqk8f&amp;pd_rd_r=14e6a467-ae6e-4cbe-a339-e9bb324cd6ea&amp;s=grocery&amp;sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhWxfGhlfWF0aWM&amp;th=1</a>	14.47	13	1.11	26.00	28.94	2 jars
vegetarian deli slices	<a href="https://www.walmart.com/ip/Tofurky-Refrigerated-Vegan-Plant-Based-Hickory-Smoked-Deli-Slices-5-5-oz-Packet/156009403?athbdg=L1600&amp;from=/search">https://www.walmart.com/ip/Tofurky-Refrigerated-Vegan-Plant-Based-Hickory-Smoked-Deli-Slices-5-5-oz-Packet/156009403?athbdg=L1600&amp;from=/search</a>	3.38	3	1.13	26.00	30.42	9 packages

crackers	<a href="https://www.walmart.com/ip/Triscuit-Original-Whole-Grain-Wheat-Crackers-Vegan-Crackers-Family-Size-12-5-oz/339347453?athbdg=L1600&amp;adsRedirect=true">https://www.walmart.com/ip/Triscuit-Original-Whole-Grain-Wheat-Crackers-Vegan-Crackers-Family-Size-12-5-oz/339347453?athbdg=L1600&amp;adsRedirect=true</a>	4.98	13	0.38	52.00	19.92	4 boxes
Cookie bars	<a href="https://www.walmart.com/ip/Lenny-Larrys-The-Complete-Cookie-fied-Bar-Cookies-Creme-4ct/857269508?from=/search">https://www.walmart.com/ip/Lenny-Larrys-The-Complete-Cookie-fied-Bar-Cookies-Creme-4ct/857269508?from=/search</a>	5.56	4	1.39	13.00	22.24	4 boxes
Cliff Builders Bars	<a href="https://www.kingsoopers.com/p/clif-builders-chocolate-mint-flavor-protein-bars/0072225216852?fulfillment=PICKUP&amp;storecode=62000006&amp;cid=shp_adw_shopL_FY23_02_search_ent_conv_lia_corelia_kingsoopers_g_lia_shop_acq_evgn_ship_all_roas_verylowperformers&amp;gad_source=1&amp;aes_info=ZmluYWxldXJsOiAiaHR0cDovL3d3dy5raW5nc29veGVycy5jb20vcC9jbGlmLWJ1aWxkZXJzLWVob2NvbGF0ZS1taW50LWZsYXZvci1wcm90ZWluLWJhenMvMDA3MjlyNTIxNjg1MmIk&amp;gclid=CjwKCAiA5L2tBhBTEiwAdSxJX7AaXFY1gVMe8Qz1u2QesGpEoHTYWy_Hl6-yddo7VHs18hVUMvAPpRoCydcQAvD_BwE&amp;gclid=aw.ds">https://www.kingsoopers.com/p/clif-builders-chocolate-mint-flavor-protein-bars/0072225216852?fulfillment=PICKUP&amp;storecode=62000006&amp;cid=shp_adw_shopL_FY23_02_search_ent_conv_lia_corelia_kingsoopers_g_lia_shop_acq_evgn_ship_all_roas_verylowperformers&amp;gad_source=1&amp;aes_info=ZmluYWxldXJsOiAiaHR0cDovL3d3dy5raW5nc29veGVycy5jb20vcC9jbGlmLWJ1aWxkZXJzLWVob2NvbGF0ZS1taW50LWZsYXZvci1wcm90ZWluLWJhenMvMDA3MjlyNTIxNjg1MmIk&amp;gclid=CjwKCAiA5L2tBhBTEiwAdSxJX7AaXFY1gVMe8Qz1u2QesGpEoHTYWy_Hl6-yddo7VHs18hVUMvAPpRoCydcQAvD_BwE&amp;gclid=aw.ds</a>	10.99	6	1.83	18.00	32.97	3 boxes
Snickers	<a href="https://www.walmart.com/ip/Snickers-Singles-Size-Chocolate-Candy-Bars-1-86-Ounce-Bar-48-Count-Box/1791474186?wmlspartner=wlpa&amp;selectedSellerId=101045654&amp;adid=222222222271791474186_101045654_152862313089_19575094696&amp;w10=&amp;w11=g&amp;w12=c&amp;w13=661369424116&amp;w14=pla-2087595593165&amp;w15=9029011&amp;w16=&amp;w17=&amp;w18=&amp;w19=pla&amp;w110=276696250&amp;w111=online&amp;w112=1791474186_101045654&amp;veh=sem&amp;gad_source=1&amp;aes_info=ZmluYWxldXJsOiAiaHR0cHM6Ly93d3dud2FsbWFydC5jb20vaXAvU25pY2tlenMtu2l1uZ2xlcyl1TaXplLUob2NvbGF0ZS1DYW5keS1CYXJzLTEtODYtT3VuY2UtOmFyLlQ4LUNvdW50LUJveC8xNzcxNDc0MTg2Igo&amp;gclid=CjwKCAiA5L2tBhBTEiwAdSxJX6jvsZpNFO_cLUxWC1EYsRSXVmjEDyAbRLVrBgZUdEv-CKBQVFRN7xoCWVQQAvD_BwE">https://www.walmart.com/ip/Snickers-Singles-Size-Chocolate-Candy-Bars-1-86-Ounce-Bar-48-Count-Box/1791474186?wmlspartner=wlpa&amp;selectedSellerId=101045654&amp;adid=222222222271791474186_101045654_152862313089_19575094696&amp;w10=&amp;w11=g&amp;w12=c&amp;w13=661369424116&amp;w14=pla-2087595593165&amp;w15=9029011&amp;w16=&amp;w17=&amp;w18=&amp;w19=pla&amp;w110=276696250&amp;w111=online&amp;w112=1791474186_101045654&amp;veh=sem&amp;gad_source=1&amp;aes_info=ZmluYWxldXJsOiAiaHR0cHM6Ly93d3dud2FsbWFydC5jb20vaXAvU25pY2tlenMtu2l1uZ2xlcyl1TaXplLUob2NvbGF0ZS1DYW5keS1CYXJzLTEtODYtT3VuY2UtOmFyLlQ4LUNvdW50LUJveC8xNzcxNDc0MTg2Igo&amp;gclid=CjwKCAiA5L2tBhBTEiwAdSxJX6jvsZpNFO_cLUxWC1EYsRSXVmjEDyAbRLVrBgZUdEv-CKBQVFRN7xoCWVQQAvD_BwE</a>	41.49	48	0.86	48.00	41.49	1 box
Dried Mangos	<a href="https://www.walmart.com/ip/Kirkland-Signature-Organic-Dried-Mangoes-2-5-Pounds/819750069?wmlspartner=wlpa&amp;selectedSellerId=18439&amp;adid=22222222227819750069_18439_155702027478_20665333334&amp;w10=&amp;w11=g&amp;w12=c&amp;w13=678013749283&amp;w14=pla-1850440600739&amp;w15=9029011&amp;w16=&amp;w17=&amp;w18=&amp;w19=pla&amp;w110=125198988&amp;w111=online&amp;w112=819750069_18439&amp;veh=sem&amp;gad_source=1&amp;gclid=CjwKCAiA5L2tBhBTEiwAdSxJX-yPYf0_1Sz7gpyP-DZqyO358IWhzbg12Q_dWno-IOvmThY3kKYCHhoCTj0QAvD_BwE">https://www.walmart.com/ip/Kirkland-Signature-Organic-Dried-Mangoes-2-5-Pounds/819750069?wmlspartner=wlpa&amp;selectedSellerId=18439&amp;adid=22222222227819750069_18439_155702027478_20665333334&amp;w10=&amp;w11=g&amp;w12=c&amp;w13=678013749283&amp;w14=pla-1850440600739&amp;w15=9029011&amp;w16=&amp;w17=&amp;w18=&amp;w19=pla&amp;w110=125198988&amp;w111=online&amp;w112=819750069_18439&amp;veh=sem&amp;gad_source=1&amp;gclid=CjwKCAiA5L2tBhBTEiwAdSxJX-yPYf0_1Sz7gpyP-DZqyO358IWhzbg12Q_dWno-IOvmThY3kKYCHhoCTj0QAvD_BwE</a>	35.29	38	0.93	38.00	35.29	1 bag
					<b>TOTAL</b>	<b>1322.80</b>	



## Budget

Food items (see food budget for complete list): \$1322.80

Other items (in table below): \$1,081.31

Gear House Rentals (in table below): \$69

Total amount requested: **\$2,473.11**

Item	Link	Price	Quantity	Total Cost
Fuel Canisters	<a href="https://www.rei.com/product/768529/jetboil-jetpower-fuel-811-oz-230g">https://www.rei.com/product/768529/jetboil-jetpower-fuel-811-oz-230g</a>	\$6.95	12	\$83.40
Biodegradable Soap	<a href="https://www.rei.com/product/407166/campsuds-biodegradable-concentrated-soap-2-oz">https://www.rei.com/product/407166/campsuds-biodegradable-concentrated-soap-2-oz</a>	\$5.50	3	\$16.50
Biodegradable Toothpaste	<a href="https://www.walmart.com/ip/Tom-s-of-Maine-Simply-White-Natural-Toothpaste-Clean-Mint-4-7-oz/16627498?from=/search">https://www.walmart.com/ip/Tom-s-of-Maine-Simply-White-Natural-Toothpaste-Clean-Mint-4-7-oz/16627498?from=/search</a>	\$5.42	1	\$5.42
Water Tablets	<a href="https://www.rei.com/product/406032/potable-aqua-iodine-and-taste-neutralizer-tablets">https://www.rei.com/product/406032/potable-aqua-iodine-and-taste-neutralizer-tablets</a>	\$12.95	6	\$77.70
Electrolyte Mix	<a href="https://www.amazon.com/Electrolytes-Drink-Mix-Variety-Sticks/dp/B09GKX9J39/ref=sr_1_2_sspa?crd=29J9I6JXAAUZ&amp;keywords=liquid+iv&amp;qid=1706067209&amp;rdc=1&amp;srefix=liquid+iv%2Ca%2C187&amp;sr=8-2-spons&amp;sp_cs=d2lkZ2V0TmFtZT1zcF9hdGY&amp;psc=1">https://www.amazon.com/Electrolytes-Drink-Mix-Variety-Sticks/dp/B09GKX9J39/ref=sr_1_2_sspa?crd=29J9I6JXAAUZ&amp;keywords=liquid+iv&amp;qid=1706067209&amp;rdc=1&amp;srefix=liquid+iv%2Ca%2C187&amp;sr=8-2-spons&amp;sp_cs=d2lkZ2V0TmFtZT1zcF9hdGY&amp;psc=1</a>	\$35.95	1	\$35.95
Bear Spray (to be returned to the gear house after expedition if requested)	<a href="https://www.rei.com/product/154930/counter-assault-bear-deterrent-spray-81-fl-oz">https://www.rei.com/product/154930/counter-assault-bear-deterrent-spray-81-fl-oz</a>	\$47.95	2	\$95.90
Lighters	<a href="https://www.walmart.com/ip/Scripto-Views-Adjustable-Flame-Pocket-Lighters-7-Count/48274194?athbdg=L1600&amp;from=/search">https://www.walmart.com/ip/Scripto-Views-Adjustable-Flame-Pocket-Lighters-7-Count/48274194?athbdg=L1600&amp;from=/search</a>	\$2.37	1	\$2.37

Matches	<a href="https://www.walmart.com/ip/Pine-Mountain-Weatherproof-Match-Match-for-Extreme-Conditions-25-Count-Tan-and-Red/780092506?from=/search">https://www.walmart.com/ip/Pine-Mountain-Weatherproof-Match-Match-for-Extreme-Conditions-25-Count-Tan-and-Red/780092506?from=/search</a>	\$7.46	1	\$7.46
Biodegradable Sunscreen	<a href="https://www.amazon.com/All-Go-od-Sport-Sunscreen-Lotion/dp/B07PXP35CN?th=1">https://www.amazon.com/All-Go-od-Sport-Sunscreen-Lotion/dp/B07PXP35CN?th=1</a>	\$43.99	3 3-oz pack	\$43.99
Inreach Subscription (Pro basic)	<a href="https://www.garmin.com/en-US/p/837481/pn/010-06006-SU">https://www.garmin.com/en-US/p/837481/pn/010-06006-SU</a>	\$19.95 / month + \$34.95 activation fee	2 months	\$74.85
Flights back to Denver	<a href="https://www.united.com/en/us/traveler/choose-travelers?src=uatravel&amp;cartId=46C69909-8365-40FB-A77E-BB2FEF38F741&amp;type=ext">https://www.united.com/en/us/traveler/choose-travelers?src=uatravel&amp;cartId=46C69909-8365-40FB-A77E-BB2FEF38F741&amp;type=ext</a>	\$200/person	2 tickets	\$400
Hostel in Durango	<a href="https://hotels.cloudbeds.com/reservation/bJOiNR#checkin=2024-01-12&amp;checkout=2024-01-13">https://hotels.cloudbeds.com/reservation/bJOiNR#checkin=2024-01-12&amp;checkout=2024-01-13</a>	\$30/night per person for female 6-person room	2 nights	\$120
Gallon plastic bags (for waste disposal)	<a href="https://www.walmart.com/ip/Great-Value-Freezer-Guard-Double-Zipper-Freezer-Bags-Gallon-40-Count/808599731?athbdg=L1600&amp;from=/search">https://www.walmart.com/ip/Great-Value-Freezer-Guard-Double-Zipper-Freezer-Bags-Gallon-40-Count/808599731?athbdg=L1600&amp;from=/search</a>	\$2.82	1 box	\$2.82
Resupply box mail fees	<a href="https://postcalc.usps.com/Calculator/MailServices?country=0&amp;ccode=US&amp;oz=80903&amp;omil=False&amp;dz=81433&amp;dml=False&amp;retail=False&amp;mdt=1%2F22%2F2024&amp;mdz=19%3A59&amp;m=12&amp;hocode=False">https://postcalc.usps.com/Calculator/MailServices?country=0&amp;ccode=US&amp;oz=80903&amp;omil=False&amp;dz=81433&amp;dml=False&amp;retail=False&amp;mdt=1%2F22%2F2024&amp;mdz=19%3A59&amp;m=12&amp;hocode=False</a>	Approximately \$25/box	4 boxes	\$100.00
Colorado Trail Map (to be returned to the gear house after expedition)	<a href="https://coloradotrail.org/product/nat-geo-map-guide-colorado-trail-south/">https://coloradotrail.org/product/nat-geo-map-guide-colorado-trail-south/</a>	\$14.95	1 map	\$14.95
			<b>Total</b>	<b>\$1081.31</b>
<b>Outdoor Ed Gear House Rentals</b>				
Item	Days	Price/day	Total Cost	
Bear Canister	45	\$2 (first day) +	\$46	

		\$1		
Stove Repair Kit	45	FREE	FREE	
Inreach	45	FREE	FREE	
Water Drom	45	\$1 (first day) + \$.50	\$23	
Rain pants (1 pair each)	45	FREE	FREE	
			<b>Total</b>	<b>\$69</b>