



# Ritt Kellogg Memorial Fund Registration

Registration No. YT2T-N2D7N  
 Submitted Feb 3, 2021 11:30am by Bradley Bollag-Miller  
 Approved Feb 3, 2021 1:58pm by Kate Macklin

## Registration

2020/2021

Ritt Kellogg Memorial Fund

Registered

### **RKMF Expedition Grant** Group Application 2020-2021

*Ritt Kellogg Expedition Grant Applications Due at Noon* Feb 3, 2021 12:00pm-12:00pm

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 Wednesday, February 3rd at noon. For more information, example applications, proposal writing tips, and further guidance, please visit

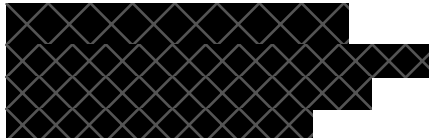
<https://www.coloradocollege.edu/other/rittkelloggfund/grants/expedition-grants/overview.html>

Note: For the 2020-2021 application year, the following additional parameters have been established due to the COVID-19 pandemic:

- 2021 RKMF grants are limited to travel in the contiguous United States only (no Alaska, no Hawaii, no Canada).
- 2021 RKMF grants are limited to travel by personal vehicles only (no airplanes, buses or other forms of public transportation)
- An additional COVID-19 preparedness section has been added to the Group Application
- Expedition teams which receive funding must submit an updated COVID-19 preparedness form 3 weeks prior to their expedition

If you have any questions please email Kate Macklin, Outdoor Education and Ritt Kellogg Memorial Fund Coordinator, at [kmacklin@coloradocollege.edu](mailto:kmacklin@coloradocollege.edu)

## Participant



## Expedition Summary

### Expedition Name

Thru-Hiking Vermont's Long Trail

### Alternate Expedition Name

We Won't be Long

### Objectives

Our expedition objective is to hike The Long Trail from end-to-end. We will begin our hike at the Southern Terminus: the Massachusetts/Vermont state border, and work our way to the Northern Terminus: the Vermont/Canada border.

This trail extends through the entire length of the state of Vermont and is one of the most well-known thru-hikes. Given that the three of us have engaged with backpacking in very different geographic locations (Bradley primarily on the East coast, Andre mostly in the Midwest, and Lucie largely out West as well the East), we are excited to embark on this adventure to develop a close understanding of the beautiful Eastern woodlands together. The Long Trail is known as "The Footpath of the Wilderness," which is exactly why we have selected it for our adventure. We cannot wait to spend quality time in the quiet, serene wilderness, all while pushing ourselves physically hiking through the rugged Vermont mountains. Additionally, this trail is optimal for us because its remoteness significantly minimizes the risks of COVID-19, as well as Bradley's family being located very close to the trail for extremely easy and contact-free resupplies and evacuations if need be.

### **Location**

The Long Trail is a 272 mile trail that follows the main ridge of the Green Mountains from the Vermont-Massachusetts border all the way up to the Vermont-Canada border. The trail travels through six of the eight wilderness areas in the Green Mountains including: Glastenbury Wilderness, Lye Brook Wilderness, Peru Peak Wilderness, Big Branch Wilderness, Joseph Battell Wilderness, and Breadloaf Wilderness (South to North). It also traverses many well-known peaks including Glastenbury Mountain, Stratton Mountain, Killington Peak, Mount Abraham, Mount Ellen, Camel's Hump, Mount Mansfield, and Jay Peak. We will travel northbound beginning in Williamstown, MA and ending at the Canadian Border. The entirety of our hike will be on the Long Trail and we do not plan to go anywhere else.

We find it extremely important to inform ourselves on the Indigenous histories of these lands, which were occupied by the Mohican, Abenaki, and Wabanaki Confederacy peoples prior to the violence and forced relocation of US colonialism. Here is some geographic research regarding the Indigenous peoples who occupied the land that the Long Trail currently goes through.

The Mohican people are part of the Eastern Algonquin family of tribes who occupied the upper tidal Hudson River Valley into western New England centered on the Housatonic watershed until being forcibly relocated West. Mohican descendants currently mostly live in Shawano County Wisconsin. The Abenaki are a northeaster Algonquin-speaking peoples originally occupying northern sections of New England, parts of Quebec, and the Maritimes of Canada. The Wabanaki Confederacy are a First Nations and Native American confederation of four Eastern Algonquin nations: the Mi'kmaq, Maliseet, Passamaquoddy and Penobscot. The Wabanaki are in what is present-day Maine, Vermont, New Hampshire, and Southeastern Canada.

### **Departure Date**

Jun 19, 2021

### **Return Date**

Jul 10, 2021

### **Days in the Field**

22

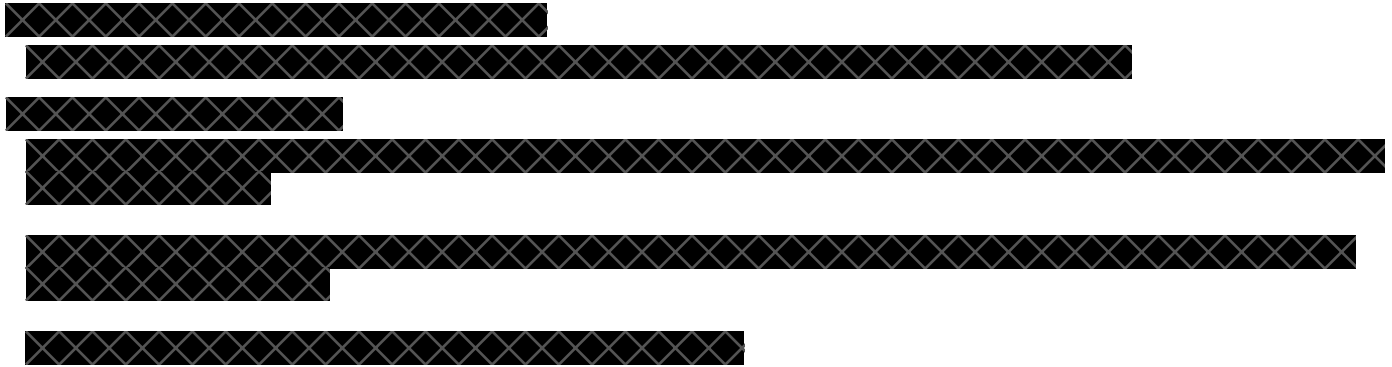
### **Wilderness Experience**

The Long Trail is the oldest continuous footpath in the U.S, spanning 272 miles along the ridge of the Green Mountains in Vermont, from the Massachusetts border to the national border with Canada. This historic trail offers a unique wilderness experience, where we will be physically challenged by the mountainous terrain as the trail traverses 53 named mountains, with a total elevation gain of 65,370 feet. Along with the physically demanding nature of the trail, we will be challenged mentally by the repetitive, meditative experience of thru-hiking, which quickly humbles all those who attempt it. Hiking the Long Trail end-to-end requires us to make a deep commitment to ourselves and to each other that we will continue to put one foot in front of the other despite long days filled with mud, mosquitoes, black flies and rocky paths. By persevering through each challenging day, we will be able to foster a deep relationship of trust and connection to our bodies, minds, and each other, and this bond will far outlast the 22 days we plan to spend on the trail.

The Long Trail is in close proximity to access roads and small towns throughout its entirety, so in order to ensure that we are maximizing our wilderness experience (and upholding our COVID-19 precautions and mitigation strategies), we plan to avoid all hostels and trail-side shelters. By committing to pitching a tent every night and not stopping in towns to rest or shower, despite inclement weather or personal odors, we will be embracing to the utmost extent the

solitude and self-reliance that is the basis of a meaningful thru-hiking experience. Finally, our contactless on-trail resupply plan is an additional way that we will be fully embracing the solitary nature of the wilderness experience and never having to go into towns.

## Participant Qualifications



### Does your group have adequate experience?

Yes

### Training Plan

The Long Trail will be a real challenge and the muddy conditions and very steep inclines will prove difficult. That is why we will be undergoing a strenuous training plan that will utilize progressive workouts to make sure we're in shape and ready for the hike. We've broken the training plan down by two-week increments to show how we will build up every few weeks. Sunday's will always be rest days. Although each member of our team is already fit and active, this will ensure that we are prepped for any physical challenge that comes our way.

We will gradually work up to hiking with full packs by beginning with no weight and ending with 100% pack weight during training hikes. Because we will be training at high altitude we will be even more prepared.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 1-14	2-mile jog/walk	REST	REST	2-mile jog/walk	REST	HIIT Workout
February 15-28	Cardio Ab Workout	REST	3-mile jog/walk & Arm Workout	2-mile walk	REST	HIIT Workout
March 1-14	REST	3-mile jog	Cardio Ab Workout	5-mile walk/hike	2-mile jog	REST
March 15-31	Ab Workout & Arm Workout	REST	4-mile jog	Cardio Ab Workout	5-mile walk/hike w/ pack @ 50%	REST
April 1-18	5-mile walk w/ pack at 75%	3-mile jog	HIIT Workout	REST	3-mile jog	Ab Workout & Arm Workout
April 19-30	4-mile jog	Cardio Ab Workout	6-mile hike w/ pack @ 75%	2-mile jog	Yoga	8-mile hike w/ pack @ 100%
May 1-16	3-mile jog and Ab Workout & Arm Workout	8-mile hike w/ pack at 100%	HIIT Workout	8-mile hike w/ pack at 100%	REST	Incline
May 17-31	3-mile jog	Cardio Ab Workout	Incline w/ pack at 75%	REST	Yoga	Incline w/ pack @ 100%
June 1-10	Incline	Ab Workout & Arm Workout	REST	REST	Yoga	Yoga

Navigation:

We will all plan to read the following books:

The Long Trail End to Enders Guide  
The Long Trail Guide

These books outline all the necessary information to thru-hike the Long Trail. Because we are all proficient in map reading and basic navigation techniques we will not need to prioritize this in our training. However, to be safe, we will practice reading maps at various parks in Colorado Springs.

## Expedition Logistics, Gear and Food

### Travel Plan

Lucie and Andre:

We will be driving to Burlington, Vermont from [REDACTED] in a rental car leaving on June 2nd and arriving on June 4th. We will camp one night at the Hawthorn Park Campground in Terre Haute, Indiana as this is the midway point of our drive. To minimize fatigue while driving, we will switch off every two hours during our 10 minute rest and refuel breaks. Once in Burlington, Bradley will pick us up and transport us to his parent's house for our two weeks of quarantine.

After we finish our expedition, Andre and I will drive back to [REDACTED] from Burlington in a rental car again. We plan to camp one night at the same campground that we will be staying at on the way there.

Bradley:

I will be driving to [REDACTED] from Colorado Springs, Colorado in my personal vehicle leaving on May 27th and arriving on May 29th. I will be driving with my friend, who I am podded with and also lives in [REDACTED] in order to avoid fatigue while driving (switching off every two hours during rest and refuel breaks). I will be driving separately from Andre and Lucie because I do not need to stay to take a WFR course and my lease in Colorado Springs expires prior to them finishing their course. On the drive I will camp at Hawthorn Park Campground in Terre Haute, Indiana similarly to Lucie and Andre.

We will bring our food in the car and pack extra meals from our meal planning list (choosing two breakfasts, two lunches and two dinners). This will allow us to minimize exposure while driving.

### Expedition Itinerary

[LT Itinerary-2.pdf](#) (3.6MB)

Uploaded 2/3/2021 11:28am by Bradley Bollag-Miller

### Digital Map

<https://caltopo.com/m/MAH2>

### Re-Ration Plans

Our expedition plan requires us to re-ration three times. COVID-19 poses a serious risk when it comes to re-rationing and we are going to be very cautious to mitigate this risk. Instead of catching a ride into town, which would not be safe, we've decided to use our network within Vermont to have people meet us on the trail with food. Bradley's family lives close by and has agreed to meet us on the trail when necessary to re-supply. We will conduct a contactless delivery where we will let them know our needs ahead of time and meet them at an agreed upon point to resupply. They will leave the prepared supplies 10 feet from their car and we will pick up the food and pack our stuff.

We will begin our trip by shopping at King Soopers in Colorado Springs, CO on June 2nd. Although this is not optimal, it will allow for us to prepare everything once we have arrived during our two week quarantine.

Resupply 1: The morning of day 6 of our hike (our rest day), 1.2 miles from the Big Branch Shelter. Bradley's brother

will meet us there with our food.

Resupply 2: The early afternoon of day 12 of our hike, 11.7 miles from Emily Proctor Shelter. Bradley's parents will meet us with our food.

Resupply 3: The afternoon of day 18 of our hike, 10.7 miles from Beaver Meadow Lodge. Bradley's parents will meet us with our food.

## Food Storage

It can be difficult on the Long Trail to find trees to hang food, especially at higher elevations. To keep bears away from our food storage we will use Ursacks, which are lighter and more convenient than bear canisters. We will put all scented items in the Ursacks, including toiletries. At camp each evening once we have finished eating, brushing teeth, etc. we will either secure our Ursacks to strong tree branches or hide them under rocks as suggested by the company. To further prevent attracting animals we will cook 200 feet downwind from where we are camping. These practices will allow us to minimize wildlife intrusion and impact. If the campsite has a bear box, we will store our Ursack inside of that.

## Food List

[Food List - Sheet1.pdf](#) (75KB)

Uploaded 2/3/2021 10:58am by Bradley Bollag-Miller

## Equipment List

[Gear List-2.pdf](#) (58KB)

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## First Aid Kit List

[First Aid Kit.pdf](#) (74KB)

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## Impact

In order to ensure that we will be minimizing our impact during our time on the trail, we have all committed to upholding the LNT principles (which we have all been exposed to and learned intimately). We will commit to travel and camp on durable surfaces by ensuring that we are only camping on pre-established campsites (as noted in our itinerary), and will be attentive to staying on the trail at all times to minimize disturbing plants and wildlife.

We do not intend to build any fires along the trail. However, if we for some reason need to, we will be sure that the park we are in permits fires and will be sure to only make one in an official fire ring. We will make sure that the fire is entirely extinguished before leaving the fire ring.

Furthermore, we will stay far away from any wildlife we encounter to be sure we are not disrupting their lives to the best of our abilities. That being said, we will be sure to make some noise while hiking so that we also do not catch any wildlife by surprise and put them in high stress situations. We will also be sure that we do not spill any food or crumbs to disrupt the wildlife's eating habits or contribute to their habituation around humans.

In terms of minimizing our waste impact, we will be packing out all trash that we create and find along the trail (this primarily covers all food packaging, all found litter, and any other materials in need of disposal). We will sort recycling from trash when we meet Bradley's family at resupplies and hand this off to them. This way we can responsibly dispose of our trash and recyclables. In dealing with human waste, we will try to poop in privies as much as possible. When privies are unavailable, we will abide by the LNT waste disposal protocol and be sure to be at least 200 feet away from any water source, dig a 6-8 inch hole, poop, pack out any toilet paper, and cover the hole with dirt. We will attempt to use natural materials (ie. leaves, sticks, and rocks) to wipe whenever possible to reduce the amount of TP we will need to pack out.

Additionally, we will attempt to minimize our impact on the volume of thru-hikers by beginning our hike earlier in the season than most do (it is most crowded during August). We will also do our best to minimize human contact whenever possible to maximize the wilderness aspect of this experience (and minimize COVID-19 exposure), and be as respectful as possible to all other outdoor recreators and people from the area. We also would like to respect the land and those that came before us, and have researched the Indigenous history of the land (see Location section).

We will also be minimizing our environmental impact by driving instead of flying from Colorado to Vermont (also as a

COVID-19 precaution). For Bradley's drive it is a total of 1940.7 miles, with a total production of .72 metric tons of CO<sub>2</sub>e, and a total cost of \$3.52 for carbon offsets. For Lucie and Andre's drives it is a total of 3810.7 miles, with a total production of 2.82 metrics tons of CO<sub>2</sub>e, and a total cost of \$14.10 for carbon offsets. The final cost to offset the emissions of our drives totals to \$17.62. Aside from these drives, the only other driving-related environmental impact for our trip will be our resupply drivers, which will be local drives between 1-5 hours round trip.

We hope for this experience to impact the CC community and encourage outdoor recreating for our peers in any capacity. To create this impact we hope to write a short story or make a collage to submit to one of the on-campus publications (the Cypher or the Leviathan) in addition to the give-back requirements for this grant.

## Risk Management

### Objective Hazards

#### Ticks & Lyme Disease

Encountering Deer Ticks that are carrying Lyme disease is one of the most serious objective hazards on the Long Trail as being bitten could result in long term, negative, health impacts. Lyme disease is a bacterial illness that has become increasingly more common in the northeastern part of the U.S. over the past 30 years. Vermont is among the states where the disease is the most common, and hiking is one of the ways that it is most easily contracted. Deer Ticks in Vermont are known to carry the disease, and studies have shown that climate change has greatly contributed to the increase of the Deer Tick populations in the Northeast, as warming temperatures increase the range of suitable tick habitats. With this information in mind, we will have an extensive mitigation plan for this hazard.

There are multiple ways that we can mitigate the risk of encountering Deer Ticks while hiking the Long Trail. First, before we start our hike we will treat our tents and clothing with a permethrin spray that is effective at killing ticks. This is a common practice used by Appalachian Trail thru-hikers and because the spray only needs to be reapplied every four weeks, we will only need to treat our gear at the beginning of our hike. Once on the trail, we will be carrying 30% DEET and will be applying this bug spray to exposed skin everyday before we hike. We will also make an effort to hike in the middle of the trail and avoid going off-trail for any reason especially when there is tall brush. This is a way that we will mitigate the chance of a tick bite, and staying on trail is also an important tenet of Leave No Trace ethics. Along with these two mitigation strategies, we will do a nightly tick check every evening once we make it to camp. Ticks can be as small as a poppy seed, so a rigorous tick check daily is essential to mitigating this hazard. To do an effective tick check, we will first check all of our clothing to make sure no ticks are present, then we will check every part of our body, taking special care to check between our joints, behind the knee, in the armpit, behind our ears and in our hair, as ticks are especially drawn to dark areas of the body.

We are confident in these mitigation strategies, however in the chance that we find a tick on one of our bodies or the markings of a tick bite, we will be prepared with effective treatment strategies. First, we will always have a pair of sanitized tweezers in our First Aid Kit. In the case that we find a tick on one of our bodies, we will use the tweezers to remove the tick from as close to the base of where it has bitten us as possible. We will pull upward on the tick's body, being sure to avoid twisting or jerking it. Then we will clean the area with alcohol. Before our trip, we will familiarize ourselves with images of Deer Ticks, but if we ever find a tick on one of our bodies we will take a picture of it immediately following its removal. This will allow us to better identify the tick if Lyme symptoms appear. Symptoms for Lyme disease can arise between 3-30 days following a bite and symptoms can include a bull's-eye looking rash or flu-like symptoms. If, following a tick bite, one of us develops these symptoms, we will immediately evacuate from the trail and contact a medical professional.

#### Water (Illness and Hydration)

Contracting a water borne illness is a potential threat on any self-supplied multi-day wilderness trip, and hiking the Long Trail is no different. Water borne illnesses are contracted when someone drinks water from an untreated, tainted water source. Norovirus and Giardia are the most common water borne illnesses in the U.S., but luckily the risks they pose can be easily and effectively mitigated through carefully filtering all of the water we ingest while thru-hiking. Each of us will be carrying a Sawyer Squeeze water filtration system, which we will use to filter all of the water we ingest. One of us will also carry Aquamira drops, in the case that a filter breaks. If one of us begins to show symptoms of having contracted a water borne illness (diarrhea, greasy stool, painful stomach cramps, nausea) we will evacuate from the trail and contact a medical professional.

Additionally, dehydration is an extremely common issue on backpacking excursions. We will be adamant on hydrating by taking many hydration (and snack) breaks throughout the day, and constantly reminding each other to drink water. We will be very attentive to the coloration of our urine in order to be sure that our urine is kept clear, demonstrating

that we are properly hydrated. Water on the Long Trail is plentiful, so there will not be any significant stretches where we will need to pack substantial amounts of water to avoid the risk of running out. However, we will each be carrying 2 1-liter water bottles at all times, as well as each having a 2 liter water bladder in case we ever want to carry extra water.

#### Wildlife: Moose and Black Bears

Black bears are the only bear species found in Vermont. Having a dangerous encounter with one is unlikely, but we will still be taking many precautions in order to keep ourselves and the bears safe. One of the most important ways we will be mitigating our chances of encountering Black Bears while we are on the Long Trail, is by safely and effectively storing all of our food, food waste, toothpaste and other scented items we might be carrying in an Ursack every evening when we get to camp. We will also avoid hiking during dawn or dusk, and routinely make noise (whistling, clapping, talking loudly) as we walk in order to reduce the chances of us surprising a bear with our presence. If we do happen to encounter a bear, we will group together and walk backward away from it slowly, then we will reroute in order to give it a large breadth of space. In the case that one of us is attacked by a bear, we will fight back, rather than play dead, and then evacuate the area in order to seek medical attention.

Another large mammal species that could pose a potential risk on the Long Trail are moose. There is a healthy moose population in Vermont and moose can be moody animals especially during mating season. Moose act more aggressively in the late summer and early fall, so by hiking on the Long Trail in June, we will be avoiding this particularly risky season. We will mitigate the risk of a surprise encounter with a moose by routinely making noise on the trail, similarly to how we will be warning bears of our presence. If we encounter a moose, we will calmly back away and give the animal 50 feet of space before rerouting and moving around it. If a moose displays any aggressive warning signs (ears back, hair raised, grunting, stomping feet), we will attempt to create a barrier between ourselves, using a tree, rock or our backpacks. If we are attacked by a moose, we will play dead and then swiftly evacuate and contact a medical professional.

#### Wildlife: Poison Ivy and Poison Sumac

Both Poison Ivy and Poison Sumac grow in Vermont. Both of these plants can cause rashes if their oils come in contact with our skin. We will all be confident in our plant identification skills while we are on the Long Trail, so we will be able to avoid both of these plants. If one of us comes in contact with these plants and begins to develop a rash, we will wash the area of our body with soap and water. If the area becomes infected, we will evacuate the trail in order to treat the infection properly.

#### Weather

We will be hiking the Long Trail from late June to mid July. The average temperature in Vermont during this time fluctuates from around 45° to 90° depending on elevation and location within the state. Because these temperatures can range quite substantially, we will be prepared to prevent hypothermia and heat exhaustion. Hypothermia begins to set in when one's body temperature drops from the normal 98.6 degrees F to about 95 degrees F. When temperatures drop, we will be sure to have on the necessary warm layers and cover any exposed skin. To prevent heat exhaustion we will be sure to stay extremely hydrated at all times, and limit direct sun exposure on extremely sunny days. We will be sure to take many shady breaks on hot days to cool down our bodies. We will also wear sunscreen on any exposed skin to prevent risk of skin cancer in addition to hiking in baseball caps, and having sunglasses on hand. Additionally, we will be equipped with rain gear as well as warm layers, in order to be prepared for any kind of weather on the trail. It is common for there to be thunderstorms during the early summer in Vermont. When possible we will check weather forecasts on our mobile device in order to shape our itinerary around inclement weather. We will avoid hiking in the late afternoons if thunderstorms are predicted. If we unfortunately find ourselves hiking in an exposed area during a thunderstorm, like the summit of Mt. Mansfield, we will try to quickly descend to lower ground, or go into the lighting position until the hazard has passed.

#### Hiking Injuries

Sprained ankles, pulled muscles, and painful blisters are potential injuries that could hinder the success of our backpacking trip. To mitigate the risks of these injuries occurring, we will be breaking in our gear before embarking, training extensively with weighted packs before our trip in order to warm up our muscles, and we will be paying very close attention to how our bodies are responding to the mileage at the beginning of our trek. Even with these mitigation plans in place, there is still the potential for physical injuries while backpacking. All of us will be WFR trained and familiar with evacuation protocols to account for any unforeseen injury occurring while we are hiking.

## Losing the Trail

Like the Appalachian Trail, the Long Trail is marked by white blazes (two-by-six inch white rectangles) painted onto trees or boulders in order to help hikers stay on the trail. Important turns are marked with double blazes to further ensure that hikers are aware of their surroundings. One of the main ways that we will be ensuring that we don't lose the trail or each other is by hiking together at all times during our expedition. To further mitigate this risk, we will have a physical copy of the "The Long Trail Guide: Hiking Vermont's High Ridge," as well as the digital Guthook Guide of the Long Trail downloaded on to our phones. Guthook Guides is an app where you can download detailed trail maps. As this guidebook will be on our phone, we will be using it only as a backup option and will prioritize using our physical guide book. Despite these blazes, guidebooks, and Lucie's nickname "The Human Compass," there is always the possibility of losing the trail and becoming lost while backpacking in wilderness areas. If we find ourselves lost, we will use the GPS function on our Garmin inReach Satellite Communicator to help relocate the trail.

## Dangerous People

Although we will not be hiking the Long Trail during the most popular time for thru-hikers, we are guaranteed to see and meet other people along the way. It is important for us to be very attentive when meeting new people to make sure we are always safe. In order to maximize our safety, we will do our best to not camp close to major roads or easy access points to the trail, as these locations are where human-related incidents most frequently occur. Additionally, if we see any suspicious behavior, we will quickly and carefully exit the area together and find a safe place to camp or stay. If need be, we will contact the proper authorities in the event that a human puts us or others in danger via our cell phones or our Garmin inReach Satellite Communicator.

## Evacuation Plan

In preparation for potential evacuations, as seen in the emergency resource section, we have taken note of every medical facility along the entirety of the Long Trail, their contact information and address, as well as the most accessible exit point on the trail where we could be transported from. On top of having our guidebook, which will help us figure out the closest emergency resource locations we will each have screenshots of this data in case we need to use it.

In the event that someone is injured minorly enough that they are able to carry their weight (or reduced weight by redistributing belongings with other two hikers), we will hike out to the closest road access point, which is noted in our guidebook. We will contact Bradley's parents to reduce risk of exposure to COVID-19, and will be driven out either to Bradley's house or to a medical facility.

If the injury is more severe and we are unable to hike out, we will contact the nearest ranger station for assistance. As cell phone service has been noted to be generally accessible along the trail, we will likely be able to reach a location to call for help using our cell phones. However, if there is no service nearby (likely as we reach farther north and the trail becomes more remote), we will use our Garmin inReach Satellite Communicator to either contact Bradley's parents or closer medical services depending on our evaluation of the circumstances.

## Special Preparedness

We do not have any medical histories that warrant special preparedness.

## Emergency Resources

Emergency Resource	Address	Contact Information	Additional Info	Closest Mile Marker to Exit Trail
Southwestern Vermont Medical Center	100 Hospital Dr, Bennington, VT 05201	(802) 442-6361	Open 24/7	Mile 14.3 (Rte 9/Woodford Hollow) or Mile 36.9 (Kelley Stand Road) but less ideal
SVMC Northshire Medical Campus	5957 VT-7A, Manchester Center, VT 05255	(802) 362-4440	8AM-5PM Mon-Fri, 9AM-5PM Sat, Closed Sunday	Mile 54.4 (VT Route 11/30) or Mile 36.9 (Kelley Stand Road) but less ideal
Green Mountain National Forest Ranger Station	2538 Depot St, Manchester Center, VT 05255	(802) 362-2307	8AM-4:30PM Mon-Fri, Closed Weekends	Mile 54.4 (VT Route 11/30) or Mile 36.9 (Kelley Stand Road) but less ideal
Rutland Regional Hospital	160 Allen St, Rutland, VT 05701	(802) 775-7111	Open 24/7	Mile 80.5 (VT Route 140)
Green Mountain	231 N Main St,	(802) 747-	Unavailable	Mile 80.5 (VT Route 140)



National Forest Service (Ranger Station)	Rutland, VT 05701 44 S Main St, Randolph, VT 05060	6700  (802) 728- 7000	Open 24.7	Mile 125.4 (Brandon Gap)
UVM Health Network - Porter Medical Center	115 Porter Dr, Middlebury, VT 05753	(802) 388- 4701	Open 24/7	Mile 135 (Middlebury Gap)
Central Vermont Medical Center	130 S Main St, Waterbury Village Historic District, VT 05676	(802) 244- 7874	8AM-7PM Mon- Wed, 8AM-6PM Thurs, 8AM-5PM Fri, Closed Weekends	Mile 163.7 (Appalachian Gap) or Mile 181.8 (Duxbury Road Trailhead) or Mile 184.6 (US Route 2)
Vermont Department of Forests, Parks, & Recreation	1 National Life Dr, Montpelier, VT 05604	(888) 409- 7579	Unavailable	Mile 163.7 (Appalachian Gap) or Mile 181.8 (Duxbury Road Trailhead) or Mile 184.6 (US Route 2)
Family Medicine- Mad River, UVM Health Network- Central Vermont Health Center	859 Old County Rd, Waitsfield, VT 05673	(802) 496- 3838	8AM-5PM Mon-Fri, Closed Weekends	Mile 163.7 (Appalachian Gap) Note: this is easier to access than Central VT Med Center
Copley Hospital	528 Washington Hwy, Morrisville, VT 05661	(802) 888- 8888	Open 24/7	Mile 221.6 (VT Route 15) or Mile 212.8 (side trail to Beaver Meadow Trailhead) but not ideal
Forest Parks and Recreation Department	29 Sunset Dr # 1, Morristown, VT 05661	(802) 888- 5733	Unavailable	Mile 221.6 (VT Route 15) or Mile 212.8 (side trail to Beaver Meadow Trailhead) but not ideal
Enosburg Health Center	382 Main St, Enosburg Falls, VT 05450	(802) 933- 5831	Mon-Fri 7:30AM- 5PM, Sat 8AM- 1PM, Closed Sun	Mile 242.6 (Eden Crossing) or Mile 252.3 (Hazen's Notch) or Mile 259.3 (Jay Pass) note: this is closer that North Country Hospital
North Country Hospital	189 Prouty Dr, Newport, VT 05855	(802) 334- 7331	Open 24/7	Mile 259.3 (Jay Pass) or Mile 268.1 (North Jay Pass)
Lake Carmi State Park (Ranger Station)	460 Marsh Farm Rd, Franklin, VT 05457	(802) 933- 8383	Normal Hours 8AM-9PM	Mile 268.1 (North Jay Pass)

In case of an emergency we will call the closest emergency resource either using our cell phones or our Garmin inReach Satellite Communicator depending on the service in that location.

## Emergency Communication

Our primary emergency communication devices will be our cell phones (we've got all bases covered: Verizon, AT&T AND, T-Mobile). We will each be carrying a portable charger to ensure that we will always be able to use a phone in case of an emergency. Additionally, because much of the trail (especially the Southern half) are relatively close to towns we expect to have cell service often. However, there are also sections of the trail that are a bit farther into the backcountry, so we do not expect to always have service accessible. Henceforth we will be bringing one Garmin inReach Satellite Communicator so that we are guaranteed to be able to contact either Bradley's parents (who live locally in Woodstock, VT), a nearby Ranger Service (as listed in the Emergency Resources List), or nearby medical professionals.

## COVID-19 Preparedness

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

Since the beginning of the COVID-19 pandemic in March 2020, Vermont has consistently been one of the states with the lowest number of cases per capita and the lowest transmission rate. According to the Vermont Department of Health, as of January 25th, 2021, there are currently 11,165 total cases of COVID-19 with the seven day percent positive rate being at 2.3%, this is much lower than the national percent positive rate which is at 9.0% according to John Hopkins University. As of January 2021, the ICU occupancy is at 68% statewide. This is lower than the national average, which is at 79%. Here is the data for the largest hospitals in the state that are in fairly close proximity to the Long Trail: Southwest Vermont Medical Center is 59% occupancy, Rutland Regional Medical Center is at 80% occupancy Central Vermont Medical Center is at 53% occupancy, University of Vermont Medical Center is at 80% capacity, Northwestern Medical Center Inc. is at 71% capacity and North Country Hospital and Health center is at 0% occupancy (NYT 2021). We will continue to monitor this data by routinely checking the Vermont Department of Health website and the New York Times COVID-19 database.

The state of Vermont currently requires a 14 day quarantine for all visitors coming from out of state, which we will be strictly following (see answers to the following questions for details). The current COVID-19 guidelines for Long Trail hikers, per the Green Mountain Club website, is that all hikers should be healthy with no recent exposure to a positive case, maintain social distancing with everyone who is not a part of their hiking group, travel with hand sanitizer, wear a mask when in proximity to other hikers and adhere to Leave No Trace principles. We will continue to track the Green Mountain Club's guidelines and recommendations for End-to-End thru-hikers as our start date approaches.

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

To mitigate the risks of exposing ourselves to COVID-19 while we are traveling to the trailhead, we will be driving to Woodstock, Vermont from Colorado Springs in a private vehicle. Two days before embarking on this trip we will get a preliminary COVID-19 test from the free drive-thru testing offered at Citadel Mall in Colorado Springs. After receiving negative results from this test, we will use a curbside grocery pick-up option the day before we depart on our trip where we will fully stock a cooler with enough supplies to feed us until we reach Vermont, in order to minimize any unnecessary stops on our drive where we may be exposed to COVID-19. This drive will take two days, driving 14 hours each day. We will camp one night at the Hawthorn Park campground in western Indiana, where we will not come into close contact with any other campers. When stopping for gas, we will be readily equipped with masks and hand sanitizer. Once we reach Vermont, we will be quarantining for 14 days at Bradley's parents home in Woodstock, Vermont. A 14-day quarantine for outside visitors is required by the state of Vermont and it is an essential part of mitigating any chance of spreading COVID-19 to local residents. We will be quarantining separately from one another and Bradley's parents, and they will be generously providing us with food, so we will not have to break our quarantine in order to feed ourselves. Following the 14-day quarantine, we will get tested once again, at the Randolph Vermont drive-thru COVID-19 testing station. If we all receive a negative test result, we will embark on our expedition. We feel that these measures will safely protect us and others from the risks of contracting COVID-19 while we are traveling to the trailhead of the Long Trail.

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

Many of the same measures that will protect us from being exposed to COVID-19, will also help mitigate the risks of exposing the residents of Vermont to the virus. By getting tested before driving to Vermont and by entering a 14-day quarantine upon arriving in the state and then getting tested after this quarantine, we will be ensuring to the best of our abilities that we do not spread the virus to any susceptible parties. Another way that we will be mitigating the risks of exposing Vermonters to the virus, will be through carefully planning our resupply stops before embarking on the trail. Rather than having to go into stores in nearby towns, Bradley's parents will be aiding in dropping off our resupply packages at specific intervals. With our re-supply preplanned and contactless, we don't have to risk potentially exposing ourselves or residents of small towns in Vermont to COVID-19.

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

While in the field, we will be acting as a "pod" (we won't be socially distant from one another). We are confident in our pre-expedition mitigation plans and we believe that not distancing from another is the safest and most practical option for backpacking, as we will be able to share gear to lower our individual pack weight and also won't have to hesitate to help one another in case of an injury or other emergency. Each of us will be carrying our own thermometer, which we will use to check our temperature daily. We will each have a KN95 mask which we will put on anytime we are within six feet of other hikers. We will also each have a bottle of hand sanitizer that we will use whenever it is necessary. Finally, we will also be carrying one pulse oximeter in order to check our blood oxygen levels. If one of us develops symptoms, this device will be able to quickly tell us the seriousness of the situation.

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

If one of us begins to have a fever of 100.4°F or greater, starts experiencing shortness of breath, starts coughing, experiences muscle or body aches (beyond what is anticipated from a backpacking trip like this), loses sense of taste or smell, has a sore throat, experiences nausea or is congested, we will immediately put on our masks and begin to social distance from one another. Each of us will be carrying and sleeping in our own tents the entirety of the trip, so social distancing will be easy if necessary. We will also evacuate from the trail as quickly as possible, get tested and go into self-isolation in a hotel or Bradley's parent's house. The method of evacuation, transportation, and lodging will vary depending on the situation and severity of illness.

## Budget

### Budget

[Budget-2.pdf](#) (78KB)

Uploaded 2/3/2021 11:11am by Bradley Bollag-Miller

### Transportation

2090.64

### Food and Fuel

919.86

### Maps and Books

68.75

### Permits/Fees

0

### Gear Rentals

0

### Carbon Emissions Offsetting

17.62

### Total Funding Request

3096.87

### Funding Per Person

1032.29

### Cost Minimization Measures

In terms of transportation we will be minimizing spending by carpooling when possible (this is the case for Lucie and Andre traveling to Vermont but unfortunately Bradley is unable to carpool at the same time as noted previously). We will not be staying in hostels or spending time in town and this will allow us to minimize expenses. In addition, because Bradley's family lives in VT, we will not have to spend money on lodging while we quarantine and wait to begin our expedition. Furthermore, although we are limited to buying our food from King Sooper's in order to be as COVID safe as possible, we will be buying the least expensive brands as possible for all of our food on the hike.

## Expedition Agreement

### Expedition Agreement

[RKMF Expedition Group Agr....pdf](#) (309KB)

Uploaded 2/3/2021 11:12am by Bradley Bollag-Miller

## Trip Itinerary Sample- We Won't Be Long: Thru-Hiking Vermont's Long Trail

The Long Trail travels along the main ridge of the Green Mountains from the Massachusetts/Vermont border to the Vermont/Canada border. The Southern 100 miles overlap with the Appalachian Trail, before splitting apart and traveling more directly North. We have attached trail maps for the entirety of the trail as well as more detailed section maps in the document titled "Supplemental Maps." In addition to having these maps to guide us, we will also be carrying a copy of "The Long Trail Guide: Hiking Vermont's High Ridge," which contains all necessary and helpful information including mile markers, water sources, shelters, campsites, resupplies, emergency and medical resources, and more. Furthermore, we will have detailed topographic maps downloaded onto our phones for another navigational resource.

In total this trail is 272 miles long, which we hope to hike in approximately 22 days (including 2 rest days). This would mean that we will on average be hiking 13.65 miles per day. The mileage we chose for each day is reflective of the increasing difficulty of the trail as it travels North.

Bradley will drive from Colorado Springs, Colorado to [REDACTED] on May 27th and will arrive by May 29th. Lucie and Andre will begin their drive from [REDACTED] on June 2nd and will arrive by June 4th to meet Bradley. We will immediately pod and begin quarantining and will be finished by June 18th. The morning of the 19th, Bradley's parents will drop us off at the trailhead and we will begin our hike. We expect to finish by July 10th. When we are done, Bradley's parents will pick us up and bring us back [REDACTED] to prepare for departure. Bradley will stay in [REDACTED] to return home and Andre and Lucie will drive back to [REDACTED].

This itinerary is what we hope to follow during our hike, but we understand there is always the slight possibility that something happens that tweaks our timeline. We used two different mapping softwares to produce this itinerary, which is why the mileage slightly differs from the table to the CalTopo maps. The table was created using more updated software, and thus has more accurate data. Furthermore, to prepare for potentially risky locations, in the Additional Notes section of the itinerary table we have marked everytime the trail goes through higher elevations so that we can be particularly careful about weather when traveling through these locations. Please note that maps 6 and 17 are not included because those will be our rest days.

	<b>Start Location</b>	<b>Stop Location</b>	<b>Mileage</b>	<b>Daily Elevation Change</b>	<b>Additional Notes</b>	<b>Possible Evacuation Points</b>
<b>Day 1</b>	MA/VT Border	Congdon Shelter	10.0	213'	Shelter, campsites, water, privy	County Road (mile 3.1)
<b>Day 2</b>	Congdon Shelter	Godard Shelter	14.4	-1494'	Shelter, campsites, piped spring, privy  Note: higher elevation toward end of day	Rte 9/Woodford Hallow (mile 14.3)
<b>Day 3</b>	Godard Shelter	Stratton Mountain Fire Tower	16.3	-329'	A few campsites (Bradley has camped here before), water .2 miles North, amazing views  Note: higher elevation toward end of day	Kelley Stand Road (mile 36.9)
<b>Day 4</b>	Stratton Mountain Fire Tower	Bromley Shelter	15.8	1286'	Shelter, campsites and tent platforms, privy, water	VT Route 11/30 (mile 54.4)
<b>Day 5</b>	Bromley Shelter	Big Branch Shelter	14.4	1148'	Shelter, campsites, water, privy	Mad Tom Notch Road 59.9
<b>Day 6: REST</b>	Big Branch	Big Branch	0	0	Resupply at USFS 10,	

<b>DAY AND RESUPPLY</b>	Shelter	Shelter			which is 1.2 miles from Big Branch Shelter.	
<b>Day 7</b>	Big Branch Shelter	Clarendon Shelter	16.9	286'	100 yard spur trail, shelter, campsites, privy, water	USFS 10 (mile 72.1). White Rocks Rec Area (mile 79.7), VT Route 140 (mile 80.5), VT Route 103 (mile 86.7)
<b>Day 8</b>	Clarendon Shelter	Churchill Scott Shelter	14.7	-1364'	Shelter, campsites, tent platform, privy, water  Note: higher elevation toward later afternoon (Killington Peak)	Would need to backtrack or continue to US Route 4 (mile 104.5)
<b>Day 9</b>	Churchill Scott Shelter	David Logan Shelter	15.0	-98'	Shelter, campsites, privy, piped spring	US Route 4 (mile 104.5)
<b>Day 10</b>	David Logan Shelter	Sucker Brook Shelter	13.2	303'	Shelter, campsites, privy, water	Brandon Gap (mile 125.4)
<b>Day 11</b>	Sucker Brook Shelter	Emily Proctor Shelter	11.2	1077'	Shelter, campsites, tent platforms, privy, water Note, there is a larger stretch after this w/o camping so that is why this	Middlebury Gap (mile 135)

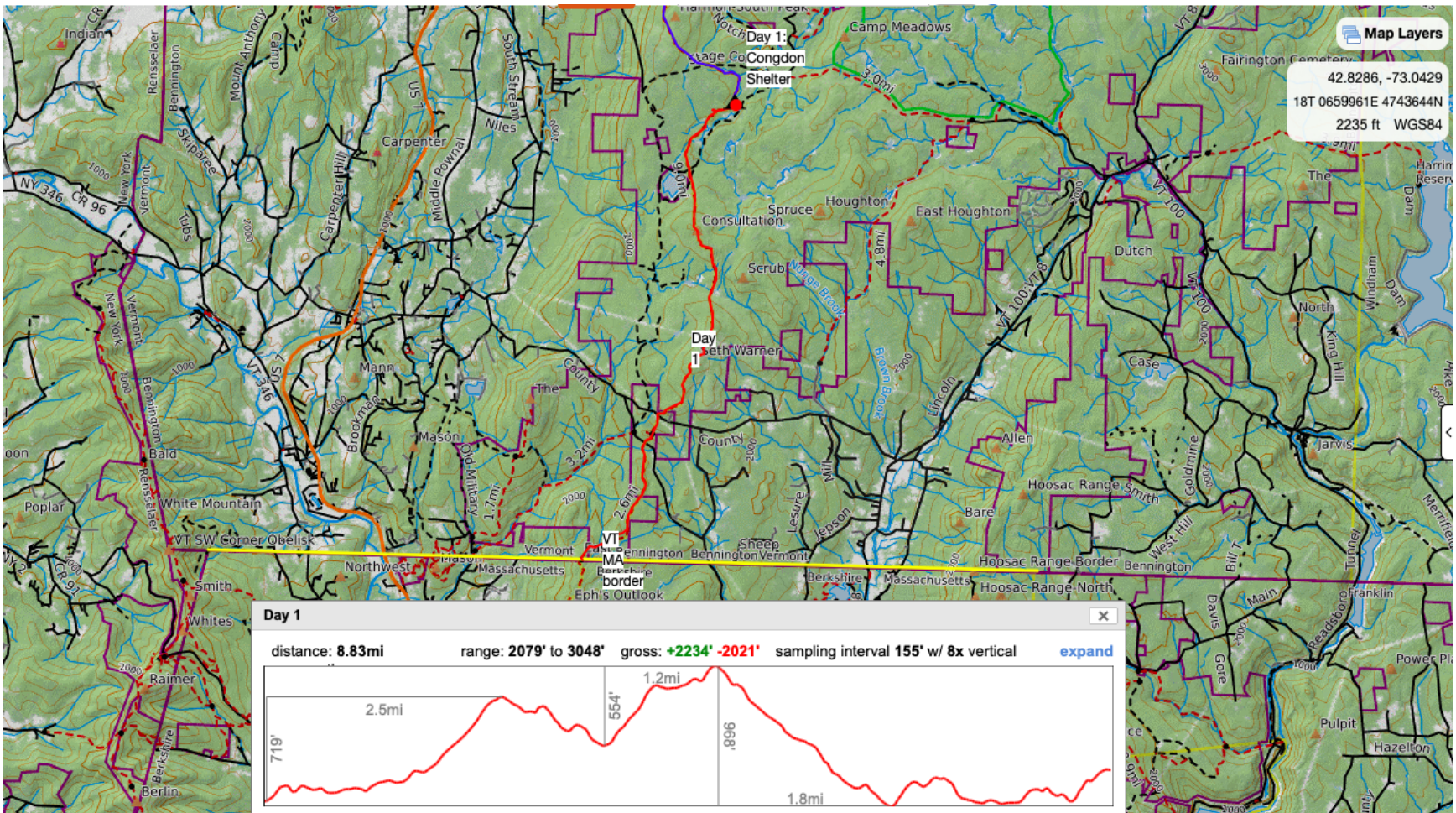
					day is particularly short  Note: higher elevation toward end of day (Breadloaf Mountain)	
<b>Day 12: RESUPPLY</b>	Emily Proctor Shelter	Castle Rock Chairlift	15.2	-243'	Shelter, campsites, water is .2 miles from trail  Note: higher elevation toward beginning and end of day (Mt Roosevelt and Mt Grant, then later Mt Abraham)  Resupply at Lincoln Gap (mile 152.7), 11.7 miles from Emily Proctor	Lincoln Gap (mile 152.7)
<b>Day 13</b>	Castle Rock Chairlift	Shepard Brook	14.2	874'	Stealth camping sites, water  Note: higher elevation toward beginning of day (Mt Ellen)	Appalachian Gap (mile 163.7)
<b>Day 14</b>	Shepard Brook	Duck Brook Shelter	13	2028'	Lean-to, campsites, privy, water  Note: higher elevation toward beginning of day (Mt Ethan Allen and Camel's Hump... super steep)	Duxbury Road Trailhead (mile 181.8)

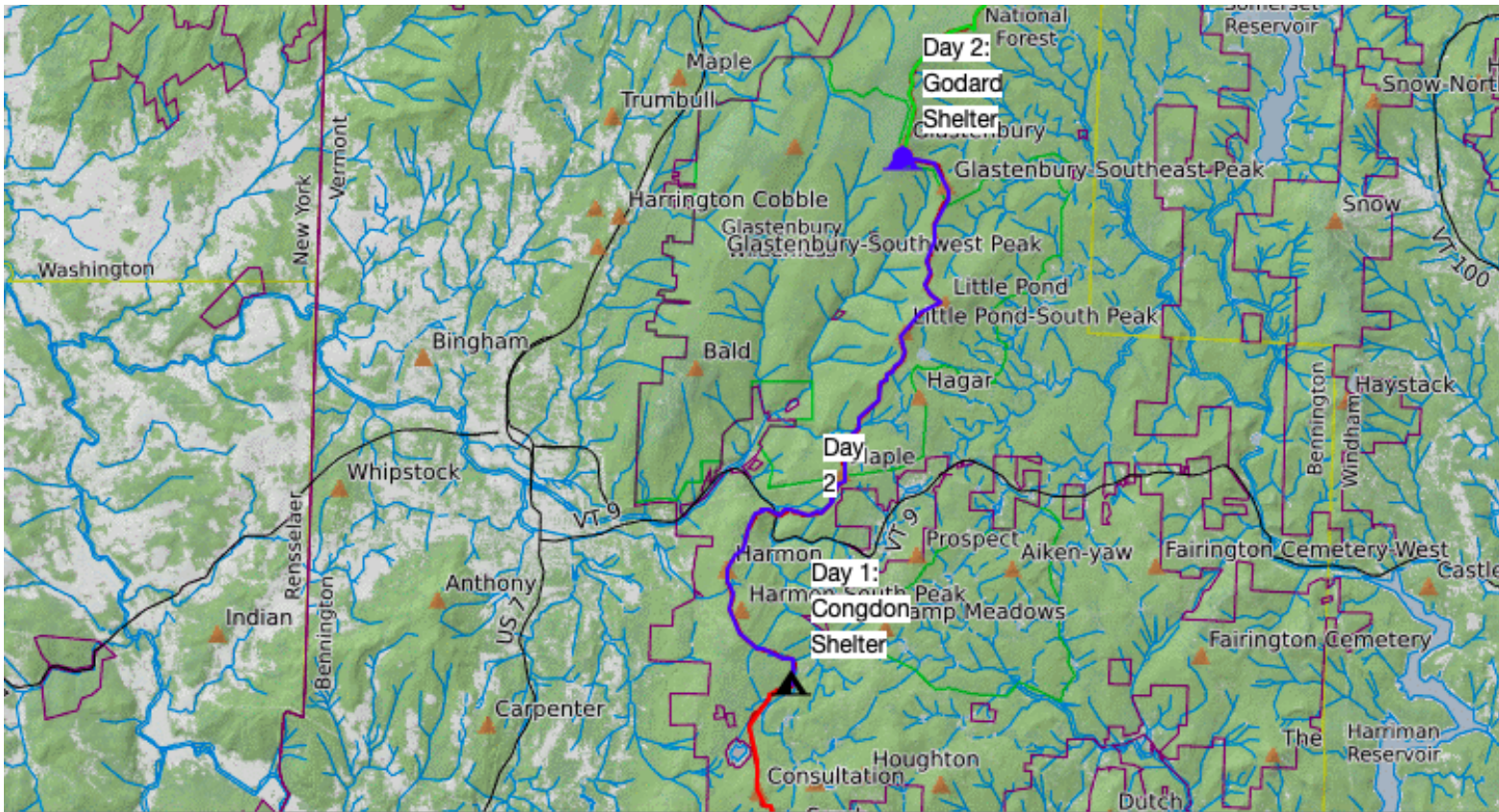
<b>Day 15</b>	Duck Brook Shelter	Twin Brook Tentsite	15.8	-1472'	Wooden tent platforms, campsites, privy, water  Note: higher elevation toward middle of day (Bolton Mountain)	Would need to backtrack to Duxbury Road Trailhead (mile 181.8) or continue hiking to Mansfield Visitors Center (mile 202.9)
<b>Day 16</b>	Twin Brook Tentsite	Beaver Meadow Lodge	12.4	-929'	Shelter, nearby stealth camping, water  Note: higher elevation toward middle of day (Mt Mansfield- highest point on the trail!) and at end of day (Madonna Peak)	Mansfield Visitors Center (mile 202.9), VT Route 108 (mile 206.7), Barnes Camp & Hiker Parking (mile 207.1)
<b>Day 17: REST DAY</b>	Beaver Meadow Lodge	Beaver Meadow Lodge	0	0	Shelter, nearby stealth camping, water	
<b>Day 18: RESUPPLY</b>	Beaver Meadow Lodge	Roundtop Shelter	12.2	1597'	Shelter (w/ sunset views!), campsites, privy, water  Note: higher elevation at beginning of day (Whiteface	VT Route 15 (mile 221.6), Hogback Road (mile 222.3),



					Mountain- pay attention to overhanging rock on descent from here!  Resupply at Prospect Rock Road (mile 223.5), which is 10.7 miles from Beaver Meadow Lodge	Prospect Rock Road (mile 223.5)
<b>Day 19</b>	Roundtop Shelter	Basin Brook	11.4	251'	Stealth campsites, water	Plot Road (mile 226.0), Coddington Hollow Road (mile 228.5)
<b>Day 20</b>	Basin Brook	Tillotson Camp	11.5	722'	Shelter, campsites, privy, water  Note: higher elevation end of day (Mt Belvidere- not too too high though)	Eden Crossing (mile 242.6)
<b>Day 21</b>	Tillotson Camp	Jay Camp	11.8	307'	Shelter, campsites, wooden tent platform, privy, water  Note: higher elevation toward beginning of day (Haystack Mountain- not too too high though) and end of day (Buchanan Mountain, Domey's Dome, Gilpin Mountain- all not too	Hazen's Notch (mile 252.3, Jay Pass (mile 259.3)

					too high)	
<b>Day 22</b>	Jay Camp	Canada Border!	11 (+ 1 mile to hike out)	-1237'	Note: higher elevation at beginning of day (Gilpin Mountain)  From the end of the trail, follow the side trail for 1 mile to reach Journey's End Trailhead for pickup.	North Jay Pass (mile 268.1)

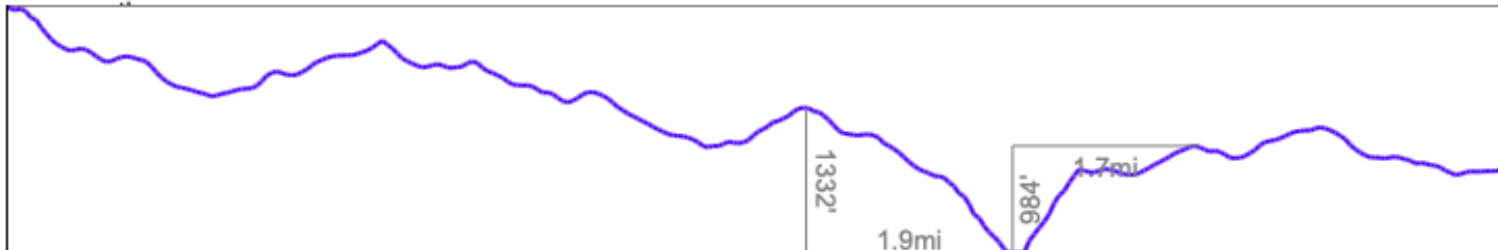


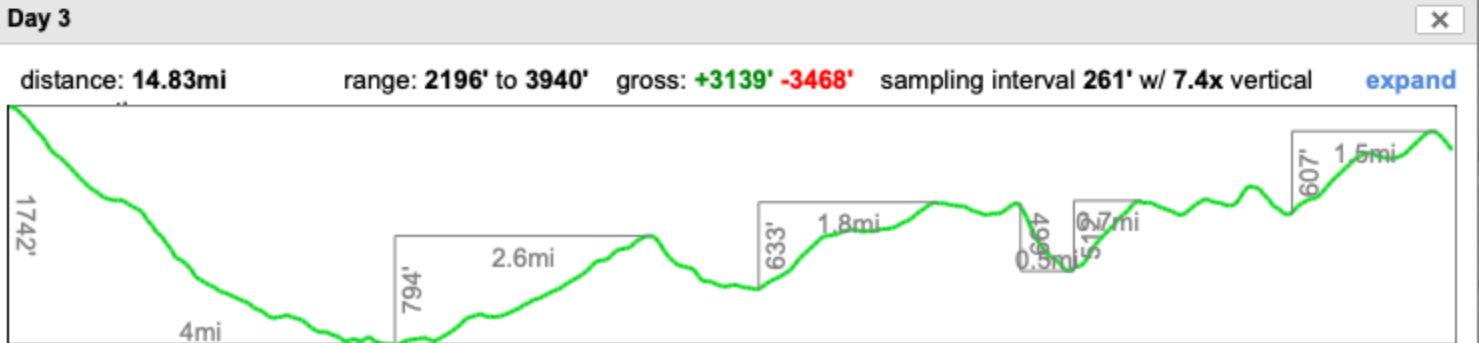
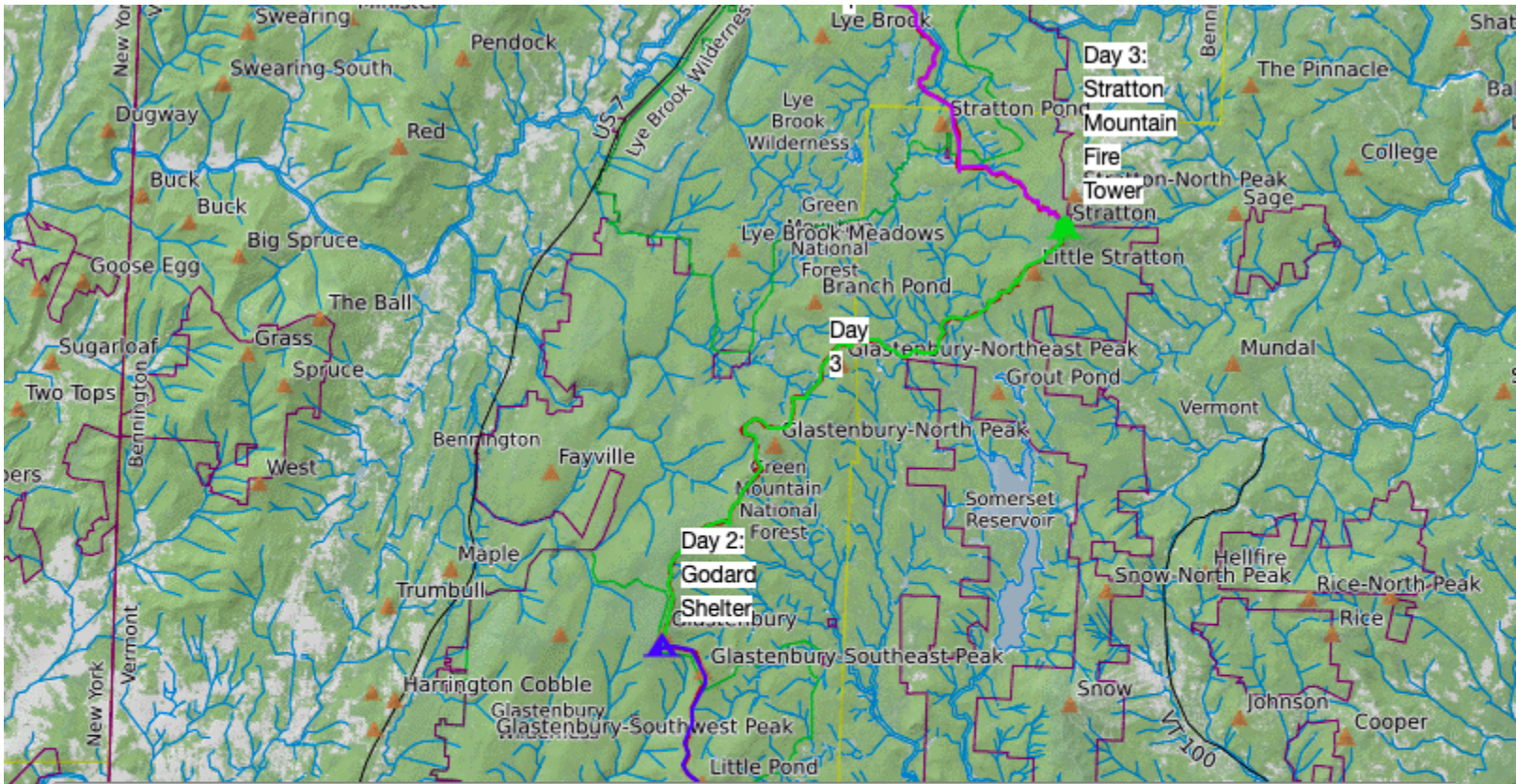


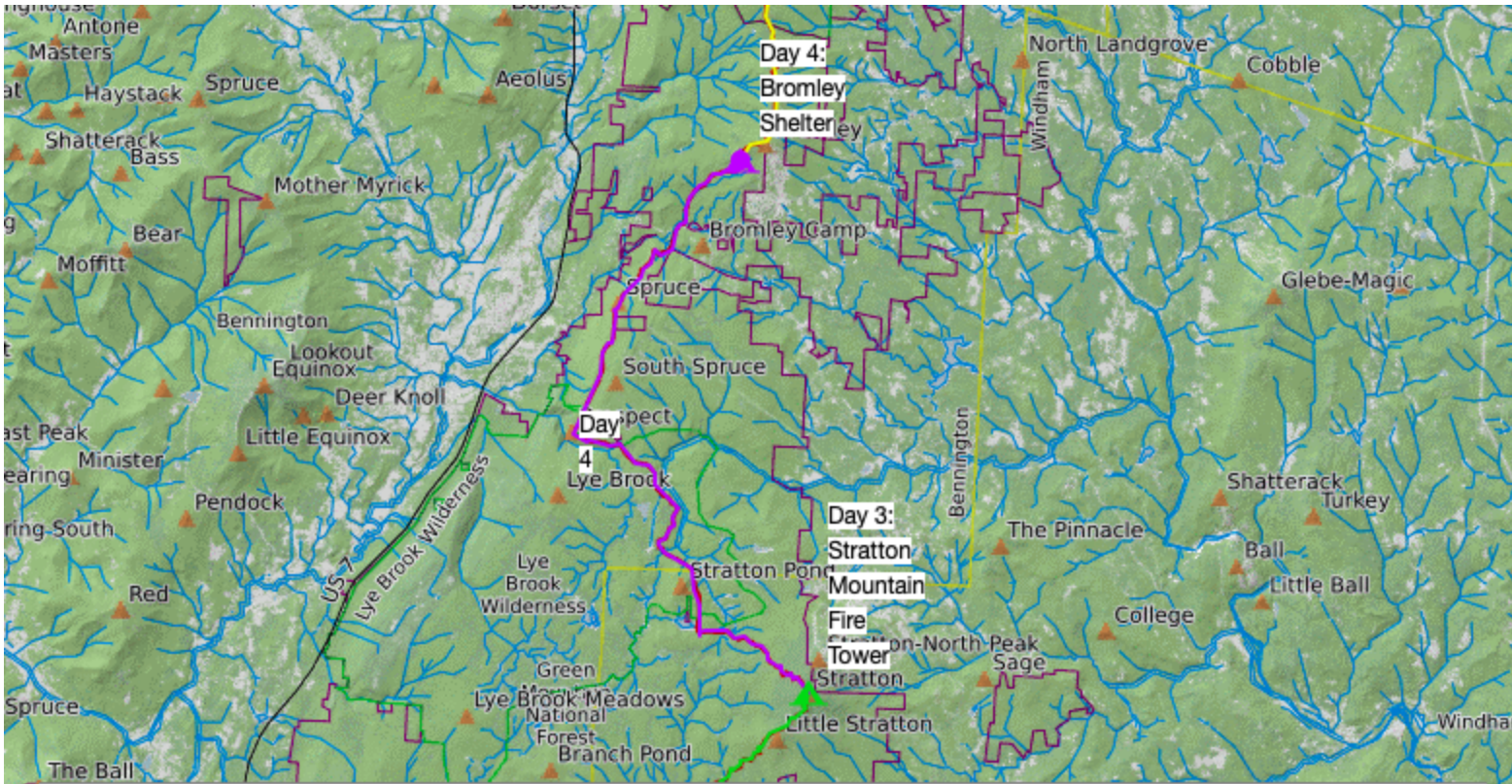
**Day 2**



distance: 13.88mi    range: 1342' to 3611'    gross: +2662' -4156'    sampling interval 244' w/ 5.3x vertical    [expand](#)

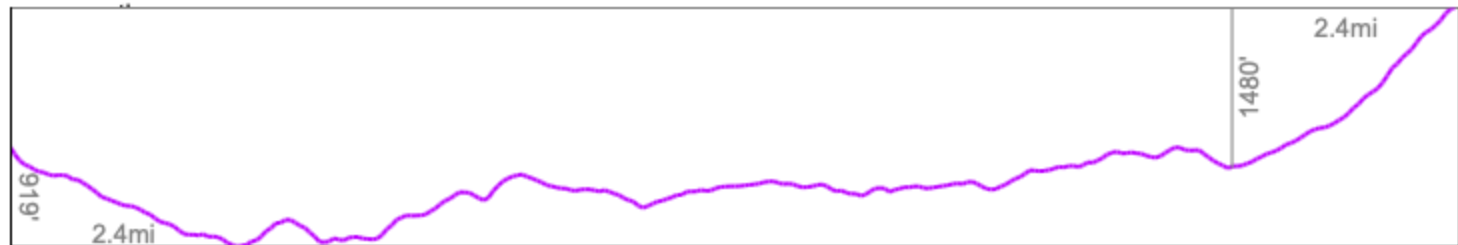


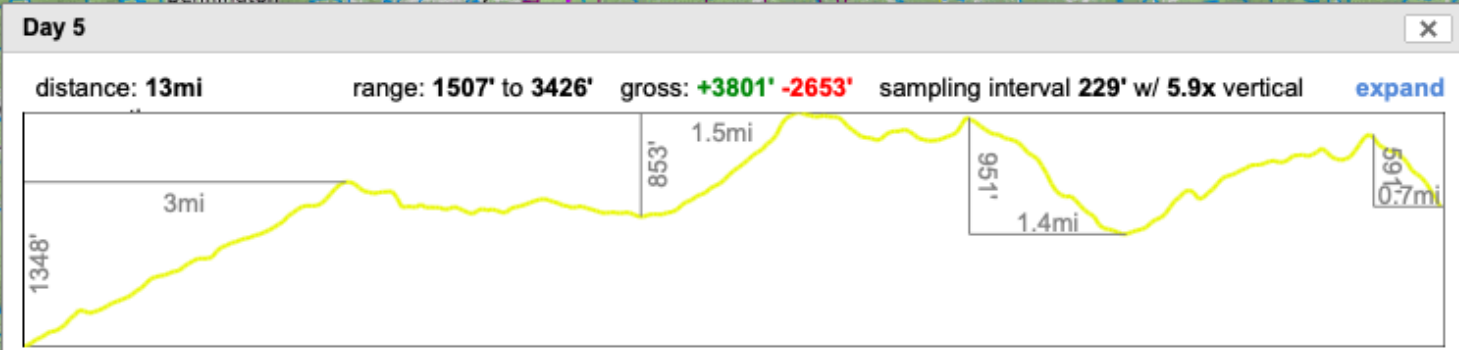
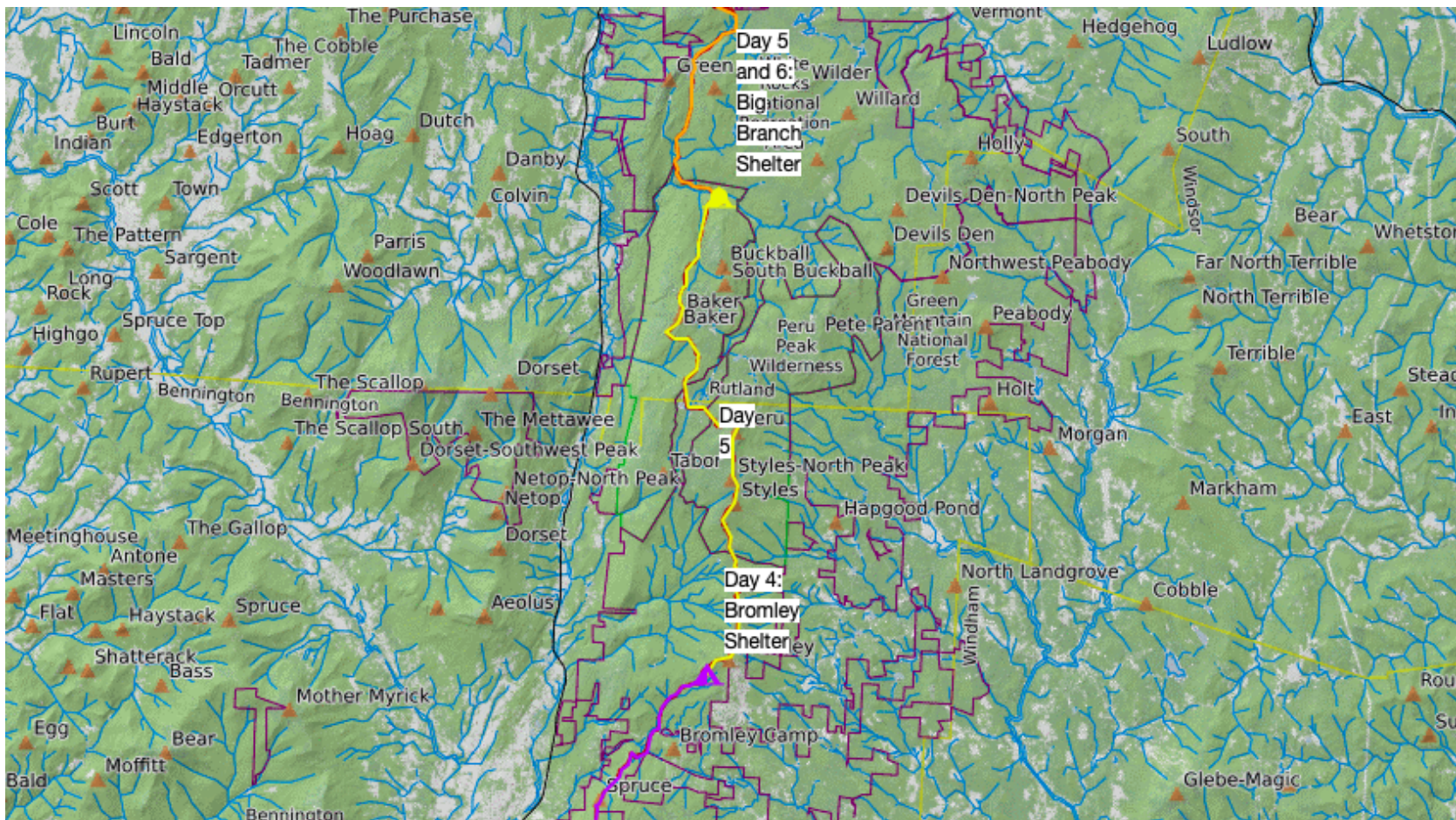


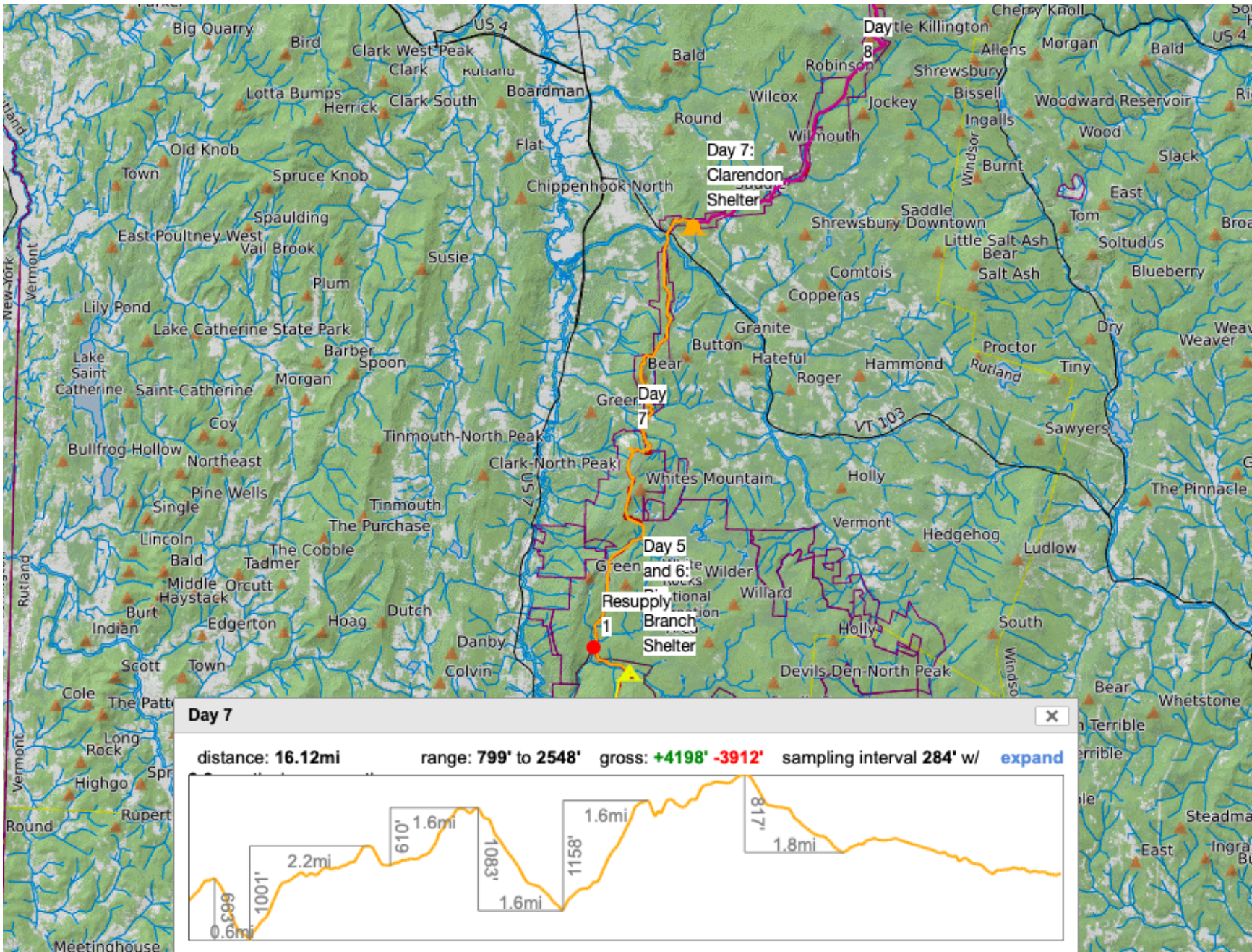


**Day 4**

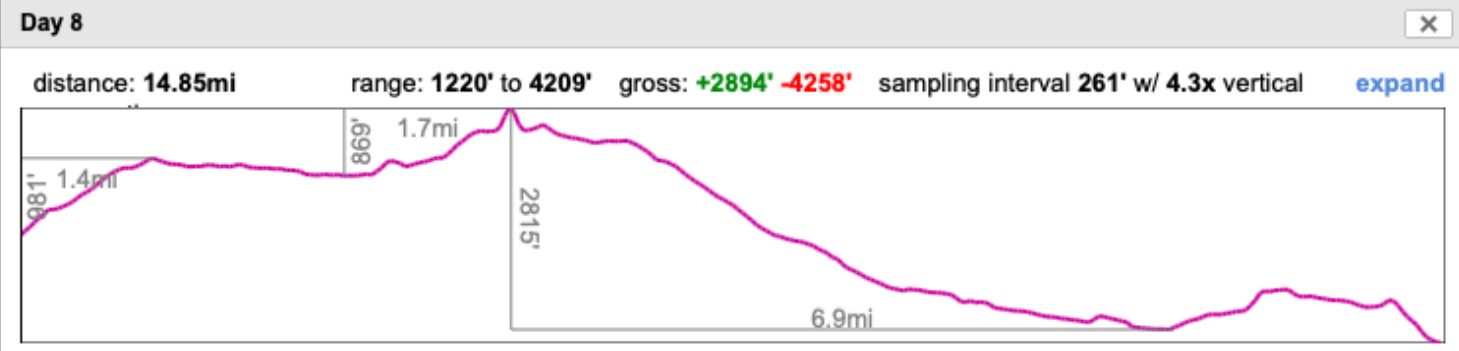
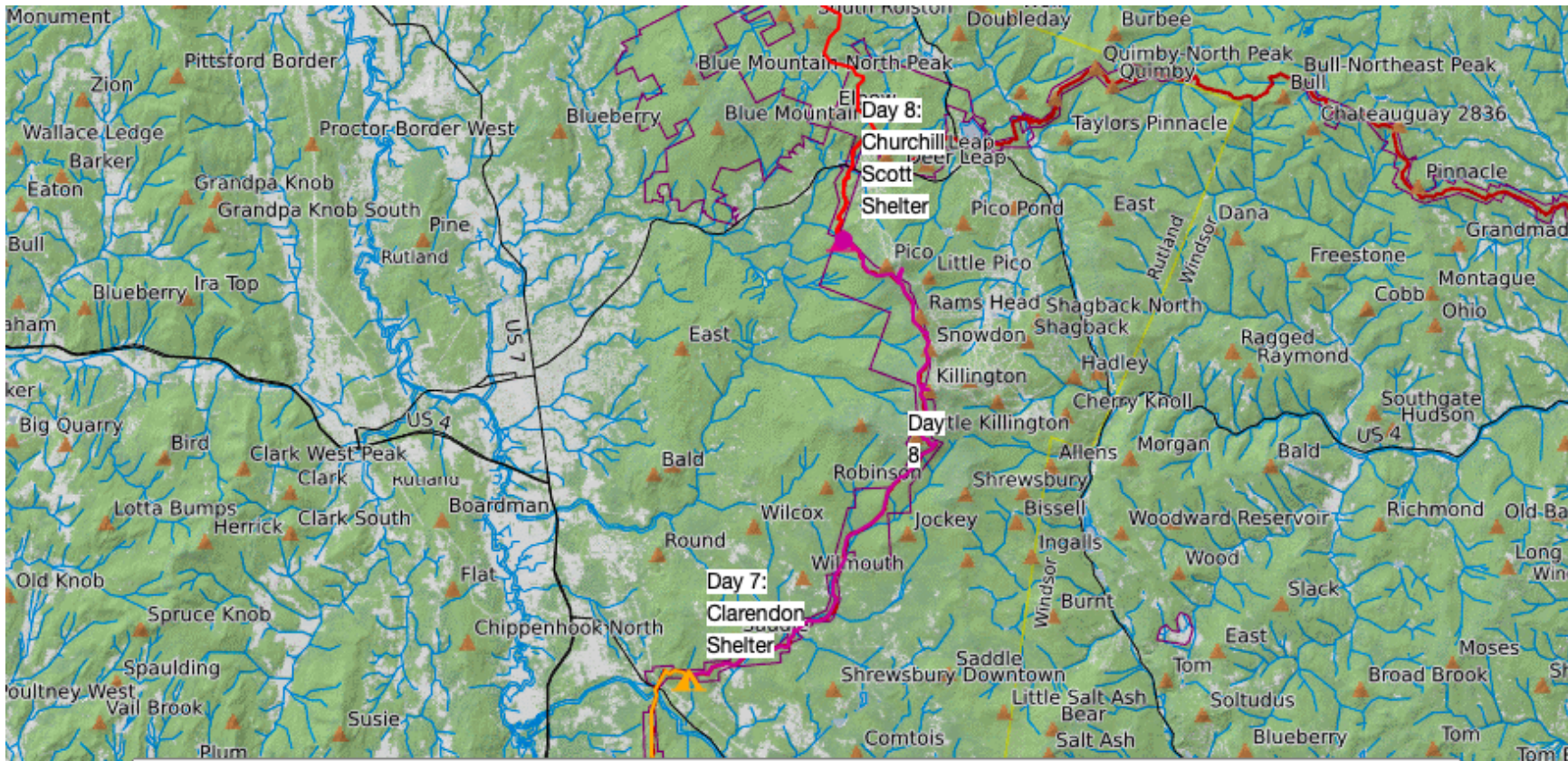
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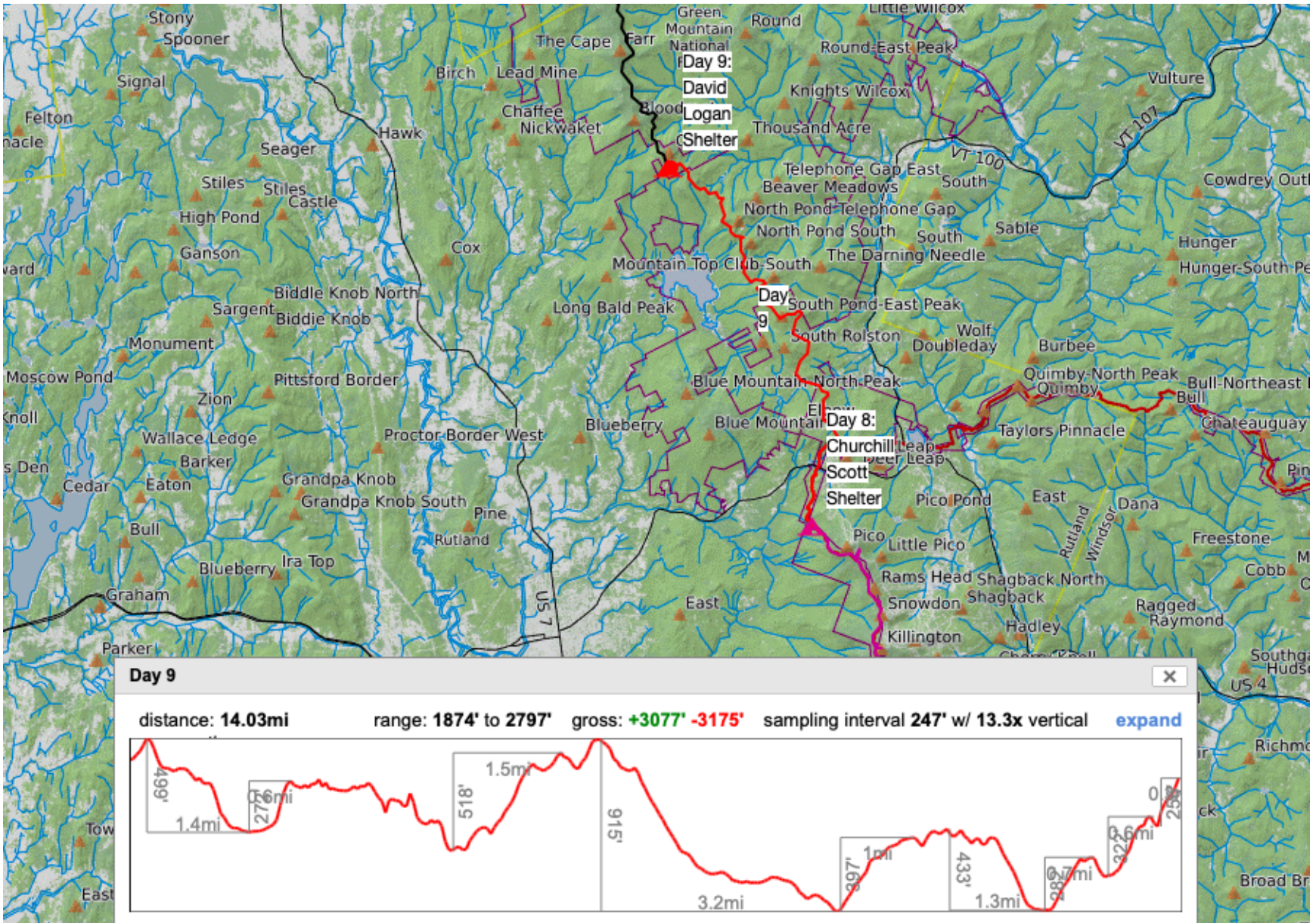




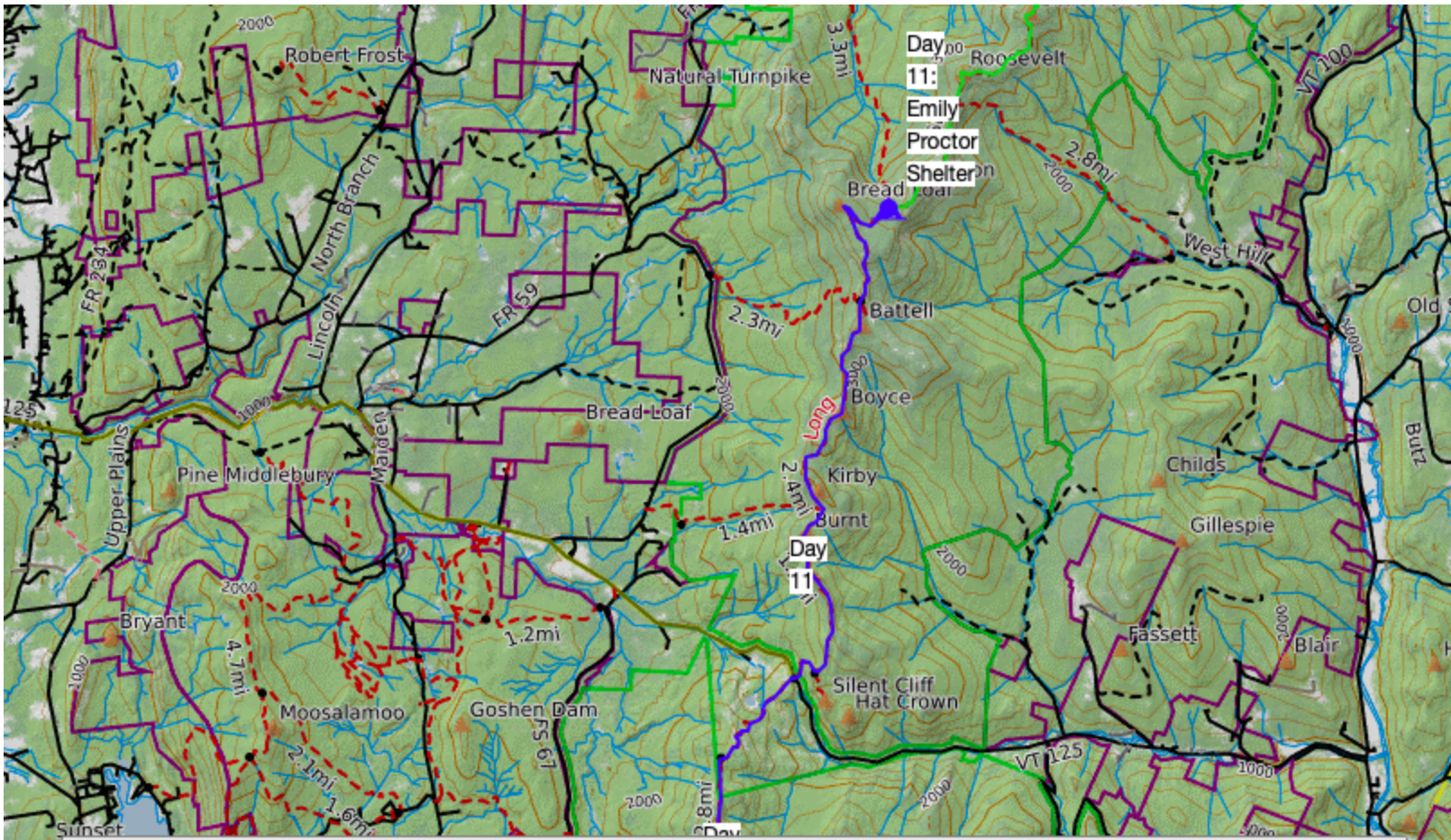






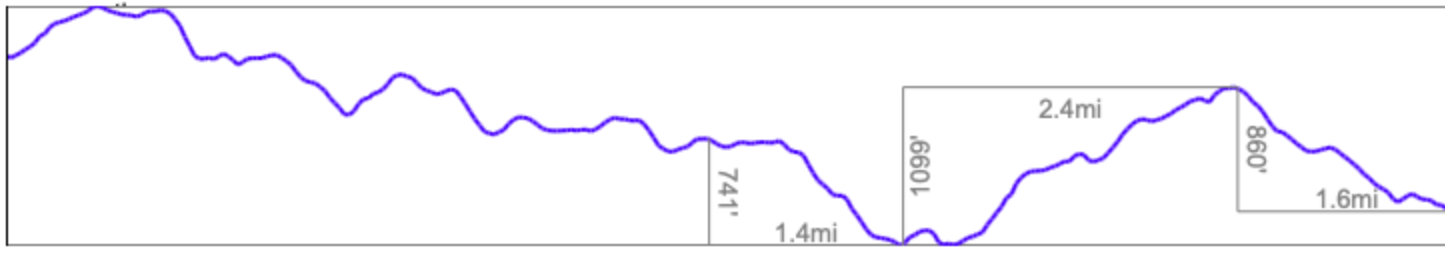


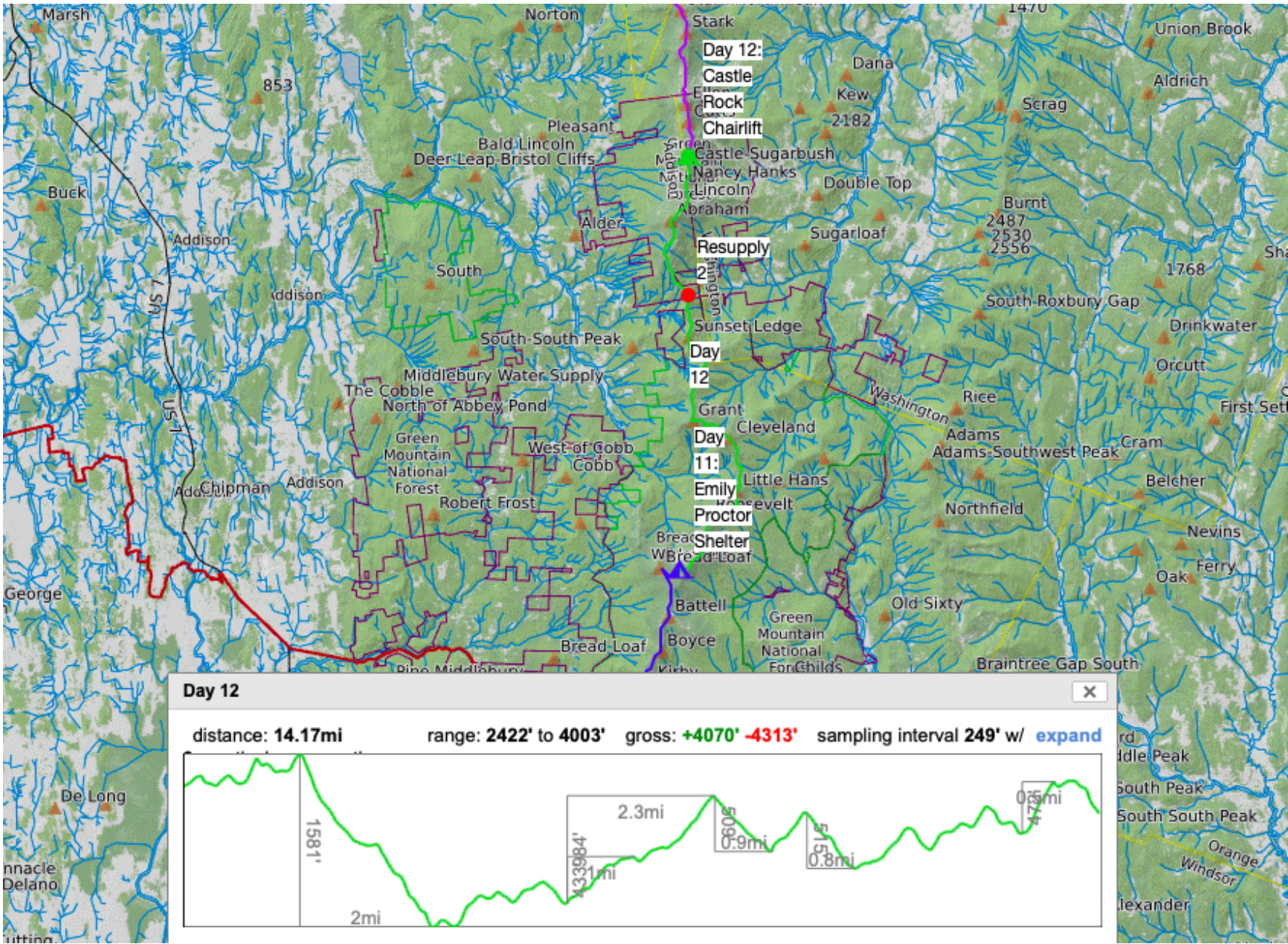


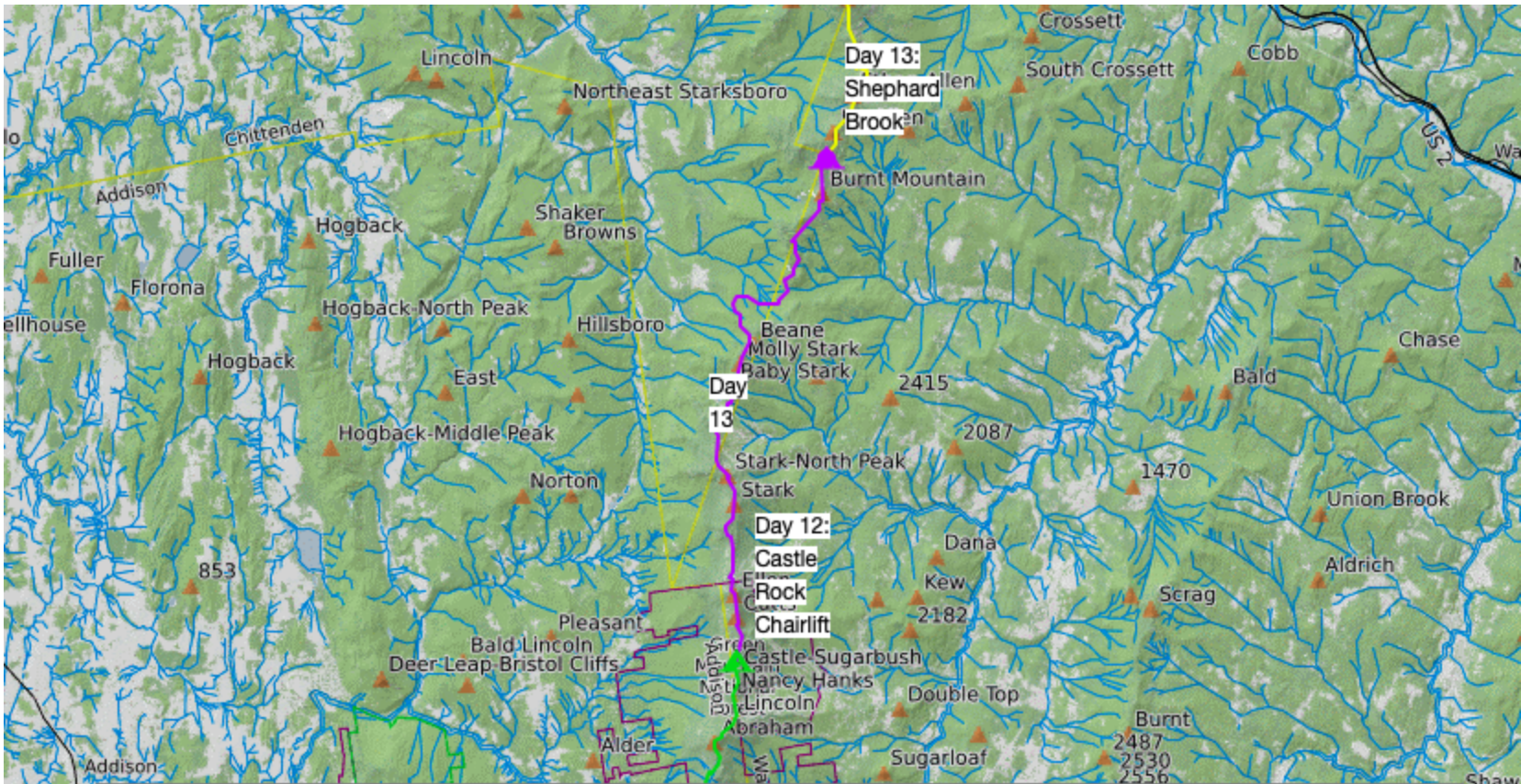


Day 11 x

distance: 10.45mi    range: 2141' to 3799'    gross: +2615' -3692'    sampling interval 184' w/ 5.5x vertical    [expand](#)

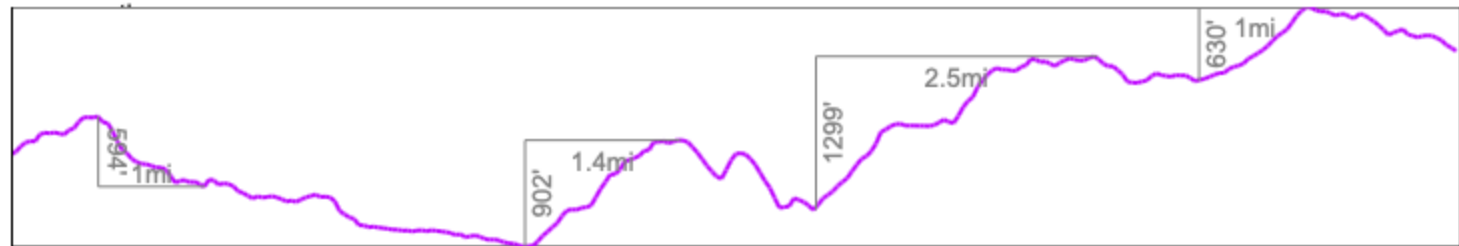






**Day 13** ✕

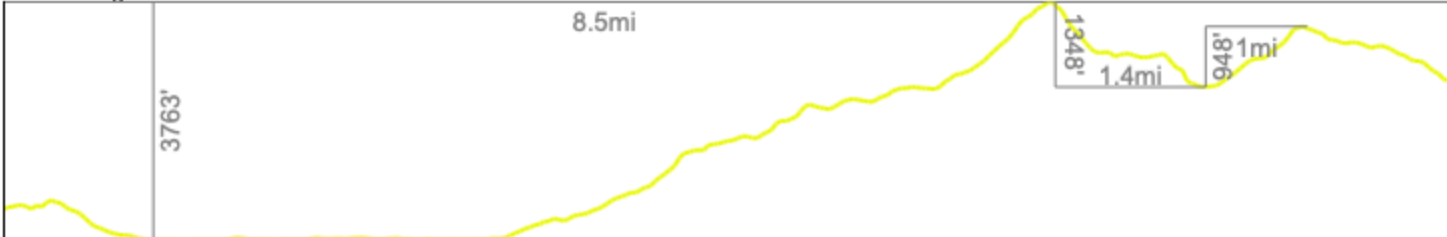
distance: 13.06mi      range: 2041' to 4072'      gross: +4152' -3278'      sampling interval 230' w/ 5.6x vertical      [expand](#)





**Day 14**

distance: 13.67mi      range: 308' to 4070'    gross: +5518' -3490'    sampling interval 241' w/ 3.2x vertical    [expand](#)

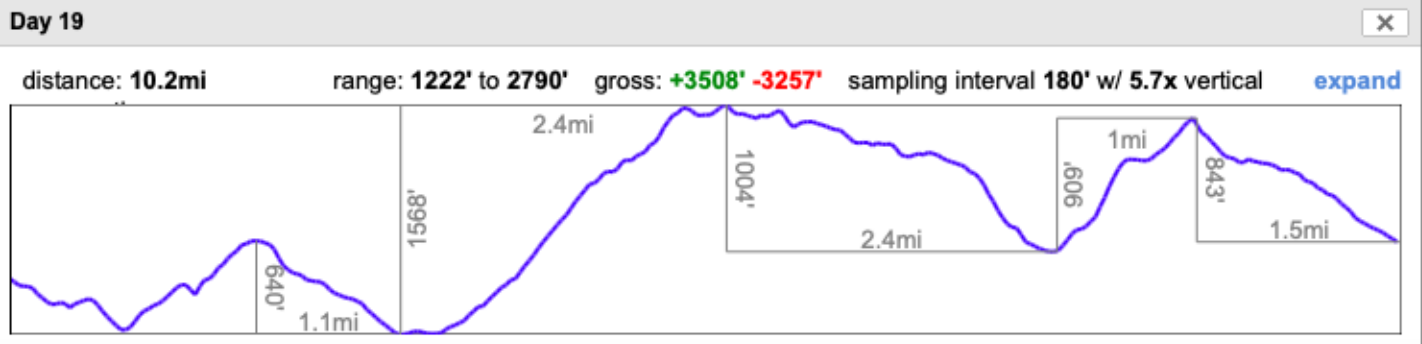
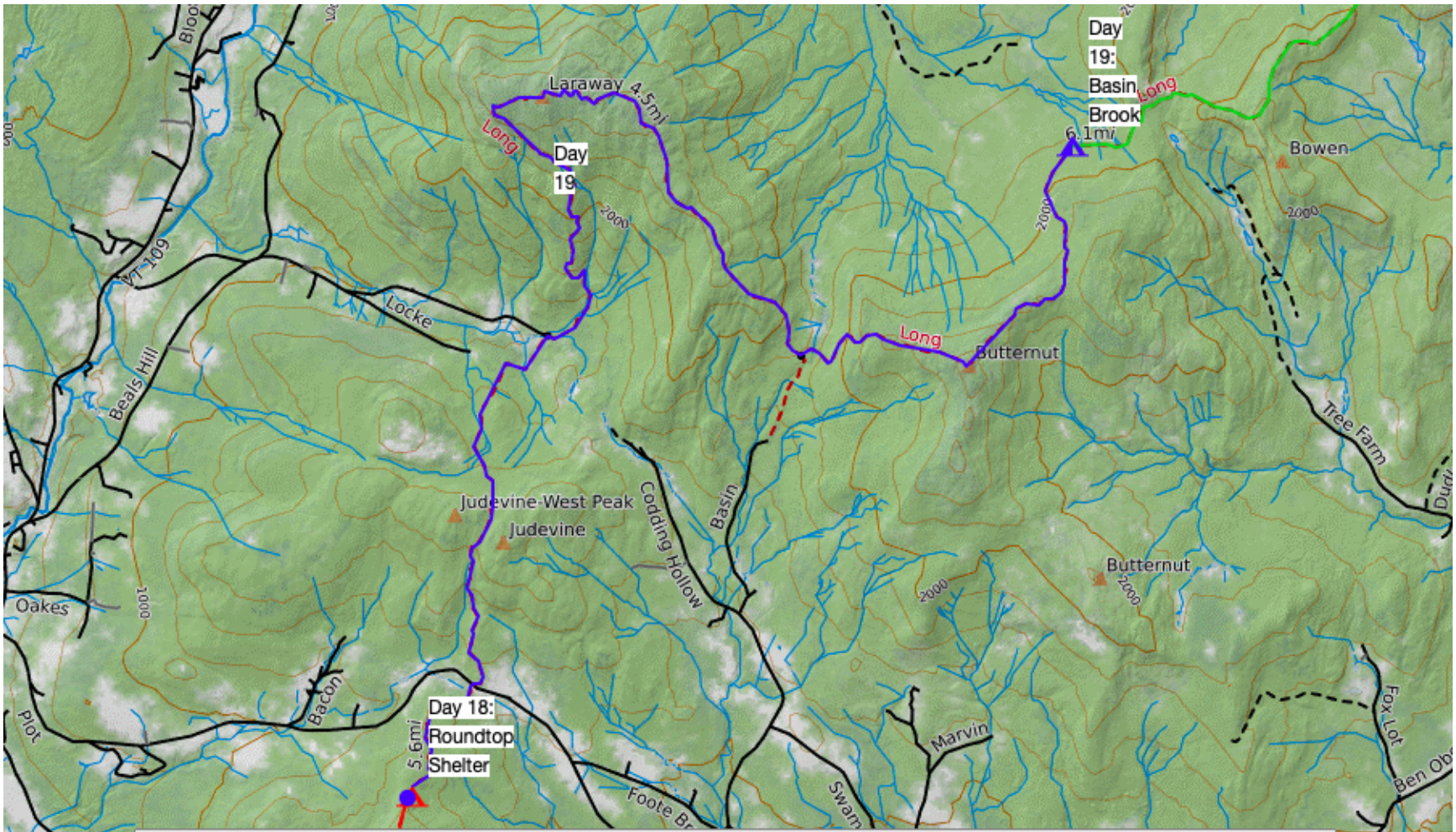


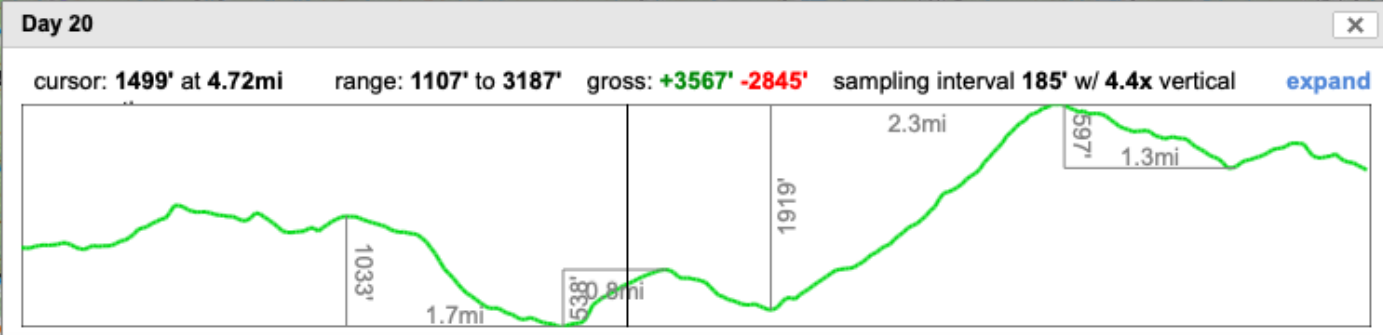
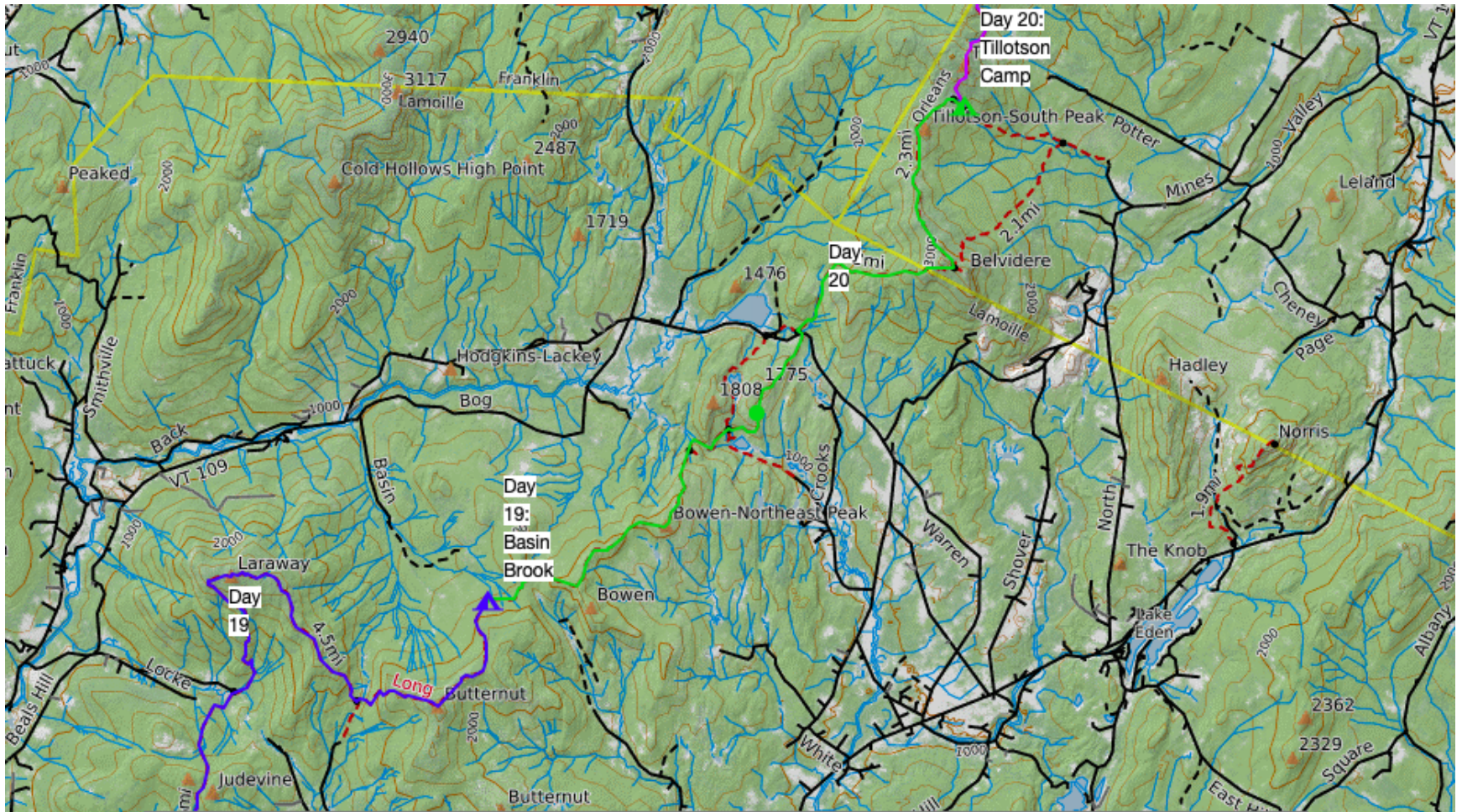


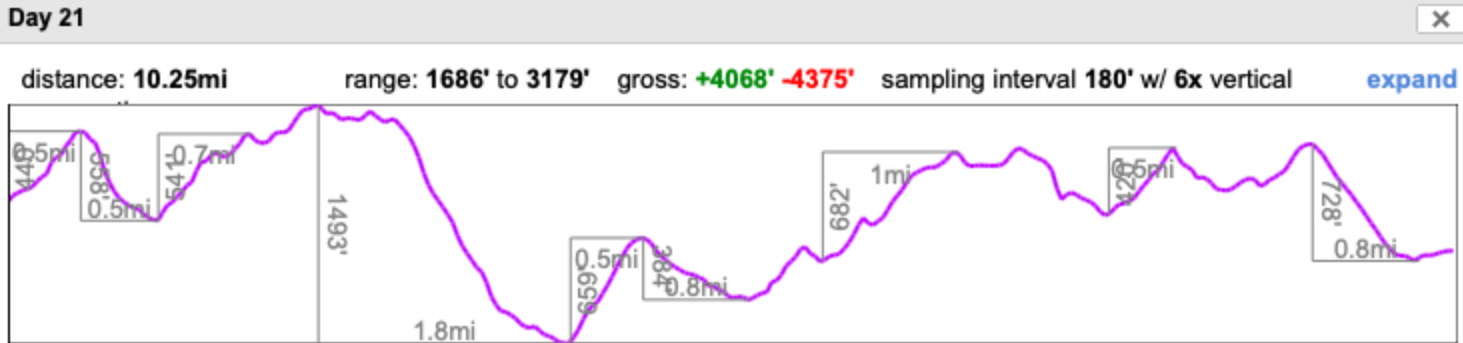
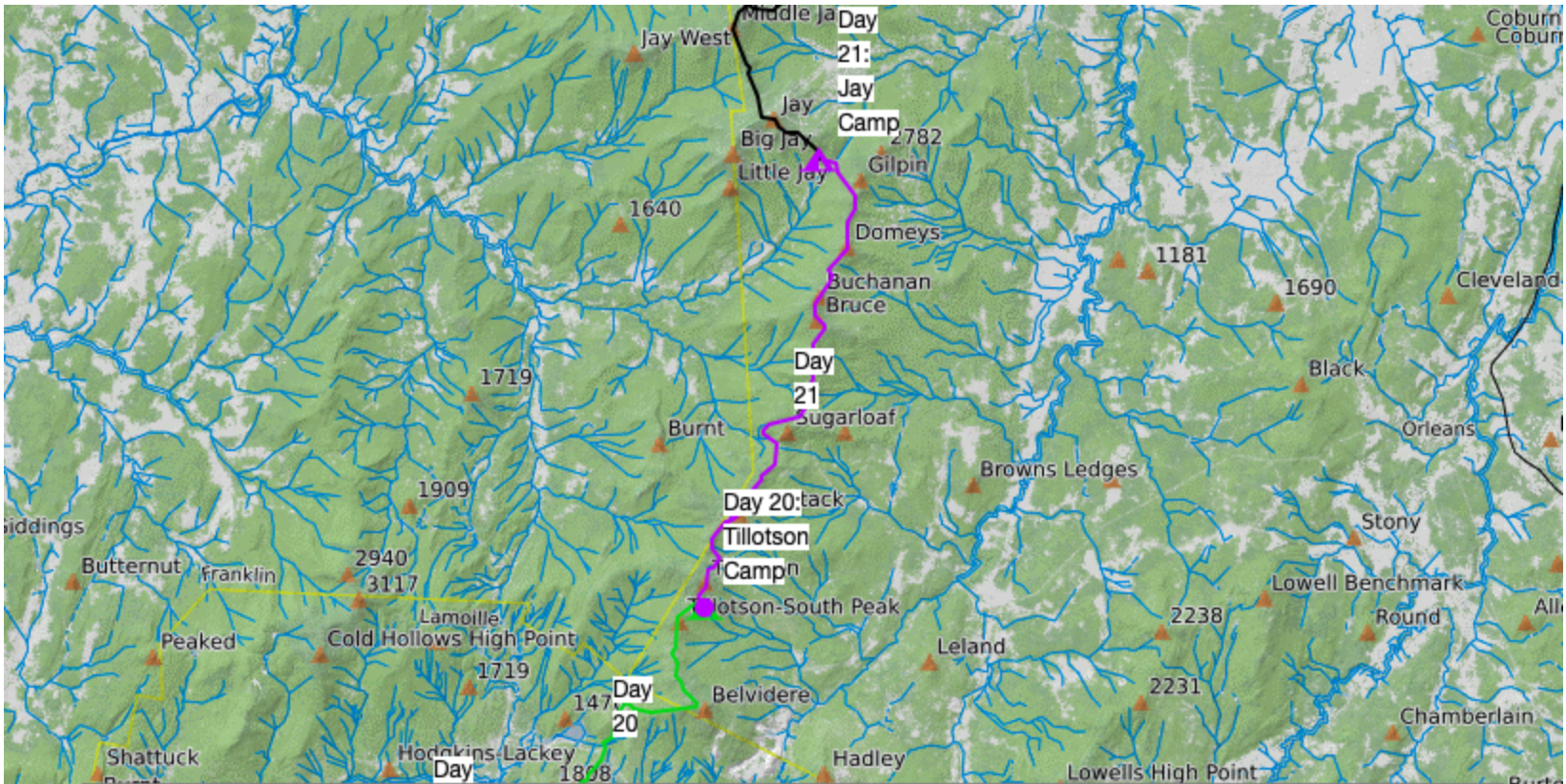


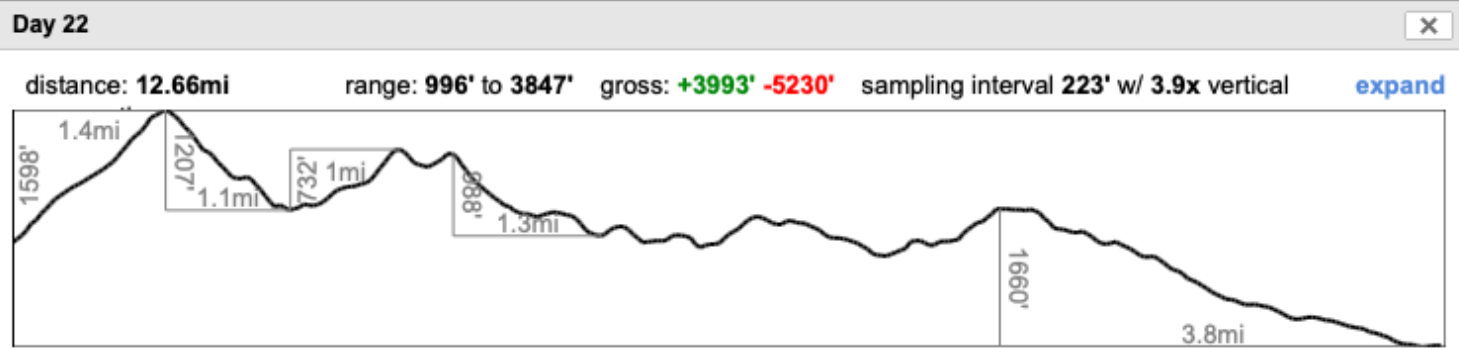
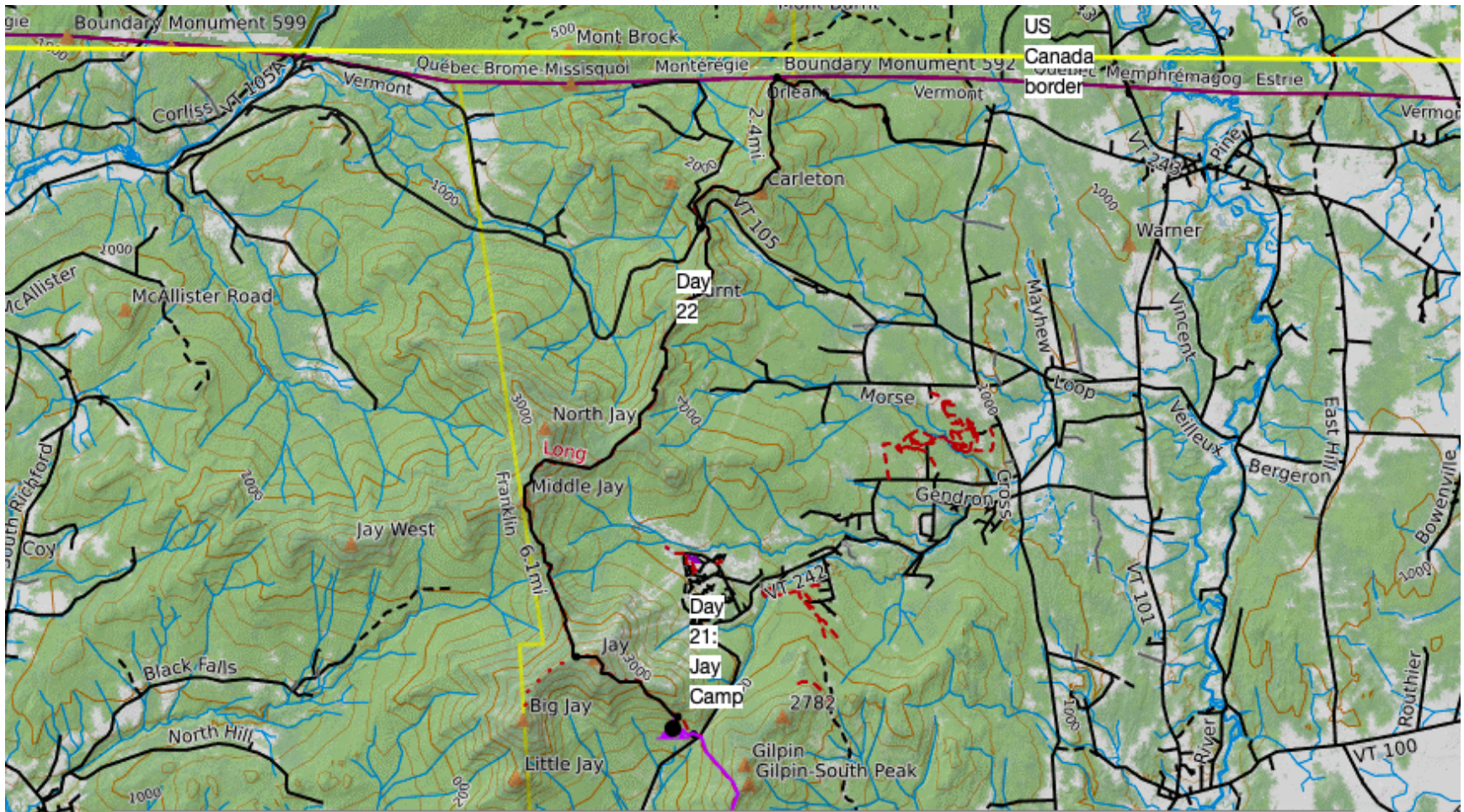












Food	Calories per serving	Total Quantity	Price/Serving	Price for 22 days for 1 person
<i>Breakfast 1</i>				
<a href="#">Instant Oatmeal</a>	320	11	\$ 0.50	\$ 5.50
<a href="#">Granola</a>	400	11	\$ 0.75	\$ 8.25
<i>Breakfast 2</i>				
<a href="#">Grits</a>	340	11	\$ 0.30	\$ 3.30
<a href="#">Natures Path Pop-Tart</a>	210	11	\$ 0.88	\$ 9.68
<i>Breakfast Snacks</i>				
<a href="#">GORP</a>	693	22	\$ 2.00	\$ 44.00
<a href="#">Nature Valley Bars</a>	190	22	\$ 0.83	\$ 18.26
<i>Lunch</i>				
<a href="#">Tortillas</a>	112	22	\$ 0.50	\$ 11.00
<a href="#">Jelly</a>	56	22	\$ 0.13	\$ 2.86
<a href="#">Peanut Butter</a>	188	22	\$ 0.20	\$ 4.40
<a href="#">Nutella</a>	200	22	\$ 0.40	\$ 8.80
<i>Lunch Snacks</i>				
<a href="#">Cliff Bars</a>	240	22	\$ 0.83	\$ 18.26
<a href="#">Dried Fruit</a>	102	22	\$ 1.10	\$ 24.20
<i>Dinner 1</i>				
<a href="#">Ramen X2</a>	372	6	\$ 0.50	\$ 3.00
<a href="#">Pepperoni</a>	696	6		\$ -
Dehydrated Vegetable	116	22	\$ 1.18	\$ 25.96
<a href="#">Soy Sauce</a>	20	6	\$ 0.12	\$ 0.72
<a href="#">Sriracha</a>	0	12	\$ 0.25	\$ 3.00
<i>Dinner 2</i>				
<a href="#">Rice Noodles</a>	291	6	\$ 1.50	\$ 9.00
<a href="#">Jerky</a>	205	6	\$ 1.00	\$ 6.00
<a href="#">Peanut Butter</a>	188	6	\$ 0.20	\$ 1.20
<a href="#">Soy Sauce</a>	20	6	\$ 0.12	\$ 0.72
<i>Dinner 3</i>				
<a href="#">Lentils</a>	314	6	\$ 0.50	\$ 3.00
<a href="#">Curry Powder</a>	NA	6	\$ 0.50	\$ 3.00
<a href="#">Coconut Oil</a>	154.3	6	\$ 3.11	\$ 18.66
<i>Dinner 4</i>				
<a href="#">Macaroni &amp; Cheese</a>	720	6	\$ 2.00	\$ 12.00
<i>Dessert</i>				
<a href="#">Candy Bar</a>	215	44	\$ 1.00	\$ 44.00
MSR Gas Cannister		3	\$ 5.95	\$ 17.85
<b>Total</b>				\$ 306.62
<b>Total for Andre, Lucie and Bradley</b>				\$ 919.86

# **We Won't Be Long: Gear List**

## **Hiking Clothes**

- Non-cotton t-shirt (1)
- Non cotton shorts (1)
- Non cotton underwear (1)
- Darn Tough socks (1)
- Sports Bra (1)
- Sun hat
- Bug net

## **Camping Clothes**

- Light sleeping pants
- Breathable long sleeve shirt
- Underwear (1)
- Socks (1)
- Winter hat (1)
- Gloves (1)
- Fleece pullover (1)
- Puffy
- Crocs

## **Gear**

- Trail runners
- Watch
- Trekking poles
- 60 liter pack
- Tent
- Sleeping bag (32 degrees)
- Sleeping pad
- Hiking pillow
- 8 liter drybags (2, 1 for camp clothes, 1 for food)
- 60 liter pack
- Raincoat (and rain pants if desired)
- Pack cover
- Headlamp (and spare batteries)
- Sunglasses
- Toothbrush, toothpaste, floss
- Trowel



- Buff
- Cellphone and charger
- Portable charger (and charging cable)
- Wallet (credit card and ID)
- Whistle and mini compass
- Guidebook with maps in it
- Bugspray (30% long lasting Deet)
- Sunscreen
- Anti-chafe
- Mini Dr. Bronner's soap (1)
- Nailclippers
- Hand Sanitizer
- KN95 mask (1 per person)
- Diva Cup (1)
- First Aid Kit (see First Aid Kit Document)

### **Food/Water Gear**

- MSR Stove
- Fuel
- Lighter
- Pot/bowl
- Fork
- Knife
- Sawyer squeeze water purification system
- Smart Water 1 liter bottles (2)
- CNOC 2 liter bladder
- Ursack Major XL (2)

# **We Won't Be Long: First Aid Kit**

## *Bandage Materials*

- 8 - Bandage, Adhesive, Fabric, 1" x 3"
- 2 - Bandage, Conforming Gauze, 3"
- 2 - Dressing, Gauze, Sterile, 4" x 4", Pkg./2

## *Bleeding*

- 2 - Gloves, Nitrile (Pair), Hand Wipe
- 1 - Trauma Pad, 5" x 9"

## *Blister*

- 1 - Moleskin, Pre-Cut & Shaped (14 pieces)

## *CPR*

- 1 - CPR Face Shield Duct Tape
- 1 - Duct Tape, 2" x 5 Yards

## *Fracture / Sprain*

- 1 - Bandage, Elastic with Velcro, 3"
- 1 - Bandage, Triangular

## *Instrument*

- 1 - Pencil
- 3 - Safety Pins
- 1 - Cuticle scissors
- 1 - Tweezers
- 1 - Comp. Guide to Wilderness & Travel Medicine
- 1 - Patient Assessment Form
- 1 - Thermometer
- 1 - Pulse Oximeter

## *Medication*

- 4 - Acetaminophen (500 mg), Pkg./2
- 4 - Antihistamine (Diphenhydramine 25 mg)
- 1 - Aspirin (325 mg), Pkg./2
- 4 - Ibuprofen (200 mg), Pkg./2
- 6 - Imodium (Loperamide HCL 2 mg)

*Wound Care*

- 6 - Antiseptic Wipe
- 1 - Syringe, Irrigation, 20 cc,
- 18 Gauge Tip
- 1 - Tape, 1" x 10 Yards
- 3 - Triple Antibiotic Ointment, Single Use
- 1 - Wound Closure Strips, 1/4" x 4", Pkg./10

*\*Bradley's family can restock First Aid equipment at resupplies if necessary*

## Transportation

<b>Transportation Costs</b>	<b>Bradley</b>	<b>Lucie</b>	<b>Andre</b>
Rental car for Lucie and Andre to get to [REDACTED] This price has been calculated from AVIS Rental as this was the cheapest option compared to other companies.	0\$	The rental car costs \$719.97 in total. \$359.98 each.	The rental car costs \$719.97 in total. \$359.98 each.
Gas for the drive to [REDACTED]	Bradley will be driving in his car, a 2011 Toyota Highlander.  Total gas cost: \$185.72 Accounting for varying gas prices.	Gas mileage has been calculated for a 2018 Kia Soul (the potential rental car from AVIS).  Total gas cost: \$172.50 Accounting for varying gas prices. Or, \$86.25 each	Gas mileage for a Kia Soul (the potential rental car from AVIS).  Total gas cost: \$172.50 Accounting for varying gas prices. Or, \$86.25 each.
Rental car for the return trip to [REDACTED]	0\$	The rental car cost \$719.97 in total. \$359.98 each	The rental car cost \$719.97 in total. \$359.98 each.
Gas for the drive from [REDACTED]	0\$	Gas mileage for a 2018 Kia Soul (the potential rental car from AVIS).  Total gas cost: \$172.50 Accounting for varying gas prices. Or, \$86.25 each	Gas mileage for a 2018 Kia Soul (the potential rental car from AVIS).  Total gas cost: \$172.50 Accounting for varying gas prices. Or, \$86.25 each
<b>Total Transportation Cost Per Person</b>	<b>\$185.72</b>	<b>\$892.46</b>	<b>\$892.46</b>

**Total Transportation Budget (Rentals and Fuel): \$1,970.64**

**Transportation budget (Food): \$12/person/day = \$120**

We will bring our food in the car and pack extra meals from our meal planning list (choosing two breakfasts, two lunches and two dinners). This will allow us to minimize exposure while driving.

**Carbon Offset:**

Lucie and Andre:

From [REDACTED] and  
back!

This trip generates 2.82 metric tons of CO<sub>2</sub>e.

Cost to offset this trip: \$14.10

Bradley:

From [REDACTED]

Cost to offset this trip: \$3.52

**Total Carbon Offset Cost: \$17.62**

**Maps and Books:**

[Long Trail End-to-Enders guide](#) - \$9.95

[Long Trail Guide](#) - \$19.95

[Vermont Long Trail Map \(Green Mountain Club\)](#) X3 - \$38.85

**Total Maps and Books Cost: \$68.75**

**Food Cost: \$919.86**

**Equipment Rental: NA**

We own all necessary equipment for this expedition.

**Permit and Fees: NA**

**Grand Total: \$3,096.87**

**Total per person: \$1,032.29**