



Ritt Kellogg Memorial Fund Registration

Registration No. Q7TD-564JG

Submitted Jan 9, 2018 1:46pm by Michael Hasson

Registration

2018

Ritt Kellogg Memorial Fund

RKMF Expedition Grant 2017-18 Group Application

This is the group application for a RKMF Expedition Grant. If you have received approval, you may fill out this application as a group. In this application you will be asked to provide important details concerning your expedition.

**Waiting
for
Approval**

Participant



I. Expedition Summary

Expedition Name

Trompin' Through Talus: Thru-hiking the Sierra High Route

Objectives

The objective of our expedition will be to complete the full 195-mile Sierra High Route (SHR), also known as the Roper Route, from Kings Canyon to Twin Lakes.

Location

The route traverses the crest of the Sierra Nevada range. Because we will be navigating linearly we will not remain in one wilderness area or national park. However, significant portions of the route will lie within Kings Canyon National Park, Yosemite National Park, and several surrounding wilderness areas.

Departure Date

Jul 30, 2018

Return Date

Aug 22, 2018

Days in the Field

23

Wilderness Character

The SHR spans 195 miles across California's Sierra Nevada mountains. It, for the most part, parallels the more heavily traveled John Muir Trail, but remains along the main Sierra crest above timberline rather than dipping below treeline. The SHR is not an established trail, although portions of the route follows various trails including the JMT. The larger portion of the SHR requires off-trail navigation through meadowlands, boulder fields, and high mountain passes. The SHR is not heavily traveled and avoids areas of high foot-traffic. It travels over 33 passes, through through two national parks, three national forests, and three wilderness areas.

II. Participant Qualifications

a. Participants' Graduation Date

Michael Hasson (Graduating May 2019)

Genevieve Buzan-Dansereau (Graduating October 2018)

b. Medical Certifications

Michael Hasson, WFR exp. March 2018, recertification planned for May 19-20, 2018.

Genevieve Buzan-Dansereau (WFR recertified 1/24/2017, expiring 1/24/2019)

Does your group have adequate experience?

Yes

d. Training Plan

In the months leading up to the SHR, we will practice traveling and camping in similar terrain above treeline in the Colorado Rockies. During these mini expeditions, we will practice off-trail navigation with topo maps, and we will use the same packs and gear that we plan to use on the SHR so that we can fine-tune our skills and systems beforehand. Many of these trips will take place in the spring '18, and we will continue to practice separately in the early summer '18 before our proposed start-date.

We will go on multiple hikes together and at least one overnight beforehand to practice merging our hiking styles and working together as a team. Our practice hikes and overnight will take place in the spring '18. We will continue to engage in conversations about our systems and goals to ensure that we begin our hike with a similar mindset.

We will also both separately engage in rigorous aerobic training so that we will be able to travel the planned distances of 10-15 miles/day at altitude. We are both generally fit individuals but realize that some additional training will be required in order adjust to altitude and complete the route in the safest way possible.

III. Expedition Logistics, Gear and Food

e. Travel Plan

We plan to drive a personal car from Colorado Springs to Reno, Nevada, the closest city to the end of the SHR. In Reno, we will park our car at Michael's friend's house, and that friend will drive us to the Reno airport. We will take a plane from Reno to Fresno, California, the closest town to the beginning of the SHR. In Fresno, we will meet up with a shuttle service* who will drive us to the beginning of the SHR. Once we have completed the SHR, we will meet a different shuttle service in Mono Village who will drive us back to Reno. Here we will pick up our car and drive back to Colorado Springs.

The drive from Colorado Springs to Reno is slightly more than 16 hours in length. In order to minimize the likelihood of fatigued driving, we will switch off driving in shifts of two or three hours. We will also break up the drive to and from Reno into two days each.

*We have not yet determined a shuttle service to drive us to and from the trailheads, because it is not hiking season, so many shuttle and hiking services are closed for the winter. The areas that we will be traveling are popular with hikers, so we have strong reason to believe that it will not be difficult to secure reliable rides in the spring. Both Michael and Genevieve have experience with finding rides in this area.

e. Expedition Itinerary

[SHR itinerary revised.pdf](#) (3.1MB)

Uploaded 1/9/2018 1:33pm by Michael Hasson

Appendix A

Empty

In order to minimize weight and reduce the risk of stress injury, we have planned three resupplies for our expedition.

Our first and most difficult resupply will be in Bishop via Bishop Pass. On our fourth day of hiking (8/4), we will leave the SHR at Dusty Basin and head north to join the trail to Bishop Pass. We will follow the trail over Bishop Pass to South Lake Picnic Area, where we will spend the night. In the morning (8/5), we will catch a ride into Bishop. At the present time, we do not have a ride into Bishop secured, because it is not hiking season, so shuttle and hiking services are closed for the winter. We have contacted Sierra Rideshare, who we expect can drive us into Bishop that morning as well as back to the trailhead once we have collected our resupply package. Bishop Pass is an extremely popular resupply point for JMT hikers, so transportation will be active in this area during August. Michael and Genevieve both have familiarity with resupplying in Bishop from previous hikes, and have strong reason to believe that securing a ride will be reasonable once hiking season begins. In Bishop, we will pick our resupply box up from The Hostel California (a hiker friendly hostel) that will hold our box rather than the post office. We have absolutely no intention of staying at the hostel or spending time there, but since we have planned to arrive on a Sunday, we would like to send our box to a location with more flexible hours. We have contacted the hostel, and they have agreed to hold our box without us staying there. Directly after picking up our box, we will use the same shuttle to get back to the trailhead, where we will continue our hike. We recognize that it is not ideal for us to have to go into Bishop, but there were no other resupply locations that looked feasible for our hike.

Our second resupply will be at Red's Meadow on 8/12. At this point, the SHR is joined with the JMT, and Red's Meadow is less than a mile off trail. There is a small general store that holds resupply boxes for hikers, so we will pick up our box before finding a place to camp. The general store will charge \$40 for our box, but we believe that it is better than the alternative of taking a bus into Mammoth to pick up from the post office. In the spirit of wilderness travel, we would prefer to remain on our route rather than spending a day going into Mammoth, and we plan to arrive on a Sunday, so Red's Meadow will provide us more flexibility.

Our third resupply will be at Tuolumne Meadows on 8/17. At the beginning of the day, the SHR will be joined with the JMT, which leads directly to Tuolumne Meadows. There is a small post office within the general store where we will pick our box up. Then the SHR splits off of the JMT, and we will continue an additional 6.1 miles to Gaylor Lakes.

Food Storage

Bear canisters are required in Kings Canyon National Park, so we will carry them for the duration of our hike. We plan to rent bear canisters from the CC gearhouse. We will practice responsible bear procedures including cooking, eating, and sleeping in different locations at least 100 m from each other in a triangle, and securing all scented items (toiletries and sunscreen) in the bear canister each night 100 m away from us.

g. Food List

[Food spreadsheet - Sheet1.pdf](#) (117KB)
Uploaded 1/5/2018 4:18pm by Michael Hasson

Appendix C

f. Equipment List

[Gear lists \(1\).pdf](#) (82KB)
Uploaded 1/9/2018 1:35pm by Michael Hasson

Appendix B

b. LNT Principles

Yes

Empty

Since we will be traveling significant distances off-trail, we will be especially mindful of practicing the second LNT principle, "travel and camp on durable surfaces". We will use established trails when available, but when there are no trails, we will walk on rock and snow as much as possible. We will choose campsites that contain minimal vegetation, and sweep the camp before leaving to make sure that when we leave the site is as clean as it was upon our arrival. Most of the SHR takes place above tree-line, which means that the ecosystems are particularly fragile and vulnerable to damage. We will be especially careful to avoid walking on the vegetation above treeline, and we will try to plan our bathroom stops below treeline to promote proper decomposition. We will both acquire California Campfire Permits beforehand, since they are required for stove-use in this area. We will pick up any stray trash that we see along our hike regardless of whether or not it is ours, and we will dispose of trash in our resupply locations.

IV. Risk Management

b. Objective Hazards

Rough terrain is the most significant hazard to our trip. Many of the passes that we plan to cross require at least a small amount of 3rd class scrambling. While a fall in third class terrain could pose serious consequences, spraining or breaking an ankle would be dangerous as well on such untraveled terrain. Therefore, we will need to be very cautious when hiking through scree fields. To mitigate this risk, we plan to budget several extra days of food into our resupply plan so that we will not be rushed through this type of terrain, and we will prepare ourselves beforehand by traveling in similar environments.

Weather is also a significant concern. Since so much of the route is above treeline, afternoon thunderstorms could be dangerous. While peak thunderstorm season in the High Sierra is July, we may still experience thunderstorms in August. We will monitor weather patterns before the trip so that we have an idea of what kind of weather to expect. Since our route consists primarily of point to point navigation, dropping to below treeline could decrease our hiking pace but would be a reasonable modification to make since we would not be following any marked trail. Finally, we will plan to cross any passes in the morning to reduce the risk of being at very high elevation should a storm roll in.

We will be traveling primarily above treeline and over several 12,000+ ft. passes, so altitude sickness may be a concern. Both Gen and Michael are WFRs with experience traveling at elevation, so we will watch closely for signs/symptoms of elevation sickness, and can retreat to lower elevations should it become necessary.

Animals are likely the least significant concern but a consideration nonetheless. We will store our food in bear canisters, hang food when appropriate, and carry bear bells in order to reduce the risk of interaction with bears. Since only black bears are present in the Sierra, carrying bear spray will not be necessary.

Evacuation Plan

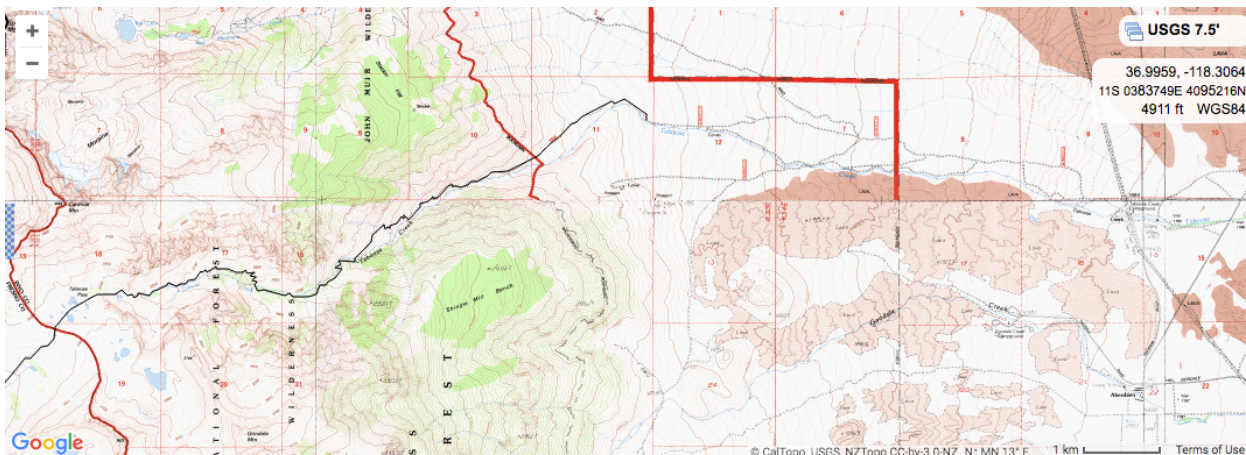
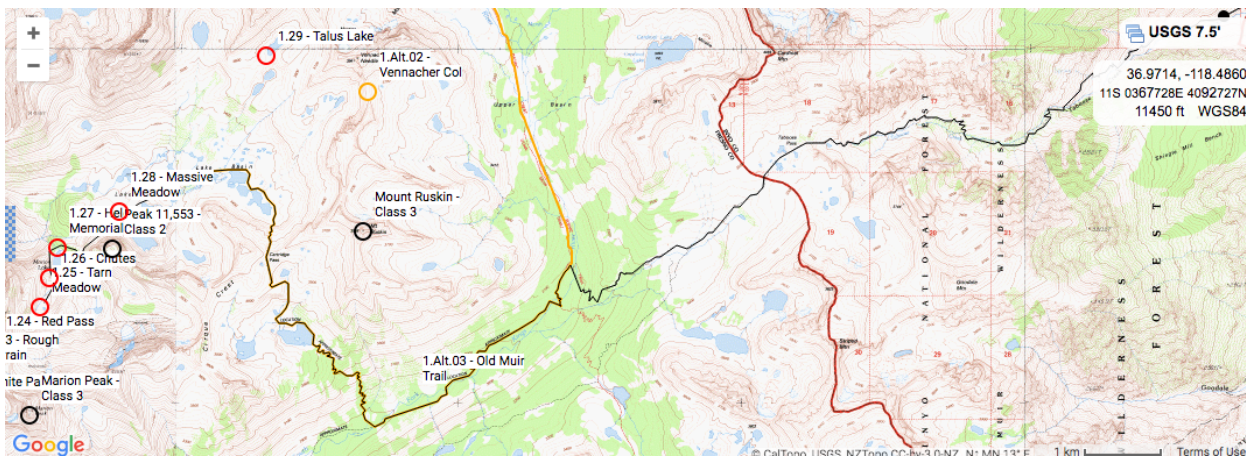
In the event that an evacuation must take place, we will first assess the urgency of the situation. If a rapid evacuation is required, we will press the SOS button on our SPOT device to alert emergency services, and we will stay put until they arrive, given that we are not immediately threatened by our environment. If we are able to walk out of the field, we will send a pre-set message on our SPOT device that something is wrong, but that it is not urgent. We will then treat the concern to the best of our ability, begin tracking our location with the SPOT, and leave the SHR via one of our evacuation routes. If we are near the JMT or another populated area, we can flag someone down who can hike to reception with our information in order to get help. Following is a list of evacuation routes. Evacuation routes require no technical skills and do not exceed class 3 terrain (most do not exceed class 1-2). Each evac route is within a day of the SHR. Closest evac routes for each campsite are listed in our itinerary under each map.

Copper Creek to Road's End

Backtrack along the SHR to the beginning of the route at the Copper Creek Trailhead. Once the SHR joins the Copper Creek Trail, it is 6.9 miles to the road. The nearest town is Kanawyers. Map is 8/1 itinerary.

Old Muir Trail to Taboose Pass

Closest SHR access point from "Massive Meadow" (Caltopo 1.28). Hike east 0.5 miles to join Old Muir Trail. In 6.7 miles, take trail to Taboose Pass. In 8.9 miles, reach dirt road near horse corrals. This is a popular trail access point for hikers and horse packers. The nearest town is Independence. 16.1 miles total, 3203 gain, 8406 loss, 15.6 miles on trail.

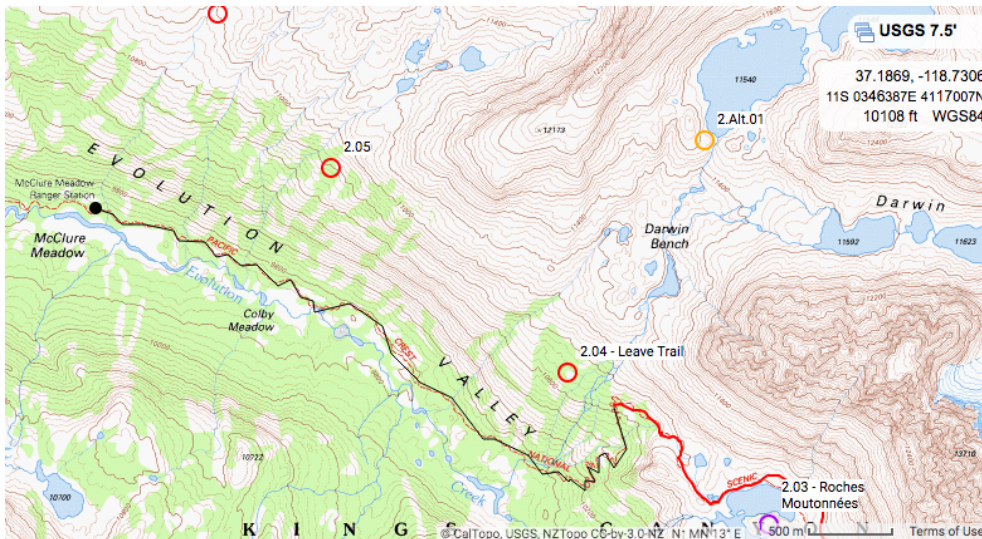


Bishop Pass to South Lake Picnic Area

Closest SHR access point from Dusty Basin (Caltopo 1.45). Hike 0.4 miles north to trail to Bishop Pass, and then hike 7.4 miles to South Lake Picnic Area, a popular resupply point for JMT hikers with road access. 7.8 miles total, 1641 gain, 2554 loss. The nearest town is Bishop. Map is 8/4 itinerary.

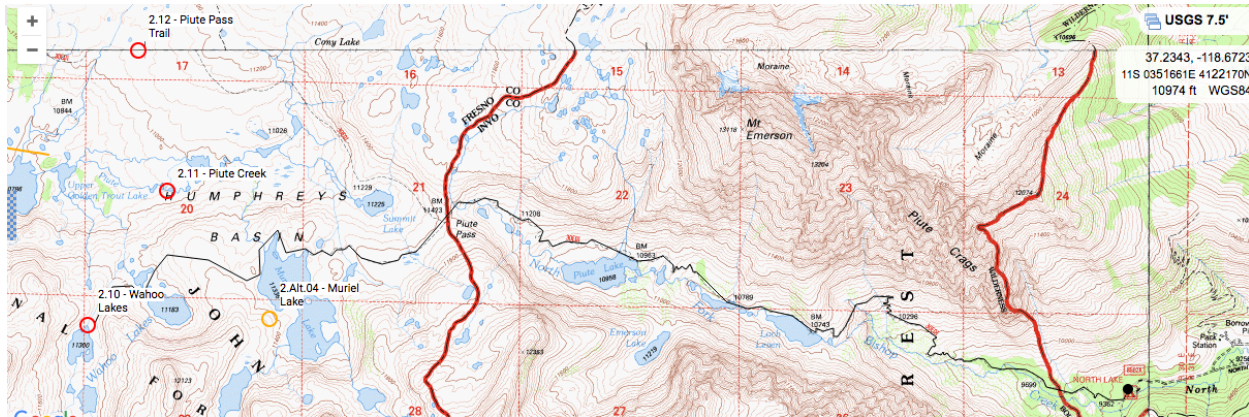
McClure Meadow Ranger Station

This is not an evacuation, but is still a resource worth noting. Closest SHR access from PCT near Evolution Lake (Caltopo 2.04). Rather than leaving the PCT, stay on the PCT for an additional 3 miles before reaching the ranger station.



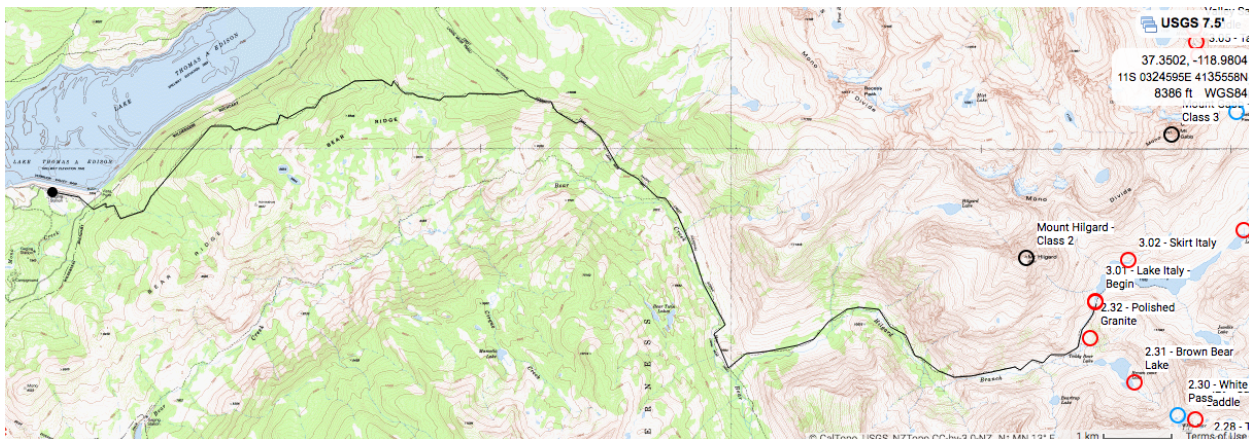
Piute Pass

Closest SHR access from Wahoo Lakes (Caltopo 2.10), Piute Creek (2.11), Piute Pass Trail (2.12). From Wahoo Lakes, head 1.5 miles east to Muriel Lake, and then join Piute Pass Trail. Follow the trail over Piute Pass to the North Lake Campground, a popular camping area with road access. Nearest town is Aspendell. 6.5 miles total, 543 gain, 2496 loss, 5 miles on trail.



PCT to Vermillion Valley Resort

Closest SHR access from Lake Italy (Caltopo 3.01). From Lake Italy, follow the trail west 4.1 miles and then join the PCT north for 7.6 miles. Continue west on the trail to Thomas A. Edison lake for 1.2 miles until reaching the Vermillion Valley Resort, a popular PCT and JMT resupply point with road access. Nearest town is Fresno. 12.9 miles total, 1228 gain, 4881 loss, 12.9 miles on trail.



Mammoth

Via "Sierra Crest" (Caltopo 3.22): Take the trail north towards Bishop for 3 miles before reaching road access. Map is 8/12 itinerary.

Via Lake George: Closest SHR access from "Ridgewalk" (Caltopo 3.27). Head east 1.6 miles on the trail to Lake George, a popular lake with road access. Map is 8/12 itinerary.

Via Mammoth Pass: Head east from Mammoth Pass (Caltopo 3.29) 1.2 miles before reaching road access at Horseshoe Lake. Map is 8/12 itinerary.

Via Red's Meadow: Red's meadow is on the SHR and has road access. Follow either north or south. Map is 8/13 itinerary.

Merced Lake Ranger Station

This is not an evacuation, but is still a resource worth noting. While the SHR is joined with the PCT in Yosemite National Park, take the trail west towards Merced Lake just before Lewis Creek. Hike 1.8 miles to reach the Merced Lake Ranger Station.



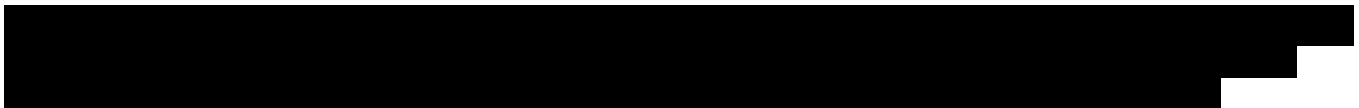
Tuolumne Meadows

Tuolumne Meadows is on our route, and a planned resupply location with road access and a payphone. It is also a popular JMT and PCT resupply location. Map is 8/17 itinerary.

Saddlebag Lake

Saddlebag Lake is a popular lake with road access. It can be reached from the Spuller Lake area (Caltopo 5.09) by hiking north to the Carnegie Institute Experimental Station and then east on a trail to the road (1.6 miles max). It can also be reached from the north by joining the trail east of Conness Lakes Outlet (Caltopo 5.16), Cascade Lake (Caltopo 5.17), and Secret Lake (Caltopo 5.18). This approach is 3.7 miles max from the SHR. Nearest town is Lee Vining. Saddlebag lake is our last evacuation point before Mono Village. Map is 8/18 itinerary.

Special Preparedness



e. Emergency Resources

Ranger Stations

Road's End Ranger Station (nearest to Copper Creek Trailhead/ Kanawyers)

Cedar Grove, CA

(559) 565-3341

Mt. Whitney Ranger Station

640 South Main Street/ P.O. Box 8

Lone Pine, CA 93545

Mammoth Ranger Station

2500 HWY 203

Mammoth Lakes, CA 93546

Phone: (760) 924-5500

Mono Lake Ranger Station

(760) 647-3044

Hospitals

Hospital closest to Copper Creek Trailhead, Taboose Pass, Bishop Pass, and Piute Pass

Northern Inyo Hospital

150 Pioneer Ln, Bishop, CA 93514

(760) 873-5811

Hospital closest to Vermillion Valley Resort/ Fresno

Community Regional Medical Center

2823 Fresno St, Fresno, CA 93721

[\(559\) 459-6000](tel:5594596000)

Hospital closest to Mammoth, Saddleback Lake, and Mono Village

Mammoth Hospital

85 Sierra Park Rd, Mammoth Lakes, CA 93546

[\(760\) 934-3311](tel:7609343311)

Medical care near Tuolumne Meadows

Yosemite Medical Clinic

9000 Ahwahnee Drive, Yosemite National Park, CA 95389

(209) 372-4637

In the event if an emergency we will use a cell phone to contact the ranger station responsible for the area that we are in. If cell service not available

We will both carry cell-phones that we will use to contact emergency resources if there is reception. If there is not reception and we are in an evac location, we will use a landline or payphone. If we are not in an evac location, or if other phones are not available and we need someone to come to us, we will send a message on our SPOT indicating that we are in trouble, but do not need a helicopter. If we are in an urgent situation, we will press the SOS button on our SPOT device, although this is our last resort.

Emergency Communication

We will carry a Spot Gen3 Satellite GPS Messenger on our hike. This device includes an SOS button that can alert emergency services in the event of a life or limb threatening emergency. It also distributes our coordinates to a predetermined group of people so that they can track our location throughout the hike, and it allows us to send preset messages so that we can check-in with those people each evening.

V. Budget

Transportation

Appendix D

1045.43

Food and Fuel

827.22

Maps and Books

0

Communication Device Rental

19.99

Permits/Fees

20

Gear Rentals

0

Total Funding Request

1811.74

Cost Minimization Measures

Transportation and food are the two most significant expenses for our proposed trip.

Because our planned route constitutes a short "thru-hike" in the sense that it is not a loop, we must arrange some form of shuttle. Doing this with our personal cars is not practical because it would require driving two cars from Colorado to California which would more than double our fuel budget. We compared price differences, and found that driving to Reno to drop a car at the end point and then flying to the start point would be more cost effective. When booking flights, we will choose the least expensive option, and when solidifying rides to/ from the trailhead, we will choose the least expensive reliable option.

We will minimize our food costs by shopping in bulk at Costco. Since we are traveling lightweight, several of our food items are labeled "dehydrated". Rather than purchasing expensive, pre-dried packaged foods, we will be dehydrating our own food beforehand to cut down on cost. We have access to a dehydrator, and we have experience in preparing dehydrated meals. We will ship our food in priority flat rate boxes, which is significantly cheaper than shipping per pound.

VI. Expedition Agreement

Expedition Agreement

[RKMfagreement.pdf](#) (242KB)

Uploaded 1/9/2018 1:39pm by Michael Hasson

Appendix E

Appendix A- Itinerary

We planned our mileage for each day based on our elevation gain/loss, terrain, and presence of trail. While we plan to use this as an outline for our itinerary, we also recognize that thru-hiking is an activity that does not always lend itself to a strict plan, so we have left room for longer and shorter days throughout, in case we need to adjust for weather, physical demand, or unforeseen circumstances. This current plan has us completing the route in 19 days, but we have room for up to 23 days on trail in case we need to adjust our schedule.

Each day in the backcountry will follow a similar structure. We plan to wake up at around 5:30 and begin hiking shortly after sunrise. The route includes significant off-trail navigation, so we do not feel comfortable traveling before sunrise, but we want to maximise early morning hours since the weather tends to be calmer. We will snack throughout the day and break as needed, with a longer lunch break around noon. At camp we will set up our shelter, send an OK signal on our SPOT device, and cook dinner. The daily itinerary is organized by mileage, total elevation gain/loss, elevation of camp, location of passes (when applicable), and miles on trail (when applicable). Our route is drawn in purple, and the closest evacuation point from camp is listed under each map (see evac plan for details).

7/30 Michael and Gen will meet in Colorado Springs and begin driving a personal car at 6:00 AM. We will take shifts of three hours on I-70 W and then US-50 W with periodic breaks until we reach Hickison Petroglyph Recreation Area outside of Austin, NV (approximately 13 hours and 20 min of driving). Here we will camp for free on BLM land.

7/31 Michael and Gen will wake up, eat breakfast, and begin driving by 7:00 AM. We will drive the remaining three hours to the Reno NV, where we will park our car at Michael's friend's house, who will then give us a ride to the airport. We will take an early afternoon flight from Reno to Fresno, CA. We will have contacted some trail angels, or people who offer aid to hikers, in Fresno who may be able to host us, but if not, we will stay in Fort Washington Beach Campground.

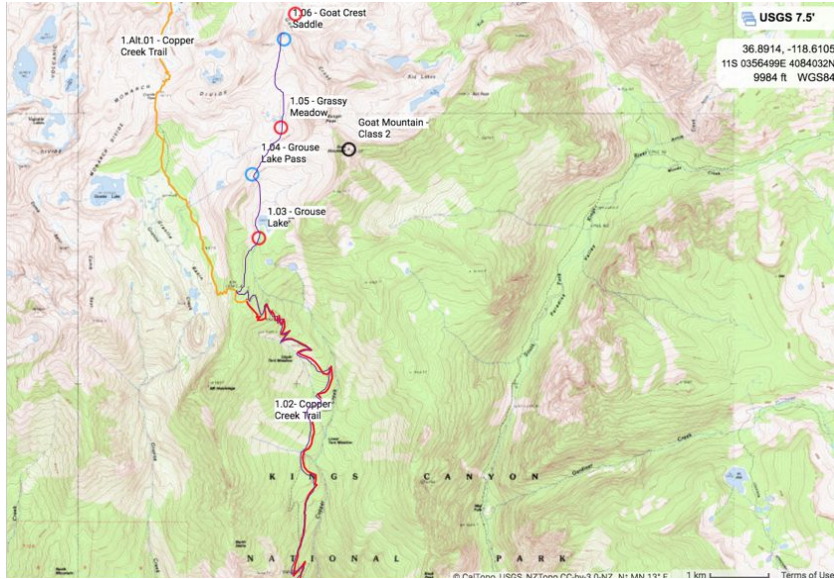
8/1 At 7 AM our shuttle service will meet us. We will drive two hours to Copper Creek Trailhead at Road's End. Here, we will begin our hike.

Copper Creek Trailhead to tarn at Goat Crest Saddle (Caltopo 1.06)

10.06 miles, 6640 gain, 253 loss, camp at 11,467'

Grouse Lake Pass mile 8.4

6.9 miles on Copper Creek Trail



Evac plan: Copper Creek Trail to Road's End

8/2 - Goat Crest Saddle to Tarn Meadow (Caltopo 1.25)

11.12 miles, 3711 gain, 4470 loss, camp at 10,673'

Windy Ridge mile 7, Gray Pass mile 7.7, White Pass mile 9.8, Red Pass mile 10.6



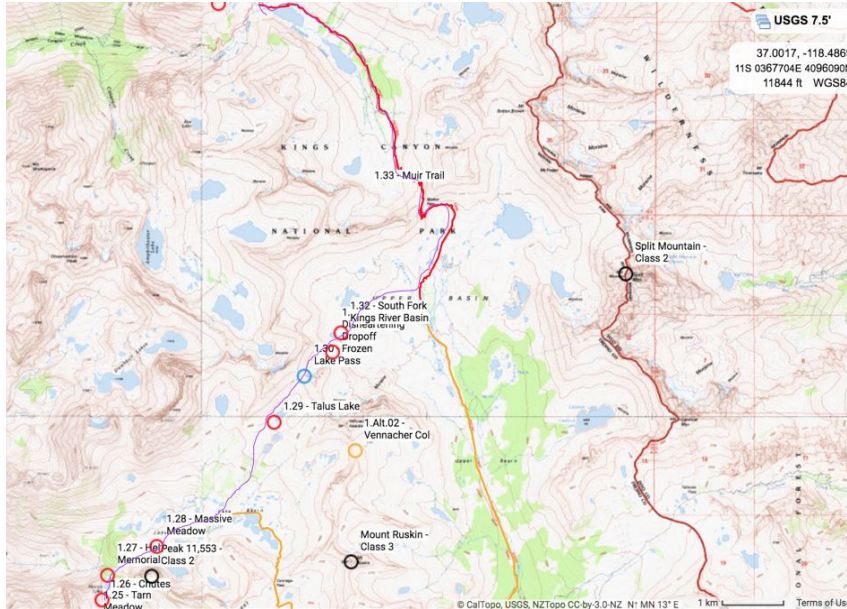
Evac plan: Old Muir Trail to Taboose Pass

8/3 - Tarn Meadow to north tip of Palisade Lakes

10.9 miles, 3632 gain, 3291 loss, camp 10,617'

Frozen Lake Pass mile 3.7, Mather Pass mile 6.8

5.2 miles on JMT



Evac plan: Old Muir Trail to Taboose Pass

8/4 - Palisade Lakes to South Lake Picnic Area (resupply 1)

We will follow the SHR northwest until we reach Dusty Basin. From Dusty Basin, we will leave the SHR and cut north to join the trail to Bishop Pass. We will follow this trail to the South Lake Picnic Area, where we plan to resupply the next morning.

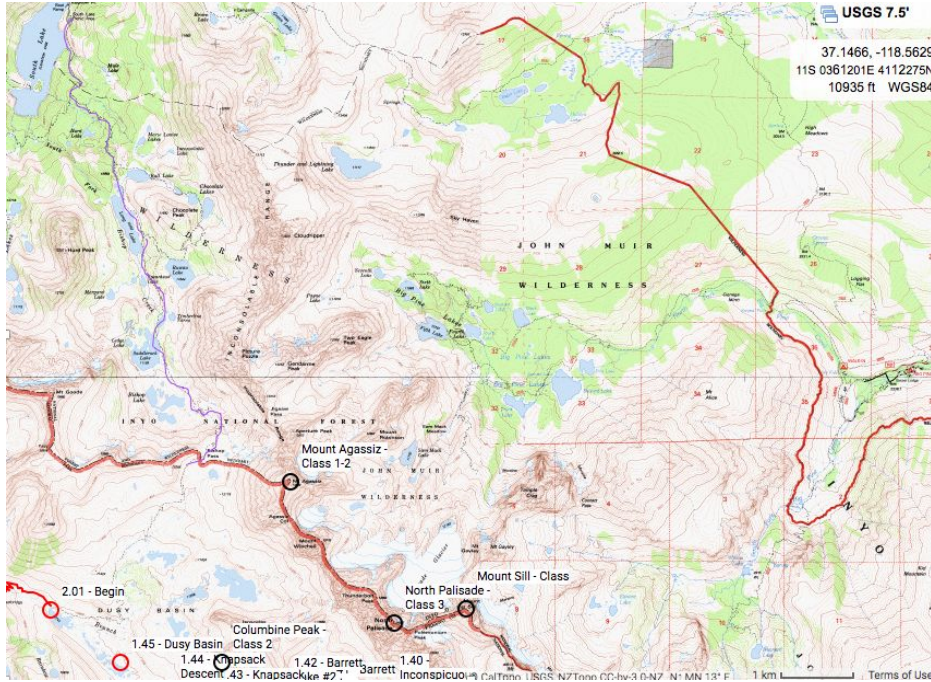
12.9 miles, 3844 gain, 4602 loss, camp 9,843'

Cirque Pass mile 1.2, Potluck Pass mile 2, Knapsack Pass mile 4.3, Bishop Pass mile 8

Leave SHR at Dusy Basin (mile 5.2 to join trail to Bishop Pass for first resupply)

7.4 miles on trail to Bishop Pass

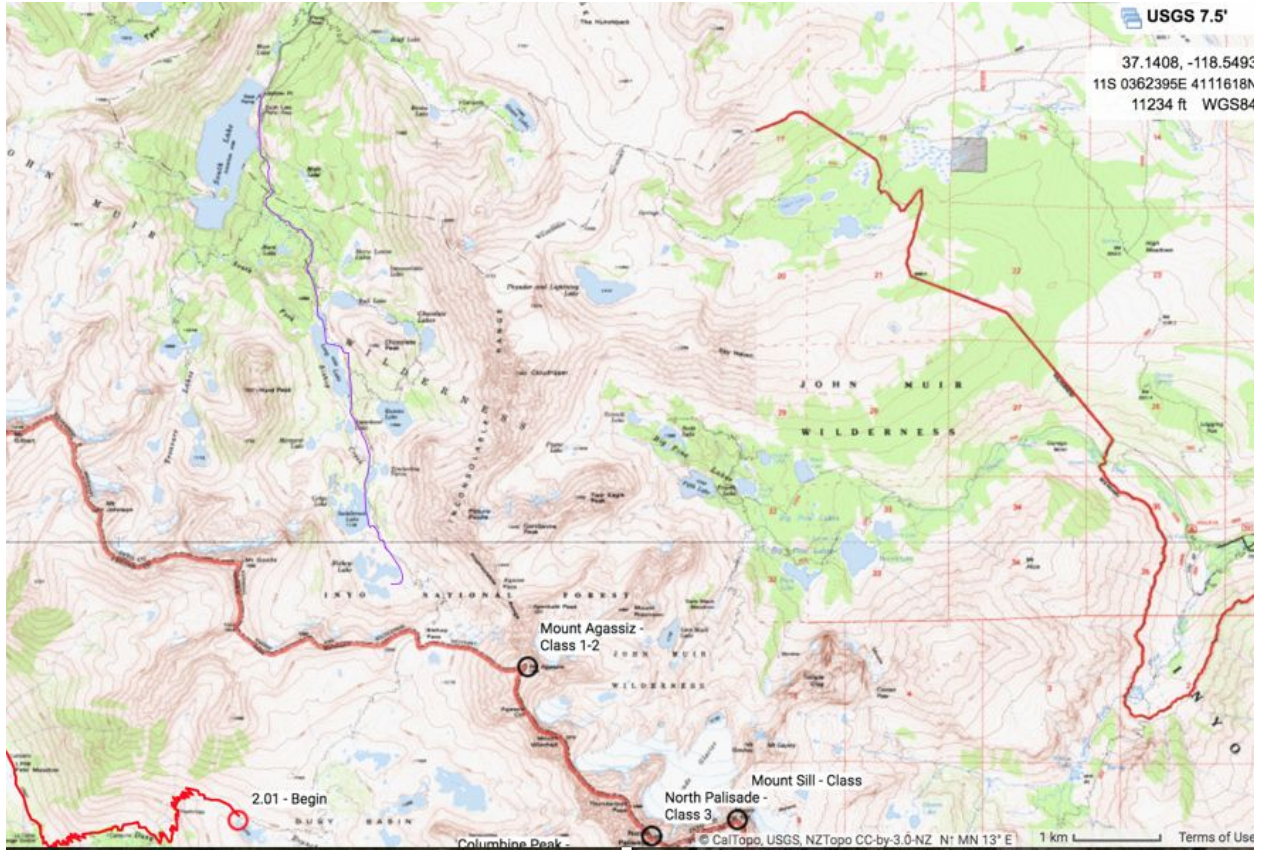




Evac Plan: South Lake Picnic Area

8/5 - Resupply day: South Lake Picnic Area to Bishop Lake

From the South Lake Picnic Area, we will catch a ride into Bishop and pick up our box at the post office, and then we will contact David McEachron from Sierra Trails Rideshare who will give us a ride back to the trailhead. Resupplying will not take a full day, but it will reduce our mileage. After returning to South Lake Picnic area, we plan to hike about 4.6 miles to Bishop Lake.
 4.6 miles, 2080 gain, 612 loss, camp 11,240'
 4.6 miles on trail to Bishop Pass



Evac Plan: South Lake Picnic Area

8/6 - Bishop Lake to Big Pete Meadow
 9.8 miles, 1445 gain, 3444 loss, camp 9,236'
 2 Bishop Pass mile 1.3
 4.6 miles on trail to Bishop Pass, 5.2 miles on JMT



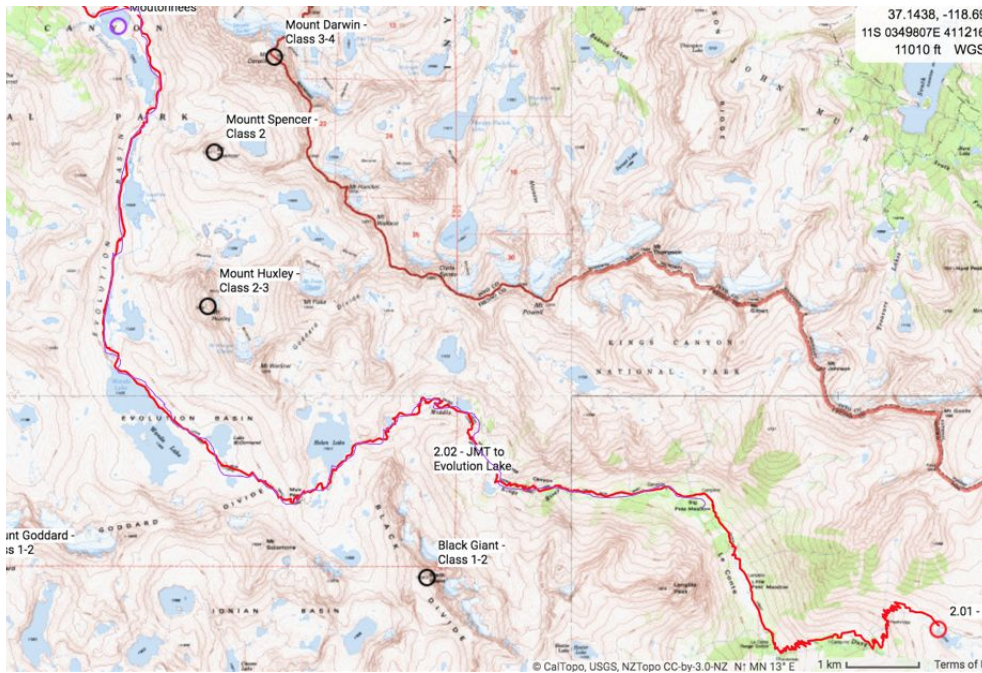
Evac Plan: Bishop Pass to South Lake Picnic Area

8/7 - Big Pete Meadow to north tip of Evolution Lake

12.1 miles, 2958 gain, 1321 loss, camp 10,837'

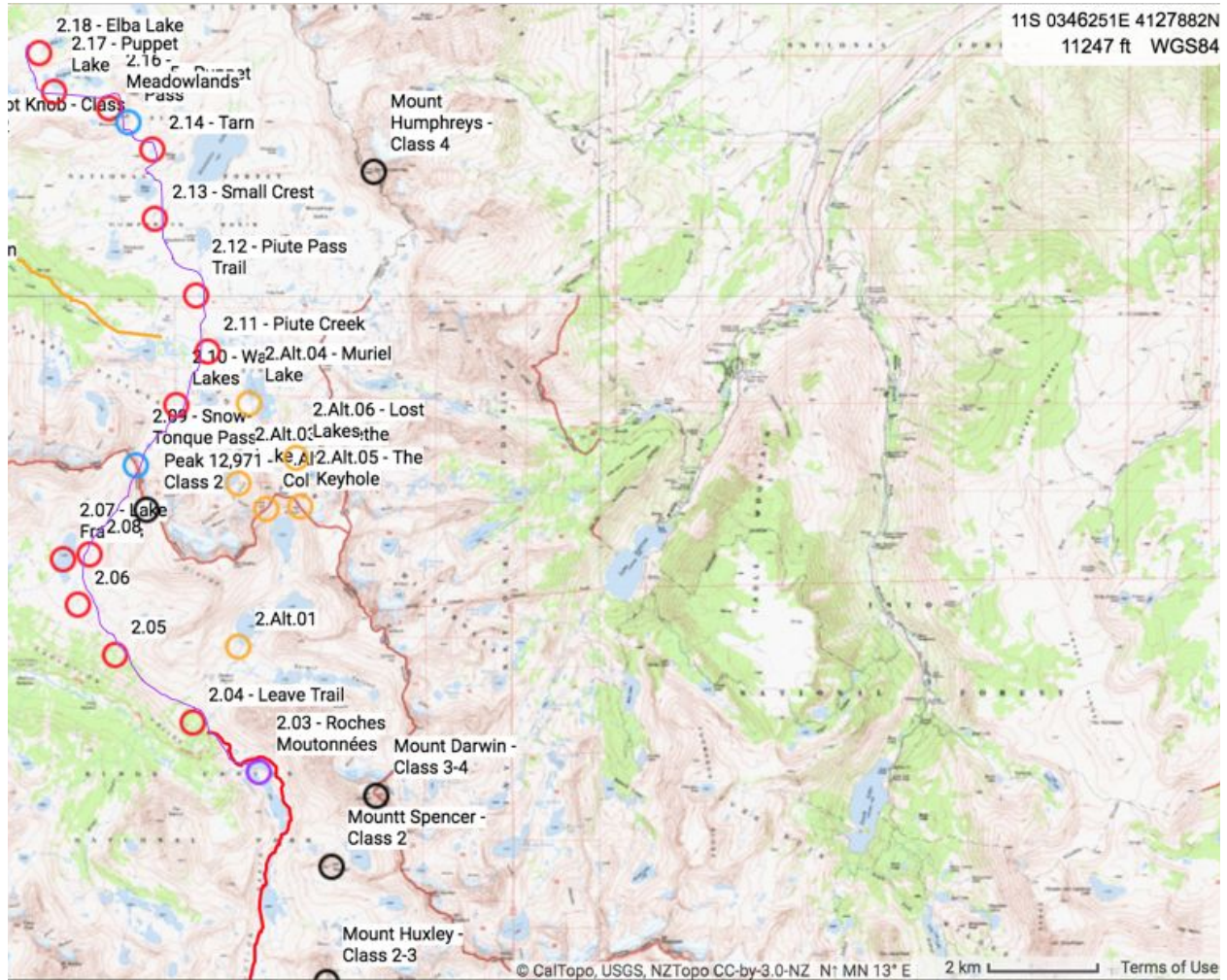
Muir Pass mile 5.7

12.1 miles on JMT



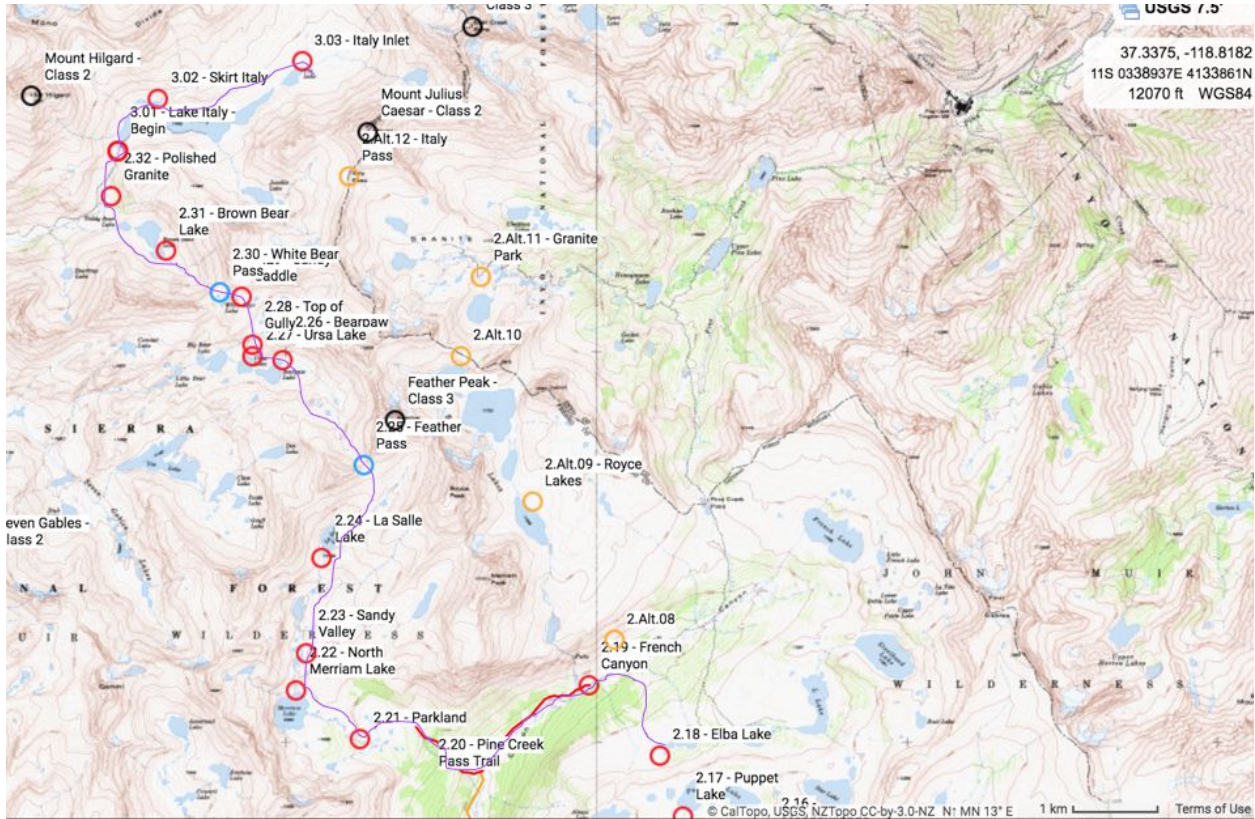
Evac Plan: Bishop Pass to South Lake Picnic Area

8/8 - Evolution Lake to Elba Lake [Caltopo 2.18]
 11 miles, 3015 gain, 3045 loss, camp 10,925'
 Snow Tongue Pass mile 4.5, Puppet Pass mile 9.2



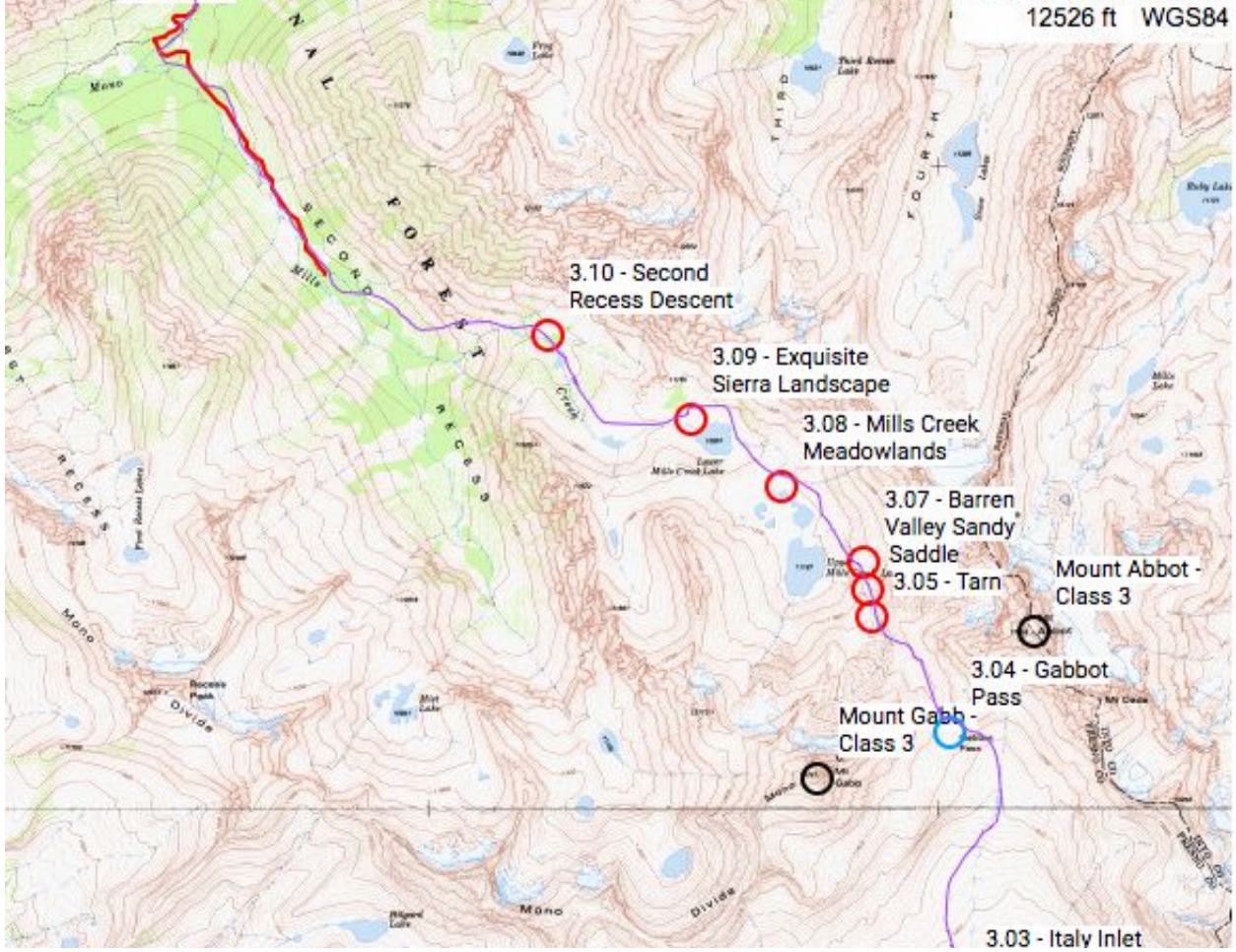
Evac Plan: Piute Pass

8/9 - Elba Lake to Italy Inlet near Toe Lake
 10.7 miles, 4148 gain, 3193 loss, camp 11,240'
 Feather Pass mile 5.3, White Bear Pass mile 7.2



Evac Plan: Vermilion Valley Resort

8/10 - Italy Inlet to tarn north of Rosy Finch Lake
 11.2 miles, 4006 gain, 4169 loss, camp 11,079'
 Gabbot Pass mile 1.1, "Tricky Routefinding Pass" mile 10.7
 3.25 miles on Mills/Laurel Creek Trail



3.10 - Second Recess Descent

3.09 - Exquisite Sierra Landscape

3.08 - Mills Creek Meadowlands

3.07 - Barren Valley Sandy Saddle

3.05 - Tarn

Mount Abbot - Class 3

3.04 - Gabbot Pass

Mount Gabb - Class 3

3.03 - Italy Inlet



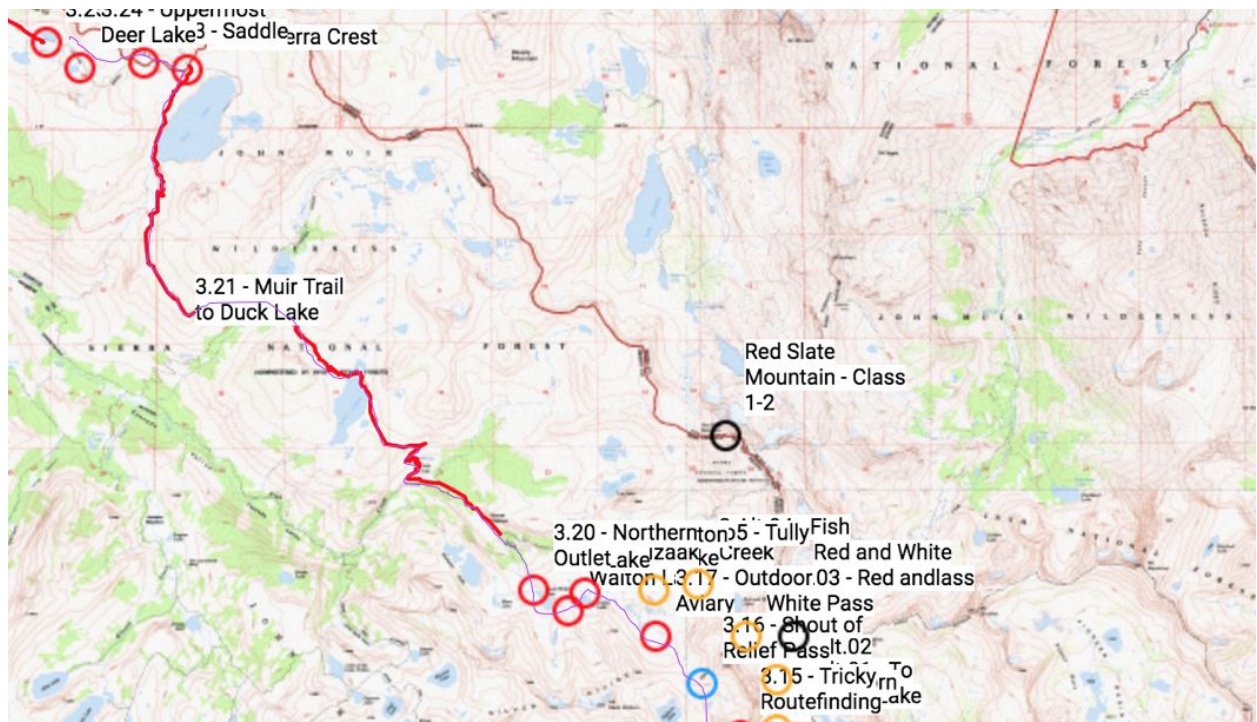
Evac Plan: Mammoth via Sierra Crest

8/11 - tarn near Rosy Finch to Deer Lakes (Caltopo 3.25)

13.6 miles, 3438 gain, 3828 loss, camp 10,699'

Shout of Relief Pass mile 0.3

10.3 miles on JMT



Evac Plan: Mammoth via Reds Meadow

8/12 - Deer Lakes to Reds Meadow (Resupply 2)

8.2 miles, 833 gain, 3871 loss, camp 7,615'

6.3 miles on JMT



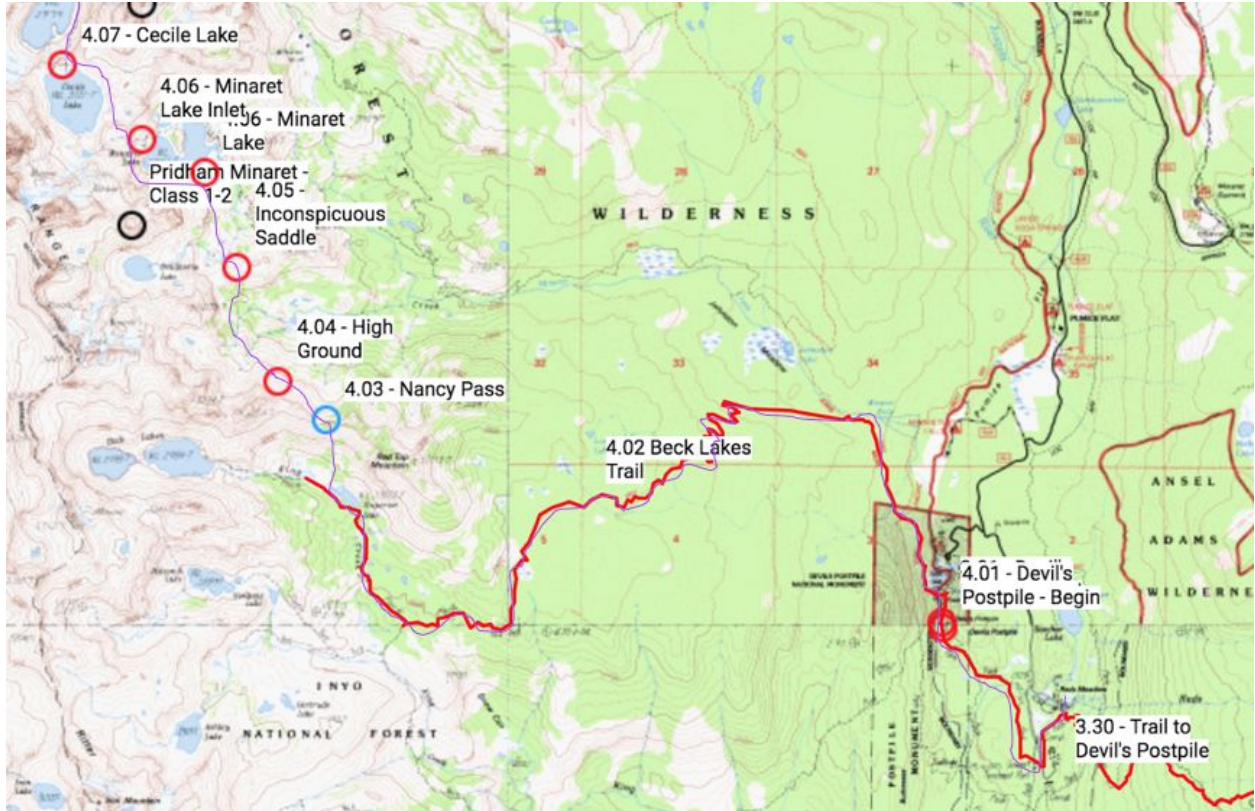
Evac Plan: Mammoth via Reds Meadow

8/13 - Reds Meadow to Iceberg Lake

11.2 miles, 4510 gain, 2359 loss, camp 9,797

Nancy Pass mile 8

2.8 miles on JMT, 8.4 miles on Beck Lakes Trail



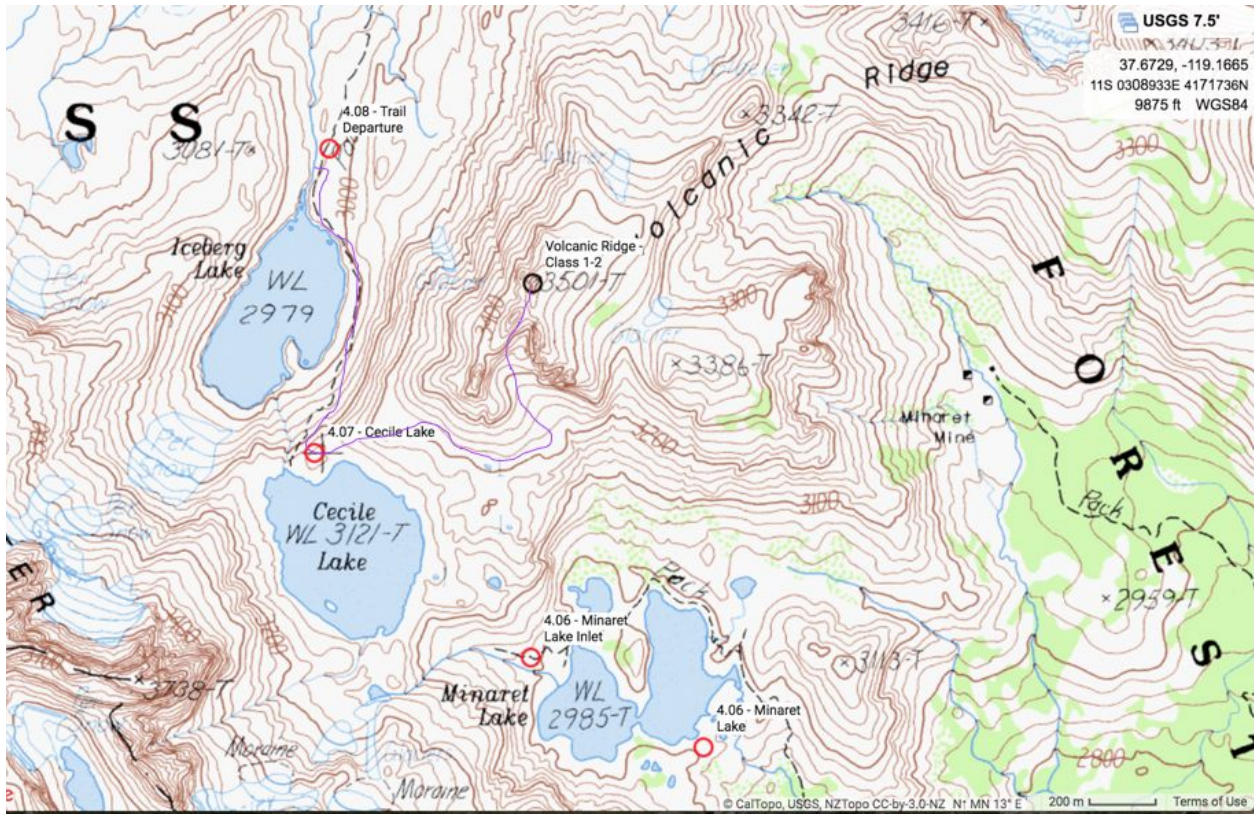
Evac Plan: Mammoth via Red's Meadow

8/14 - Zero day

Rest or explore Volcanic Ridge (east of Iceberg Lake)

Volcanic Ridge hike: 0.6 miles back down to Cecile Lake, then follow the grassy slope 0.5 miles until the saddle, where it is a class 1-2 scramble to the top. Return back to Iceberg Lake along the same route.

2.5 miles total, 1892 gain, 1843 loss, camp back at Iceberg Lake

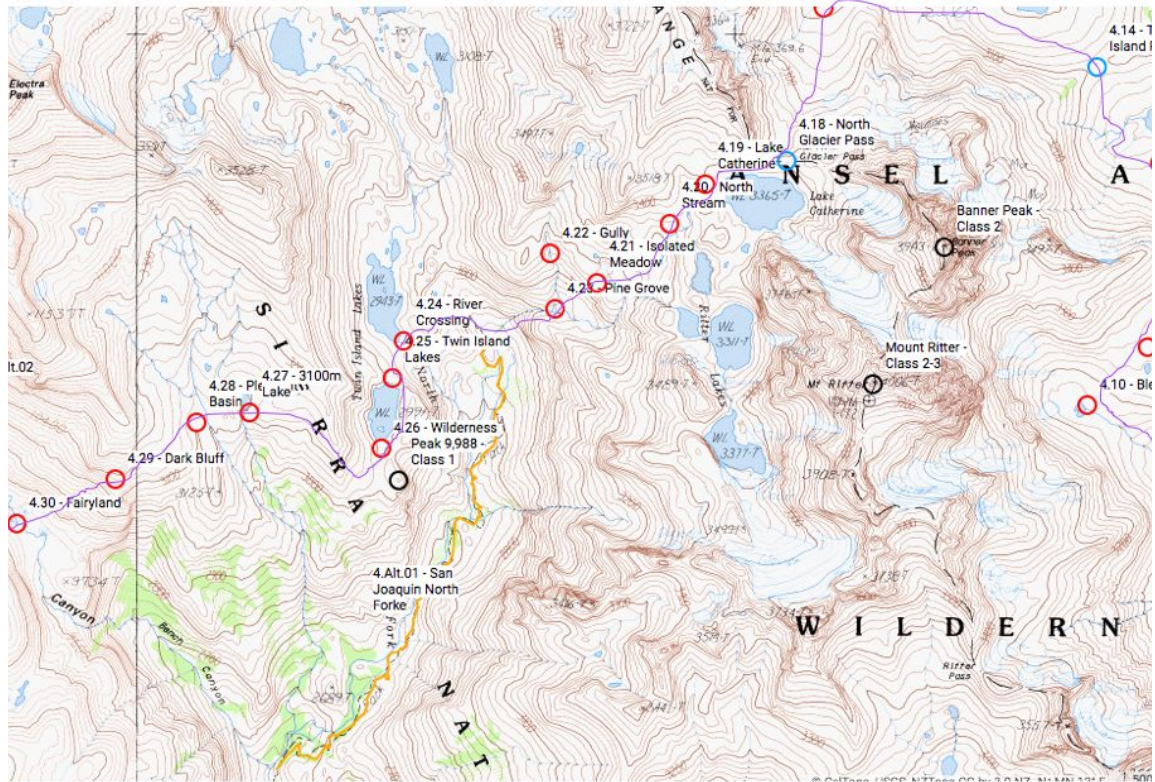


Evac Plan: Mammoth via Red's Meadow

8/15 - Iceberg Lake to Bench Canyon

10.4 miles, 5125 gain, 4787 loss, camp 10,112

Whitebark Pass mile 2.1, Thousand Islands Pass mile 3, North Glacier Pass mile 5.4



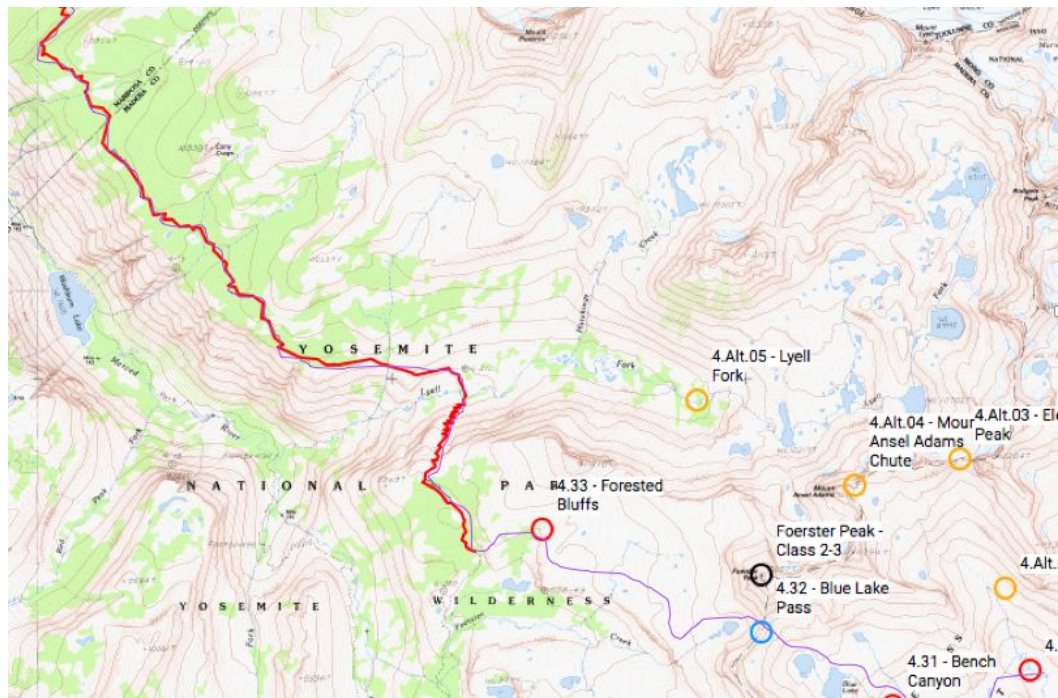
Evac Plan: Tuolumne Meadows, note Merced Ranger Station

8/16 - Bench Canyon to Vogelsang Lake

15 miles, 4659 gain, 4469 loss, camp 10,341'

Blue Lake Pass mile 1.1, Vogelsang Pass mile 13.8

11.7 miles on trail to Tuolumne Meadows



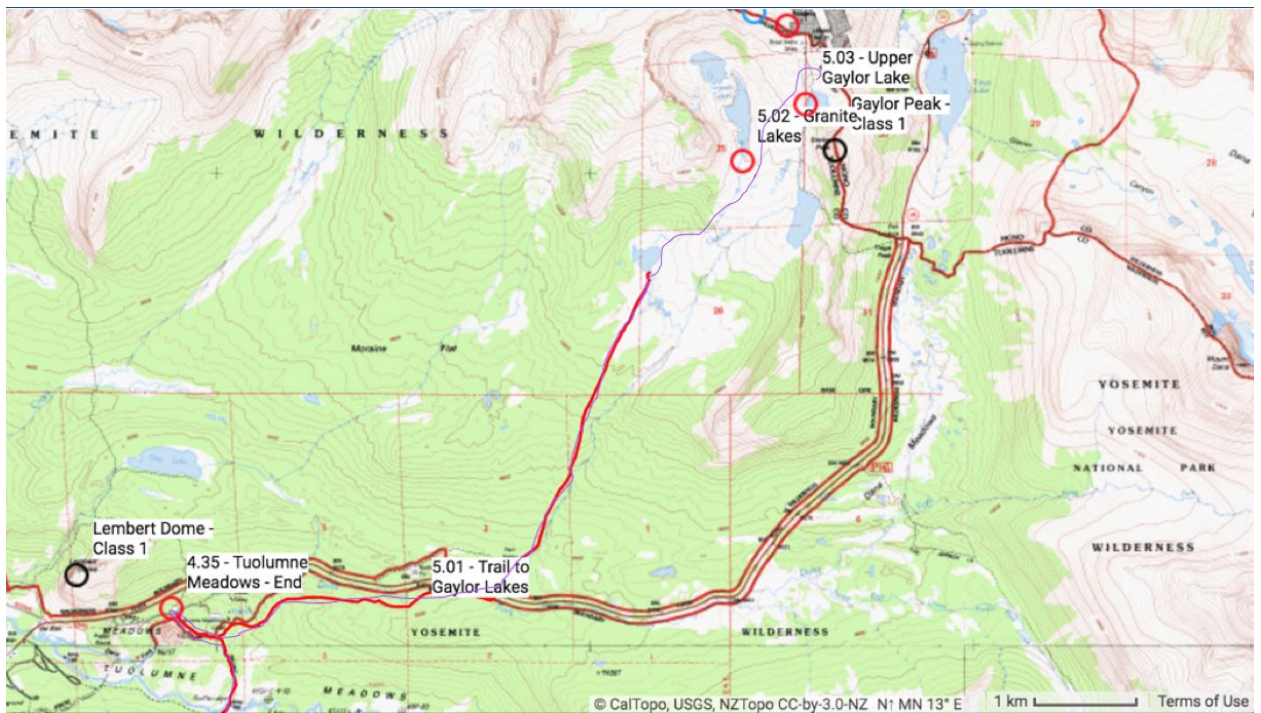
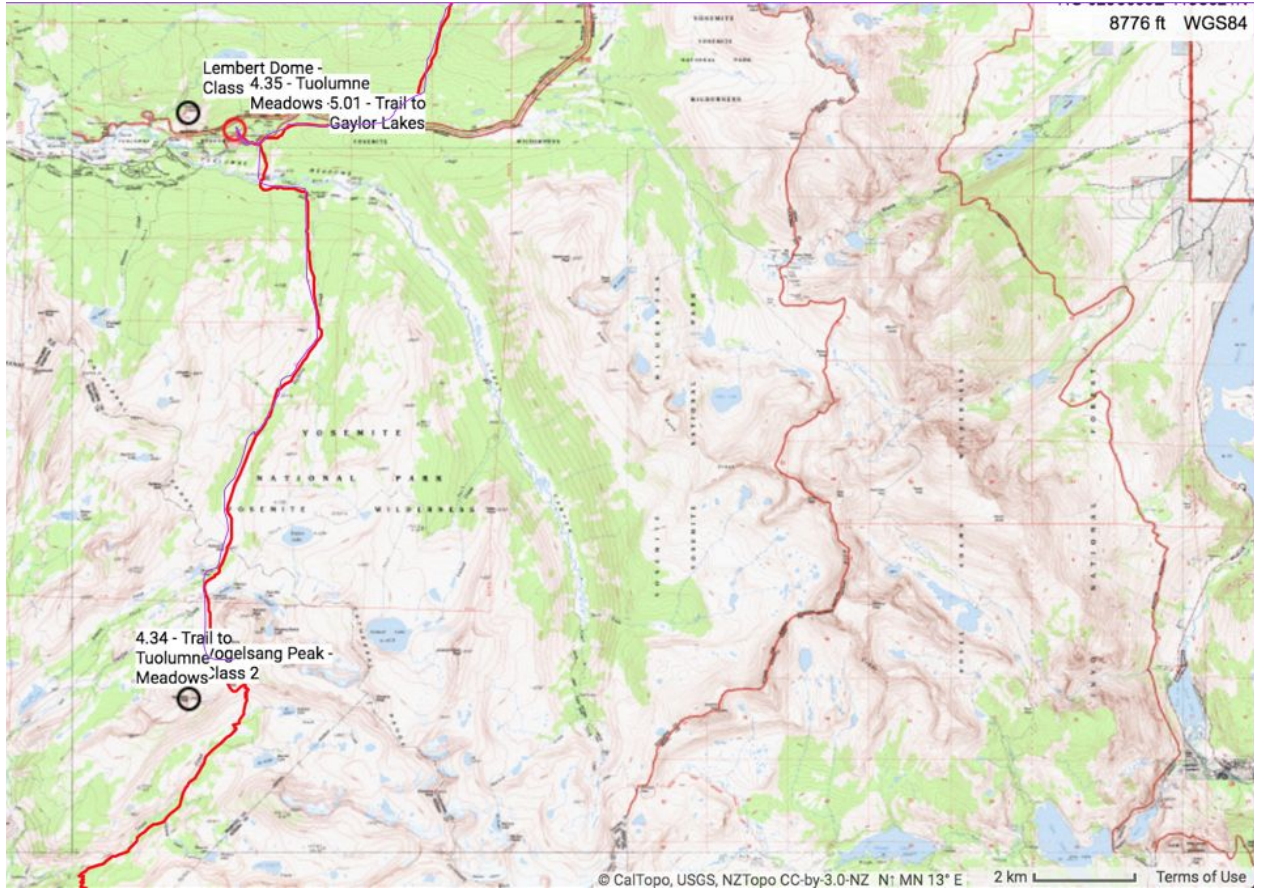


Evac Plan: Tuolumne Meadows, note Merced Ranger Station

8/17 -Vogelsang Lake to Gaylor Lakes (through Tuolumne Meadows, Resupply 3)

12 miles, 1581 gain, 1857 loss, camp 10,056'

7.7 miles on trail to Tuolumne Meadows, 4.3 miles on Trail to Gaylor Lakes



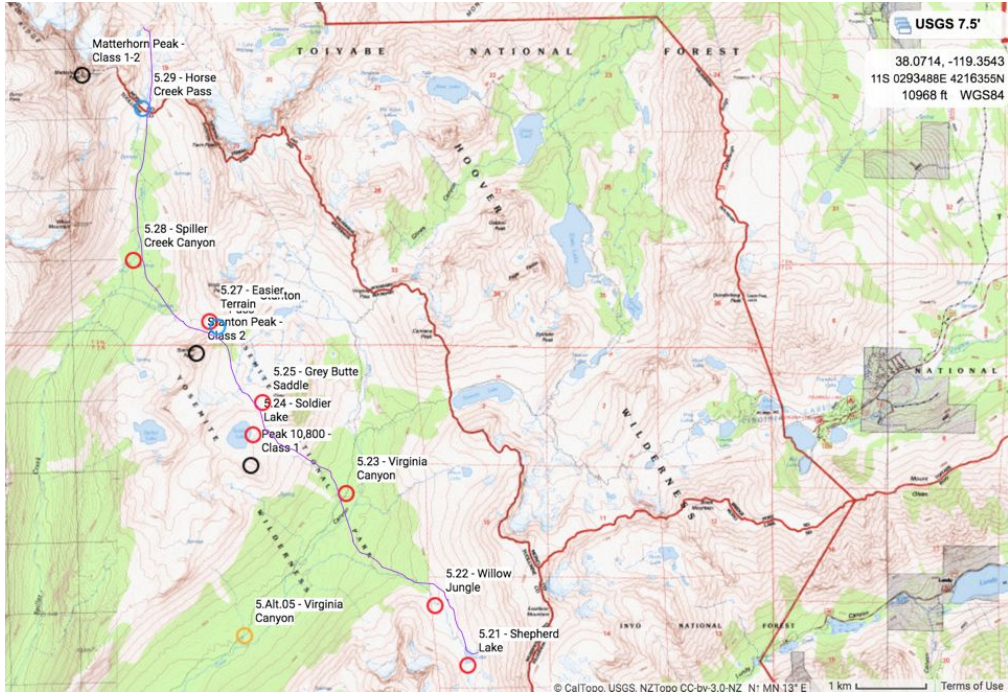
Evac Plan: Tuolumne Meadows

8/18 - Gaylor Lakes to Shepherd Lake
9.3 miles, 4282 gain, 4027 loss, camp 10,305'
Mineshaft Pass mile 1.7, Sky Pilot Col mile 8.1



Evac Plan: Saddlebag Lake

8/19 - Shepherd Lake to Horse Creek
7.7 miles, 3117 gain, 3823 loss, camp 9,603'
Grey Butte Saddle mile 3.3, Stanton Pass mile 4.2, Horse Creek Pass mile 6.7

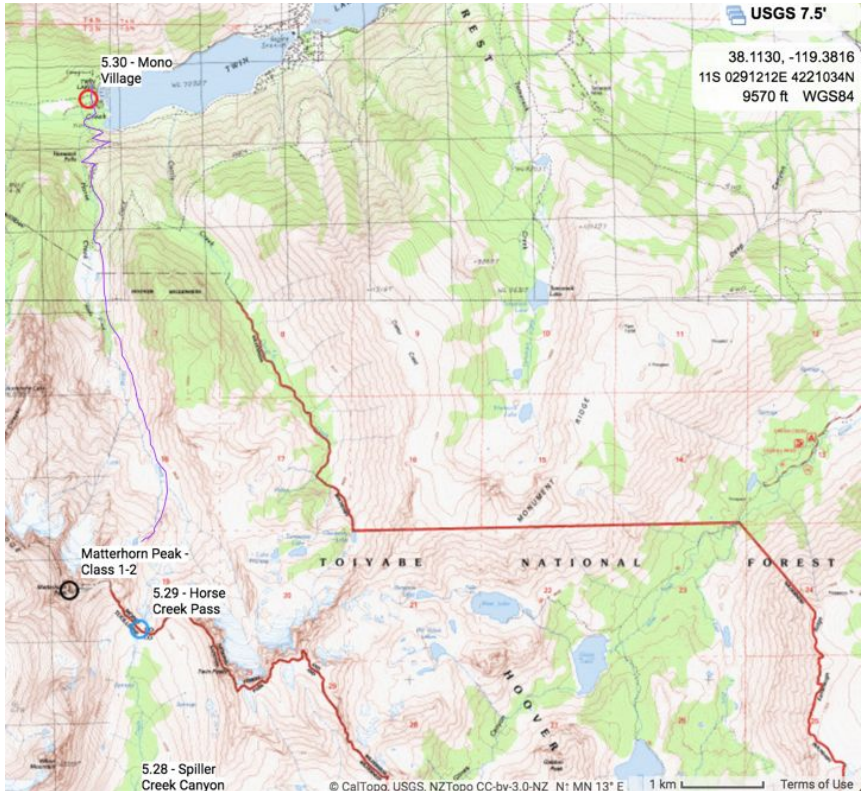


Evac Plan: Mono Village

8/20 - Horse Creek to Mono Village (end hike)

3.7 miles, 268 gain, 2615 loss

1.9 miles on Twin Lakes pack trail



Evac Plan: Mono Village

Since we only have 3.7 miles to cover (1.9 of those miles on trail), we expect to be done with our hike in the morning. We will have coordinated with our shuttle ahead of time, and we will meet them in the early afternoon. They will drive us the two and a half hours to Reno, where we will pick up our car and begin driving home. We will camp at a free dispersed campsite near Fernley NV about 30 minutes east.

8/21 We will take turns driving in shifts of two hours with periodic breaks. We will drive for about eight and a half hours, and camp in a free dispersed campsite near Woodruff Narrows Reservoir, WY.

8/22 We will take turns driving in shifts of two hours with periodic breaks. We will continue driving via I-80 E, 287 S, and then I-25 S until we reach Colorado College (about 8 hours of driving) where our trip ends.

Appendix B- Equipment

The SHR includes significant off-trail travel through challenging terrain. In order to reduce the risk of injury while scrambling, we are opting for lightweight systems. We are both skilled in using the gear listed and have confidence that while it is more minimal than traditional backpacking gear, these systems will provide for a safer hike.

GROUP GEAR:

Kitchen

- Stove (SnowPeak LiteMax)
- lightweight cooking pot w/lid
- Mini-bic lighter

Navigation

- Area topo maps
- Compass
- Two iPhones with the Gaya application (application that downloads maps and uses GPS to determine location) with downloaded USGS maps along the entire route from Caltopo)
- Anker 20000 mAh charger (Gen's external battery to charge phones, 7 full charges)
- SolarMonkey charger (Michael's solar charger to charge phones)
- Spot Gen3 (tracker)

Toilet Kit

- Hand sanitizer (2 small bottles, more in resupply boxes)
- trowel

Water Treatment

- Aquamira (primary)
- Sawyer Squeeze water filter (backup)

Misc.

- Bear canisters
- Sunscreen (12 oz per person, more in resupply boxes)
- Bug repellent (1 bottle to share)
- Trash compactor bags (for pack liners)

INDIVIDUAL GEAR:

Genevieve

- 40 L internal frame pack (Hyperlite Mountain Gear "Southwest")
- Trekking poles
- Stuff sacks
- 7'x9' Zpacks flat tarp w/ p-cord and stakes (for personal shelter)
- Tyvek ground cloth
- Sleeping bag (15 degree)
- Sleeping pad (foam)
- Headlamp (with extra batteries)
- 4 liters water carrying capacity (two 1L bottles + 2L platypus bag)

- Trail runners (Altra Lonepeak 3.5)
- 3 prs. wool socks (one for sleeping)
- Hiking gaiters (Dirty Girl gaiters)

- Plastic jar with lid (bowl)
- Spoon

- Warm hat
- Buff
- Sun hat
- Sunglasses

- Long underwear bottoms
- Wind pants
- Hiking skirt
- Rain skirt
- Underwear (2 prs.)

- Short sleeve synthetic t-shirt
- Warm inner fleece jacket
- Puffy jacket
- Rain jacket
- Sports bra

- Waterproof gloves
- Personal hygiene items
- Lip protection
- Journal + pen

Michael:

- 40 L internal frame pack (Hyperlite Mountain Gear “Windrider”)
- Trekking poles (Gossamer Gear)
- Stuff sacks
- MLD Solomid XL (personal shelter)
- Tyvek ground cloth
- Marmot Plasma (15 degree bag)
- Thermarest z-lite (pad)
- Petzl Tikka XP2 (headlamp + extra batteries)
- 5 liters water carrying capacity (2 plastic bottles + 3L platypus bag)

- Bedrock Sandals
- Trail Runners (Altra Olympus)
- Darn Tough Socks (3 prs, 1 for sleeping)

- Rain kilt (ZPacks)
- Rain mittens with liners (Z packs)
- Rain Jacket (OR Helium II)

- Short sleeve synthetic T-shirt
- Patagonia cap 2 pants
- Patagonia cap 4 hoodie

- Warm hat
- Sun hat
- Sunglasses

- Personal hygiene items
- Spork
- Lip protection

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

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

Appendix C- Food

Food Item	Calories/ Serving Size	Serving size (g or piece)	Protein (g or piece)	Serving size (g or piece)	Number of Servings per container	# Item Needed	Total calories/container	Total protein	Cost/container	Total cost	
*Quaker Instant Oatmeal	150	70	7	0.5	30	1	4500	210	10.23	10.23	
*Powdered Soymilk	90	22	8	22	41	1	3690	328		0	
Dried Hash Browns	110	31	2	31	21	1	2310	42	17.49	17.49	
Kirkland Creamy Almond Butter	210	32	8		35	3	22050	840	8.79	26.37	
Kroger Strawberry Jelly	50	40	0		35	1	1750	0	6.99	6.99	
Dried Mango	130	40.5	1	40.5	4.5	5	2925	22.5	6.99	34.95	
Dried Apricot	100	40	4.4	40	6	5	3000	132	6.99	34.95	
Roasted almonds	170		6		45	1	7650	270	12.99	12.99	
Clif Bar	260	1	11	1	12	4	12480	528	12.99	51.96	
Luna Bar	200	1	9	1	15	3	9000	405	12.49	37.47	
Mission Flour Tortillas (Large)	210	1	4	1	16	2	6720	128	4.99	9.98	
*Powdered Hummus	45	14	1	14	12	3	1620	36	4.4	13.2	
Pita bread	150	1	5	1	6	8	7200	240	3.5	28	
Dehydrated black beans	227	172	10	172	4	3	2724	120	18.09	54.27	
*Instant rice	160	44	3	44	18	1	2880	54	5.46	5.46	
*Pasta	200	56	2.9	56	8	1	1600	23.2	3.15	3.15	
Dehydrated pesto powder	90	18	0	18	2	1	180	0	\$2	\$2	
Oreos	140	2	0	2	7.5	6	6300	0	2	12	
*Vegetarian Chili Mix	190		0		28	1	5320	0		0	
Olive Oil	120	13.7	0		51	1	6120	0	10	10	
Coconut Oil	130	13.05	0		30	1	3900	0	7.69	7.69	
Sunflower seeds	190	32	29	32	5.32	1	1010.8	154.28	6.08	6.08	
Thomas Plain bagel	260	1	6	1	6	1	1560	36	13	13	
*Dehydrated refried beans	120		13.2		6	5	3600	396	18.09	90.45	
*Near East Plain Couscous	220	66.6	8		4.5	5	4950	180	5.23	26.15	
*Quinoa	172	46	6	46	7.5	1	1290	45	4.09	4.09	
Kirkland Chocolate Chips	70	15	0	15	136	0.5	4760	0	25	12.5	
Rold Gold Pretzels	110	28.35	0	28.35	7	1	770	0	4.13	4.13	
Ritz Crackers	79	16	1.2	16	24.25	1	1915.75	29.1	3.62	3.62	
Pro bar	370	1	10	1	12	1	4440	120	23.99	23.99	
*Potato Flakes	60	0.3333	1		26	4	6240	104	4.5	18	
Harmony House Dry Veggies	58	0.3333	2		16	4	3712	128	16.82	67.28	
							Total calories:	148167.55	4571.08	total cost:	648.44
							Calories/day	6734.888636	207.7763636		
							M+G total calorie goal:	6431.29/day	Goal: 136.07/day		

Appendix D- Budget

Budget

Transportation

In the space below, write the total Transportation cost for your expedition in US dollars.

Transportation: **\$1,045.53**

- Plane tickets: $\$300 \times 2 = 600$
- Transportation from Fresno to trailhead = \$100
- Transportation from Mono Village to Reno = \$100
- Transportation from Bishop to trailhead = \$40
- Gas to drive home: $(1057 \text{ miles} / 18 \text{ MPG}) \times \$3.50/\text{gal} = \$205.53$

Food and Fuel

In the space below, write the total cost of Food and Fuel for your expedition in US dollars.

Food and Fuel: **\$801.3**

- Food: \$657.45 (See food sheet for calculations)
- Resupply boxes: $(\$18.85 \text{ flat rate} \times 3 \text{ boxes}) + \$40 \text{ Red's holding fee} = \96.55
- Aquamira: $4 \text{ L/ day} \times 20 \text{ days} \times 2 \text{ people} = 160 \text{ liters needed}$, 1 bottle treats 113.4 liters. $2 \text{ bottles} \times \$12.65 = \$25.3$
- Stove Fuel $(4 \times \$5.50 / 250\text{g canister}) = \22

Maps and Books

In the space below, write the total cost of Maps and Books for your expedition in US dollars.

\$0.00 (We will purchase our own maps)

Communication Device Rental

In the space below, write the total cost of renting a Communication Device for your expedition in US dollars.

Communication Device Rental: **\$19.99**

- SPOT monthly service fee = \$19.99

Permits/Fees

In the space below, write the total cost of Permits/Fees for your expedition in US dollars.

Permits/ Fees: **\$20**

- $(\$10/ \text{wilderness permit} + \$5 / \text{person}) = \$20.00$

Gear: **\$24.92**

- Sunscreen $(3 \times 2 \text{ oz bottle } \$5.99) = \$17.97$
- Bug Repellent 4 oz bottle = \$6.95

Total Funding Request

In the space below, write your Total Request for Funding.

(If trip is 12-20 days request is not to exceed \$1500, if trip will be longer than 21 days it may be eligible for up to \$2500 funding)

Total request: **\$955.87/ person**