



Ritt Kellogg Memorial Fund Registration

Registration No. S7DL-612DJ

Submitted Feb 1, 2023 11:35am by Oliver Kraft

Registration

Jul 1, 2022-Feb
1, 2023

Ritt Kellogg Memorial Fund

RKMF Expedition Grant Group Application 2022-23

RKMF Expedition Applications due by Noon Feb 1, 2023 11:00am-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 1st Wednesday of Block 5 at noon.

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

If you have any questions please email Kacie Bell, Outdoor Education and Ritt Kellogg Memorial Fund Coordinator, at kbell@coloradocollege.edu

**Waiting
for
Approval**

Feb 1,
2023
11:35am

Participant



Oliver Kraft



Expedition Summary

What is the name of your proposed expedition?

Wrangell Runners: Between Silt and Sky

Briefly describe the objectives of your expedition.

It remains important to note that our motivation for undertaking such an expansive journey is not simply goal oriented. In fact, our journey through Wrangell St. Elias National Park and Wilderness Area begins now as we plan this undertaking. We are, and look forward to accruing outdoor skills, overcoming logistical challenges and forming the deep interpersonal bonds that are necessary to not only achieve our expedition but thrive in doing so. The objectives of our expedition are as follows.

- To safely execute a 23 day trip by bringing together our wilderness recreational, medical, and work experience
- To familiarize our group with a landscape that is both familiar in its beauty and entirely unique in its stature
- To successfully challenge individual group members to plan/execute extended wilderness trip logistics
- To prepare for extensive water and land based travel in conditions within group members' skill sets
- To prepare an adequate safety and evacuation plan for extensive water and land based wilderness travel
- To travel within a variety of weather and water conditions (up to class II+ rapids) with appropriate individual gear provided that is at a skill level well within confident for all group members
- To implement personal packing procedures that allow for rapid transitions and lightweight travel
- To develop an appreciation and understanding for the lands of the Ahtna, Upper Tanana, Eyak and Tlingit Native

groups that continue to live and subsist throughout the Wrangell Range and South Eastern Alaska
 To inspire an appreciation of the Wrangell Mountains, preserved under Wrangell - St. Elias national park and greater appreciation for public lands accessible to all
 To implement group and individual risk assessment and mitigation strategies for swiftwater travel
 To build camaraderie and deepen our friendship through a challenging yet safe packrafting trip.

Briefly describe the location of the expedition.

Alaska's Wrangell-St. Elias National Park is the nation's largest national park and home to some of the continent's most rugged and stunning landscapes. With the confluence of glaciation, tectonic activity, and intense volcanism over millions of years, the dynamism and scale of Wrangell-St. Elias National Park is truly breathtaking.

Contained within a 24 million-acre World Heritage Site, the park and preserve includes miles of beautiful coastline, four geologically distinct mountain ranges, and the fourth highest mountain in North America, Mount Saint Elias (Was'etitushaa). During our 21 day expedition our team will complete a partial circumnavigation of the Wrangell Mountains, beginning near Nabesna, moving south around the west end of the Wrangell range before ending in McCarthy/Chitina.

Within the interior of what is now the national park, the Ahtna and Upper Tanana Athabascans people have hunted caribou and thrived for many thousands of years with established trade routes over many of the passes we will travel over. Two larger historic villages very near to our route continue to be inhabited today with inseparable ties to the landscape.

After a bus from Anchorage, our trip will begin at the Wrangell Mountains Wilderness Lodge at Twin Lakes outside Slana. From here we will float Jack Creek past Nabesna, up and over Cooper Pass to Chisana. Wrapping south we will pass Solo Mountain before summiting Skolai Pass and then Chitistone Pass. We will then descend to the toe of the Nizina Glacier and paddle down the West fork of the Nizina river. When we reach the Kennicott river we will hike north to the town of McCarthy where we will either conclude our trip or embark on extensions as desired.

Date that travel to the expedition will start.

Aug 4, 2023

Date that your team will enter the field.

Aug 7, 2023

Date that your team will exit the field.

Aug 30, 2023

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

Sep 1, 2023

How many days will your team be in the backcountry?

23

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

Among America's largest national park, solitude and self-reliance transform into routine rather than anomaly. On our trip to Wrangell-St. Elias, it is fully our intention to feel small within a landscape far grander than ourselves. And while not executed with ease, travel through the nation's largest preserved space in the wilderness preservation system will certainly allow us to feel humbled, yet grateful for the growth available to us all.

In all likelihood, the potential to see other individuals along this route is low due to the unique nature of packrafting; in all, we will float along eight rivers and cross four significant mountain passages. As one of our modes of transport, the packraft will serve our desire to experience this wilderness with exceptional variety. This trip is not solely a float trip, nor a backpacking trip, but a hybrid between the two that allows us to travel 250 miles through the heart of this UNESCO World Heritage site.

While this trip does require re-rationing of supplies, our self reliance remains a determinant factor in allowing our successful completion. Our transport depends primarily on our own arms and legs with the aid of glacial flows in part. And with 20,000 feet of elevation gain estimated, grit is certainly a prerequisite. We chose this trip in part due to the

physical challenge. While our packs will be optimized for weight, an undertaking of this size will require each member to carry their own livelihood right along with them. With this in mind, our self-efficacy and self-propulsion are but two tenets of many that will mature during our week's within this wilderness.

We certainly would like to expound further upon what it means to have a 'wilderness experience.' While this land is wholly wild and raw in nature, the Wrangells remain the home to four indigenous groups, the Ahtna, Upper Tanana, Eyak and Tlingit, who have subsisted since long before land preservation existed in this nation. Our wilderness experience will traverse these same lands, and we aim to travel with a respect for the landscape stemming from our own wonder at the beauty and challenges of the journey. Further, the Wrangells provide a setting to explore our own wilderness experience in an environment that offers insight beyond ourselves. This exploration includes experiential learning; the Wrangells offer a geologic and biotic scape that is profoundly unique. Our journey will take us along the trails of receding glaciers, evident through the sediment choked waters we'll paddle. Without a doubt, this glacial landscape is already labored with the detriments of a rapidly warming and changing climate. Our wilderness experience as a result will be unique; we will chronicle as a team the unprecedented changes beholden upon this landscape.

Participant Qualifications

Expedition team member information

Henry Jones - [REDACTED]

WFR will be completed June 17-26 [REDACTED]

George Downs - [REDACTED]

WFR Expiration: Jan 25 2025

Oliver Kraft - [REDACTED]

WFR Expiration: Jan 29th 2025

Clay Rodriguez Gould - [REDACTED]

WFR Expiration: Jan 25 2025

Logan McCloskey - [REDACTED]

WFR to be completed June 5-11 [REDACTED]

Ben Gibson - [REDACTED]

WFR will be completed July 11th-21st [REDACTED]

Does your team have adequate experience?

Yes

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

Skills Improvement:

Spring 2023 We will go on two white water training trips: one at Waterton Canyon (III-IV) of the South Platte outside of Denver and one on the Arkansas river including Royal Gorge. On these trips we will solidify our foundations in whitewater travel, working up to class IV whitewater.

Throughout the summer, we will all go on a multi-day packrafting or kayaking trip to gain a feel for being on the water in a packed boat, and dial in our systems for whitewater travel with fully loaded boats.

We plan to take a Packrafting skills class with Nike White (ACA Instructor)

Navigation Education:

Throughout the spring and summer, on all water, skiing, and hiking trips we will practice our map & compass skills to be best prepared for the navigation challenges of this trip.

We will review and study our maps rigorously for the weeks leading up to our trip

Fitness: Traveling by foot and by boat in Alaska requires a high level of physical fitness. We will maintain a training plan that includes continuous cardiovascular exercise through the spring and summer in the gym and during our normal recreational activities.

The whole group plans to do group mountain bike rides for fitness and building team camaraderie. Individually we all either run, go to the gym or both. We all do some type of cardio exercises several times a week but we will ensure we focus on our endurance leading up to the trip. Additionally, paddling requires core, arm, and back strength. We will target these areas by lifting weights at least 2 times a week in the late spring and summer.

Expedition Logistics, Equipment, and Food

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

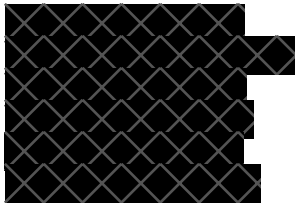
Travel day A (August 4): Team Members will fly from their home airports to Anchorage on August 4th, convening in the airport midday through the afternoon: 

We will then ready our supplies and check in to the Puffin Inn of Anchorage where we will stay the next two nights.

Travel day B (August 6) We will take the bus from Anchorage to Slana (Interior Alaska Busline). Tim Kelley will drive us from Slana 40mi to the start of our route.

Travel C (August 31) We will take the bus from Bus McCarthy-Chitina-Glennallen (Kennicott Shuttle) bus to Anchorage. We will spend the night at the Puffin Inn.

Travel D (September 1) We will flyout from Anchorage back home:



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

[Ritt 23_ Itinerary.pdf](#) (72KB)

Uploaded 1/31/2023 9:04pm by Oliver Kraft

Please paste a URL to your complete digital expedition map.

<https://caltopo.com/m/JSD3E>

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

We plan to do two re-rations through Devils Mountain Lodge on day 9 at 62.06611, -142.04381 and day 15 at 61.63841, -142.08417. There are airstrips at each of these coordinates where we can pick up food and leave trash.

Contacts:

Kirk Ellis at Devil's Mountain Lodge in Nabesna (1-707-400-6848).

Wrangell Mountain Air in McCarthy (907-554-4411 -or- 800-478-1160).

We have yet to decide which company we will contract with to minimize flying and shipping costs, but both have agreed to drop our food at our two drop points, both of which are less than 70 minutes of flying from both locations.

As for cost estimates, flying is \$500 an hour with Kirk Ellis. For the two separate flights to Chisana (30 mins one way) and Skolai (70 mins one way), we are estimating

Trip to Chisana
 $((30*2)/60)*500 = \$500$

Trip to Skolai
 $((70 * 2)/60) * 500 = \$1170$

Total = \$500 + \$1170 = ~\$1670

We have been quoted by Wrangell Mountain Air for \$575+\$780= \$1365, but shipping food to McCarthy would involve higher food shipping prices bringing the total to a similar amount as offered by Devil's Mountain Lodge.

Describe how you will protect your food from wildlife.

Ursack + aluminum liner -

Wrangells-St. Elias National Park and Preserve is home to two species of North American bears, black and brown bears. While the park and preserve is home to numerous other mammals our food protection equipment will be tailored toward the possibility of bear encounters. Ursack bear bags are available for rent through the Ahlberg Gear House, these bear resistant bags suit the demands of packrafting more so than traditional options like bear canisters due to their compressibility. In order to comply with Wrangells-St. Elias National Park and Preserve guidelines will have to make slight modifications to each bag through the inclusion of an aluminum liner.

In order to minimize the risk of food related bear encounters our trip will strictly adhere to the National Park services Bear Safety in Alaska's National Parkland guidelines. When not in use all smellables, including food, sunscreen, chapstick, etc will be stored in our Ursack bear bags. Meal preparation and cooking will take place at least 100 yards from camp. Overnight, food will be stored at least 100 yards from both our camp and meal preparation area.

As is standard practice in bear country we will keep a clean camp and cook site and ensure that all smellables are placed in our Ursack bear bags each night.

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

[Ritt_23 Budget and Food.pdf](#) (160KB)

Uploaded 1/31/2023 9:06pm by Oliver Kraft

Upload a thorough equipment list.

[Ritt 23_ equipment list.pdf](#) (56KB)

Uploaded 1/31/2023 9:09pm by Oliver Kraft

Upload a first aid kit list.

[Ritt 23 First Aid kit.pdf](#) (40KB)

Uploaded 1/31/2023 9:12pm by Oliver Kraft

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

To begin, we aim to limit our impact through responsible planning techniques as demonstrated within this grant. This includes making conscious decisions about how we might limit our impact in advance, such as strict adherence to LNT principles during our travels. These are enumerated here:

Plan Ahead and Prepare: With this proposal, we are responsibly planning our trip. We have previously researched wildlife concerns, emergency evacuations, and hazards in the park.

Travel and Camp on Durable Surfaces: When camping, we will avoid crushing plants and try to camp on dirt patches or stream banks.

Dispose of Waste Properly: Human waste will be disposed of according to LNT standards (catholes 6-8 inches deep, 4-6 inches wide, 200+ feet from water, trails, and camp).

Leave What You Find: We will take only photographs, many photographs.

Minimize Campfire Impacts: We plan to have small fires to keep warm and dry out belongings while paddling. We will build and contain fires to rocky surfaces.

Respect Wildlife: Mindful food storage and observing wildlife from afar minimizes our impact on their beautiful lives.

Be Considerate of Other Visitors: Leaving areas as we found them preserves experiences for future visitors.

Where we aim to build more nuance into these principles is considering our carbon impact and food choices throughout our travel. It is a true challenge to adequately provide necessary nutrition for group members without significant animal input, but we aim to cut significant red meat from our planning in order to limit our already substantial carbon impact that includes transcontinental flights. LNT principles do a substantial job in describing a vague ideal of how to behave within a natural area, yet we would like to further consider how cultural and historical actors play into this trip. While in Wrangell St. Elias, we will be on land that has historically been subsisted upon by the Ahtna, Upper Tanana, Eyak and Tlingit. We are enthralled to visit these public lands and further enthused by the lessons we aim to take away but would like to acknowledge the contested nature of public and private lands within this country. We will travel with utmost respect and do so by familiarizing ourselves with the histories of the land which we are privileged to recreate upon.

To build further upon the idea of privilege, we recognize together that, our backgrounds notwithstanding, we are all privileged to take part in such an incredible opportunity. It is for this reason that we aim to fully leverage the impact that this expedition will impart upon us. The skills gained from this experience will help us continue enjoying the natural world with the utmost care for safety. We all take ownership of this trip plan and will execute the project with an equal commitment to the safety and happiness of all team members. Taking ownership means that all of us will perform our specific roles to the best of our ability while simultaneously caring for the group as a whole. As the length of backcountry trips increases, it becomes increasingly necessary to have a cohesive team to handle complex situations, especially if a situation is medical in nature. This trip will allow us to form a tight bond through our collective experience as we traverse this expansive wilderness that will defy our expectations in ways expected and not. This expedition will allow us each to develop our own sense of community, adventure, and stewardship toward the places in which we recreate.

Together, we all share a passion for land and water travel. These modes of experience allow each of us to take a different lesson from the Wrangells that is both individual and steeped in nature. As we packraft eight rivers, we hope to experience the power that this glacial landscape conveys. These rivers each craft their own valleys and basins according to their geologic constraints in ways that influence the living factors present in intricate manners. As we traverse the in-betweens and mountain passes, we hope to be granted further insight into the history of this place that transcends each of us. Ultimately, this experience will inspire our own minds. Our travel between silt laden rivers, glacial streams, and alpine passes will be nothing short of thought provoking in the context of a changing climate. As a glacially changing landscape, Wrangell St. Elias will inspire us just as anyone who has seen a wonder such as glaciers in action, alongside the sobering truths of glacial recession in the previous century. By impacting our consciousness, we can only hope to steward this place into the future by impacting those around us.

Risk Management

What are the main objective hazards of the expedition?

Remote Setting: The consequences of recreation increase dramatically when in the backcountry. For this reason, we will apply all the risk management techniques we have developed as outdoor recreationists. These include Swiftwater Rescue courses, Wilderness First Responder certifications and extensive shared professional experiences within the guiding, fishing, wildland fire, and thru hiking fields. Satellite phones will also be included in our group gear; however, evacuation points and satellite phones are merely contingency plans and all aspects of risk management will aim to avoid these options unless necessary. Additionally, the trip plan (complete with emergency contacts and return time cutoff) will be filed with a responsible individual before departure; this plan will ensure that necessary search and rescue operations can be initiated if necessary.

Cultural Considerations: The cultural considerations of the trip are numerous. As individuals and members of the Colorado College community, we will carry ourselves with the utmost respect for people and places. We acknowledge that people have lived in these areas for tens of thousands of years and continue to inhabit these incredible and often delicate landscapes we look forward to experiencing. Approaching this experience not as an extractive adrenaline or adventure experience, but one of natural immersion in a landscape of cultural significance to many dead and alive will guide as motivations for this trip. Acknowledgement of our positionality as privileged men coming to Alaska for a "wilderness" experience will also inform the care we will take in our interactions with land and people in this area that is not our home.

Temperature Extremes: We will be exposed to hot temperatures, cold temperatures, and cold water throughout this trip. We ensure that clothing and sleeping gear are within dry-safe bags in order to ensure proper comfort in these conditions. Though traveling in August, temperatures range dramatically (67 avg high, 39 low). Care will be taken to monitor exhaustion and overexertion. We will not hesitate to take breaks when any group member requires for delayering, layering, watering up, staying fed, or simply resting as our trip travels a variety of terrain. We will ensure

that over-exhaustion and heat-related illnesses are not experienced by maintaining adequate hydration and supplementing electrolytes. This watchfulness includes looking out for our group members and ensuring that all are adequately caring for themselves – we will check in as a group throughout the day to ensure hydration and food have met everyone's needs.

Human Judgment: Traveling for extended periods in the backcountry poses many risks. Exhaustion, both physically and mentally, is an incredibly likely scenario, especially after numerous days of physical exertion. For this reason, we will monitor each other's physical and emotional condition on a regular basis and ensure that we are both hydrating and staying on top of our energy levels. A separate risk assessment that we must take is to address the role of human heuristic traps. These heuristic traps occur when we make mental shortcuts to understand situations. Rather than following gut judgment, we will be deliberate in our decision-making. We will be sure to address the areas where we, as a group, will need to be vigilant. This vigilance includes not overemphasizing any individual's experiences to avoid an 'expert halo'. Further, we will be sure to remain dynamic during changing conditions and not be stuck within the previous plan commitment.

Tripping Hazards: This is not to be overlooked. We will consistently be traveling through the transition zone between water and land. It remains essential to have individuals take care to find proper footing. Sure footing further translates to land, where we must ensure proper foot placement during camp setup and any land travel. In an evacuation situation, we will continue to ensure those providing aids are not becoming victims and require further assistance.

Cutoff Time: To practice risk management and emergency preparedness, we will designate team member's parent [REDACTED] to alert emergency management by Sept. 1st at 9:00 PM AKT. We will contact [REDACTED] via sat phone if we will be late in leaving the trip.

His contact information is listed in the emergency contact resources list.

Submersion Hazards and Cold Shock: While this trip will take place in August, we plan to complete all river portions in dry suits to alleviate the potential for catastrophic issues relating to hypothermia in glacially fed waters. All group members do either have, or will have adequate training and experience to complete the water based portions of this trip successfully. Similarly, all members possess the medical training requisite to allow rapid basic life saving treatment should a mishap occur. Once again, we will ensure dryness of sleeping and clothing gear to allow for peace of mind in regard to potential cold water mishap. Helmets will be worn while on all water sections, as well as life jackets, in an act of preparedness for upset packrafts. We will ensure all gear is adequately strapped and/or kept within packraft internal storage compartments. All members will have or already have swiftwater training to allow for quick rescue of individuals from swiftwater environments.

Wildlife: is perhaps what comes first to mind when considering the hazards present in Alaska. Grizzly and Black bears are readily present in Wrangell St. Elias. We will bring bear spray accessible to each group member alongside behaving according to being in bear country, which includes making noise in thick underbrush and potential feedstocks for bears, never approaching bears (or any wildlife), keeping scented items in bear safe storage overnight, and ensuring that all members are familiar with the differences in these two kinds of bears. Moose are potentially more hazardous than bears and we plan to mitigate their hazard by remaining at a great distance and not aggravating any wildlife. If a moose charges, each member will know the proper response including hiding behind trees. Bison and Caribou also exist and our mitigation strategy is similar to moose. Dall sheep and mountain goats inhabit rocky ridges throughout Wrangell St. Elias. We will remain at a distance to these creatures. Small mammals are a further consideration, including lynx, wolverines, martens, coyotes, foxes, and wolves are known to be present in the park. We will keep our distance from all of these creatures when we happen across any.

Weather and terrain hazards: While temperature extremes have been mitigated, we will take other measures to address potential variations in weather that we are. As we will be far away from cellular connection, we will bring printed extended forecasts and request replenishment during restocking. While our weather experience varies, we will ensure all group members have a rudimentary understanding of weather systems and frontage passages (one of our foremost concerns). We will ensure that all group members have tents to sleep within as rain is not uncommon for this time of year in Wrangell St. Elias. We will also bring a quick set up tarp for communal cooking in the event of wet weather. There exists a risk of cumulus buildup and lightning on warmer days or with frontal passage. We will ensure that we are not in exposed areas during these events and that all group members are well familiar with proper lightning positioning. There exists the potential for extreme winds, and all members will be equipped with proper gear to adjust to these conditions. With rapid increases in altitude, we may have members experience AMS which will be treated promptly with descent and or rest.

Climate change: Climate change is already having drastic effects in this area of the world. Melting glaciers are a primary concern as the rivers of the Wrangells are inundated with greater water in the summer months and become sediment choked. This results in an ever changing braided river geoscape and may require additional portages within river sections. The alternative is higher than average flows with unseasonably warm temperatures. With these challenges in mind, we've chosen a route with whitewater below our skillset even with additional summer surge. Wildfires are certainly possible in the area, yet we will be traveling in a historically safer zone. The Alaska fire season typically runs to late July and August wildfires are typically anomaly; with climate change, this may change and we will monitor conditions as we near trip dates.

Mosquito Borne Illness/Water Borne Illness/Digestion issues: West Nile Contraction is highly unlikely in Alaska yet would constitute an evacuation depending on severity. This is the only contractible disease carried by mosquitoes in Alaska. Water borne illnesses are possible, yet we will use two group water filters and aquamira to ensure kill-off of all potential bacteria, protozoa, and virus contaminants. We also plan to practice thorough camp hygiene with use of hand washing and hand sanitizer frequently to alleviate risk of digestional tract issues.

Mental Challenges

Mental Challenges are not a struggle to be overlooked. We can work to prevent/tackle mental challenges early by having daily check-ins as a group where group members can voice how they feel and concerns they may have about the trip, particular day, or any other form of worry. We also plan to have at least fifteen minutes to ourselves to decompress and just breathe. We will keep in eyesight to prevent any potential hazards of being alone. We will also reserve fifteen minutes during dinner to discuss the day and any other possible concerns/issues. If an individual does not feel comfortable voicing a concern to the group each member of the expedition will be careful to be observant of others behavior to try and notice if someone is suffering in silence. If this is the case that individual can approach the struggling expedition member and broach likely difficult but essential conversation. We plan to work as a functional team that cares about each other's physical as well as mental well-being.

Group Dynamics

Group dynamics are a critical element of survival in a remote setting such as this. There is likely to be some frustrations with each other on a trip like this but we can let these frustrations manifest into anger and pettiness as this could jeopardize our safety. If two or more group members can not or do not want to work things out informally with conversation we plan to VOEP. VOEP stands for Vent, Ownership, Empathize, and Plan. Venting allows individuals to air what is bothering them in a held space without interference. Ownership includes taking responsibility for one's own role in a conflict and acknowledging how that affected others. Empathizing includes understanding how your actions made another person feel and the impact that had on them. Lastly, creating a plan to prevent a similar situation in the future is essential to the resolution of conflict. A neutral party will preside over the VOEP so that each party feels respected and heard.

Cuts/Infection

Cuts are potentially our most dangerous hazard since infection can quickly and easily take hold and cause serious life-threatening problems. To prevent infection we will promptly clean any wounds with our irrigation syringe filled with a saline solution. Next we will apply a triple antibiotic ointment, gauze, and wrapping or bandage depending on the location of the cut. These are the most important steps that immediately follow an injury. Prompt care is crucial to smooth healing. We will continue to monitor cuts by changing bandages and reapplying ointment continually as needed. We will be diligent in our observation of cuts for signs of infection such as swelling, change in temperature, pain, red streaking, and worrisome discharge from the wound.

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

Safety is our number one concern, and reaching travel objectives will always come second to wellbeing. We will use our Garmin InReach satellite phone and/or personal locator beacon without question whenever we are faced with situations that threaten life or limb. In the event that we require a rapid evacuation, we will initiate this emergency response with the SOS function on our Garmin InReache. From that point, we will be able to continue communication with the emergency response team.

In most of our locations, we will require a helicopter evacuation for severe situations due the sizable distances (often 10+ miles) to airstrips. In the event of an early evacuation by plane at such airstrips, we will contact the Devils Mountain Lodge or Wrangell Mountain Air or the RCC rescue team. If the individual is incapable of travel we will remain at our evacuation point or current location, taking into consideration the safety of that space, until we can be reached.

Days 1-7: We can turn back toward Devil's Mountain Lodge, call RCC for helicopter evacuation, or continue on to the

airstrip at Chisana for a plane evacuation.

Day 10-13: We can return to Chisana or continue to White River airstrip for plane evacuation or call RCC for helicopter evacuation.

Days 14-17: We can return to White River airstrip or continue to Skolai airstrip for plane evacuation or call RCC for helicopter evacuation.

Days 17-22: We can return to Skolai airstrip, take the mesa evacuation to Wolverine airstrip, or descend to Nizina Lake for float plane evacuation, or call RCC for helicopter evacuation.

Days 22-24: We can follow evacuation routes seen in our digital map or call RCC for helicopter evacuation.

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

None.

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

While backcountry permits are not required in Wrangells-St.Elias National Park, we will complete an optional backcountry itinerary at a park visitor center in which we will submit our detailed trip outline including our projected route. If at the end of our trip we fail to check in, rangers will not initiate a search until a specific request from a friend or family member is made.

Park rangers coordinate rescue responses with the Alaska Joint Base Elmendorf-Richardson RCC, a 24-hour-a-day rescue team as well as the Air National Guard.

800-420-7230 (emergency long distance)

551-7230 (local emergency and non-emergency).

Should we need emergency assistance during our trip we will be equipped with one Iridium sat phone rented through the Ahlberg Gear House.

Important numbers for Wrangells - St. Elias National Park:

(907) 822-5234 Park Headquarters

(907) 822-7250 Main Visitor Center

Chitina Ranger Station: 907 823 2205 (close to our destination in McCarthy)

Slana Ranger Station: 907 822 7401 (close to our starting point)

Providence Valdez Medical Center

911 Meals Ave, Valdez, AK 99686

907 835 2249

Providence Alaska Medical Center

3200 Providence Dr, Anchorage, AK 99508

907 562 2211



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

Should we need emergency assistance during our trip we will be equipped with one Iridium sat phone rented through the Ahlberg Gear House. In additions, we will have a Garmin Inreach and a PLB.

COVID-19 Preparedness

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

As of January 30th, weekly averages for COVID-19 for the state of Alaska are at 700/week. We will be traveling within three boroughs/census areas, Anchorage, the Copper River Census Area, and the Matanuska-Susitna Borough. Anchorage has the highest weekly case average of 192/week, while Matanuska-Susitna has 23/week, and Copper River has 1/week. Neither the State of Alaska nor the boroughs/census areas, or municipalities that we will be traveling through have any current restrictions related to COVID-19. Although social distancing is still recommended upon arrival in Alaska, full-vaccinated travelers are not required to provide any testing information before or after arrival. Once we embark on the backcountry portion of our trip, we do not expect to encounter many other travelers. In the event that we do, we will practice adequate distancing to eliminate the potential for COVID-19 exposure. In the lead up to our travels, we will monitor the current COVID-19 situation and adjust our plans accordingly.

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

All members of the group have received both doses of the COVID-19 vaccine and have gotten boosters.

Due to the nature of our trip, we will be interacting with members of the public outside of our group during much of the travel to and from the backcountry. Because of this we will take cautious measures to mitigate the possibility of exposure by following Anchorage Public Transportation COVID-19 Guidance:

Practice social distancing by keeping six feet between you and others. This means choosing a seat that gives you space from other riders whenever possible.

Wash your hands often for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

Avoid touching your eyes, nose, and mouth.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Beyond these, individuals will also follow WHO recommendations.

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

In local interactions we will wear KN95 masks and maintain social distancing when possible to limit the potential of exposing locals to COVID-19.

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

Due to the nature of whitewater rafting we will act as a family unit through the duration of the trip. To assist with further COVID-19 mitigation risk, we will perform proper sanitization of our person and equipment prior to each meal as well as bringing plenty of hand sanitizer and soap.

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

The first step if someone develops COVID-19 symptoms is limiting their strenuous physical activity. From then on, we will treat the individual according to the recommended WHO guidance and their symptoms until confirmation of a positive COVID-19 test. Because all members of the trip have been vaccinated and boosted, we do not anticipate that any member of the group will need an evacuation. Nevertheless, due to the remote nature of the trip, evacuation plans will not change if a COVID-19 infection requires removal from the field.

Budget

Upload a detailed and complete expedition budget.

[Ritt_23 Budget pdf.pdf](#) (147KB)

Uploaded 1/31/2023 9:21pm by Oliver Kraft

What is the total funding request for your trip?

\$15,000

What is the funding request per person?

\$2,500

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

- To minimize costs, we will:
- Use our OE equipment rental discount
- Avoid excess in our food, like large amounts of beef or perishable meats
- Purchase as much of our food from a bulk grocer as we can - Costco
- Non organic items
- Rent as much gear from OE as possible
- Use our own gear as much as possible
- Use coupons
- Buy generic
- Use the cheapest flight and travel options available

Expedition Agreement

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



Uploaded 1/31/2023 9:20pm by Oliver Kraft

Day 1: August 7th: After waking up near Twin Lakes and the Wrangell Mountains Wilderness Lodge, we will begin our journey paddling down Jack Creek heading southeast toward our first campsite in between Devil's Mountain and Devil's Mountain Lodge.

Camp location: 62.40262, -142.96612

Distance: 13.43mi

Campsite elevation: 2841'

Elevation gained(+)/lost(-): +221' / -701'

Evacuation Plan: Hike up to 6.5mi upstream alongside Nabesna Rd. or up to 6.5 mi downstream alongside Nabesna Rd. to Devil's Mountain Lodge for Airstrip evacuation.

Day 2: August 8th: We will continue to paddle Jack Creek the next 5.2mi until it's confluence with the larger, faster moving braids of the Nabesna River. Keeping right through the next 6.5mi of braided river, we will exit and make camp on the southside of the banks just before the Cooper Creek Inlet. Short portages may be required in traversing the braids of the Nabesna River.

Camp location: 62.42821, -142.68648

Distance: 13.06mi

Campsite elevation: 2298'

Elevation gained(+)/lost(-): -486'

Evacuation Plan: Helicopter Evacuation or hike back up to 15 miles to the Devil's Mountain Lodge for Airstrip evacuation.

Day 3: August 9th: Hiking south, we will walk upstream alongside Cooper Creek, until it diverges from the main creek bed which we will continue up. After 8mi of hiking along the creek we will arrive at our campsite and soak up the scenery.

Camp location: 62.33249, -142.59668

Distance: 8.15mi

Campsite elevation: 3662'

Elevation gained(+)/lost(-): +2299' / -1112'

Evacuation Plan: Helicopter evacuation or hike back up to 23 miles to the Devil's Mountain Lodge.

Day 4: August 10th: For our second day of hiking with heavy packs, we will hike only 5.6mi to the top of the pass at the southern foot of Cooper Mountain where we will make camp.

Camp location: 62.26513, -142.51328

Distance: 5.64mi

Campsite elevation: 5423'

Elevation gained(+)/lost(-): +2316' / -511'

Evacuation Plan: Helicopter evacuation or hike back up to 28 miles back to the Devil's Mountain Lodge or up to 15 miles S to Chisana for air evacuation or contact Alaska Joint Rescue(RCC) for helicopter evacuation.

Day 5: August 11th: After about 2.7mi of hiking south down the other side of the pass, we will meet Notch Creek, which may have enough water for us to quickly paddle down. If this is the case we will paddle the 13.5mi to skip ahead a day to mile 54 (Day 4 camp). Other's have reported the creek being too dry and low for travel, in which case we will make camp after only less than 6mi.

Camp location: 62.21516, -142.37801

Distance: 5.74mi

Campsite elevation: 4177'

Elevation gained(+)/lost(-): +408' / -1616'

Evacuation Plan: Hike up to 8 miles S to Chisana for air evacuation or contact RCC for helicopter evacuation.

Day 6: August 12th: Continuing southeast alongside Notch Creek, we will hike until we reach the confluence with Cross Creek where we will be rewarded with epic views of the north side of the Wrangell Mountains.

Camp location: 62.15831, -142.17873

Distance: 7.93mi

Campsite elevation: 3415'

Elevation gained(+)/lost(-): +193'/ -893'

Evacuation Plan: Hike up to 8 miles S to Chisana for air evacuation or contact RCC for helicopter evacuation.

Day 7: August 13th: After about 1.8mi upstream on Cross Creek, we will cross its braids with the help of our packrafts to reach the bottom of Washe Creek, along which we will hike upstream (south) before following its east-most fork up to the shoulder of Euchre Mountain. Here we will be rewarded with incredible views of the massive Chisana glacier, stretching from its origins deep in the mountain range all the way to its toe about 1500 ft below us. We will carefully descend to the creek bank at the toe of the glacier, staying out of terrain requiring helmets and keeping our distance from the glacier itself.

Camp location: 62.04455, -142.22385

Distance: 8.68mi

Campsite elevation: 3859'

Elevation gained(+)/lost(-): +2617'/ -2351'

Evacuation Plan: Hike up to 12 miles S to Chisana for air evacuation or contact RCC for helicopter evacuation.

Day 8: August 14th. Rest Day here at the toe of the Glacier. Some light exploration back to the shoulder of Euchre Mountain from the day before will provide time to absorb the spectacular landscape and rest our legs.

Camp location: 62.04455, -142.22385

Distance: <4mi

Campsite elevation: 3859'

Elevation gained(+)/lost(-): <+1500', <-1500'

Evacuation Plan: Hike up to 12 miles S to Chisana for air evacuation or contact RCC for helicopter evacuation.

Day 9: August 15th: Setting off in our packrafts from the toe of the Chisana Glacier, we will paddle about 8.1mi down the braids of the Chisana river, keeping right for our exit near the airstrip and borough of cabins near Chisana. Our exit will require about 3mi of walking south to arrive in Chisana where our food cache will be waiting courtesy of Kirk Ellis at the Devil's Mountain Lodge.

Camp location: 62.06611, -142.04381

Distance: 8.61mi

Campsite elevation: 3343'

Elevation gained(+)/lost(-): +221'/ -566'

Evacuation Plan: Continue as planned to Chisana for plane evacuation or contact RCC for helicopter evacuation.

Day 10: August 16th. Beginning the long hiking stretch of the trip, we will follow a lightly used pack trail alongside Geohenda Creek heading southeast for the next two days. We will camp near the creek after about 7.4mi.

Camp location: 61.96672, -141.99142

Distance: 7.44mi

Campsite elevation: 4203'

Elevation gained(+)/lost(-): +914'/ -228'

Evacuation Plan: Return to Chisana up to 7.44 miles N for plane evacuation or contact RCC for helicopter evacuation.

Day 11: August 17th. We will follow Geohenda Creek upstream until it dissipates just before the summit of the pass in the saddle between Solo Mountain and Beaver Creek. We will camp in the alpine beauty near this pass.

Camp location: 61.87687, -141.91349

Distance: 7.18mi

Campsite elevation: 5406'

Elevation gained(+)/lost: +1542' / -151'

Evacuation Plan: Return to Chisana up to 15 mi N or continue up to 10 miles S to the airstrip on White River for plane evacuation or contact RCC for helicopter evacuation,

Day 12: August 18th. Following the light pack trail downhill past Solo Mountain, we will traverse across the base of the peaks to the southwest until dropping down into the wide gravel flats of the White River. This traverse will involve numerous creek crossings where we will practice safe technique and crossing choice.

Camp location: 61.75621, -141.75695

Distance: 10.37mi

Campsite elevation: 3831'

Elevation gained(+)/lost(-): +476' / -2061'

Evacuation Plan: Continue up to 10 mi to the White River airstrip or contact RCC for helicopter evacuation.

Day 13: August 19th: Having reached the eastern edge of the Wrangell range, we begin to head southwest to wrap around the southern edge of the mountains. Hugging the northern edge of the gravel flats of the White river, we will head upstream(south) toward the toe of the Russell Glacier, near which we will make camp.

Camp location: 61.67440, -141.84826

Distance: 7.47mi

Campsite elevation: 4068'

Elevation gained(+)/lost(-): +524' / -296'

Evacuation Plan: Return up to 7 mi to the White River airstrip for plane evacuation or contact RCC for helicopter evacuation.

Day 14: August 20th: To enjoy the scenery of our destination at Skolai pass and the two alpine lakes next to the glacier, we will travel only another 4 miles alongside the glacial valley before resting for the afternoon and evening.

Camp location: 61.64637, -141.94711

Distance: 3.95mi

Campsite elevation: 4885'

Elevation gained(+)/lost(-): +1085' / -497'

Evacuation Plan: Return up to 11 miles to the White River airstrip for plane evacuation or contact RCC for helicopter evacuation.

Day 15: August 21st: Descending down the pass to the south we will pass Upper Skolai Lake and the defunct airstrip to continue another 3 miles toward the operational Lower Skolai Airstrip where our second food cache will be waiting.

Camp location: 61.63841, -142.08417

Distance: 5.44mi

Campsite elevation: 4406'

Elevation gained(+)/lost(-): +228' / -479'

Evacuation Plan: Continue as planned to the Skolai airstrip for plane evacuation or contact RCC for helicopter evacuation.

Day 16: August 22nd: Rest day in the Skolai Valley taking in the beauty of the remote high-alpine valley.

Camp location: 61.63841, -142.08417

Distance: <4mi

Campsite elevation: 4406'

Elevation gained(+)/lost(-): <+1500' / <-1500'

Evacuation Plan: Evacuate via the Skolai airstrip for plane evacuation or contact RCC for helicopter evacuation.

Day 17: August 23rd: After fueling and resting in the Skolai valley, we will trek up and over Chitistone pass to the south along the Goat Trail, which follows the Chitistone river.

Camp location: 61.58370, -142.10609

Distance: 5.68mi

Campsite elevation: 5735'

Elevation gained(+)/lost(-): +1648' / -503'

Evacuation Plan: Return up to 6 miles to the Skolai airstrip for plane evacuation or contact RCC for helicopter evacuation.

Day 18: August 24th: Following the goat trail south toward Chitistone falls, we will depart the goat trail after 4 mi above the falls to follow the creek up to the alpine mesa just south of Hole-In-The-Wall Glacier(see digital map for details). We will camp on this mesa.

Camp location: 61.57412, -142.25587

Distance: 6.17mi

Campsite elevation: 6198'

Elevation gained(+)/lost(-): +2659' / -2006'

Evacuation Plan: Hike up to 12 miles back to Skolai airstrip or continue up 12 miles to Wolverine Airstrip seen on digital map for Mesa evacuation for plane evacuation or contact RCC for helicopter evacuation.

Day 19: August 25th: Descend SW and then through the west saddle, then wrapping NW around the peak south of Doubtful creek. Camping on the northern slopes of this peak.

Camp location: 61.56752, -142.39655

Distance: 6.92mi

Campsite elevation: 4475'

Elevation gained(+)/lost(-): +2034' / -3655'

Evacuation Plan: Hike up to 6 miles to the Wolverine airstrip for plane evacuation or contact RCC for helicopter evacuation.

Day 20: August 26th: Descending north until we meet Doubtful Creek, we will follow the Creek down to the toe of the Nizina Glacier where we will camp for the next two nights.

Camp location: 61.59367, -142.46061

Distance: 3.46mi

Campsite elevation: 2211'

Elevation gained(+)/lost(-): +0' / -2366'

Evacuation Plan: Return up to 6 mi to Wolverine airstrip for plane evacuation or continue downhill toward Nizina Glacier for float plane evacuation or contact RCC for helicopter evacuation.

Day 21: August 27th: Rest day at the Nizina Glacier.

Camp location: 61.59367, -142.46061

Distance: <4.0mi

Campsite elevation: 2211'

Elevation gained(+)/lost(-): + <1500' / - <1500''

Evacuation Plan: Float plane evacuation at Nizina Lake

Day 22: August 28th: From Nizina lake we will paddle the wide, quicker moving braids of the Nizina river south until camping on the west bank of the bend after the confluence with the Chitistone river.

Camp location: 61.40166, -142.59798

Distance: 15.81mi

Campsite elevation: 1598'

Elevation gained(+)/lost(-): +0'/ -915'

Evacuation Plan: Paddle across the Nizina River just past camp to reach the airstrip on the southside of the river.

Day 23: August 29th: We will continue to paddle down the Nizina for about 15 miles until reaching the confluence with the Kennicott River, where we will take out on the right hand side (north side) and make camp in a safe location.

Camp location: 61.40166, -142.59798

Distance: 14.57mi

Campsite elevation: 1142

Elevation gained(+)/lost(-): +0'/ -915'

Evacuation Plan: Hike up to 1 mile to reach Nizina Rd to get to McCarthy or airstrip at Fly Alaska Lodge.

Day 24: August 30th: For our last day of the trip, we will hike 6 miles along the west side of the Kennicott River until we reach our final destination of McCarthy.

Camp location: 61.40166, -142.59798

Distance: 6.18 mi

Campsite elevation: 1403'

Elevation gained(+)/lost(-): +251/ -0'

Evacuation Plan: Hike up to 6.18mi to the town of McCarthy.

GROUP GEAR:

KITCHEN:

- 3 Whisperlite (One in re-ration)
- 2 Pot + Lid
- 2 Pan + Lid
- 1 Pot Grips
- 1 Spatula
- 4 Lighters
- 1 Whisperlite Repair Kit
- 12 Large White Gas Fuel Bottles (Four to start and per re-ration)
- 1 Knife
- 1 Cutting Board

NAVIGATION:

- 2 Compass
- 2 Sets of laminated maps (with emergency plans and emergency contacts)
- 1 Satellite phone
- 1 Personal Locator Beacon
- 2 backup battery packs,
- 1 Solar charger
- 1 flare

OTHER:

- 1 large bottle of Dr. Bronners soap
- 1 trowel
- 9 extra aaa batteries
- 2 two and one three person tent
- 8 Ur Sacks
- 8 bear sprays
- 8 AquaMira bottles
- 2 Pump-style Water Filter
- 3 sunscreen (50 spf)
- 10 yards 5mm cord
- Patch kit (for personal gear and tent)
- First Aid Kit (see below)
- Permethrin
- 1 10l Dromedary
- 1 Pyramid tent
- Playing Cards
- Duct tape
- Deet

PACKRAFT SPECIFIC GEAR: All group members will have 1 of each item on this list

- 1 Packraft with cargo fly
- 1 Paddling Cushion
- 1 4 piece paddle
- 1 Whitewater skirt
- 1 pvc whitewater deck rim
- 6 throw ropes
- At least 1 pin-kit/rescue kit
 - 4 locking carabiners
 - 2 pulleys
 - 2 prusik loops
 - 1 piece of webbing for anchor
- Packraft Repair Kit

PERSONAL GEAR: All members of the group will wear wool and synthetic layers. We expect to get wet from water and weather.

- 1 Backpack (65-85L)
- 1 Drysuit
- 1 pair neoprene booties
- 1 pair neoprene gloves
- 1 whitewater helmet
- 1 PFD Type III +whistle
- 1 River Knife

- 1 Sleeping bag (5-20° F)
- 1 Sleeping pad
- 1 Headlamp
- Trekking poles (optional)
- Rain gear (jacket and pants)
- 1 Puffy Jacket
- 1 Fleece
- Hiking boots
- Camp shoes
- 3 Underwears
- 5 Pairs of socks
- 2 hiking shirt
- 1 buff
- Long underwear
- Sunglasses
- 1 Sun hat
- 1 bowl
- 1 spoon

Water bottles (2L carrying capacity)

Personal toiletries

GPS Watch

Bug Net

1 pair technical pants

1 pair shorts

6 unique days, 4 rotations**Targeted Calories/Day** 3500 cal**Prices based on King Soopers****Miscellaneous Food**

avg cal/person/day needed from snack 1700.083333

Lunch/Snacks (all days)

cal/person/day 1746.277778

Item	Quantity	Calories	Price
Peanut Butter Pretzles	1000 g	4666	
Trail mix 1	Homeade 6-8 cups	5500	\$7.99
Trail mix 2	Homeade 6-8 cups	5500	\$10.99
Trail mix 3	Homeade 6-8 cups	5500	\$10.99
Dried Mangos	1500 g	4500	\$22.99
Dried Apples	1500 g	4000	\$13.47
Dried Figs	1500 g	4000	\$21.78
Beef Jerkey	5 bags	10000	\$40.00
Salami	6 salami	8200	\$48
Cheese	6 blocks	11000	\$30.00

Day 1, 7, 13, 19**Breakfast** cal/person 608.666667

Item	Quantity	cal	Price
Instant Oatmeal	6 cups	2034	\$4.99
Brown Sugar	1/3 cups	278	\$0.75
Cinnamon	to taste	0	0
Dried Cranberries	3/4 cups	185	\$0.99
Chopped Almonds	3/4 cups	396	\$1.50
Peanut Butter	1/2 cups	759	\$1.50

Day 2, 8, 14, 20**Breakfast** cal/person 837.5

Item	Quantity	cal	Price
Pancake Mix	6 cups	2640	\$3.99
Chocolate Chips	1 cup	805	\$0.99
Peanut butter	1/2 cups	780	\$2
Butter	1/2 cups	800	\$2

Day 3, 9, 15, 21**Breakfast** cal/person 656.333333

Item	Quantity	cal	Price
Grits	6 cups	858	4.99
Cheese	2 cups	910	\$4
Dehydrated onions	1 cup	0	0
p-milk	1 cup	650	\$2
butter	1/4 cup	400	\$1
Crushed Fritos	7 oz	1120	\$4.99

Day 4, 10, 16, 22**Breakfast** cal/person 669.666667

Item	Quantity	cal	Price
Steel Cut Oats	4 cups	2400	\$4.99
Brown Sugar	1/3 cups	278	\$0.75
Cinnamon	to taste	0	0
Dried Cranberries	3/4 cups	185	\$0.99
Chopped Almonds	3/4 cups	396	\$1.50
Peanut Butter	1/2 cups	759	\$2

Day 5, 11, 17, 23

Item	Quantity	cal	Price
Breakfast		cal/person	794.833333
Granola	7 cups	3360	\$4.99
p-milk	1 cup	650	\$8
Peanut Butter	1/2 cups	759	\$2

Day 6, 12, 18, 24

Item	Quantity	cal	Price
Breakfast		cal/person	685
Dehydrated Eggs	600 g	3550	\$40
Dehydrated Refried Beans	4 cups	560	\$16
Seasoning	to taste	0	0

Cost per rotation
 \$508.87
 Cost Total
 \$2,035.48

Dinner	cal/person	1029			
Item	Quantity	cal	Price		Breakfast+Dinner cal/person
Brown Rice	6 cups	4104	\$15		1637.667
Dehydrated Refried Beans	4 cups	560	\$16		Calories Needed From Snacks
Cheese	2 cups	910	\$4		1862.333
Dehydrated Veggies	2 cups	600	0		
Dinner	cal/person	885			
Item	Quantity	cal	Price		Breakfast+Dinner cal/person
Quinoa	6 cups	3840	\$16		1722.5
Dehydrated Refried Beans	4 cups	560	\$16		Calories Needed From Snacks
Cheese	2 cups	910	\$2		1777.5
Hot Sauce	to taste	to taste	0		
Dinner	cal/person	1151.667			
Item	Quantity	cal	Price		Breakfast+Dinner cal/person
Orzo	6 cups	5040	\$16		1808
Dehydrated Pesto	to taste	0	0		Calories Needed From Snacks
Bagged Tuna	20 oz	560	\$25		1692
Butter	1/4 cups	400	\$1		
Cheese	2 cups	910	\$4		
Dinner	cal/person	1318.333			

Item	Quantity	cal	Price	Breakfast+Dinner cal/person
Cous Cous Pearl	6 cups	4800	\$14	1988
Dehydrated Pesto	to taste	0	0	Calories Needed From Snacks
Butter	1/4 cups	400	\$1	1512
Dehydrated Veggies	2 cups	600	0	
Summer Sausage	10oz	1200	\$8	
Cheese	2 cups	910	\$4	

Dinner	cal/person	1169.167		Breakfast+Dinner cal/person
Item	Quantity	cal	Price	Breakfast+Dinner cal/person
Pasta	3 lb	5055	\$8	1964
Cheese	2 cups	910	\$4	Calories Needed From Snacks
p-milk	1 cup	650	\$8	1536
Butter	1/4 cups	400	\$2	
Summer Sausage				

Dinner	cal/person	994.3333		Breakfast+Dinner cal/person
Item	Quantity	cal	Price	Breakfast+Dinner cal/person
Lentils	6 cups	4056	\$14	1679.333
Powdered Curry	to taste	0	0	Calories Needed From Snacks
Dehydrated Veggies	2 cups	600	0	1820.667
Butter	1/4 cups	400	\$4	
Cheese	2 cups	910	\$4	

NOLS Wilderness Medicine Field Guide

Medical Histories & relevant medical information for each team member

3 Pairs Latex Gloves

SAM Splint

5 Cravats

3 Athletic tape (1" x 10 yards)

3 Ace Bandage (3" x 4.5 yards)

3 sheets of Moleskin

2 rolls of Coban

WOUND MANAGEMENT:

20 BandAids (medium)

8 Wound Closure strips

SOFTT-W Tourniquet

Combine Dressing (8" x 10")

6 Gauze Pad (4" x 4")

2 2nd Skin (2" x 3")

Povidone-Iodine Prep Pad

Betadine (antiseptic liquid)

Liquid Bandaid

1 Quiklot bandage

MEDICATIONS:

Ibuprofen (40 pills 800mg)

Acetaminophen 20 (pills 500 mg)

Diphenhydramine (Benadryl: 10 pills)

Pepto Bismol (10 pills)

Anti-Itch Relief

Hydrocortisone Cream

Tincture of Benzoin Swab

2 Triple Antibiotic Ointment Tubes

Anti-diarrhea like Smecta

Laxative

Aloe Vera Gel

Swimmers Ear drops

Aspirin

Acetazolamide (Altitude Sickness Medication/Anti-seizure)

TOOLS:

1 Tweezers

1 Needle

1 Pair of Trauma Shears

1 Irrigation Syringe

10 Q-Tips (sterile applicator)
Nail clippers

MISCELLANEOUS:

4 Resealable Plastic Bag
1 Space Blanket

Budget

	Cost	Quantity	Total Cost	Contact/References
Permits				
W-St. E Camping Permits	\$0	0	\$0	
Fishing License	\$100	6	\$600	https://store.adfg.alaska.gov/Produ
Permits Total	\$600			

Food

Food Drop Chisana	\$580	1	\$580	Email Corrispondance
Food Drop Skolai	\$1,185	1	\$1,185	Email Corrispondance
Food Estimate??	\$2,035.48	1	\$2,035	
Food total	\$3,800			

Flights

[REDACTED]	\$982	1	\$982	[REDACTED]
[REDACTED]	\$895	1	\$895	[REDACTED]
[REDACTED]	\$882	1	\$882	[REDACTED]
[REDACTED]	\$468	1	\$468	[REDACTED]
[REDACTED]	\$648	1	\$648	[REDACTED]
[REDACTED]	\$648	1	\$648	[REDACTED]

Flights Total \$4,523

Shuttle

Bus Anchorage-Slana	\$155	6	\$930	http://interioralaskabusline.com/pri
Bus Mcarthy-Chitina-Glennall	\$35	6	\$210	https://kennicottshuttle.com/trip-iti
Bus Glennallen-Anchorage	\$80	6	\$480	
Shuttle Slana to Put In	\$30	6	\$180	Tim Kelly
Bus Tickets Total	\$1,800			

Lodging

2 Nights in Anchorage at Start	\$323	2	\$646	https://www.hotels.com/ho232884/
1 Nights in Anchorage at End	\$323	1	\$323	https://www.hotels.com/ho232884/
Lodging Total	\$969			

Rental Items (from OE)	Cost (initial)	Cost (per-day)	# days	Quantity	Discount	Total Cost
Packraft (paddles included)	\$20	\$12	24	6	0.5	\$884
Spray Skirt	\$2	\$1	24	6	0.5	\$74
Whisperlight	\$3	\$2	24	2	0.5	\$51
Large Fuel Bottles	\$2	\$0.50	24	6	0.5	\$38
Pair neoprene booties	\$1	\$1	24	6	0.5	\$73
Whitewater helmet	0	0	24	7	0.5	\$0
PFD Type III	0	0	24	7	0.5	\$0
Sat Phone	?	?	?	?	?	?

Rental Items (not from CC)

Bear Spray	\$10	\$2	24	7	1	\$346
Dry suit	\$50	\$25	24	6	1	\$3,650
Pair neoprene gloves	\$10	\$2	24	6	1	\$298

Gear Total \$5,414

Cost Total	\$17,106
Permits Total	\$600
Food Total	\$3,800
Flights Total	\$4,523
Shuttle Total	\$1,800
Lodging Total	\$969
Rentals Total	\$5,414