



# Ritt Kellogg Memorial Fund Registration

Registration No. TG2X-63B1C  
Submitted Apr 18, 2022 3:15pm by Luca Pieretti

## Registration

Jul 1, 2021-May  
1, 2022

Ritt Kellogg Memorial Fund

### **RKMF Pathways Grant** Group Application 2021-2022

This is the group application for a RKMF Pathways Grant. In this application you will be asked to provide important details concerning your proposed trip. The RKMF Pathways Grant aims to provide financial assistance for CC students to plan, propose, and execute trips of 6 or more days long to test and grow their outdoor skills, build their confidence in an expeditionary setting, and prepare them for longer trips in the future. These grants will hopefully put students on a path towards a Ritt Kellogg Expedition later on in their CC career.

These trips are limited to the contiguous US, and can occur throughout the year. Trips can but do not have to enter remote backcountry areas. Car camping trips will not be funded, and students should propose trips in which they are self supported/pack their own weight (resupplies are OK, however). Students can receive up to \$500 each for their Pathways trip. Each trip team must be made up of at least two currently enrolled Colorado College students. Seniors are eligible to apply as long as the trip takes place within 4 months of graduating.

Applications are due at the following intervals:

- Trips going out over Fall Break are due by 4th Monday of 2nd Block
- Trips going out over Winter Break are due by 4th Monday of 3rd Block
- Trips going out over Spring Break are due by 4th Monday of 5th Block
- Trips going out over the summer are due by 4th Monday of 7th Block
- Trips going out at other times outside of the above dates are due 5 weeks before departure.

Applications will not be reviewed over the summer - all summer trips must be proposed during Block 7.

If you have additional questions about the Pathways Grant or writing your application please email Kate Macklin, Outdoor Education and RKMF Coordinator, at [kmacklin@coloradocollege.edu](mailto:kmacklin@coloradocollege.edu)

Waiting  
for  
Approval

## Participant



**Luca Pieretti**



## Trip Summary

### Trip Name

Backpacking in the High Sierra

## Objectives

The objectives of our adventure are to explore both familiar and unfamiliar places, including experiencing the sheer epic-ness of the Kaweah Gap, finding solitude in the ancient Sierra Nevada Mountains, tapping into our creative selves via a non-material gift exchange with others we run into on our journey, and building our friendship. We are both currently participating in a 100-Day Creativity Challenge that will continue during this trip, and this time in the mountains would provide a unique time to lean into that reflective and creative space. We want to bring light art supplies like water colors or colored pencils to document our travels through tiny landscapes, and we think it would be a fun idea to exchange these small pieces of artwork for non-material gifts like words of wisdom or small tokens from the trail with other travelers in the area.

We also hope to be mentally, physically, and emotionally challenged over the course of our Pathways trip. The route we have chosen is purposefully difficult (but not too difficult for our skill/experience level). We will climb and descend thousands of feet of elevation, experience long days in new and familiar terrain and locations and likely experience variable and potentially unpredictable weather. These challenges are unique to the variability of climate and topography of our route in the Sierra Nevada, and while we seek glorious moments of joy in the mountains, we also hope to be uncomfortable at times and be pushed to grow as human beings.

Further, planning and organizing this Pathways trip and the grant writing process have been rewarding and growth-inducing. This project marks our first time planning a trip of this magnitude, and we have learned so much about organizing our resources, managing our time, and communicating with one another and National agencies ( i.e., the Inyo National Forest and Sequoia National Park). Overall, this process has increased our confidence in our planning/organization, communication, and time management skills that we will certainly need in the future for another, potentially longer Ritt Kellogg Expedition.

## Location

The High Sierra is a place where we both experienced profound personal growth as young teenagers. The sheer massiveness of the mountains, the ancient foxtail forests, the meadows teeming with life, and the canyon carved by the Kern river all provide limitless opportunities for exploration, challenge, and wonder, both of the physical world and our own lives. After a stressful few years (personally, locally, nationally, globally), we hope this trip will give us an opportunity to return to that growth headspace we experienced in this area those years ago and take a moment to check in with ourselves again. Further, we both have never gone backpacking with just two people, so we expect this new dynamic will offer opportunities for solitude and to strengthen our friendship.

## Departure Date

Jun 6, 2022

## Return Date

Jun 14, 2022

## Days in the Field

8

## Wilderness Experience

The High Sierra holds some of the most remote places in California. It is easy to seek solitude and go days without seeing people in certain areas, while the PCT and JMT run through other parts and tend to have a steady stream of hikers in the summer. Because we are mostly hiking on the High Sierra Trail, we will likely interact with several people each day. The exception to this is the Miter Basin, which we will walk through the second day of our trip and is not on the HST. We intentionally decided to go through the Miter Basin instead of summiting Mt. Whitney in order to seek the kind of wonder that only true solitude in the mountains can provide. While climbing Mt. Whitney would certainly be a cool experience, people from all over the country climb it because it's the tallest peak in the lower 48, making it the most heavily trafficked area in the southeastern Sierra. Because our objectives for this trip center around personal growth in the peaceful backcountry, we feel that avoiding the Whitney Zone and spending time in the Miter Basin instead will best meet these goals.

## Participant Qualifications

### Participant Information

Fiona McLaughlin, [REDACTED] WFR  
Luca Pieretti, [REDACTED] WFR

**Does your group have adequate experience?**

Yes

**Training Plan**

We plan to hike the incline weekly until the end of the year, increasing the weight on our backs as we approach the departure date. We also plan to hike and exercise regularly here in Colorado Springs at altitude. Luca will be working in the Sierras (at our starting point) for 2-3 weeks prior to our departure, and will be hiking and acclimatizing in that time. Fiona will continue to increase her weekly walking/hiking mileage with weight until we meet up in early June in the [REDACTED]

**Trip Logistics, Gear and Food**

**Travel Plan**

[REDACTED]

**Trip Itinerary**

[Trip Itinerary \(1\).pdf](#) (78KB)  
Uploaded 4/17/2022 12:11pm by Luca Pieretti

**Digital Map**

<https://caltopo.com/m/3EG11>

**Re-rationing**

N/A

**Food Storage**

We will use bear cans/barrels to protect our food from wildlife.

**Food List**

[High Sierra Eats.pdf](#) (81KB)  
Uploaded 4/17/2022 11:58am by Luca Pieretti

**Equipment List**

[Pathways 2022 Gear List \(1\).pdf](#) (67KB)  
Uploaded 4/18/2022 2:24pm by Luca Pieretti

**First Aid Kit List**

[Pathways 2022 Gear List \(1\).pdf](#) (67KB)  
Uploaded 4/18/2022 2:25pm by Luca Pieretti

**Impact**

We hope that this Pathways trip will give us time and space to process and take a breath after 2 very stressful years. We hope to get to know each other and ourselves more deeply, more creatively, and more compassionately. The Sierras are often thought of as a pristine wilderness with no significant human history except for the likes of white men like John Muir. However, in the pursuit of white ‘American’ westward conquest in the mid to late 1800s, white settlers and the American government hunted and sought to exterminate Indigenous people all across the continent, including the Paiute people of the Eastern Sierra Nevadas, who had lived there for thousands of years. While adventuring in the Sierra Nevada incites wonder, awe, creativity, joy, and peaceful solitude for travelers, like ourselves, it is irresponsible to pander to the notion that wilderness is a “place-without-a-past” (Sierra Club). This way of thinking would make us complicit in perpetuating historical lies and the erasure of the genocide of Indigenous peoples. Therefore, we must strike a balance between embracing our adventure and personal growth in sublime mountain places while also understanding and acknowledging the genocidal atrocities that once occurred here. It must also be noted that as two white, educated, English-Speaking Americans, we are incredibly privileged. This

identity makes it easier for us to travel through and access wilderness spaces. Both of us learned how to backpack from an organized program through our private high school, and we are only able to plan this trip because we attend Colorado College. Because we would like to make an overall positive impact on the area after our trip and strive to make the outdoors a more equitable and accessible place, we would like to set aside \$50 of the grant money to a program called New Earth. New Earth provides underprivileged and often previously incarcerated youth ages 13-25 from the Los Angeles area with a supportive and empowering environment that helps change their lives in a meaningful and positive way, including bringing students to otherwise inaccessible wilderness environments such as the Cottonwood Lakes Basin, where we will be starting our trip. If the grant will not cover this donation, we plan to use our own money.

As seasoned Sierra-Nevada explorers, we are prepared to properly dispose of our waste. We plan to store all food-related waste in bear cans and follow the guidelines put forth by the Inyo National Forest and Sequoia National Park for human waste (6 inches deep and 100 feet from trails, camps, and all water sources). As a party of two, our impact on the environment is not as great as a larger group, but will be conscientious in our choice of rest and camp-site spots to minimize damage to the plants, animals, and earth on which we tread. While our Pathways trip will be human powered (walking/hiking), transportation is required to get to and from our departure and finishing points. Our transportation will be a car, and we have calculated the cost of our carbon offset for the emissions generated by that travel (\$5.79).

Finally, we will be buying most of our nonperishable food from a small, local grocery store in Santa Barbara called Lazy Acres Market, near where Luca lives. We plan to buy as much of our produce/perishable goods from local farmer's markets in the Bay Area, where Fiona lives. Anything we cannot buy from small, local stores, we will get from Trader Joes.

## Risk Management

### Objective Hazards

**Terrain:** We will be facing significant elevation gains and losses throughout our trip over varying terrain. We will likely have to traverse snow, rock/talus fields, sandy/slippery trails, and water crossings. While we have experience in all of this terrain, we plan to bring hiking poles to increase our balance and stability, will unclip our packs over all water crossings, and critically analyze whether or not a route is safe and stable to cross. We will take our time walking over any terrain that may potentially pose a risk to our health or well-being. For example, we will walk carefully and slowly over rocky/talus field terrain to reduce the likelihood of an ankle or other musculoskeletal injury and use well-marked and previously established routes unless we judge another route to be safer (i.e., staying on the trail, crossing bridges or other well defined water crossing).

**Altitude:** While Luca will be acclimatized to the altitude, Fiona will not be. As mentioned, Fiona has done lots of hiking in this region before and has never had any issues with altitude sickness, it is still a possibility. Both of us are WFR's and can recognize symptoms of severe altitude sickness such as HACE, and are well versed on how to respond accordingly. If any of us feels light-headed or dizzy, we will adjust our plans to prioritize our well-being.

**Weather:** The Sierras, like many mountainous places, is prone to unpredictable weather as well as afternoon thunderstorms. Thunderstorms not only pose the risk of getting all of our gear wet (and therefore cold and not useful to us), but also pose the threat of lightning-strike injuries. On days where we have to walk in unprotected, unsafe places (that is during a lightning storm) such as overpasses or in places with little to no trees, we will start early to limit the time near the afternoon in places vulnerable to lightning-strike injuries. If the climate is showing signs of an impending thunderstorm, we will not hike in unprotected places and reevaluate our hiking itinerary as needed.

**Wildlife:** We may encounter a variety of snakes and insects (chiefly mosquitos), black bears, and coyotes. We will bring bear cans to store all of our food and toiletries that we will place at least 100 feet from where we sleep, insect repellent, and oral antihistamines in case of stings/bites. The incidence of a snake bit is extremely rare and the only poisonous snake that we may encounter is a rattlesnake, which will only attack if provoked. We don't plan to provoke any snakes, but in the case of a snakebite, we will evacuate immediately.

**Activities:** We plan to only be hiking on this trip. We plan to take our time when gaining and losing elevation and traversing potentially risky terrain (discussed above).

We also plan to review our WFR skills (rereading notes, textbook chapters, etc.).

### Evacuation Plan

If one of us becomes ill, injured, or experiences another unplanned event, we will first evaluate the urgency of the situation using our WFR training. If the situation requires a rapid evacuation and is urgent, we will utilize the SOS function on the InReach or SAT phone device that we plan to rent from Outdoor Ed. This will notify the appropriate emergency services and we will inform them of our current situation. From there, we will coordinate with search and rescue teams to best plan the safest and quickest way out of the backcountry.

If the situation is not urgent and we can walk out of the backcountry, we will walk to the closest trailhead where we can meet the help we need. Attached to this document is a Caltopo map with those trailheads marked (<https://caltopo.com/m/4MVAR>). We plan to mark on our hard-copy map these trailhead locations so we may access this information in the backcountry. We will also notify Luca's boss, Cam Spaulding, via our InReach or SAT phone device if either or both of us become ill or injured. He is well connected in this area of the Sierra Nevada, and thus he will be able to directly communicate with front-country and back-country officials if our situation requires further attention.

In the event we need to walk out, we have several other emergency contacts we will be able to notify for further assistance, such as Casey Pieretti (Luca's Dad), Christine Carter (Fiona's mom), and Michael McLaughlin (Fiona's dad), all of whom can reach out to our many friends and family members across California should all three of them be unavailable to help us. Cam can also connect us with backcountry rangers should we need more resources or support.

In more urgent situations, we will be able to communicate with 911, the Bishop Hospital, Lieutenant Jon Brown (Emergency Services for Tulare County), and Sergeant Joe Armstrong (Emergency Services Division for Tulare County), depending on which contact makes the most sense for the situation.

While having two members on this trip can have disadvantages, such as if one of us gets hurt, only one person can assist/take on more gear, we are confident in our WFR and backcountry backpacking skills and plan to not take any uncalculated or calculated risks. We will stick to our route/backup route, stay on the trails, and carefully consider adaptations that may become necessary as we make our way across the Sierra Nevada. (In our experience, at the very least small adaptations to the itinerary are nearly inevitable in backingpacking, and navigating these adaptations is an essential skill of backpacking that we feel very well versed in.)

**Special Preparedness**

[Redacted]

**Emergency Resources**

[Redacted]

**Emergency Communication**

[Redacted]

Bishop Hospital – (760) 873-5811

Lieutenant Jon Brown, Emergency Services for Tulare County - (559) 802-9400

Sergeant Joe Armstrong, Emergency Services Division for Tulare County - (559) 802-9429

911

We plan to notify any of these emergency contacts using our InReach or SAT phone device that we will rent from Outdoor Education.

## COVID-19 Preparedness

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

Inyo County is currently experiencing a 3.1% test positivity (7-day). The entire county reports an average of 2 cases per day. There have been 4.6 cases per 100,000 people over the past 7 days. There are currently 0 Covid-19 hospitalized patients in the county. Face coverings are not required in indoor or public settings, though they are highly recommended. There are no current backcountry travel restrictions. We plan to continue to monitor the Covid-19 data, ICU capacity, and the overall Covid-19 situation in the region prior to our trip. (Updated April 15th, 2022)

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

Luca will begin working in the backcountry at a wilderness school in late May (tentatively May 27). She will test for Covid-19 and wear a mask in indoor public spaces prior to starting work in the backcountry. Once her work begins, she will be isolated from the rest of the population (other than her two co-workers) until Fiona arrives on June 6.

Fiona will continue to be vigilant in following CDC guidelines for her region of Marin County, and regardless of the state of the mask mandate, she will wear a mask in all indoor spaces to avoid exposure. The weekend before the trip, her sister is graduating high school, so her whole family will be extra cautious anyways to ensure that we can make it to that event (which will be outdoors, with proof of vaccination required). Before any celebratory gatherings, every family member will be required to take a covid test.

We are both up to date with our Covid-19 vaccinations. Fiona recently contracted the virus which likely further decreases the chance of becoming ill or seriously ill due to Covid-19.

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

We are traveling to a backcountry setting where there are no residents in the area. However, when we stop for food on our way back home, Fiona will have tested for Covid-19 8 days prior and we both will have been isolated and not exposed to indoor public settings for those 8 days. Thus, we feel confident that wearing a mask in a restaurant to order food will not put residents and employees at risk of exposure to Covid-19.

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

We plan to act as a "Family Unit" while in the field, as we feel we will get the most out of building our friendship, cooking meals, backpacking, and creating art if we are not physically distant from one another. We plan to bring extra masks with us in case one of us develops symptoms of Covid-19, and will reevaluate our physical closeness, such as eating and cooking separately, wearing masks, and washing the few surfaces we will bring with us.

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

If one of us develops Covid-19 symptoms, we plan to limit contact and wear masks around each other and in areas where other hikers/backpackers are present. Though we hope to interact with some people via our non-material gift exchange, we will maintain social distancing in order to avoid any potential exposure. We plan to have Luca's dad, Casey, bring us rapid covid tests when he picks us up so that we can test before we get in the car with him, as if we contract the virus in the field, he is the only likely person that we would give it to. He will be equipped with K-95 masks and we will sit in the back seat with windows rolled down for as much of the drive that is realistic. Per CDC guidelines, Casey would then isolate for 5 days and then take a covid test, and Luca and I would isolate for 10 days if we were asymptomatic or for however many days would be left of the 10 day period starting with the first day of symptoms. Casey has accepted the risk he may be exposed to covid by picking us up, though based on what we know about the virus, it is highly unlikely that we contract covid in the field.

## Budget

### Budget

[Budgeting - Pathways Gran....xlsx](#) (7.8KB)

Uploaded 4/18/2022 2:43pm by Luca Pieretti

### Transportation

323.48

**Food and Fuel**

343.845

**Maps and Books**

32.37

**Permits/Fees**

46

**Gear Rentals**

0

**Carbon Emissions Offsetting**

5.79

**Total Funding Request**

851.49

**Funding Per Person**

425.75

**Cost Minimization Measures**

Fiona works at REI, so we can get 30% off on fuel, some food, maps that can be bought in Colorado (will no longer have the discount in CA, but some maps may have to be bought locally), and any gear rentals that we can't get at Outdoor Education.

We plan to use the gear we already own and gear available to borrow at Luca's place of work.

Potentially make gear (both of us know how to make a highly functional shelter out of Tyvek).

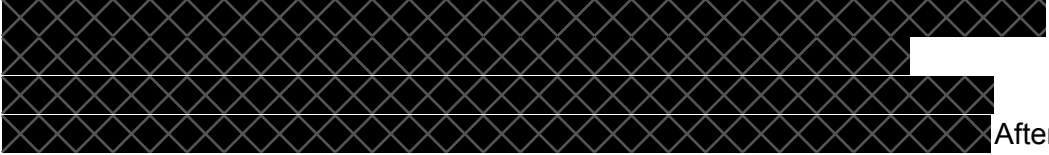
**Pathways Agreement****Pathways Agreement**[RKMF-Pathways-Group-Agree....pdf](#) (468KB)

Uploaded 4/18/2022 2:46pm by Luca Pieretti

## TRIP ITINERARY

*"The beauty is in the walking-- we are betrayed by destinations." -Gwynn Thomas*

- **DAY 1:** June 6th, 2022

-  After dinner, we set out on the trail to Lake 5. Though hiking at night, it is only about a three mile walk, all on trails that we know very well.

**DAY 2:** June 7th, 2022

- Wake up and pack up to walk over Old Army Pass to the Miter Basin. If Old Army is too snowy, we will walk up the Prow or New Army Pass, which are longer, but generally less snowy and sketchy than Old Army Pass. All lead to the same trail that drops into the Miter Basin. We will walk through the Miter Basin to Sky Blue Lake, which sits below Crabtree pass. This walk is about 7 miles. This is a shorter mileage day, which should allow us time to explore, create, and take our time as we take in the sublime beauty and solitude of the Miter Basin.

**DAY 3:** June 8, 2022

- Walk over Crabtree Pass. Walk through Crabtree Basin, stop by the ranger station to visit a friend who works there (Rob Pilewski). Make our way to Wallace Creek and camp for the night. This is about a 12 mile day, trending downhill after the pass. This is likely where we will encounter the most amount of people, as several people who plan to summit Mt. Whitney camp in Crabtree Meadows (where Rob works). From this point forward, we will be walking on the High Sierra Trail.

**DAY 4:** June 9, 2022

- Drop down into the Kern Canyon and walk all along the Kern to the hot springs. 13 miles of extremely epic elevation loss (from ~10,400 ft to ~6,700ft) that ends with a hot spring soak.

**DAY 5:** June 10, 2022

- Morning soak :). Walk uphill out of the Kern Canyon to Moraine Lake. This is our shortest day, so that we can take full advantage of the hot springs (with an excellent view of the Kaweah range) before the big ascent. The next two days include primarily elevation gain.

**DAY 6:** June 11, 2022

- From Moraine Lake, we will continue walking uphill through the Big Arroyo to the Kaweah Gap. Just after the Kaweah Gap, which is reportedly the most epic place ever (and where we have both never explored), we will walk to Precipice Lake and camp for the night. This is our biggest day, at 13 miles with substantial elevation gain.

**DAY 7:** June 12, 2022



- From Precipice we will walk to Bearpaw Meadows, which is the only place we will be allowed to camp in the area besides the trailhead. This is a more mellow 7 mile day, trending downhill.

**DAY 8:** June 13, 2022

- Continue to walk along HST to the Crescent Meadow Trailhead. This is an 11 mile day. [REDACTED]

**DAY 9:** June 14, 2022

- [REDACTED] drives us back to GTWS at the Cottonwood Lakes Trailhead. It is about a 5.5 hour drive to the other side of the Sierra.

**BACK-UP PLAN IF CRABTREE PASS IS TOO SNOWY:** <https://caltopo.com/m/3006J>

If there still is a lot of snow by the time of our trip, Crabtree Pass is the mostly likely spot to be impassable. Given that it's been a very dry winter in the Sierras, this scenario is unlikely, but we've created this back-up plan just in case. We will know well before we leave for the trip if Crabtree Pass is snowed out because we know the Crabtree Meadows backcountry ranger, Rob Pilewski. He is a close friend of Luca's boss at Golden Trout Wilderness School, and we will be in touch with him via satellite phone the week before we leave. The main difference in our back-up itinerary is that we would go over Cottonwood Pass, which is lower in elevation, gets lots of direct sunlight, and is heavily trafficked by animal packers and PCT hikers.

**DAY 1:** June 6, 2022

- [REDACTED] After dinner, we would walk over Cottonwood Pass and get on the PCT. We will sleep at Chicken Spring Lake. This is a 7.22 mile day.

**DAY 2:** June 7, 2022

- We will walk along the PCT from Chicken Spring Lake to Rock Creek. We will camp along Rock Creep. This is a 9.02 mile day.

**DAY 3:** June 8th

- From Rock Creek, we will continue to walk along the PCT to Wallace Creek. Make our way to Wallace Creek and camp for the night. This is likely where we will encounter the most amount of people, as several people who plan to summit Mt. Whitney camp in Crabtree Meadows (where Rob works). From this point forward, we will be walking on the High Sierra Trail. This is a 9.92 mile day.

**DAY 4:** June 9, 2022

- Drop down into the Kern Canyon and walk all along the Kern to the hot springs. 13 miles of extremely epic elevation loss (from ~10,400 ft to ~6,700ft) that ends with a hot spring soak.

**DAY 5:** June 10, 2022

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- Continue to walk along HST to the Crescent Meadow Trailhead. This is an 11 mile day.

**DAY 9:** June 14, 2022

- [REDACTED] drives us back to GTWS at the Cottonwood Lakes Trailhead. It is about a 5.5 hour drive to the other side of the Sierra.

Permit Plan (also listed on equipment doc)

Early morning May 23rd, aka 14 days before our trip, refresh this page:

<https://www.recreation.gov/permits/233262/registration/detailed-availability?type=overnight-permit&date=2022-06-06>

- Input permit type (overnight), start date (6/6/22) and group size (2)
- Select Cottonwood Lakes (if there's no availability, select Cottonwood Pass. The quota season for Cottonwood Pass doesn't open until June 25th so there is guaranteed availability, confirmed this with the Inyo wilderness office).
- May 30th, aka 7 days before trip, permit available to print out
- \$6 reservation fee, \$5 recreation fee
- This permit also allows us to be in Sequoia National Park on the High Sierra Trail, since we are entering the park from Inyo (confirmed with SNP wilderness office)

## **FOOD PACK LIST**

### ***perishables in bold***

*A Word About Calories: It's important that the food we eat has enough energy in it to fuel us as we hike up and down mountains carrying a significant amount of weight. The following meals and snacks we have planned out are all ones that we have taken on several backpacking trips in the past, and have proved very efficient at making us feel good and strong in the backcountry. While we could count calories, in reality we're not going to be doing that in the field and rather will simply eat more when we feel we need to eat more. We actually started out by looking at calorie counters for our meals, but were met with websites bombarding us with messages about losing weight that feeds in to an extremely toxic message about body image fueled by the patriarchy that convinces people, especially women, false messages about what it means to be healthy, strong, and beautiful. So, we have decided to take a more holistic approach that we feel is much healthier for our bodies and minds. We both feel confident and in touch with what our bodies need and what types of food will fuel us under the circumstances we will be under on our trip. Calories are just a number, whereas the experience that we have fueling our bodies to backpack is much more valuable for planning this trip.*

### Breakfasts (7):

- instant oatmeal
- polenta
- dehydrated fruit
- Ghee

### Lunch things (7):

- nut butter
- powdered hummus
- **salami**
- **cheese**
- **sandwich thins**
- **a fancy cheese to spice it up**
- dried mango/other dried fruit
- **smashed bagels/leftover tortillas/sandwich thins**

### Dinners (6):

- Fajitas
  - **onion**
  - **pepper**
  - dehydrated beans
  - **Tortilla**
- Pesto tortellini w/ chicken apple sausage
  - non-perishable tortellini
  - **pesto**
  - **chicken apple sausage**
- Mac n cheese

- banza mac n cheese (pasta made of chickpeas = extra protein)
- dehydrated veggies (peas)
- REI dehydrated meal of choice
- Ramen
  - instant ramen`
  - **miso packets**
- Trader Joe's non-perishable Indian food packets with quick rice and ghee

Snacks:

- trail mix (mostly nuts)
- clif bars (Fiona's dad (works there))
- dried fruit
- Jerky
- tasty treat (dark chocolate covered almonds)

Spices etc:

- ghee
- spice pack
- tea
- hot coco

**TOTAL ESTIMATED FOOD COST: 282.55**

**MEAL PLAN:**

*Lunches not listed on the meal plan; they will be some variation of a protein and carb sandwich each day.*

*Which dinner we eat for each night is subject to change, but currently listed as heaviest to lightest meals*

**DAY 1**

*Dinner: Eat at GTWS*

**DAY 2**

*Breakfast: Oatmeal*

*Dinner: Fajitas*

**DAY 3**

*Breakfast: Polenta*

*Dinner: Pesto tortellini*

**DAY 4**

*Breakfast: Oatmeal*

*Dinner: Indian food*

**DAY 5**

*Breakfast:* Polenta

*Dinner:* Mac n cheese

**DAY 6**

*Breakfast:* Oatmeal

*Dinner:* Ramen

**DAY 7**

*Breakfast:* Polenta

*Dinner:* Fancy dehydrated REI meal

**DAY 8**

*Breakfast:* oatmeal

*Dinner:* Luca's dad bring dinner to trailhead

**DAY 9 - Not carrying with us**

*Breakfast:* most likely oatmeal, brought by Luca's dad

*Lunch:* stop somewhere on the drive back to GTWS, probably in Three Rivers

*Dinner:* eat at GTWS

## Gear List

*(Items that need to be rented, from OE or another organization, highlighted)*

### Group Gear

- Sat phone or InReach (1)*
- Shelter for two (1)
- Bear cans (2)*
- Kitchen set
  - Burners (2)
  - Pots that nest together (2)
  - Stove fuel (2)
  - Sponge (1)
  - Camp suds (1)
- Water filtration system
  - Life Straws (2)
  - Iodine/Aquamira drops (1)
  - Steripen (1)
- Solar phone/electronics charger (1)
- First aid kit (1)
- Trowel (1)
- Maps (as many as needed to cover entire region)
- Watercolor set (2)
- Colored pencil set (2)
- Oil pastel set (1)
- Small journal/sketchbooks (2)
- Permits\*
- Solar charger for phones/camera
- Hacky sack

### Personal Gear

- Backpacking backpack
- Weather appropriate clothing
  - Wools socks
  - Warm layers
    - Long underwear top & bottom
    - Puffy jacket
    - Fleece
    - Beanie
    - Optional: gloves
  - Hiking clothes (shirt, shorts, maybe leggings)
  - Undies/sports bras

- Sun hat
- Sunglasses
- Rain gear (top and bottom)
- Hiking boots
- Camp shoes (cros)
- Several bandanas (sun protection, kitchen rag)
- Sleeping bag (both of us have 0° bags)
- Sleeping pad
- Bug head net
- Sunscreen
- Chapstick with SPF
- Toiletries
  - Contacts
  - Toothbrush/paste
  - Personal/feminine hygiene
  - Tiny aquifer
- Headlamp + extra batteries
- Camera (1)
- Eating materials (i.e., mug, bowl, utensils)
- Personal medication
  - Fiona: zyrtec, flonase
- Phone

First Aid Kit:

- Emergency Kit:
  - PPE:
    - gloves - 6 pairs
    - face mask - 4
    - CPR pocket mask with one way valve - 1
  - Emergency meds (tylenol & advil listed with routine kit):
    - Neosporin - 6 packets
    - baby aspirin - 2 packets
  - Assessment tools:
    - Scissors - 1
    - SOAP forms - 4 (we have these)
  - Trauma care:
    - dressings (small, medium, large) - 6, 2 of each
    - roller gauze - 1
    - cravats (sling materials) - 6 (we have these already)
    - SAM splint - 1
    - medical tape - 1 roll

- oral, nasal airways - 1 each
- irrigation syringe - 1
- Other:
  - heat/cold pack - 2
  - Whistle - 1
- Routine Kit:
  - Meds:
    - Tylenol - 16 packets
    - Advil - 16 packets
    - Diamox - 1 bottle or 4 packets
  - Supplies:
    - Band-aids - 10
    - tape, scissors (same as in emergency kit) - 1 roll, 1 pair of trauma shears
    - small dressings - 6
    - blanket pins - 6
    - steri strips - 10
    - blister care kit
      - mole skin - 4 sheets
    - burn gel - 1
    - comfortable ankle brace - 1

\*Permit Plan (also listed on trip itinerary doc)

Early morning May 23rd, aka 14 days before our trip, refresh this page:

<https://www.recreation.gov/permits/233262/registration/detailed-availability?type=overnight-permit&date=2022-06-06>

- Input permit type (overnight), start date (6/6/22) and group size (2)
- Select Cottonwood Lakes (if there's no availability, select Cottonwood Pass. The quota season for Cottonwood Pass doesn't open until June 25th so there is guaranteed availability, confirmed this with the Inyo wilderness office).
- May 30th, aka 7 days before trip, permit available to print out
- \$6 reservation fee, \$5 recreation fee
- This permit also allows us to be in Sequoia National Park on the High Sierra Trail, since we are entering the park from Inyo (confirmed with SNP wilderness office)



FOOD	Cost
instant oatmeal (4 momings)	2.29
polenta (4)	6.83
dehydrated fruit (4 packets)	15.96
nut butter (1 jar)	6.49
<a href="#">powdered hummus</a>	6.99
salami	8.98
cheese (2 hunks, cheddar & monteray jack)	6.76
sandwich thins	4.19
dried mango	7.69
bagels?	2.29
onion	0.99
bell peppers (2)	2.58
dehydrated beans	12.95
tortillas (can also use for lunches)	1.99
non-perishable tortellini (or gnocci)	3.38
pesto	2.49
chicken apple sausage	4.29
banza mac n cheese	14.37
dehydrated peas	8.79
REI dehydrated meal of choice (F)	\$6.97
REI dehydrated meal of choice (L)	6.97
instant ramen	2.94
miso packets	2.7
trader joe's indian food packets (4)	9.16
minute rice	1.99
trailmix total cost	28.94
jerky	11.98
dark chocolate covered almonds	6.49
ghee	4.99
tea	2
hot coco	3.99
<a href="#">restaurant on day 9*</a>	73.13
electrolytes	15
Casey dinner day 8 (bringing up, chicken tacos)	27.5
<b>total</b>	<b>325.05</b>

trailmix item	cost
apricots	4.99
tjs omega mix (2)	11.98
banana chips	3.49
dried apple	2.99
trek mix	5.49

FUEL	
cooking fuel	8.33
aquamira	10.465
<b>total cost</b>	<b>18.795</b>

Fiona driving cost	
home to gtws	68.9
gtws to work (lakeshore, ca)	51.08
home to crescent meadows	
crescent meadows to gtws	
gtws to home	
<b>Total cost</b>	<b>119.98</b>

- Fiona's car gets ~24 mpg, reg gas
- Casey's car gets ~17 mpg, premium gas
- Right now, current avg in CA is \$5.70/G for reg and \$6.05/G
- Fiona home to GTWS, GTWS to work
- Casey home to Crescent, Crescent to GTWS, GTWS to home

RENTALS	Cost
sat phone	0
bear barrels	0
<b>total cost</b>	<b>\$0</b>

Maps/Books	cost
Southern Sierra Trail Map	8.37
Close-up map of Inyo Nat'l forest	12
Close-up map of Kaweah area	12
<b>total cost</b>	<b>32.37</b>

Permits/Fees	Cost
Car fee (Sequoia)	35
Reservation fee (Inyo Nat'l)	6
Recreation fee (Inyo Nat'l)	5
<b>Total cost</b>	<b>46</b>

New Earth Donation	Cost
	100

\*supporting local business, included big tip, and to thank Casey for being our uber

<b>TOTAL COST</b>	
FOOD	325.05
FUEL	18.795
TRANSPORTATION	323.48
RENTALS	0
GHG OFFSET	5.79
MAPS & BOOKS	32.37
PERMITS & FEES	46
DONATION (see Impact section)	100
<b>TOTAL</b>	<b>851.49</b>

[Used this resour](#)

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<b>Casey Driving cost</b>	<b>TOTAL COST</b>
63.15	
72.1	
68.25	
203.5	<b>323.48</b>