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 2014/2015



## Ritt Kellogg Memorial Fund Registration

Registration No. BJNW-RDMBX  
 Submitted Jan 5, 2015 10:53pm

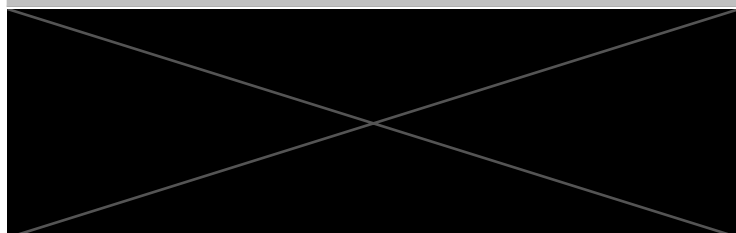
### Registration

Oct 30, 2014-  
 Aug 31

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

**Registered**

### Participant



### I. Expedition Summary

#### Expedition Name

Exploring the Kenai: The Other Final Frontier

#### Objectives

The purpose of this trip is to discover the untouched spaces and witness the wild backcountry areas of Alaska. We aim to explore the remoteness and breath the fresh air of the Chugach National Forest and Kenai Fjords National Park. This trip is also about traveling by foot. We'd like to make progress hiking through Alaska south of Anchorage in order to fully experience what it has to offer. Although we will be isolated from civilization, we will be fully invested in our surroundings. Finally, this trip is about working as a team. The four of us will work together and help each other stay safe, stay happy, and make this a one-of-a-kind experience.

**Location**

The proposed destination is in southern Alaska. We will arrive in Anchorage, then begin and complete the Resurrection Trail (located in the Chugach National Park) until it merges with Resurrection River Trail (in the Kenai Fjords National Park), which will take us further south. The Resurrection River Trail will then lead us near Exit Glacier, where we will complete a day hike and finish our trip.

**Departure Date**

May 19, 2015 12:00am

**Return Date**

Jun 1, 2015 12:00am

**Days in the Field**

12

**Wilderness Character**

Maintaining wilderness character can be operationally defined by a set of actions. For one, it suggests being immersed in a natural environment or being isolated from civilization. Since we will not be re-rationing, there will be no need to enter any towns or come into contact with any other people. We will pass a few cabins along the way and therefore may see other hikers; however, we will not stop at any cabins. One of the main goals of this trip is to experience 12 days completely in the wilderness, so we will prioritize enjoying the wild.

Demonstrating wilderness character in an expedition also implies maintaining a certain in-the-moment mindset about the wild environment. This includes both appreciating and respecting the natural surrounding. Our trip will lend itself very well to this mindset. We will spend the days loving the Earth that we'll be walking across and the air that will fill our lungs. We'll take ethical precautions to ensure we will Leave No Trace.

Finally, our expedition will embody a wilderness character in a physical manner. We will be executing the most basic bodily functions -- walking, eating, excreting, and sleeping -- and not much more. This will allow a mind-body connection to develop and enhance the wilderness spirit.

Hence, the wilderness character of this expedition will be operationalized by at least three activities: (1) being immersed into nature; (2) appreciating and respecting our natural environment; and (3) experiencing the bare minimum of human requirements.

## II. Participant Qualifications

**Participants' Graduation Date**

Rayna Nolen, 2017  
Jessica Wright, 2017  
Isabelle Febvre, 2017  
Christian Bladon, 2017

**Medical Certifications**

Rayna Nolen, 2017, intended WFR training (provider: Wilderness Medical Institute)  
Ibby Febvre, 2017, intended WFR training (provider: WMI)  
Christian Bladon, indented WFR training (provider: WMI)  
Jessica Wright, 2017, WFR expiration: January 15, 2016

## Does your group have adequate experience?

Yes

## Training Plan

If we are granted the financial support to go on this trip, we will enroll in a mountaineering course through the Colorado Mountain School. We will practice navigation and safety techniques prior to the expedition until every member is confident in such skills. We will also prepare physically and mentally by going winter camping, doing the incline, and training with weighted backpacks on.

## III. Expedition Logistics, Gear and Food

### Travel Plan

All members will arrive in Denver, Colorado before leaving and taking a direct flight to Anchorage. All members will also return to Denver from Anchorage before flying to their various home towns.

### Transportation

We will begin our trip on May 19th, meeting and leaving from the Denver International Airport and flying into Anchorage.

- Roundtrip flights from Denver to Anchorage
  - Depart: May 19th
  - Return: June 1st
  - Roundtrip flight on Delta Airlines \$471
  - **Total airfare cost: \$2,084 (\$521 x 4 people)**
- Anchorage to Hope, AK (beginning trailhead)
  - We will take a bus from the Anchorage Airport to Hope, AK
  - Seward Bus Line, <http://www.sewardbuslines.net/summer.html>
  - \$45 per person
  - **Total bus cost: \$180**
- Exit Glacier to Seward
  - After we finish the Exit glacier loop hike, we will be picked up by a shuttle that leaves every hour between 8am and 5pm. This shuttle runs Friday through Sunday for \$10 a person.
  - We will be taking the shuttle on May 31st, 2015.
  - Exit Glacier Guides, Kenai Fjords Park Shuttle,
    - [http://www.exitglacierguides.com/kenai\\_fjords\\_glacier\\_shuttle\\_in\\_Seward\\_Alaska](http://www.exitglacierguides.com/kenai_fjords_glacier_shuttle_in_Seward_Alaska)
  - **Total cost of shuttle: \$40 (\$10 x 4 people)**
- Seward to Anchorage
  - We will take a bus from Seward to Anchorage
    - The Park Connection, Alaska Tour & Travel
    - Seward Express: from Seward to Anchorage (\$55 per person)
    - <http://www.alaskacoach.com/rates/>
    - **Total bus cost: \$220 (\$55 x 4 people)**

**Total Transportation cost: \$2,524 (\$631 per person)**

### Expedition Itinerary

\*\*Depending on weather conditions, obstacles such as rivers, and group strength, our progress in distance may vary. Hence, these are tentative camp distances. We will use our best judgement to find exact camp areas

to set up a tent. We'll specifically look for flat ground that is not located close to the river if it is loud. Furthermore, because Resurrection Trail is fairly commonly traveled, the rivers will likely be crossable near the trail. We'll try to get insight into the nature of the rivers in May before departing for this expedition.

\*\*References to quadrants below refer to caltopo quadrants.

Start: Resurrection Pass Trail trailhead (60.9157, -149.6356)

--Camp #1: about 5 miles (60.8460, -149.6314); one river crossing at Bedrock Cabin River; this river has footbridge

--Camp #2: about 6 miles (60.7696, -149.6880); CREEK CROSSINGS (1.) near Pearson Mine: potentially two crossings here where the river splits (2.) bottom left of quadrant 33 (3.) Wolf Creek River (4.) Resurrection Creek near Caribou Creek Cabin (footbridge) (5.) Caribou Creek (6.) Pass Creek

--Camp #3: about 5 miles (60.7110, -149.7364); creek crossings: (1.) two crossings of small rivers in quadrant 30 (2.) Fox Creek River (3.) one crossing in quadrant 12

--Camp #4: 6 miles (60.6325, -149.7189); CREEK CROSSINGS: (1.) one crossing in quadrant 14 near East Creek Cabin (2.) one crossing in quadrant 23 (3.) possibly a crossing in quadrant 1 unless the trail allows us to stay to the east side of the river until finding a camping spot near the Summit Creek Rout trailhead

--Camp #5: 6 miles (60.6062, -149.8460); CREEK CROSSINGS: (1.) two crossings in quadrant 11 near Devils Pass Cabin unless the trail allows us to stay north of the river and avoid crossing it twice (2.) two crossings at top of quadrant 15 unless the trail allows us to stay north of the river

--Camp #6: 7 miles (60.5140, -149.8939); creek crossings: (1) one crossing in quadrant 19 (runoff from Juneau lake) (2) a second crossing in quadrant 30 across runoff from Juneau Lake (3) two in quadrant 31, more runoff from Juneau Lake (4) one crossing in quadrant 6 (runoff from Trout Lake and Juneau Lake; potentially bigger) (5) two crossings in quadrant 7 across runoff from Juneau and Trout Lakes (potentially bigger)

--Camp #7: roughly 6 miles (60.4678, -149.9756); creek crossings: (1) one crossing in quadrant 24 near a waterfall (2) one crossing in quadrant 27 across runoff from the Kenai River

--Camp #8: 6 miles (60.3869, -149.9843); creek crossings: (1) one crossing in quadrant 9 across Russian River runoff (2) one crossing in quadrant 16 across Russian Lake (3) one crossing in quadrant 33 across runoff from Russian River

--Camp #9: 7 miles (60.3443, -149.6851); no creek crossings

--Camp #10: 7.5 miles (60.2763, -149.6851); creek crossings: (1) one crossing in quadrant 28 (glacier runoff) (2) one in quadrant 34 (glacier runoff) (3) one in quadrant 35 (4) two in quadrant 1

--Camp #11: roughly 5 miles (60.2143, -149.6327); creek crossings: (1) one crossing in quadrant 7 (2) one in quadrant 20

--Final hiking day: almost 6 miles; hike remainder of Seward road (2.8 miles) until we reach the Exit Glacier road (1.5 miles) and then hike the 2 mile Exit Glacier Loop and return to Anchorage by bus

Below is the link to our full CalTopo map; all details and quadrant references are shown on this map:

<http://caltopo.com/map?id=6E6S>

## Re-Ration Plans

We plan to carry in all of our food instead of re-rationing. This way we can completely avoid contact with civilization and will not be required to do airdrops. This is expected to reduce food costs (since air drops would be more expensive than bringing our own food).

## Food Storage

We'll have a bear containers to put food in, and we'll also make bear hangs if possible in trees at least 100 feet away.

## Food List

### Food List

After doing some research we learned that according to NOLS, when backpacking you burn about 2,500 to

4,500 calories a day, this means that we need to pack between 1.5 to 2.5 pounds of food per person per day. We have chosen to lean toward the lower end of this number since we will not be re-rationing during this trip. Using this formula, our goal is to carry around 78 lbs of food.

1.5 lbs. x 4 people x 13 days = 78 lbs

<b>Breakfast</b>		
Oatmeal	8 lbs.	\$12
Dried Fruit (Cranberries, raisins, coconut, dates, prunes)	2 lbs.	\$12
Brown Sugar	1 lb.	\$4
Granola	4 lbs.	\$16
Nuts and seeds (Almonds, peanuts, sunflower)	2 lbs.	\$11
Powdered milk	1 lb	\$4
<b>Lunch</b>		
Tortillas	4 lbs.	\$15
Peanut butter	5 lbs.	\$11
Jelly	2.125 lbs.	\$6
Summer Sausage	4 lbs.	\$16
Bagels	12 bagels	\$7
Cliff Bars	48 bars	\$40
Gorp	10 lbs	\$37
Beef Jerky	2	\$19
<b>Dinner</b>		
Rice	4 lbs	\$6
Quinoa	2 lbs	\$10
Lentils	2 lbs	\$4
Dehydrated vegetables (corn, peas onions, carrots)	4 lbs	\$26

Curry powder	2 oz	\$6
Instant potatoes	2 lbs	\$3
Dehydrated beans	8 lbs	\$8
Parmesan Cheese	.5 lbs	\$3
Rice Pasta	4 lbs	\$14
Dried pasta sauce (marina)	1 can	\$12
Cheddar Cheese	8 lbs	\$24
<b>Miscellaneous</b>		
Spice Kit	1 lb	\$4
Hot chocolate	1 lb	\$5
Coffee	12 oz	\$5
Snickers	12 king size bars	\$8
Olive Oil	8.5 lbs	\$2
Lemonade powder	.5 lb	\$2.50

**Total Food Cost: \$352.50**

\*\*These prices are based off of Costco's and Wal-Mart's websites.

### Equipment List

#### First Aid Kit

assorted bandages

4 inch butterfly closures (x4)

4" x 4" sterile dressing pads (x10)

2" x 2" non-adherent sterile dressing (x6)

roll of gauze (x1)

roll of 1" adhesive tape (x1)

multi-use tool with scissors and knife (x1)

scissors with blunt end (x1)

tweezers (x1)  
thermometer (x1)  
malleable foam-covered aluminum splint (x1)  
irrigation syringe (35 cc) (x1)  
suction syringe (65 cc)  
safety pins (x10)  
cotton tip swabs (x8)  
resealable plastic bags (x2)  
ACE bandage (x1)  
antiseptic towels (x6)  
cleansing pads with lidocaine (x2)  
topical antibiotic ointment (x1 tube)  
Moleskine  
Povidone Iodine USP 10 percent, 1 oz  
Aloe vera gel  
Pain relievers: aspirin and ibuprofen  
Benadryl antihistamine  
Imodium 2 mg capsules  
Pepto Bismal  
hydrocortisone UPS 1 percent  
latex gloves  
CPR microshield mask  
oral rehydration salts  
space blanket  
paper and pencil  
Wilderness First Aid booklet

### **Outerwear**

waterproof/breathable jacket  
waterproof/breathable pants  
synthetic or softshell hiking pants  
insulated parka or down jacket  
insulated pants

waterproof gaiters

\*\*all items in this list are either owned or will be borrowed

### **Baselayer**

expedition-weight long john bottoms (x2)

expedition-weight long john top (x2)

midweight long john top

midweight long john bottoms

long sleeve shirt

synthetic underwear/briefs

synthetic sports bra

\*\*all items in this list are either owned or will be borrowed

### **Accessories**

wool or fleece hat

balaclava

synthetic liner gloves

midweight insulated ski gloves

heavyweight down mittens

waterproof overmitts

bandanna

\*\*all items in this list are either owned or will be borrowed

### **Footwear**

insulated camp booties

waterproof hiking or boots

smart wool or synthetic socks (x4 per person)

\*\*all items in this list are either owned or will be borrowed

### **Gear**

internal or external frame backpack

convertible or four-season tent (**\$120 rental** for 14 days)

tent footprint/ tarp

sleeping bag (-30° to 0°F)

stuffsacks (waterproof)

inflatable sleeping pad or closed-cell foam sleeping pad



collapsible snow shovel

trekking poles

JetBoil (if we can get access to one by borrowing)

whisper light stove

16-oz fuel bottles (x3) (we have two already, for one more: **\$10**)

lighter and waterproof matches

cookset (pot, pan)

eating utensils, bowl, and insulated mug or thermos

headlamp w/extra batteries (and a spare bulb) (x2 per person)

32-oz. water bottles (x2 per person)

pocketknife or multitool

compass

GPS (**\$105 for 14 days**)

Maps of Chugach National Park (\$20) and of Kenai Fjord National Park (\$20) (**total \$40**)

whistles

sunglasses

goggles

chemical heat packs (10-pack at REI for **\$7**)

assorted zip-lock bags (**\$10**)

p-cord

Iodine tablets (x100) (\$15 for 50 tablets; **total \$30**)

sunscreen (SPF 45+)

lip balm (SPF 15+)

Satellite phone (\$49/week, **\$98** to activate for 2 weeks)

Orion Hand-Held Pocket Flare/ Smoke Signal (**\$20**)

extra rope

River/ Creek Crossing Safety

-Rope and lock carabiners

(safety techniques and tips: <http://www.backpacker.com/survival/how-to-ford-a-river/>)

Bear Safety

-Alaska Backpacker bear spray (8.5" x 3" and 7.9 oz per can) (x 1 can per person at \$30 a piece; **total \$120**)

-Bear resistant food cache (\$5 per week per canister; **total \$40**)

### Sanitary Products:

-Hand sanitizer, 3 pack of 2-oz (**\$5.82**)

-Biodegradable soap and toothpaste, toothbrush

-Wag bags (x 12 per person at \$30 for a box of 12; **total \$120**)

-Trowel

-Toilet Paper

### Other

### Extra Money

-\$260 for transportation (included in transportation budget)

-extra for staying (in a hostel) in Anchorage on last night or anything else that comes up (*not* included in budget)

### Camera

### Journal and writing utensil

## **TOTAL COST OF EQUIPMENT: \$725.82**

(\$98 of which is for a communication device:  $725.82 - 98 = \$627.82$ )

### **Leave No Trace**

Everyone on our trip is familiar familiar with Leave No Trace principles, and we plan to uphold them to the utmost of our abilities.

### **Plan for Minimizing Impacts**

#### **Leave No Trace and Minimizing Impact**

### **Plan Ahead and Prepare**

We have spent a lot of time planning ahead for this trip in order to reduce our impact on the area we will be moving through. We have planned evacuation routes and will try to become as familiar as possible with the maps of the area and the terrain to ensure that we prepare correctly mentally and physically as well as choosing a doable route. Hopefully this preparation will eliminate as many risks as possible and lower the chance of us needing to call search and rescue and impact the land from their arrival. Furthermore, we will pack the proper equipment (including sealable bags for trash as well as wag bags) to allow us to pack out everything that we pack in.

### **Travel and Camp on Durable Surfaces**

We will be following three different trails throughout this trip. In order to minimize our impact on these, if we encounter an impassable object on the trail we will not make our own trail by following each other single file in a line, instead if there is a reason we have to branch off from the established trail we will fan out to create as minimal of an impact as possible. When we are on the Resurrection trail, we will camp at pre-

established camp sites. For the rest of trip we will make sure all of our campsite locations are at least 200 feet from lakes and streams, and not in areas that look like they have been camped in before.

### **Dispose of Waste Properly**

We will be sure to pack out any garbage that we bring in. We will repackage anything that will cause extra or small pieces of garbage before we go out on the trail. When possible, we will dig appropriately sized cat holes. If digging a cat hole is not possible we will also carry wag bags in order to carry out our waste.

### **Leave What You Find**

We will be sure to not take any "souvenirs" from the areas that we will be moving through. We will have cameras to capture our memories instead.

### **Minimize Campfire Impacts**

We will be carrying fuel bottles and a whisper light in order to cook our food, and do not plan on making any other campfires. In the event that we do make a campfire we will be sure to use a pre-established fire ring at a campsite, keep the fire small, and make sure it is completely out once we are done.

### **Respect Wildlife**

In order to respect wildlife, we will be sure to keep our distance and not approach any animals. We will also keep our food and garbage secured in bear containers to ensure they cannot get to it.

### **Be Considerate to Other Visitors**

To be respectful to other visitors, we will be sure to camp away from trails and keep our voices at a level that will deter bears but not impact the quality of another hiker's visit.

### **Cultural Concerns**

There are no cultural considerations for this expedition area since no one has inhabited the area where we'll be hiking.

## **IV. Risk Management**

### **Hazard Mitigation Plan**

#### **CREEK CROSSINGS**

One of the most hazardous parts of this expedition will be the creek crossings. We acknowledge that this expedition is early in the summer season, and snow melt may produce hefty runoff. To prepare for river crossings, we have begun and will continue to do research about safety techniques and tips for crossing swift rivers. The precautions we'll take will include marking on a map and knowing ahead of time where the rivers are relative to the trail, and trying to cross them early in the day before the later afternoon snow melt raises the water level. We'll also have to use good judgement (based off of our river crossing research) to determine whether a river is crossable at a certain part or not. If the river level rises above about knees, we'll either search for a place where it forks, widens, and/ or does not bend so it is shallower. We'll also be sure to scout downstream to make sure there are no dangers such as fallen logs or waterfalls. We'll practice river crossing techniques on rivers in Colorado prior to the trip. Depending on the depth and speed of the water, some different techniques include linking arms with a partner and each holding a trekking pole; securing a hold with two or three other people and side-stepping across (tallest person upstream), angling slightly downstream;

and tying a rope to a tree on the first side, having one or two people cross with the rope and tie it to a tree on the other side, and then having the last person untie the rope from the first side. Carabiners can be used to clip in for the last mentioned technique.

Furthermore, we'll take precautions to stay warm after crossing to prevent hypothermia. Before crossing, we'll adjust our clothing to minimize wet clothing. Then after crossing we'll make sure to change into dry clothes. Hypothermia prevention techniques will be expanded upon after all group members have been WFR certified. For reference, some of the informational sites that have been used to evaluate river crossing techniques are from Backpacker at the following pages:

<http://www.backpacker.com/survival/how-to-ford-a-river/>

<http://www.backpacker.com/view/videos/survival-videos/survival-skills-how-to-safely-cross-a-river/>

#### BEARS AND WILD ANIMALS

Another concern will be encountering bears. To avoid a situation where we encounter or scare a bear, we'll yell things like "Hey, Yogi" and be loud before entering new areas, especially forested ones where we will not be able to see for a distance. We'll also stay in our group of four at ALL times since one person alone would be more vulnerable. (This will also ensure that no one gets lost or left behind. As mentioned above, we're a TEAM!)

Another method we'll use to avoid scaring a bear is hiking at enough distance from the river as we can when possible. By creating a distance from the river that's large enough that we cannot hear the river, we'll be able to listen for and hear animals, as they will better be able to hear us.

We'll also bring a bear tight food cache to store our food at night, and hang any food if necessary. We'll select the least potent food to hang, and make sure to hang it far from our tent area. We'll also stash our backpacks away from the main campsite (covered by trash bags).

Finally, we'll each carry a can of Alaskan Backpacker Bear Spray. In case we do encounter a bear, we'll each have quick access to the bear spray. This way we'll be able to protect ourselves and help each other stay safe.

#### GETTING LOST OR HURT

During this expedition, we'll be isolated from civilization. Hence, a concern is getting lost. We'll prevent one person from being lost alone by always staying in a group of four.

As a group, we'll stay on the trail as much as possible. If we need to veer from the trail to set up a tent, to avoid an obstacle, or to cross a river at a different spot, we'll use our compass and GPS to note on the map in which direction we're going and where we are located. We'll then return to the trail as soon as possible.

We'll also give people our expedition itinerary so others are aware of our day-by-day locations. This will include, but is not limited to, our parents, the ORC board, the ranger station in Alaska, and the NOLS base in Anchorage.

If someone gets hurt, we'll use the injured person's and everyone else's judgement (based upon our WFR skills) to evaluate whether we can mend the injury using the First Aid Kit and continue on, or whether we need to call for help or evacuate. If we happen to be near a cabin or a road at the time, we may decide to seek other people's assistance. However, we will certainly not depend on that being an option. Refer to the evacuation plan below for more details.

#### Evacuation Plan

In the event of an emergency, though we are hiking relatively close to roads, our most prudent option will be to use our satellite phone to contact the Alaska Mountain Rescue Group by calling either the state trooper or simply 911. We also have the agreement of the NOLS headquarters in Palmer Alaska to be an emergency contact for us in whatever case they are needed.

Since the trails that we will be hiking on are well-maintained and well-known, we have opted to NOT carry a spot locator with us and will instead keep track of our mileage and be familiar with mountain navigation so that we are able to pinpoint our location for whom we are contacting.

We will carry all emergency contact numbers with us on a waterproof sheet.

#### Emergency resources:

State Trooper Office (which will put us in touch with AMRG): 907-352-5452

Emergency Response: 911

NOLS AK Headquarters: 907-745-4047

### **Special Preparedness**

Ibby had Juvenile Rheumatoid Arthritis. Ibuprofen will be brought on the trip in case of sore joints.

Christian had surgery on his left shoulder in August of 2014. Ibuprofen will be brought in case of sore muscles.

### **Emergency Resources**

State Trooper Office (which will put us in touch with AMRG): 907-352-5452

Emergency Response: 911

NOLS AK Headquarters: 907-745-4047

Alaska Search and Rescue: (907) 566-2674

Alaska Regional Hospital [2801 Debarr Road]: (907) 276-1131

Glacier Ranger District

(907) 783-3242

Seward Ranger District

(907) 224-3374

### **Emergency Communication**

Satellite phone will be activated for the duration of the trip. We'll bring flares as well in case we need to send a smoke signal.

## **V. Budget**

### **BUDGET**

Budget is included throughout document. Refer to specific sections.

#### **Transportation**

\$2524

#### **Food and Fuel**

\$352.50

#### **Maps and Books**

\$40.00

#### **Communication Device Rental**

\$230.94

#### **Permits/Fees**

\$0.00

#### **Gear Rentals**

\$637.77

#### **Total Funding Request**

\$3,785.21

#### **Cost Minimization Measures**

##### **Cost Saving Measures**

- Transportation
  - Although we do not have the means to drive from Denver to our trailhead which would ultimately be the cheapest form of transportation, we have taken measures to make our transportation as cheap as possible.
    - We used Priceline to find the cheapest flight prices, and we are willing to be flexible with the amount of layovers we will have in order to keep our costs low.
    - A large majority of Alaska's wilderness can only be accessed by bush planes, in order to cut the cost of a bush plane we searched for a route whose trailheads could be accessed by car. We will be taking shuttles to and from our trail heads.
- Food
  - In order to save money on food, we will purchase as much food as we can in bulk and shop at low price places like Wal-Mart and Costco. In addition, we will purchase all of our food in the continental US to ensure the lowest possible price.

#### Equipment

- o We will borrow equipment and use our own when possible. When we have to rent gear (e.g., a tent) or buy (e.g., bear spray) we will search for the lowest prices possible.