

yes
\$1500
1450

Born for the Morne.



A Ritt Kellogg Memorial Fund Grant

Gros Morne National Park, Newfoundland,
CANADA

Clara Carroll
Kylie Manson
Naomi Marshall

Table of Contents

Introduction and Statement of Purpose.....	3
Budget.....	5
Itinerary.....	6
Gear List and First Aid Kit.....	8
Food Discussion.....	10
Food Breakdown.....	11
Safety and Environmental Considerations.....	12
Maps.....	16
Clara Carroll Resume and Application.....	31
Kylie Manson Resume and Application.....	37
Naomi Marshall Resume and Application.....	44
Acknowledgement and Assumption of Risks.....	51
Ritt Kellogg Fund Agreement.....	57

Introduction

As all three of us continue to grow, we notice how deeply the environment affects us. We find ourselves constantly learning both from the grand adventures we are lucky to be a part of in the mountains and oceans and from our smaller and subtler adventures: testing some new idea against a friend's or exploring an unknown creek in the hills across the street. We have already been profoundly moved by this collective experience of dreaming up a voyage to Newfoundland. We, therefore, give thanks for the mere opportunity to plan this trip and to have its fruition a possibility.



Finding ourselves in the mystic land of Newfoundland will provoke respect and amazement in us. We have all been drawn to the prospect of traveling on the island of Newfoundland most plainly by the foggy sense of mystery that seems to surround both the land and its inhabitants. Newfoundland is a place where the high seas meet an untamed boreal forest, and we hope to become a part of this tremendous union.

The boreal forest, 'boreal' inspired by the Greek word for north wind, is part of what has enchanted and inspired us to propose a trip to Newfoundland. The island has the climate of a temperate rainforest, which is ideal for those who can photosynthesis and presents adventurers with a soggy experience to say the least. Regardless of the potentially wet conditions, we are thrilled to surround ourselves by the rich and diverse vegetation. The forest is not only home to a vast variety of plants, but also rare and wonderful animals. While hiking, we might come across caribou, loons, and black bears to name a few. These are the native beings to the land that we hope to become familiar with, and we will regard them with utmost respect.

We have chosen a wilderness that is remote and whose terrain is unmarked, thick and damp. These aspects combined offer quite an adventure, both physically and in spirit. We hope to take this opportunity to push ourselves as individuals and as friends, understanding that we will be challenged from all fronts. We will be traveling from

August 11 to August 31 and will be in the backcountry for 15 days. From the moment we hop in the car to the day we drive back to Vermont one primary goal is to open ourselves to the perhaps surprising gifts this unusual journey has to offer. Another goal of ours is to treat the land and its inhabitants with respect, traveling lightly and without harming the environment. We hope to have a safe and rewarding journey with the land. The three of us feel that with our past experience, knowledge, and research we will be prepared to join Gros Morne's untamed ecosystem. This is an opportunity that will provide unquantifiable understanding of our world and ourselves and the intricate relationship we share.

Budget

Below is the compilation of our expenses. The total is an approximation based on researched current rates.

Food.....	\$309.00
Plane Ticket	
Kylie (one way, Colorado Springs-Portland, ME)....	\$250.00
Total.....	\$250.00
Ferry	
3 Adults round trip.....	\$164.00
1 Passenger Vehicle round trip.....	\$155.00
Total.....	\$319.00
Vehicle Fuel.....	\$300.00
Stove Fuel.....	\$50.00
Iodine.....	\$40.00
Maps.....	\$40.00
Other (tape, bug repellent, printing, etc.).....	\$50.00
Emergency Funds.....	\$50.00
Park Fees.....	\$67.00
Taxi Fees.....	\$75.00
Total.....	\$1,550.00

Itinerary

This itinerary is a result of time with our maps, discussions with previous visitors to the park and correspondence with park employees and Crown Land representatives. Our route takes us through much of Gros Morne National Park and then through mostly provincially owned land to the north of the park. All the people we've spoken with, both park and government employees, have been enthused about the prospect of our expedition and have informed us that we would be more than welcome to travel in the land north of the park.

The general consensus is that the distance one can travel varies dramatically from day to day depending on the condition of the terrain and the weather. Visibility is a large factor in determining a day's progress. Thus we consider this itinerary a hopeful guideline more than anything at this point and are fully aware and open to the distinct possibility of a change in plans once we reach the island. We have already chosen multiple ways in which we can shorten the total mileage of our trip in case we decide that we will not be able to hike as far as planned.

Pre-Backcountry

August 11- Meet at Clara's house in Boothbay Harbor, Maine

August 12- Drive to North Sydney, Nova Scotia (approx. 710 miles, 12 hours)

August 13- Take the ferry to Port Aux Basque, Newfoundland, drive up the coast to Gros Morne National Park, camp at the visitor's center.

Backcountry

August 14- Berry Hill, northeast on trail to west end of Bakers Brook Pond. East up to the top of Rocky Harbour Hills. Camp on the west end of the Rocky Harbour Hills plateau. Elevation: 650 meters. (Fairly straight-forward terrain, mostly on cart track.)

9.5 kilometers

August 15- Hike east following south side cliff of Bakers Brook Pond. Camp at west end of Bakers Brook Middle Pond. Elevation: 300 meters. (Mostly along clear ridge, easy navigation, possible bushwhacking.)

8.5 kilometers

August 16- Travel northeast past Marks Pond, Little Island Pond and then continue north and camp at eastern mouth of Western Brook Pond gorge. Elevation: 500 meters.

(Navigating around lots of water, many small river crossings.)

11.5 kilometers

August 17- Continue hiking north for 5 kilometers and then turn east. Camp between Island Pond and St. Paul's Big Pond. Elevation: 400 meters. (Similar terrain, lots of water, moving into vegetation.)

11 kilometers

August 18- Hike north past Steady Pond. Camp at Big Gulch. Elevation: 400 meters. (Lots of vegetation, all bushwhacking.)

9.5 kilometers

August 19- Continue north, camp at Dry Brook Pond. Elevation: 400 meters.
(Bushwhacking in the beginning of the day and then steep descent to camp.)

7 kilometers

August 20- Hike west down drainage, meet up with cart track. Hike west to Rt. 430.
Camp 1 kilometer east of road. (Fairly easy terrain, through marshes but on cart track).

11 kilometers

August 21- pick-up food cash, hike back east, camp at Jim Vincent's Pond.
Elevation: 150 meters. (Mostly on cart track.)

8 kilometers

August 22- Hike northeast, camp eastern end of Parson's Pond on Parson's Pond River.
Elevation: 100 meters. (Following below ridgeline, bushwhacking.)

7.5 kilometers

August 23- Hike north 4 kilometers, then head northeast up drainage back onto Long
Range Mountain Plateau. Camp at 550 meters. (Bushwhacking to begin the day, fairly
steep incline to open terrain.)

11 kilometers.

August 24- Rest day on top of the Long Range Mountain Plateau. Camp at 550 meters.

August 25- Continue east until last two kilometers, where we will descend into the Inner
Pond drainage. Camp at 225 meters. (Hiking back into thick vegetation.)

8.5 kilometers

August 26- Hike north on the eastern side of the river to Inner pond. At inner pond, hike
east up drainage 1.5 kilometers. Camp at 300 meters. (Easy navigation along river;
potentially thick undergrowth.)

7.5 kilometers.

August 27- Hike northwest following Inner pond for 4 kilometers, then descend into
valley and camp at 150 meters. (Bushwhacking and steep descent off of the plateau.)

9 kilometers.

August 28- Hike northwest to meet up with cart track. Hike out on cart track to Daniel's
Harbor. (Bushwhacking, big river crossing, to cart track.)

9.5 kilometers

Total Kilometers: *129 kilometers*

Call 310-TAXI company from Daniel's Harbor to drive us back down to our car in
Rocky Harbor. Camp by the car at Gros Morne National park.

Post-Backcountry

August 29- Drive to Port Aux Basque

August 30- Take ferry from Port Aux Basque to North Sydney, Nova Scotia. Start drive
back to Clara's house in Vermont.

August 31- Drive to Clara's house in Vermont.

Gear List

Individual Gear:

Backpacking Equipment

Expedition-sized pack
Sleeping bag (0 degrees F)
Air filled sleeping pad
Headlamp
Knife
Eating accessories
Two-liter water bottles (2)
Compass
Lighter
Insect Repellent
Trash bags (for lining backpacks and sleeping bags)

Clothing

Wool socks (3)
Liner socks
Hiking boots
Gaiters
Poly-pro long underwear
Fleece pants
Wind/rain pants
Synthetic shorts
T-shirt
Underwear
Poly-pro top (2)
Fleece top
Shell jacket
Down Jacket
Gloves
Winter Hat
Sun Hat
Toiletries: toothbrush, toothpaste, hand sanitizer

Group Gear:

Cooking

MSR whisper light stove (2)
Stove repair kit
Fuel bottles (4)

Two-liter cooking pot

Other Gear

Four-season tent

Ground sheet

Iodine water purification tablets

Bear spray

Maps

Satellite transmitter

Food (will be explained more thoroughly)

Rope and stuff sacks for bear hangs

First Aid Kit:

Essentials: Backcountry First Aid guide; CPR Micro Shield; Nitrile gloves (3); EMT shears; Tweezers; Duct tape; Patient assessment forms (3); pencils; Whistle

Wounds: 10cc irrigation syringe; surgical scrub brush; povidone iodine packets (10); wound closure strips; tincture of Benzoin; washable wound cover strips (2); antibacterial towelettes; antiseptic cream; gauze pads (12); non-adherent sterile dressings (6); gauze bandages; strip/knuckle bandages; athletic tape; Opsite microthin dressing.

Sprains and Fractures: moldable SAM splint; elastic bandage; triangular bandages; safety pins

Burns and Blisters: second skin (6); moleskin (6); adhesive knit bandage; antibiotic ointment; aloe vera gel

Medications: Tylenol; Ibuprofen; Benadryl; Imodium; Biteaid

Food

We realize that on an expedition like this, what we eat will be of primary importance to our overall success. All three of us have experimented with concoctions in the backcountry and therefore propose to take a variety of staple foods rather than pre-made meals. Our food rationing is based on the recommendations set out by the National Outdoor Leadership School. Food will be based on a diet of 2.5 lbs of food per person per day, equivalent to 2,500-3,000 calories per person per day. We have chosen to plan on 2.5 lbs a day rather than 2 lbs in consideration of the cold wet weather and the probability of mostly long and strenuous days.

$(3 \text{ people}) \times (15 \text{ days}) \times (2.5 \text{ lbs/person/day}) = 112.5 \text{ lbs}$

Breakfast- 18 lbs

Dinner- 20.25 lbs

Cheese- 14.6 lbs

Trail Foods- 23.6 lbs

Milk, margarine, cocoa- 15.75 lbs

Flour and baking- 7.9 lbs

Sugar and fruit drinks – 7.9 lbs

Soup, bases, desserts – 4.5 lbs

- We will pick up our second ration on August 21 off of Rt. 430, just north of the town of Cow Head. There is a picnic area with bear boxes that we can store our food in. The first ration will be 7 days (52.5 lbs). The second ration will be for 8 days (60 lbs).
- During the first ration we will each be initially responsible for carrying 17.5 lbs of food; during the second ration we will each be responsible for 20 lbs of food.

Food Breakdown

	Weight in lbs	Price per lb	Total Price
Breakfast	18		
Oatmeal	9	1.25	11.25
Granola	5	4.00	20.00
Pancake Mix	4	.50	2.00
Dinner	20.25		
Pasta	6	.63	3.78
Rice	4	1.00	4.00
Couscous	4.25	4.55	19.34
Dehydrated Beans	3	3.98	11.94
Falafel	3	2.70	8.10
Cheese	14.6	3.00	43.80
Trail Foods	23.6		
Energy Bars	4	5.00	20.00
Honey	2.6	5.00	13.00
Peanut Butter	6	2.00	12.00
Dried Fruit	3	3.00	9.00
Nuts	5	5.00	25.00
Hummus	1	3.00	3.00
Tuna	3	2.00	6.00
Beef Jerky	1	12.00	12.00
Milk, Margarine..	15.75		
Powdered Milk	1.75	5.00	8.75
Cocoa	2	4.00	8.00
Tea	.5	18.00	9.00
Margarine	11.5	2.00	23.00
Flour and Baking	7.9		
Flour	5	.50	2.50
Baking Powder	.25	4.00	1.00
Salt	.25	1.50	.40
Cornmeal	2.4	1.50	3.60
Sugar	7.9		
Brown Sugar	5	1.00	5.00
Granulated Sugar	2.9	1.00	5.00
Soups and Dessert	4.5		
Chocolate Chips	3.5	3.50	12.25
Dehydrated soups	1	6.00	6.00
TOTAL	112.5		308.71

Safety Considerations

Any extended trip in the backcountry has the potential to be dangerous if one is not properly prepared. As a group, we value safe travel over anything else and we understand that we need to prepare according to the specific terrain we will be hiking in. We will not only need to be prepared for emergencies and safety management, but we will also need to be flexible in our route and itinerary in order to have the safest and easiest travel. The most effective way to stay safe in the backcountry is prevention and with this in mind, we have researched what the major and minor safety considerations will be for hiking in Gros Morne National Park. We will prepare for them accordingly, both with the right equipment and the right knowledge of how to best prevent and treat any safety issues that might arise. We will rely on close and open communication between the three of us in order to judge most accurately how each person is feeling and in order to prevent injuries or problems. Below we have listed the most pressing safety considerations for hiking in Gros Morne and the ways in which we will prevent the situations and address them if they were to become serious issues.

Moose:

Although there are some moose in Gros Morne, the time of year we have chosen to hike will limit the possibility for danger. Moose are most dangerous when they have their young and in late August most of the young moose are weaned and the mothers are less protective. If we do see moose we will stay far away from them and we will not intentionally approach them. If we have an unexpected close encounter with a moose we will back away slowly and quietly, causing as little disturbance as possible.

Caribou:

We may see some caribou in the park. Similar to moose, we will never approach caribou if we do see them and if we have an unexpected close encounter with caribou we will move away slowly and quietly.

Bear:

There are black bears in Gros Morne and we will actively prevent encounters with bears throughout our entire trip. The most important part of traveling in bear country is making noise when in wooded areas and not attracting bears to camp with food or toiletries. When bush-whacking we will make bear calls, taking turns yelling "hey bear!" every 3 or 4 minutes, in order to prevent surprising a bear in the brush. By calling out, the bears will know where we are. They will then be able to move away without being startled by us. At camp we will cook and eat at least 50 feet away from where we sleep in our tent. We will hang all our food and toiletries with rope on a branch at least 10 feet from the tree's trunk and 15 feet above the ground.

Weather:

Gros Morne will potentially have a lot of rain and may be very cold and foggy. We have chosen the least rainy month for our expedition, but we recognize that there is still the potential to be a lot of wet and rainy weather. The most important gear we will have to protect us from wet weather will be our rain gear, gaiters, and our tent. We will bring

waterproof pack covers so that we do not need to worry about our gear getting wet while we are hiking. We will always keep at least one pair of socks in our sleeping bags which we will keep in plastic bags in our packs as an extra precaution while we are hiking. That way we will always have something warm and dry to protect us from the cold, especially while we sleep. There is also the possibility that we will have low visibility from fog. The fog could make navigation much more difficult and, if we need to, we will stop hiking until the fog lifts. We have consciously planned our trip with relatively short mileage and a rest day in the middle so that we have the option to sit out bad weather if necessary.

Trench foot and blisters:

With all the potential for wet weather, river crossings, and bush-whacking we will have to take very good care of our feet. As we mentioned above, we will always keep one pair of dry socks to change into at the end of the day in order to prevent trench foot (painful cracks and soars from having wet feet for too long). We will also monitor blisters and prevent them by taping our feet if we ever feel “hot spots” (red places of abrasion) before blisters actually develop.

Hypothermia:

Hypothermia is a very serious concern of ours due to the potential for such wet, cold weather. The most effective way to deal with hypothermia is to prevent it. We will prevent hypothermia by keeping ourselves and our gear as dry as possible. We will watch out for each other and monitor signs of hypothermia. Signs of hypothermia include shivering, the “umbles” (mumbling, fumbling, stumbling etc. behavior), lethargy, and apathetic behavior. One essential problem with hypothermia is that the hypothermic person begins to make poor decisions and will not necessarily know that they are getting hypothermic. We will, therefore, stay aware of each other and we will rely on our close and open communication to monitor how we are doing. If someone does become hypothermic we will warm them with hot liquids, hot water bottles in parts of their body where the blood vessels come close to the skin (like the groin, armpits and hands), and, if necessary, we will give them a “burrito wrap” in multiple sleeping bags inside the tent.

Water Crossings:

We will have water crossings of all kinds in Gros Morne. Again, the most important way to deal with water crossings is to be aware in order to avoid dangerous situations. We will survey the water before crossing in order to find the easiest route and we will avoid getting wet whenever possible. When crossing large, fast moving rivers or streams, we will unbuckle our packs so that we can escape from them if we were to fall in the water. If we ever need to cross a river in the water, we will use practiced stable tripod formation. Together, we will cross at an angle facing upstream so that our knees will not buckle and we will use trekking poles or walking sticks to provide balance.

Bush-whacking:

We will be bush-whacking the majority of our time in Gros Morne. Gros Morne will have dense underbrush and potentially unstable footing. We will be careful not to sprain our ankles while hiking in brush. If we cannot see our exact footing we will take care by

using walking sticks and moving slowly. We will wear pants to protect our legs from poisonous or prickly plants and gaiters to protect our feet and legs from getting too wet.

Navigation:

We will be traveling off trail for nearly the entire trip. We all have experience navigating in the backcountry with a map and compass and we feel confident that our skills will be sufficient for Gros Morne. We will, however, practice as a team before going to Newfoundland. While hiking, we will take turns as leader, always keeping the map and compass out and following our progress as we go, so that we will always know where we are.

Poisonous Plants:

As none of us are experts on the vegetation of Gros Morne National Park we will not be eating any plants. We will only handle plants that we can identify without a doubt. The plants that we will primarily be surrounded by will not harm us. The most common plants are balsam firs, white spruces, sedges, grasses, mosses, tundra plants, and shrubs. The majority of them will not harm us. The temperate climate provides ideal growing conditions for mushrooms. The mushrooms growing in the park would be of most danger to us, and we will avoid this danger by simply not eating any mushrooms.

Insects:

There will be mosquitoes in Gros Morne. We will have to prevent getting too many mosquito bites because there is a possibility for the body to go into minor or severe shock with extended allergic reactions and histamine production. We will bring mosquito repellent, we will sleep in a tent, and our first aid kit will have “bite aid” and bendryl in case any one of us has irritated bites.

Rescue and Evacuation:

Our proximity to exit points and contact with air services will be essential if we need to evacuate any one of our group members. At any point, bearing west, we will be able to reach the highway in no more than a two-day’s hike in case of an emergency. In order to camp in Gros Morne, all parties are issued an emergency response kit, so we will have an emergency radio with us throughout the trip. Depending on the kind of injury, we would have a number of rescue options. If at all possible, we would walk the patient out under her own power, but if one of us is immobile or in dire condition, we will be able to contact the ranger station with our emergency radio and call in an evacuation team.

First Aid:

We will all be WFR and CPR certified before we go on our trip. We also all have significant experience in the backcountry. We believe that our knowledge of first aid, coupled with our personal experience in the backcountry, will give us the insight to prepare adequately for the safest travel possible. Gros Morne National Park also requires every party to have a briefing with a ranger before going into the backcountry. When we arrive in Gros Morne, we will show a ranger our entire itinerary so that they will know exactly where we are and they will be able to give us feedback as to which safety concerns we need to take into consideration.

Emergency contact:

The closest hospital is the Western Memorial Regional Hospital, located at:
PO Box 2005 Stn Main
Corner Brook, NL A2H6J-7
(709) 637-5000

Ranger Station:

(709) 458-2417 and (877) 852-3100

Environmental Impact & Concerns

One of our practices, regardless of the duration of a trip, is to keep our environmental impact to a minimum. Ethically and practically this is an important issue for us as we believe that it is imperative to have as little affect on the natural beauty of nature. In order to maintain the exquisiteness of the area we will practice Leave No Trace, the steps will be outlined below.

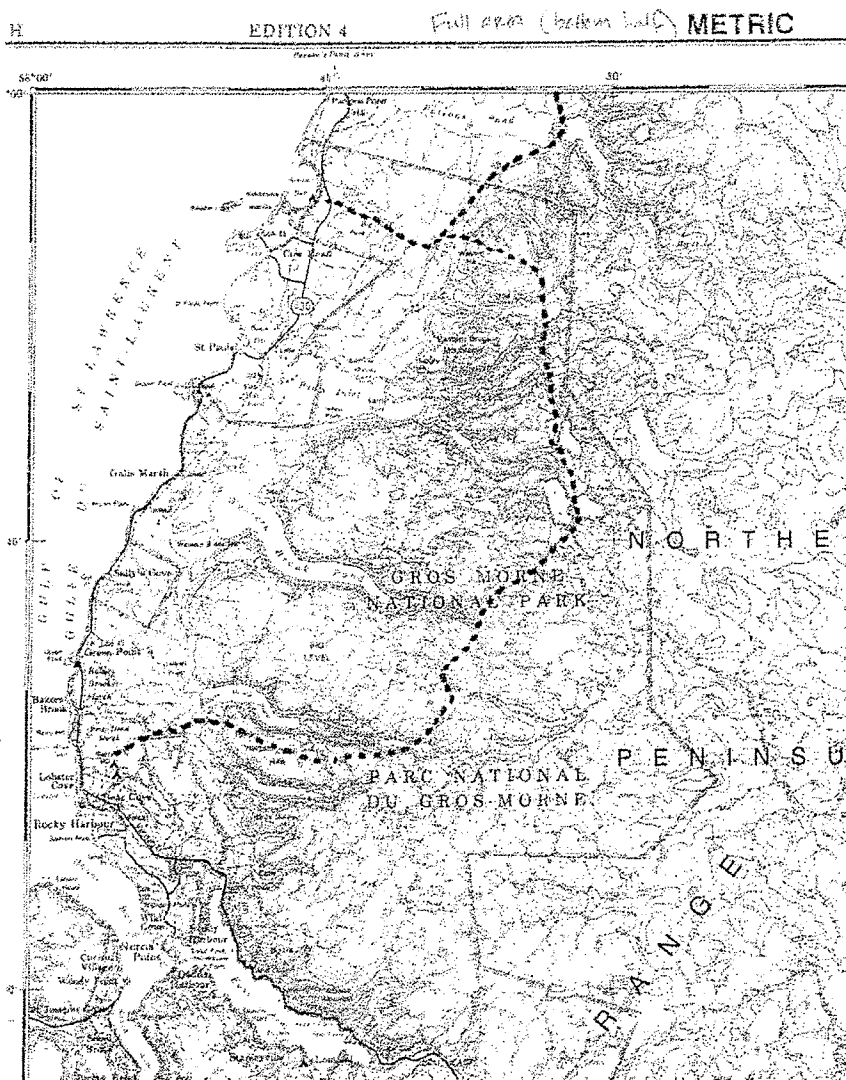
The Seven Leave No Trace Ethics:

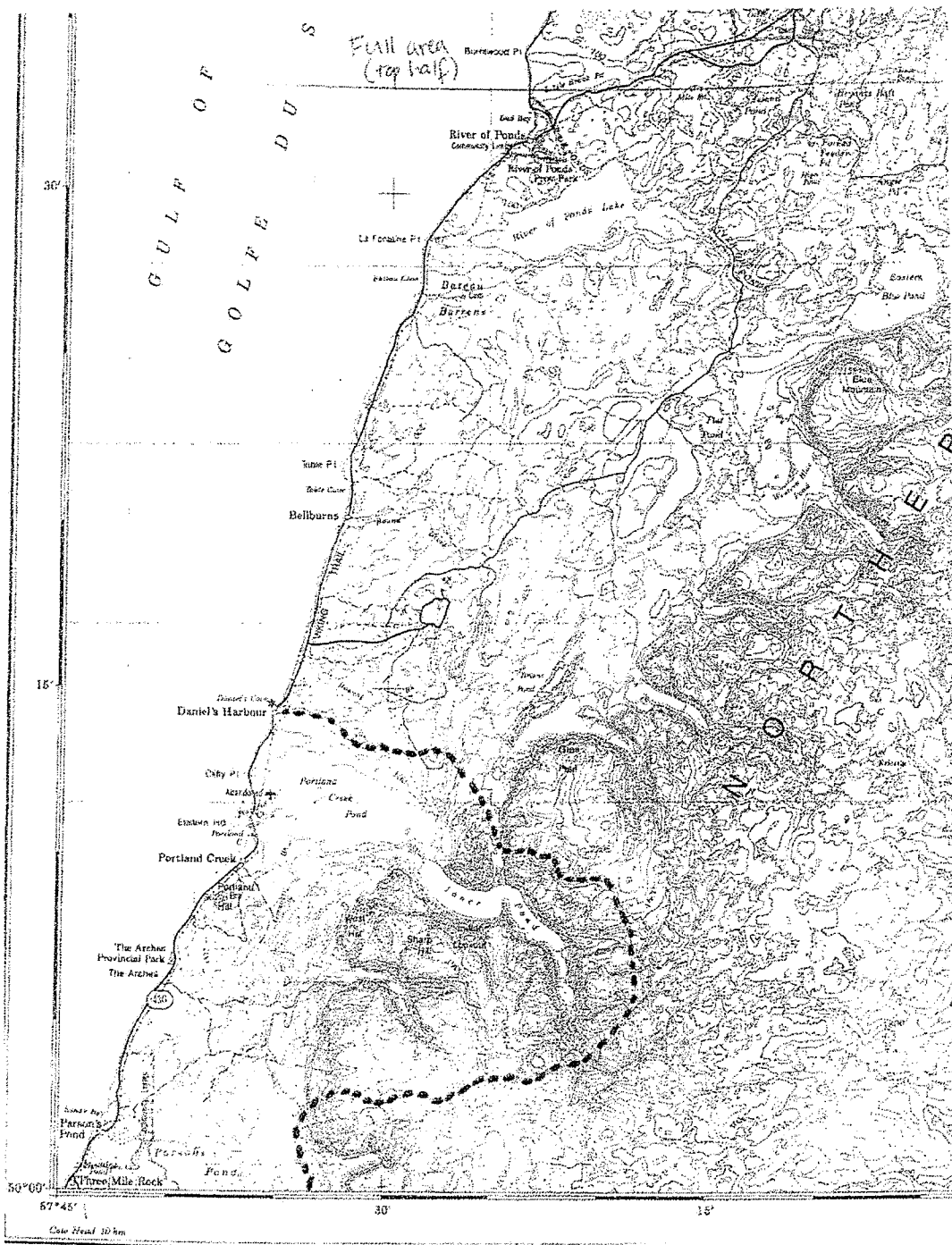
- Plan and prepare
- Travel and camp on safe, durable surfaces
- Dispose of waste properly
- Minimize campfire impact
- Respect wildlife
- Be considerate of other visitors

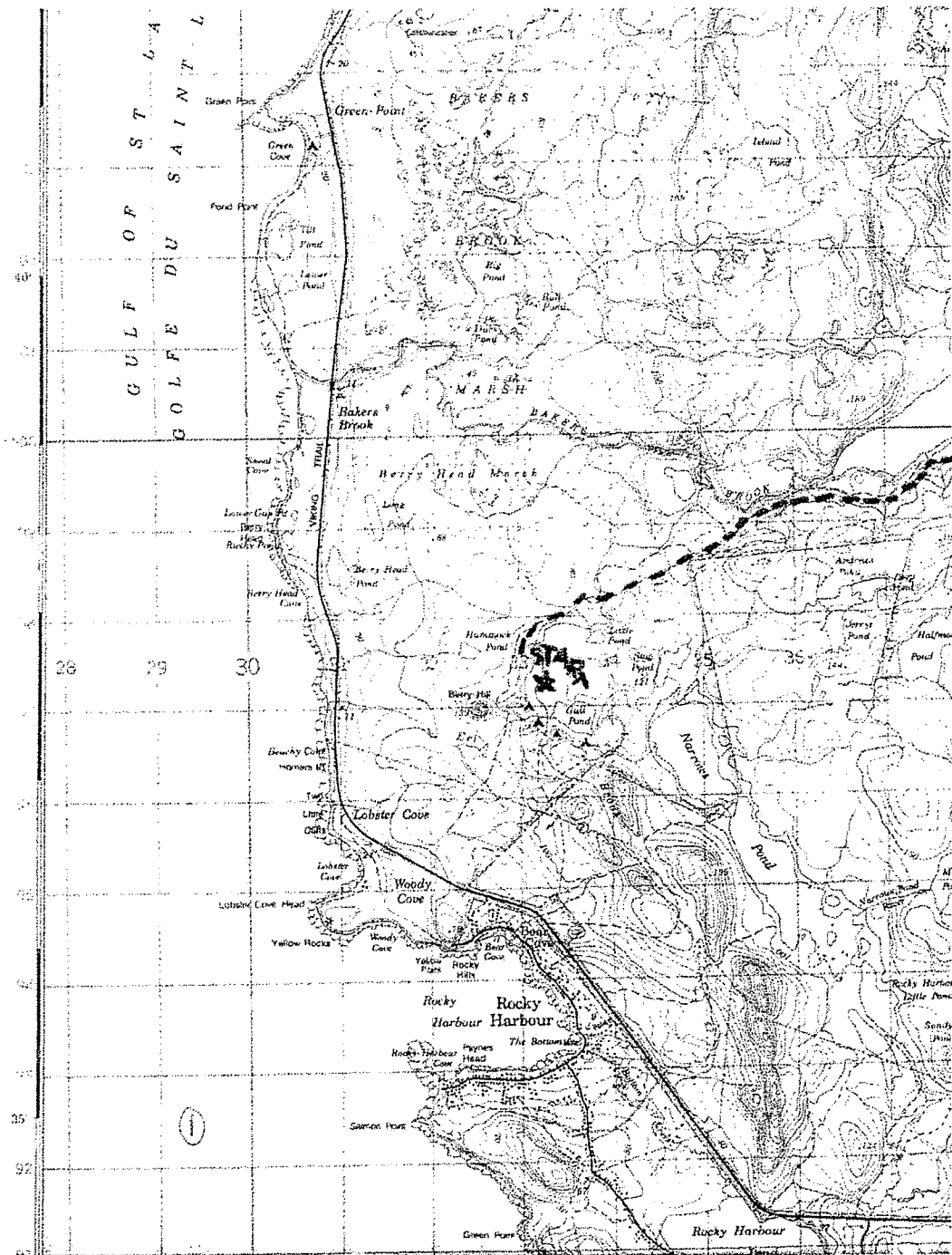
Newfoundland is home to part of the Canadian boreal forest. Within this boreal forest we could potentially come into contact with moose, bears, caribou, many of the 109 species of birds, and will constantly be surrounded by the extremely diverse vegetation. Among these animals are a few endangered species; the Newfoundland Marten and the Harlequin duck. We hope to perhaps see some of these amazing animals, and upon contact with them we will respect the boundary they create and, as much as possible, observe wildlife from a distance. We will constantly be surrounded by lush vegetation, and although it is impossible to avoid contact completely, we will take the appropriate measures to minimize our impact on the vegetation. While setting up camp we will take heart to set up on durable surfaces while avoiding fragile vegetation. If we ever find ourselves in a situation where we can utilize a preexisting site we will take full advantage of it. We will be off the trail for the majority of the trip, which means there will be some bushwhacking, so we will be mindful to bushwhack as minimally as possible

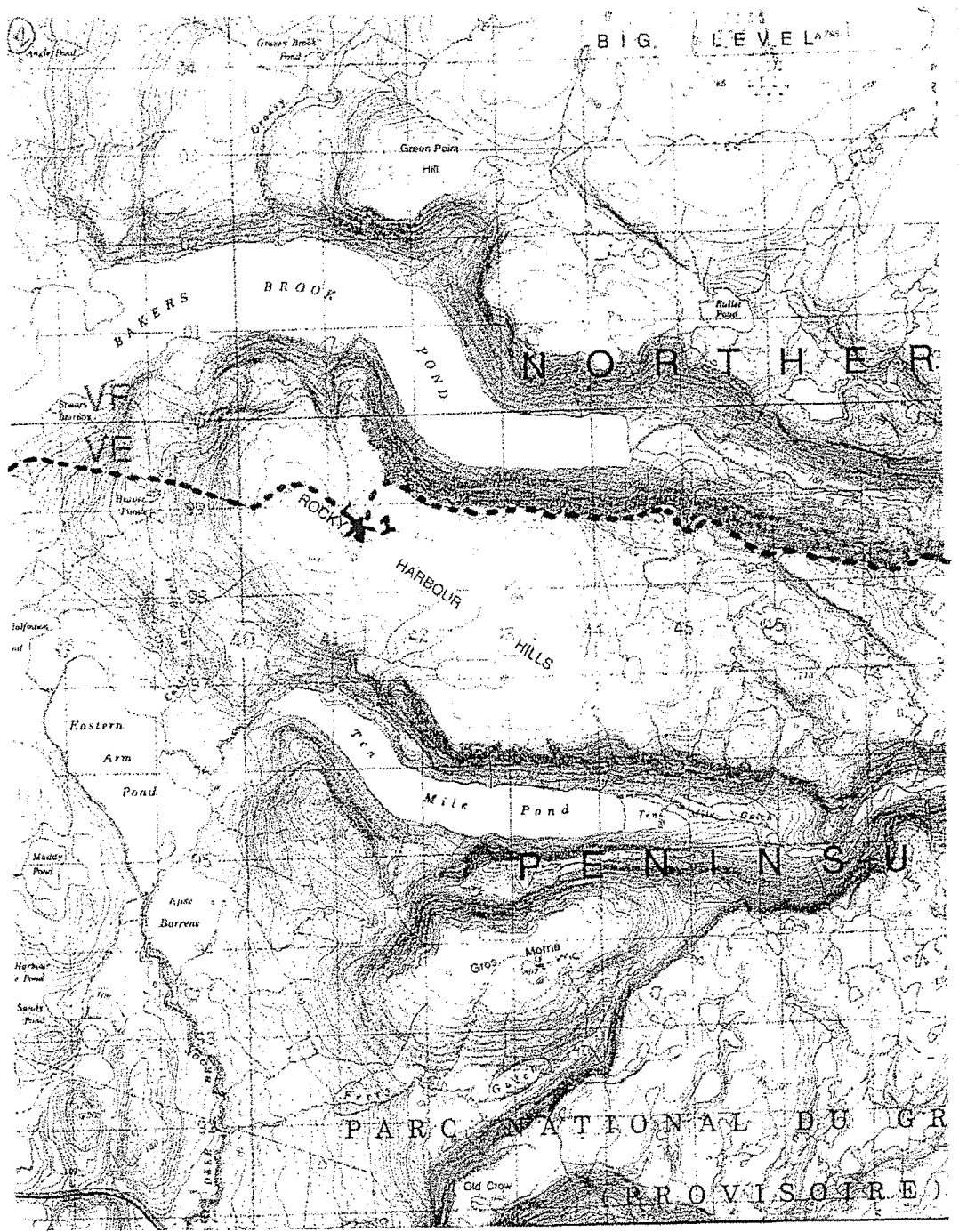
Maps

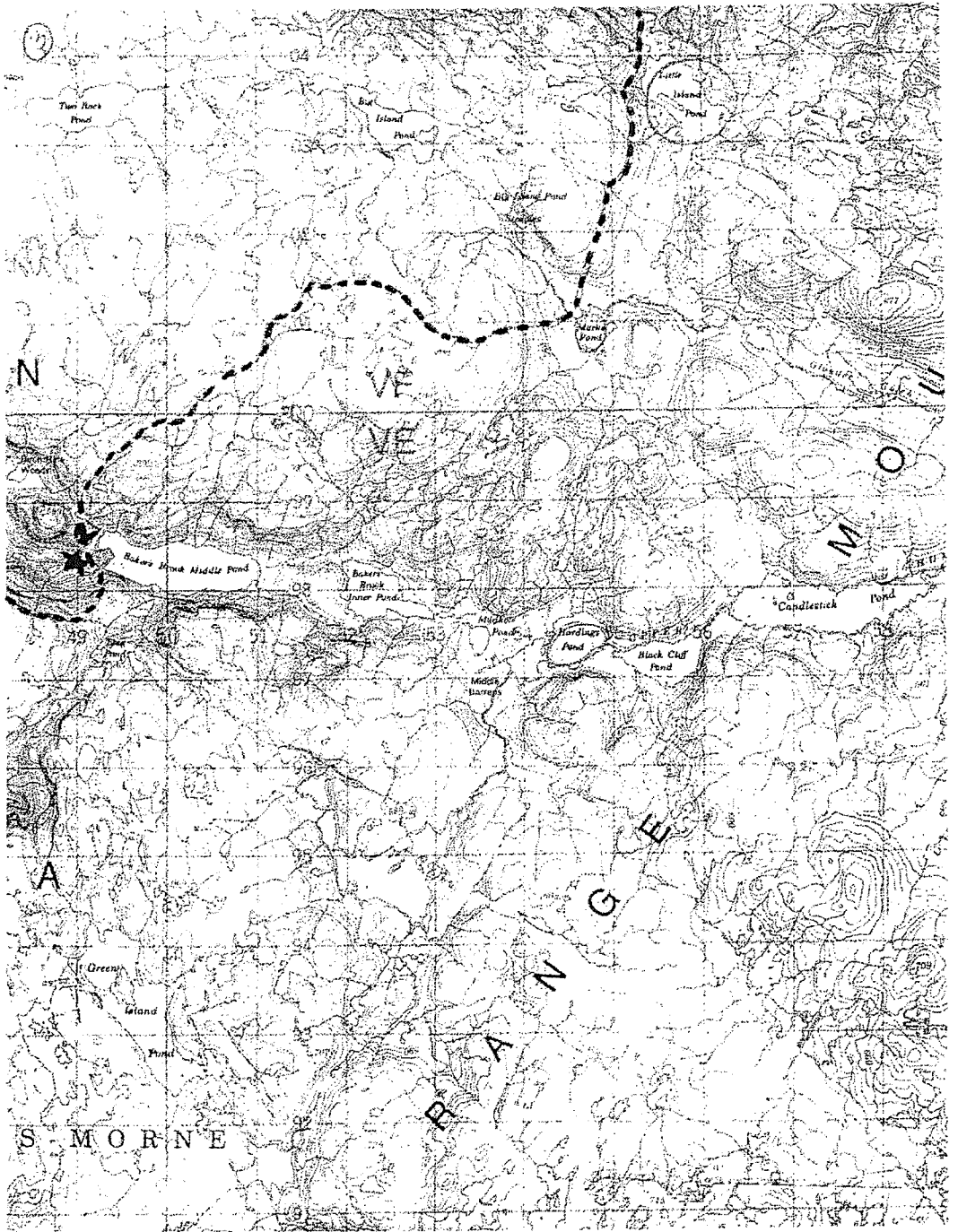
The first two maps are overviews of the entire area in which we will be hiking. The first map is the southern half of the area and the second map is the northern half. Our intended route is marked by a black dotted line. The next 13 pages are photocopied sections of the maps we will be navigating off of while we hike. Again, the black dotted line shows our intended route and the numbered stars show where we intend to camp each night. We are well aware of the fact that our route may not follow exactly the one we have drawn out on the maps. Our route may change slightly depending on the terrain and weather.











(4)

MÉTRIQUE

ÉDITION 3

