

Post-Trip Report: Sabine, Ewan, Nick, Henry

Itemized Budget:

Item	Cost
Backpacker's Meals (14x)	\$181.86
Henry flights	\$300
Ewan flights	\$300
Sabine flight	\$350
Gas	\$100
Butane (5x)	\$80
Bear Spray	\$120
Groceries (QFC)	\$100
Groceries (Grocery Outlet)	\$115.72
Groceries (Costco)	\$62.50
Trail maps	\$30
Misc Camping Gear (REI)	\$300
Groceries (QFC)	\$21.50
Backcountry Permits	\$60
Gas	\$90
Ferry (2x)	\$60
City expenses in between trips	\$300
Total	2,511.58

Food and rationing (what did you eat, not enough, enough, or too much, what would you change, etc.)

We had a rotating menu of oatmeal and granola bars for breakfast, peanut butter+nutella tortillas and canned tuna/sardines for lunch, and backpackers meals for dinner. We then filled in the rest of our calories with snacks including dried fruit, trail mix, extra granola bars, beef jerky

and other snacks. We rationed two oatmeal packets in the morning for each person and 2 granola bars a day for each person. We split the backpackers meals between 2 people as they are 2 servings each, but this often felt like not enough food. For this reason, we would recommend supplementing backpackers meals with ramen noodles.

We bought enough tortillas for each person to have one a day, and one big jar of nutella and peanut butter which lasted us the entire length of both trips. For evening sweets we had one packet of hot chocolate per person/per night * In general, we brought an appropriate amount of food for four people for two weeks (a little less given the weekend break in the middle). We had a little left over at the end because we had to break our trip up into two legs and thus lost three days and two nights from the original trip length. Some group members ate more and some ate less on certain days, so everything evened out. For us, rationing equal intake for each group member proved a good strategy.

*Camping hack to stay warm: Bring a ½ liter nalgene as your camp mug and then when the sun goes down and temperatures start to get chilly, make hot chocolate or tea and put it in your baby nalgene and use it as a personal heater while it cools off to a reasonable drinking temperature:)

Equipment:

Goat Rocks Wilderness: For this trip we brought one 4 person tent for us all to sleep in. This tent was convenient because we minimized how much we had to carry with us. We also enjoyed that we could all have a common space to chat and debrief about the day each evening. We did run into some issues with the size of the tent, because the profile required a large flat spot and the height made it vulnerable to the wind. Luckily, only one night was windy enough to make this noticeable, and we were able to find campsites that had a large enough flat spot for the tent with some looking. For cooking, we brought two MSR Pocket Rocket stoves and three canisters of butane. This allowed us to boil enough water for meals efficiently and we had plenty of butane to sustain ourselves. We had a 10L gravity filter, which came in very handy at camp as it gave us quick access to clean water with little effort once it was filled and set up.

Olympic National Park. For this trip, we swapped our tent for a smaller 3 person tent that was lower profile. This tent was smaller and lighter, which was nice but meant a bit less room in the tent. We also only brought one stove and 2 canisters of butane. For the shorter trip with less people, this was plenty for us. Something new we brought for this trip was a small tarp and two small cords to create a covered area at camp. Due to the rainy weather we encountered, it was essential to have an area outside of the tent that was also dry so that we could have a space to cook and hangout. This ended up being a necessary addition that we were really glad to have brought.

Travel Logistics:

To get to Seattle, Henry and Ewan flew in from their respective cities to meet up with Nick and Sabine. In one car, we then drove to Goat Rocks Wilderness which took about 3 hours. This drive was mainly on major roads, except for the last 30 minutes which were on a well maintained dirt road to the trailhead. Overall, both ways this drive was smooth and had little traffic. It also takes you through Mt Rainier National Park, making the drive quite scenic.

For our trip to the Sol Duc trailhead in Olympic National Park, we once again departed from Seattle in a car. This drive is also about 3 hours and is most efficient using the Bainbridge Ferry to cross to the Olympic Peninsula. We would recommend being prepared to wait for the ferry, as ours was delayed and we ended up spending over 30 minutes waiting at the port. But if timed correctly, the ferry is fast and a nice break from driving. This drive is also a scenic one, and the ferry ride adds views of the Seattle skyline.

- ***Permitting/government relations (any hang-up, what should others be aware of, etc.)***

No permits were required in the goat rocks wilderness, and we received two overnight permits in the Sol Duc region (Hoh Lake Campground and Appleton Pass Campground). Due to the poor weather in the Olympics, we were lucky to receive permits at the last minute. For future trips it will be important to get National Park Permits as soon as they are released in March or April.

- ***Leadership and group dynamics (how did your team operate, any challenges, etc.)***

Overall, we all studied the map closely before leaving the hike so we could make cohesive decisions as needed. Due to unforeseen circumstances, we made a lot of changes in our trip and it was important for us to communicate clearly and quickly. Everyone had their needs met through clear communication.

- ***Safety and risk management concerns (how did you manage risk in the field, did anything unexpected come up, etc.)***

Before the trip, we made sure to highlight any prior health concerns of the group (two ankles to monitor). Throughout each day, we would check-in with each other about how our bodies were feeling. It was important to keep this as an open dialogue! No further injuries were noted on the trip.

Unfortunately, due to a recent passing of a close friend, we were forced to cut our expedition into two separate trips, as stated. We were able to work together to solve these issues together and come up with a new route for the trip.

Specific route descriptions & concerns (did you have to make in-field changes, did anything unexpected come up, etc.)

The summer of our trip, and particularly the weeks leading up to our trip, were filled with several wildfires in the North Cascades region. We monitored fire activity and air quality maps closely before our departure date. Several fires including the Pioneer Fire, Calcite Fire, and Easy Pass Fire impacted our route due to smoke levels and trail closures near the border with Canada. While we could have continued with the majority of our route without running into active fires, the smoke conditions and possibility for further closures mid-trip were too great a risk for us to take.

Additionally, an unexpected loss occurred in Nick and Sabine's community from Seattle in the months preceding the trip. The memorial service for this person fell during the middle weekend of our trip (in Seattle). Nick and Sabine both felt it was more important to attend this service for their friend and to do so, we had to break up the trip into two sections.

All this is to say that we had to make some last minute changes to our route. Instead of doing our full 2 week continuous route in the North Cascades, we pivoted to doing two-week long trips in the Goat Rocks Wilderness in southern Washington and the Olympic National Forest in western Washington (low smoke and fire hazards). We chose to reroute to these locations after speaking with the local ranger at REI Seattle and after much discussion amongst ourselves. The new route itineraries are shown below. We were all disappointed that we could not continue with our original plan, which was very strenuous and a challenge we were looking forward to. But ultimately, we decided this was the safest option and the new route still carried long days and lots of mountain passes to make up for it.

- ***A detailed daily course log (we encourage you to keep a daily log while you are in the field to make this part easier to include daily starting and ending locations, what you did, anything significant to note, etc.)***

GOAT ROCKS:

8/10 - From snow grass trailhead to snowgrass flats campsite. ~6 miles, 2500 ft elevation gain. Camping at a beautiful alpine lake

8am- drove to trail head from Seattle, stopping for last minute items and breakfast

1:30 pm- started hiking

5:30/6pm- arrive at camp, set up site

6:30- make dinner

8:00- personal time

9:30pm/10:00pm- goodnight

8/11 Snowgrass lake to lost lake. ~13 miles 4000ft elevation gain. Highlight was ridge walking along "the knife".

6:00- wake up and boil water for breakfast

6:30- break down camp, pack bags, prepare for hiking

7/7:30- hike

5:30/6: roll into camp, locate water source, find tent site

6:00 - establish site and take some personal time *(journaling, swimming if lake, reading, etc.)

7:30pm: make dinner and eat

9:30: personal time/tent time

10:00: goodnight

8/12 Lost lake to MCall basin. ~10 miles. The trail was littered with downed trees which made for slow difficult hiking.

6:00- wake up and boil water for breakfast

6:30- break down camp, pack bags, prepare for hiking
7/7:30- hike
4:30/5: roll into camp, locate water source, find tent site
5:00 - establish site and take some personal time *(journaling, swimming if lake, reading, etc.)
7:00pm: make dinner and eat
8:30: personal time/tent time
9:30/10: goodnight

8/13 MCall basin to Sheep Lake ~14.3 miles. Highlight was summiting Old Snowy mountain. Above the clouds!

6:00- wake up and boil water for breakfast
6:30- break down camp, pack bags, prepare for hiking
7/7:30- hike
12:00pm- SUMMIT OLD SNOWY and eat lunch on top
6:00: roll into camp, locate water source, find tent site
6:15 - establish site and take some personal time *(journaling, swimming if lake, reading, etc.)
7:00pm: make dinner and eat
8:30: personal time/tent time
9:30/10: goodnight

8/14 Day trip to Nannie Peak ~10 miles

6:00- wake up and boil water for breakfast
6:30- break down camp, pack bags, prepare for hiking
7/7:30- hike
4:30/5: roll into camp, locate water source, find tent site
5:00 - establish site and take some personal time *(journaling, swimming if lake, reading, etc.)
7:00pm: make dinner and eat
8:30: personal time/tent time
9:30/10: goodnight

8/15 Hike out! ~10 miles

7:00- wake up and boil water for breakfast
7:30- break down camp, pack bags, prepare for hiking
8/8:30- hike
12:00pm: get back to trailhead and load into car
DRIVE BACK TO SEATTLE

3 days in Seattle for personal obligations

OLYMPIC NATIONAL PARK:

8/21 Sol Duc Trail Head to HoH Lake. ~10 miles 3000 ft elevation gain. The highlight was the bear across the lake

8am - drive to trailhead from Seattle, stopping for last minute items and breakfast

1:30 pm- start hiking

6:00pm- arrive at camp, set up site

7:00pm- make dinner

8:00pm- personal time

9:30/10:00pm- SLEEP

8/22 Hoh Lake to Appleton Pass. ~9 miles with 3000 ft elevation gain. Highlight was a the clouds rolling over the mountain pass

6:00- wake up and boil water for breakfast

6:30- break down camp, pack bags, prepare for hiking

7/7:30- hike

4:30/5: roll into camp, locate water source, find tent site

5:00 - establish site and take some personal time *(journaling, swimming if lake, reading, etc.)

7:00pm: make dinner and eat

8:30: personal time/tent time

9:30/10: goodnight

8/23 Hike Out! ~10 Miles.

7:00- wake up and boil water for breakfast

7:30- break down camp, pack bags, prepare for hiking

8/8:30- hike

2:00pm:get back to trailhead and load into car

DRIVE BACK TO SEATTLE





