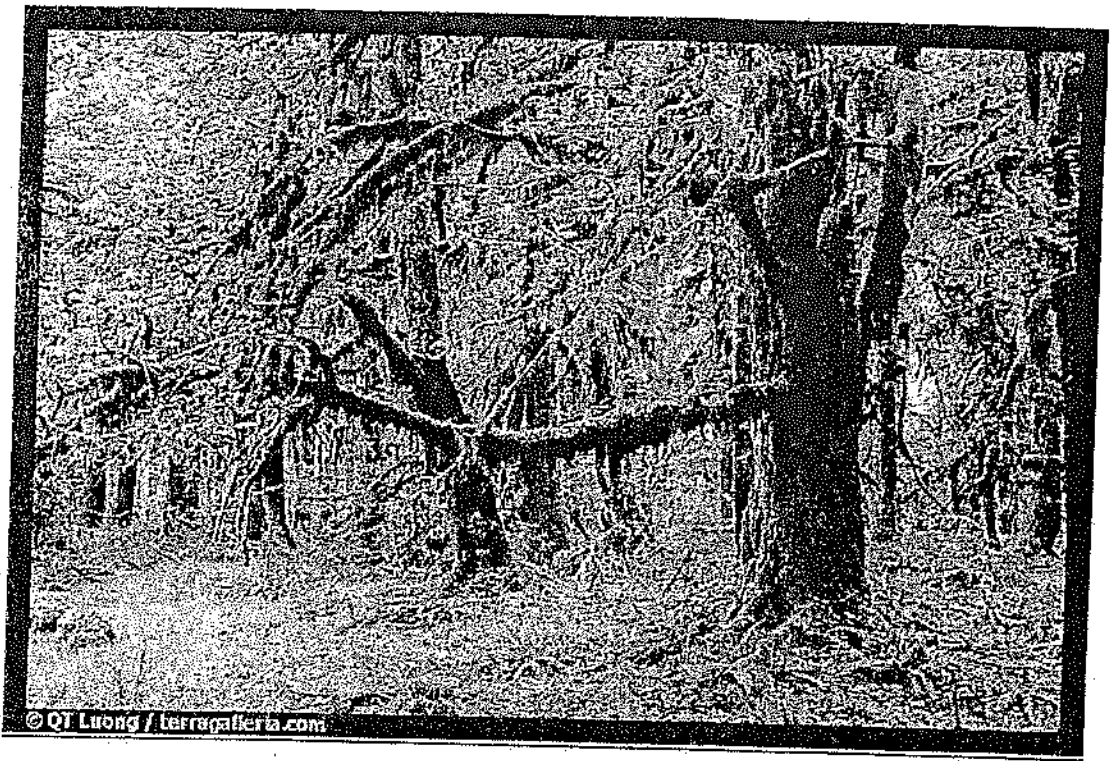


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Gaia's Home:
An Olympic Voyage



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Juliannè Aiello

Sophia Chudacoff

Alexandra Titterington

Edward Abbey once said, "Every man, every woman, carries in heart and mind the image of the ideal place, the right place, the one true home, known or unknown, actual or visionary."

Each moment, each action, each adventure is part of our longing for home. We each have our own ideas of what the ultimate outdoor experience is, having come to know this in the realm of school, programs and independent experiences. After many block break trips to the rocky mountains, the desert and the canyons, we are ready and eager to experience the many climates and landscapes of Olympic National Park.

Olympic Wilderness is Washington's largest Wilderness area and one of the most diverse wilderness areas in the U.S. The Park was established in 1938 to protect diminishing herds of Roosevelt Elk, disappearing old-growth forests and the grandeur of the Olympic Mountains. The rugged coastal area we want to explore was added in 1953. In 1988 Congress designated 95% of the park as the Olympic Wilderness to further protect this remnant of wild America. We plan to explore as much of the park as we can while upholding our minimum impact principles to keep this area protected as best as possible.

Our plan is to see it all. Making the epic voyage from mountains to ocean, we will discover freshwater paths to saltwater, a rainforest grown from ocean mist, and parched slopes settled in a rainshadow. We believe that like Gaia, Olympia's Goddess of the earth, we too can find a home in Olympic. With the proper skills and mindset, we are prepared to meet any challenges we may encounter, be it from the elements or otherwise. Though we have all had experience planning and executing backcountry trips, never have we had the opportunity to plan out every detail and think through our course of action to this extent. Planning a trip of this magnitude gives us the control to determine exactly how we want our trip to operate. We have been forced to account for the dense brush and old logs in the rainforest that may take longer than expected to walk through, and for the rising tides and diminishing trails along the coast. While considering how the environment will affect our trip, we have also taken into account how our trip will affect the environment in our planning process. This planning has allowed us to work together as a group, learn more about what we expect out of each other, and become confident in our ability to plan and work together.

We plan to immerse ourselves in the backcountry of the eastern part of the park, in the old-growth forests and temperate rainforest valleys, as well as get onto some of the peaks and ridges of the high country. The climate of Olympic was a definite point of intrigue for us, as Northwest Washington is unique, containing some of the most spectacular examples of undisturbed Sitka spruce and western hemlock forests in the lower 48

states. Having never explored the rainforest before, we can only imagine what this extremely green, densely covered ecosystem will be like.

Personal Statement: Sophia Chudacoff



I cannot say that the love of nature was my first gateway to backpacking. Because I grew up in a space between used car lots and farm land, I explored both sides, climbing cell-phone towers and following dirty creeks behind suburbs and cow pastures. Adventure was my calling and exploration was my means. It wasn't until high school that I went on my first backpacking trip in the Blue Ridge Mountains of North Carolina. The mountains charmed me more than cell-phone towers and gave me endless places to discover. Since then, my passion for exploration in the backcountry has led me to extraordinary places and forced me to become a safer, smarter person.

Going to school in Colorado has proven to be a playground for adventurers like me. I again have urges to explore my backyard, except now there are mountains, canyons, deserts, red rocks, and rivers within my reach. Going to all these places on block breaks and weekends is wonderful learning experience, and there is so much more to see and learn. One of my biggest learning experiences was injuring my knee while skiing this past year. Along with gaining patience and a new awareness for safety, I have gained a renewed sense of discovery. Now that my knee has healed, I am so excited to have the opportunity to plan and execute a trip of this length, including the chance to explore new nooks, paths, heights, and waters.

Personal Statement: Julianne Aiello



I have always found comfort in the opportunity for exploration. Having spent much of my younger years in the Rocky Mountains of Steamboat, Colorado, the mountains have provided me solace and excitement. The escape from the densely populated city life appealing, I gravitated towards being away from the home of my family and creating my own in the wilderness. Spending summers hiking and mountain biking in the Flattops and Mount Zirkel Wilderness was my introduction to the outdoors. Rather than school books, my backpack was filled with lunch and kiddy treats. My first eye-opening experience happened while backpacking in Hawaii for a few weeks after my sophomore year of high school. I was enthralled with the idea of carrying everything I needed for a couple weeks on my back. Since then my affinity for being in the backcountry has grown.

Being at CC has provided a wonderful opportunity for me to experience the wilderness in a safe, fun and educational dimension. Having led and participated in many block break trips, and with my experience working for an outdoor adventure company, I feel my experience in the backcountry is prodigious, while I am ready to take it to the next level. Despite the intensity or duration of the trip, each time I prepare to be in the backcountry I become excited to work through each challenge and have complete control of my journey and destination. For me, nothing compares to hiking with the map and compass, bushwhacking for hours and the feeling of tired legs when you know you still have a ways to go, sleeping on the ground and filling water. Each small detail and routine action in the backcountry holds such great significance. Though I have been on two trips of this duration, never have I had the responsibility of planning and executing a trip in its entirety. I am thrilled to have a chance to take our idea and make it happen.

Personal Statement: Aly Titterington



Growing up in Fort Collins, Colorado I have had many experiences in the outdoors ranging from rafting and kayaking to hiking and climbing. Being in the outdoors has been one of my passions since I was a child. I am lucky to have grown up with surroundings so conducive for these activities. Climbing has been an intrigue to me because of the patience, endurance, and strength one must have to succeed. There are endless knots to learn and endless patience and endurance to gain. This sport has and always will provide me with challenges to which there are many approaches. Trying new ways and learning new techniques to solve the same problems is so rewarding. I realize there is more than one right way to succeed, and that is what drives me to investigate new options on route, on trail, and in life.

I have been able to follow my passion at CC and at home, doing what I love best; teaching and sharing the marvel I have found in the wilderness. Following in the footsteps of my dad, a great teacher himself, I feel I have been taught how to learn and how to teach given this invaluable resource. I love to experience new groups and play my part to make a group dynamic work. The backcountry has always been so attractive to me because of the chance we get to be away from external, human created issues and to be concerned with the land, the elements, and each other. I am convinced that this opportunity has the potential to be a wonderful experience. We are knowledgeable, aware and eager to begin this trip, and I feel we will become better adventures each day we spend in Olympic National Park.

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Trip Logistics

Travel Itinerary

August 8th- Depart Denver on American Airlines flight#6845 at 8:05am. Arrive in Seattle at 9:44 am. Take bus to Forks, WA. Sleep at campgrounds.

August 9th- Grocery Shop. Drop off cash at Queets River Campsite. Pick up permits and tide charts.

August 10th- Get to Hoh River Trailhead.

August 28th- End trip at Ozette Beach.

August 29th- Depart Seattle on American Airlines flight#6932 at 12:10pm. Arrive in Denver at 3:48 pm.

Transportation

American Airlines roundtrip from Denver to Seattle.

Jefferson Olympic Transit from Seattle to Forks and trailhead.

Accommodations

Hoh Rainforest Campgrounds

Ozette River Campgrounds

Directions

-Seattle to Forks: take I-5 south to Olympia, access U.S. 101 all the way to Forks

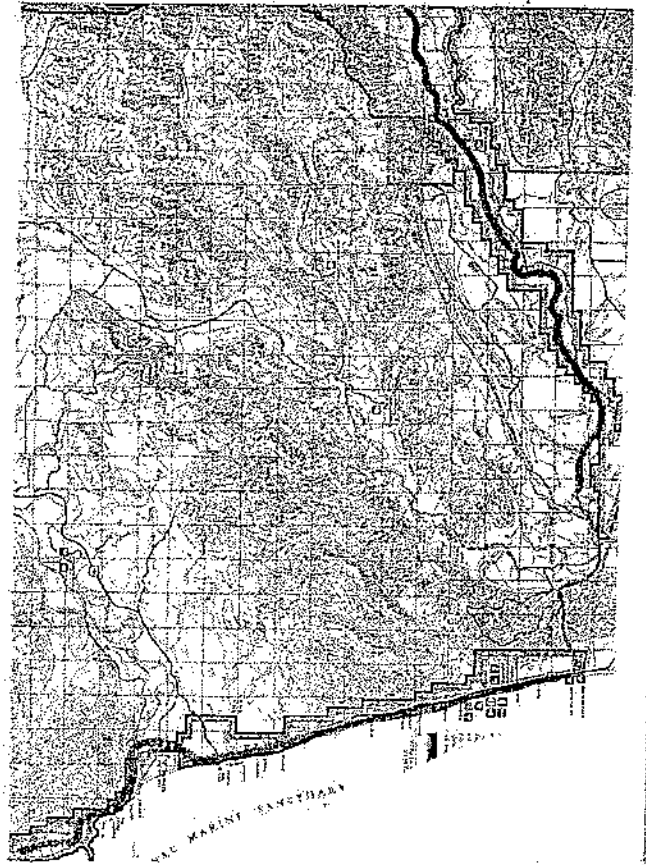
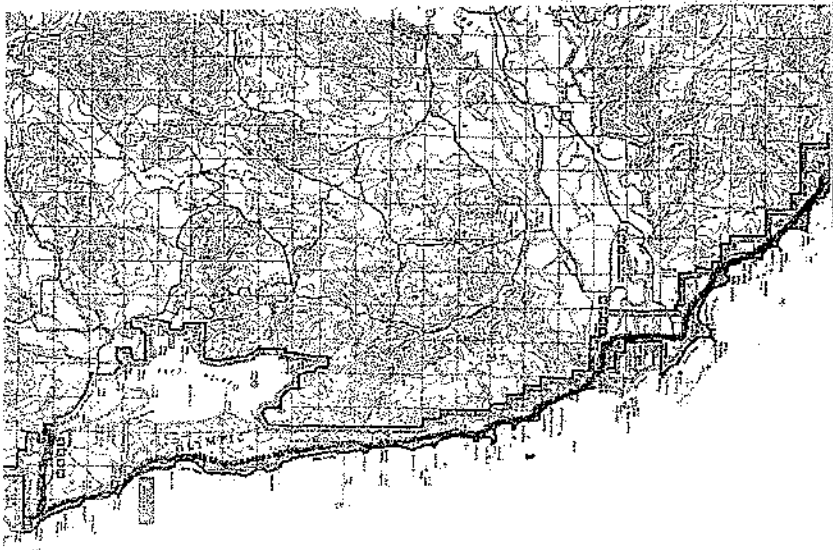
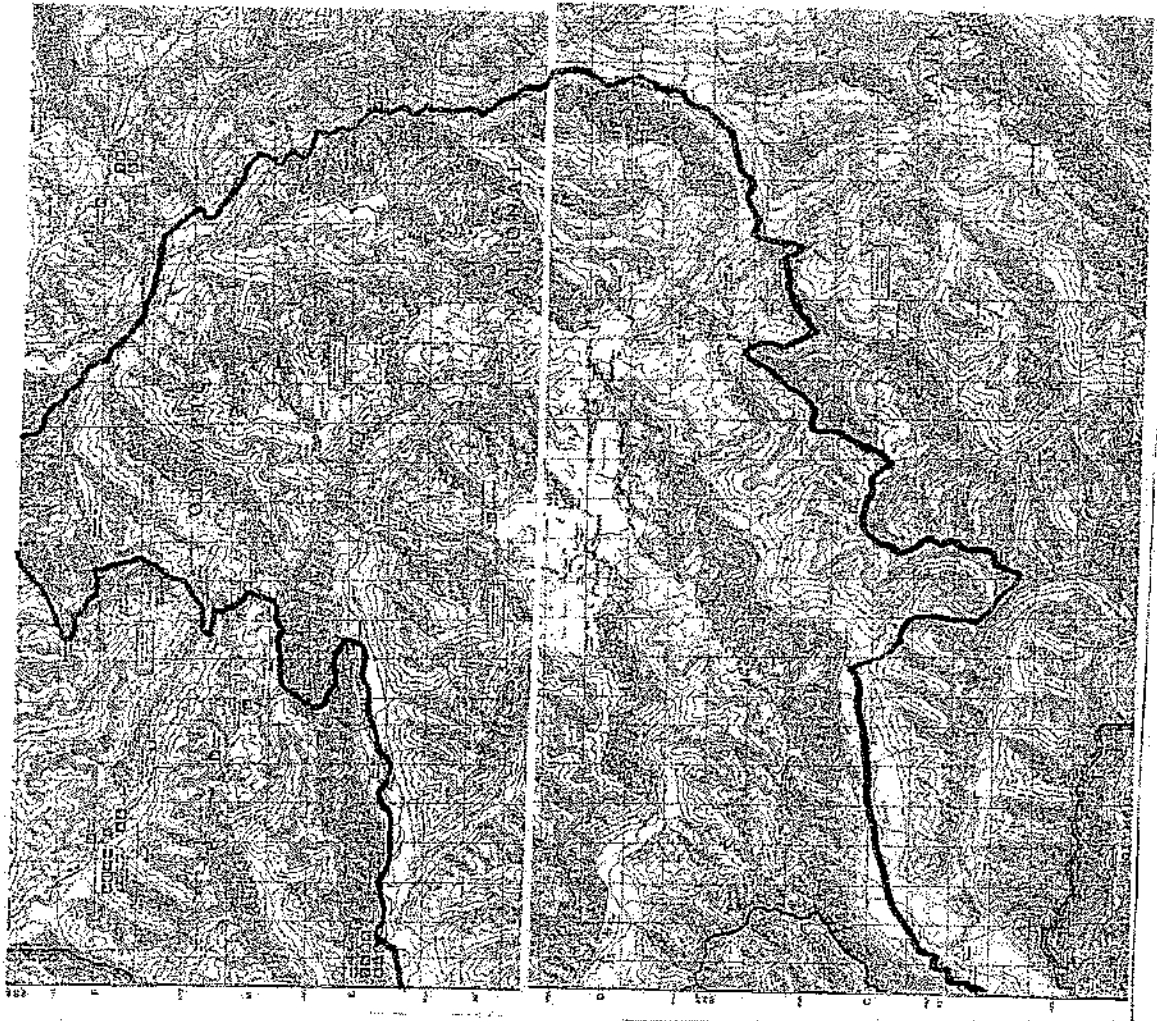
-Forks to Queets River Campsite: south on 101, Left on Queets River Road

-Forks to Hoh River trailhead: south on 101, Left on Upper Hoh Road

-Ozette to Seattle: Hoko-Ozette Road to 112 east, 113 south to 101 south, take I-5 north in Olympia all the way to Seattle

Important Phone Numbers

- Olympic Medical Center Phone: (360) 417-7000
- American Airlines Reservation Phone: (800) 433-7300
- Jefferson Olympic Transit Phone: (360) 385-4777
- Hoh Rain Forest Visitor Center Phone: (360) 374-6925



Introduction

Finding home in the backcountry has become essential to our existence at CC. We've taken advantage of living at the foothills of the Rocky Mountains, and not too far from the canyons of Utah, planning our itineraries 5 days at a time. Backpacking for three weeks through Olympic National Park would give us ample time to explore the depths of the forest, to expand on our backcountry skills, and to form a bond between us that demands trust and reliance. We have never planned a trip of this magnitude, but with our backcountry experience and safety skills, we are confident in taking adventure to the next level.

Our goals for the trip are:

- To plan and experience a safe and outstanding backpacking expedition of this length for it is something that neither of us has had the opportunity to do.
- To hone our hard skills, particularly our map and compass skills, to prepare for challenging off trail travel.
- To respectfully explore various ecosystems in the one of the most diverse National Parks in the United States and understand how to limit our impact on them.
- To have fun and explore as much as we can in our short time.
- To discover as much of the backcountry as we will about ourselves, our skills, our strengths and our weaknesses.

Our plan in a nutshell

We realize the several considerations involved in creating a safe, fun and worthwhile trip, but this is just a sketch of our grand idea.

We've decided to create our own route, to draw up our own plan, and to experience Washington's backcountry in its entirety. Starting in the mountainous center of Olympic park, we plan to check out the lakes and glacial areas and hike southeast along a few ridgelines. We'll then start looping back, southwest on trail and summit a few small peaks. On our journey down to the coast, we'll hike off trail and explore the transitional landscape between the mountains and the coast. We'll then bushwhack down to the Queets River, leave the eastern part of the park and re-enter the western, coastal region. We'll begin our travels up the coast and end our trip with astounding views of the Pacific.

We have divided our trip into 3 sections: Rainforest, Mountains to Sea, and Coast. We have identified the potential dangers while hiking in each area, and will only be able to determine the exact duration of each section as our trip evolves. There are many natural elements we will have to pay close attention to, like cumulative rainfall, which will heighten the creeks and make crossings more dangerous. Other important elements will be accounting for the density of the forest and the height of the tides, which could create ripples in our plan. With the research we have done on each section, we believe we have adequate knowledge to have planned according to these danger zones. The rainforest and coastal sections will be the two longest sections, mostly on trail, while the mountains to sea section will involve off trail navigation skills.

Itinerary

Rainforest

Day 1: Hoh Rain Forest Visitor Center to Olympus campsite.

- Begin at Hoh Rain Forest Visitor Center
- Hike 8 miles on Hoh River Trail
- **Total Mileage: 8 miles.**

Day 2: Olympus campsite to Lunch Lake

- Hike 4 miles to Bogachell Peak. 4,000 ft elevation gain.
- To Lunch Lake, 1 mile.
- Explore Seven Lakes area
- **Total Mileage: 5 miles.**

Day 3: Lunch Lake to Boulder Lake

- 4 miles east to Sol Duc park
- 3.5 miles to Appleton Pass, along Bridge Creek
- 3.5 miles to Boulder Creek along South Fork Boulder Creek
- 2.5 miles to Boulder Lake, along North Fork Boulder Creek
- **Total Mileage: 13.5 miles.**

Day 4: Boulder Lake to Lake Mills

- Hike along Happy Lake Ridge to Happy Lake, 5 miles.
- Hike 5 miles south to Boulder Creek. (last .5 miles off trail)
- Hike along Boulder Creek to Lake Mills, 1 mile
- **Total Mileage: 11 miles.**

Day 5: Lake Mills to Marys Falls.

- Hike along Lake Mills 1 mile.
- Go south down Haggardy Creek. Meet trail at Goblins Gate. 1.5 miles. Elevation gain: 1,000 ft
- Goblins Gate. Hike east 2.5 miles, south-east 1.5 miles to Lillian camp.
- Cross Idaho Creek after 2 miles.
- At Lillian Camp, hike south on trail. Cross Lillian River.
- 3 miles south, cross Windfall Creek
- 1 mile south, cross Prescott Creek
- Lillian Camp to Marys Falls, 4 miles. 1,000 ft elevation gain.
- **Total Mileage: 10.5 miles.**

Day 6: Marys Falls to Camp Wilder

- 2.25 miles south, cross McCartney Creek
- .75 miles south, at Stony Point, cross Stony Creek.
- .75 miles south, cross Lost River
- 4.5 miles south, cross 2 creeks at Hayes River
- 3 miles south, cross unnamed creek
- Camp at Camp Wilder, near Leitha Creek.
- **Total Mileage: 11.25 miles**

Day 7: Camp Wilder to Low Divide

- 4.75 miles south to Chicago camp
- 2 miles west on trail to Low Divide. Elevation gain: 1500 ft.

- **Total Mileage: 6.75 miles**

Mountains to Sea

Day 1: Low Divide (at 3500 ft) to Lake Beauty

- At Low divide, trail splits. Take upper trail, (to the right)
- 7 miles west on trail to Lake Beauty. Elevation gain: 1300ft
- **Total Mileage: 7 miles.**

Day 2: Lake Beauty to Three Prune

- 8.5 miles south on trail
- **Total Mileage: 8.5 miles.**

Day 3: Three Prune to Pelton Creek

- Backtrack on trail .7 mile to 4,000 ft.
- After trail turns directly north, hike off trail.
- Go directly west, down ridge.
- Elevation loss: 2,000 ft .8 miles to Alta Creek.
- Follow Alta Creek North 4.5 miles to Queets River. Elevation loss: 2,000 ft.
- Cross Queets River
- West on Queets River 1 mile.
- Total Elevation loss: 4,000 ft.
- **Total Mileage: 7 miles.**

Day 4: Pelton Creek to Queets Campsite.

- West on trail, 9.5 miles to Spruce Bottom
- 4.25 miles to Queets Campsite.
- **Total Mileage: 13.75 miles.**

Day 5: Queets Campsite to Knorr Creek.

- Pick up food cash at Queets Station
- Cross Queets River and hike west along river to base of Knorr Creek.
- **Total Mileage: 7.5 miles**

Day 6: Knorr Creek to South Beach:

- Leave the eastern part of Olympic National Park, cross out of the park.
- Bushwhack northwest to old logging road
- Follow trail west 1 mile, parallel to Quinault Indian Reservation
- Keep following trail: north about 1 mile, west again 1 mile to South Beach campground.
- **Total mileage: 5.5**

Coast

Day 1: South Beach to Beach 6

- Hike north from South Beach to Beach 6, 9 miles.
- Check in with Kalaloch ranger station
- **Total mileage: 9**
- Cautionary Points for High Tide:
- CP1- 4 miles, CP2- 1 mile, CP3- 4 miles.

Day 2: Beach 6 to Toleak Point.

- Hike South Coast trail for 17 miles.
- 2.5 miles north to Hoh Indian reservation.
- Hike around reservation 2.5 miles.
- Back to coast, hike 8.5 to Toleak Point campsite.
- Creek crossings: Mosquito, Goodman and Falls. All need to be crossed at low tide. Goodman can be up to 8 ft deep, others around waist deep.
- **Total mileage: 13.5**
- **Cautionary Points for High Tide:**
- CP1- .75 mile, CP2- .25 mile, CP3- 4.5 miles, CP4- 1 mile, use Overland trail.
- CP5- 3.5 miles, use Overland trail. CP6- 2.5, use Overland trail.
- CP7- 1 mile, use Overland trail.
- **Cautions:**
- The Taylor Point and Scotts Bluff overland trails were cleared of down trees and brushed in summer 2006. Overland trails are presently very muddy. The ladder at the south end of Third Beach and the rope assist on the north end of Scotts Bluff are challenging but passable. The Extreme Low Tide route at Hoh Head is closed due to washout; we will use the overland trail between Mosquito Creek and Jefferson Cove instead. The overland trail between Mosquito Creek and Jefferson Cove is extremely brushy and very muddy, we will be cautious when ascending and descending headland trails and rope ladders, as they are very steep and slippery when wet. Goodman Creek and Mosquito Creek should be forded at or near low tide.

Day 3: Toleak Point to Rialto Beach.

- Hike north to Scott Creek 2.25 miles
- Hike 2 miles northwest of trail, get off trail at Third Beach.
- Pass Teahwhit Head to west, hike north to Second Beach, 2 miles.
- South Coast trail ends. Hike around Quileute Reservation up to Quillayute River 3.5 miles.
- Cross river near reservation border, to Rialto Beach.
- **Total mileage: 9.75**
- **Cautions:**
- CP1- 3.5 mi use Overland trail, CP2- .5mi use Overland trail, CP3-1mi use Overland trail, CP4- 3mi use Overland trail

Day 4: Rialto Beach Norwegian Memorial

- Hike north on North Coast Beach Travelway
- 4.5 miles to Chilean Memorial
- 5.25 miles to Norwegian Memorial.
- **Total Mileage: 9.75 miles.**
- **Cautions:** Boardwalk trails are very slick. Headland trails are marked by orange and black targets to bypass areas that are impassable due to terrain or high tides. Be wary for loose rocks.

Day 5: Norwegian Memorial to Cape Alava

- 7.25 miles north to Sand Point.
- Get onto Sand Point Beach to Cape Alva Travelway- 3 miles.
- Camp at Cape Alva
- **Total Mileage: 10.25 miles**
- **Cautions:** Same as previous day.

Day 6:

- Hike Cape Alava to Ozette River Beach Travelway. 2 miles.
- Get picked up at Hoko Ozette Road.

- **Total Mileage: 2 miles.**

Total trip mileage = 169.25

Risk Management Considerations

Adventure and safety go hand in hand when in the backcountry. We decided upon this trip because we are attracted to the adventure of backpacking from the mountains to the ocean. However, this expedition is rarely attempted due to the highways connecting the eastern part Olympic National Park to the western coastal region. We have listed several of the most important considerations to be mindful of during our trip.

General Safety in Olympic National Park

Hypothermia- Due to the cold, damp, often windy and rainy weather common in a temperate rainforest, awareness of hypothermia is crucial, seeing how it is the number one killer in the outdoors. We will bring wool or synthetic clothing with reliable rain gear to retain heat in a wet environment. It may occur quickly from being wet and cold, or slowly from long exposure to cold, rain and wind. We are aware that it can occur even in temperatures as high as 50 degrees F. Early signs of the condition are hard to detect, so when it is wet and cold, we will watch for these symptoms: poor judgment, lethargy, shivering, and clumsiness.

Dehydration- Olympic National Park has a cool, wet climate. However, dehydration can occur no matter what the weather. Heat exhaustion can be brought on by warm weather, exertion and dehydration. It can also occur when hiking in cold, damp temperatures when we don't feel like we're actually hydrated. Symptoms are hot, red, moist skin and fatigue, frequently accompanied by a headache. Because we are sleeping at campsites on the coast and hiking along rivers in the forest, water will be easily accessible. We will carry a water filter to sanitize drinking water. We realize that dehydration is extremely dangerous to our health and capabilities, and will make sure we are consuming at least 2 liters a day.

Wildlife Encounters

Cougars- These wild cats are known to range throughout the Olympics. Though they are seldom seen, and even less often attack humans, they are a potentially dangerous animal. Cougars are usually reddish-tan to gray-brown, with black markings on the face and tail tip and make sounds like children crying. In the event of a cougar citing, this is the protocol we will follow:

- Do not approach, especially one that is near a recent prey-kill or has kittens.
- Stop, stay calm and do not turn our backs and/or run.
- Face the animal, stand upright, talk calmly and firmly to the cougar and give it a way to escape if possible.
- Do everything possible to appear larger.
- If the cougar becomes more aggressive, become more aggressive toward it. Convince the animal that you are not prey, but a danger to it.
- Fight back if attacked.

Bears- We will attempt to minimize our bear encounters by keeping a clean camp and storing our food properly. We know that there have been instances of aggressive bears in the Olympics. No injuries have been reported, but property was damaged and bears have acted in a threatening manner. If we meet a bear on the trail, we will stay at a distance and give it plenty of room. If a bear comes into camp, we will

make noise to scare the bear away. If it is intent on getting our food or other property, we know we will have to back off. In the face of repeated encounters, we will leave the area, with or without our packs, depending on the severity of the situation. We will keep our food in bear canisters for the entirety of the trip to avoid these issues as much as possible.

Weather

Like everything else about Olympic, the weather is variable. The conditions range from cold and rainy to warm and dry. While the summers tend to be fair and warm, rain gear and layered synthetic or wool clothing are essential. Thunderstorms are occasional and lightening is common in the montane forests of Olympic. Our protocol for lightening is:

- stay off high peaks and ridges
- avoid overhangs and shallow caves
- stay away from lone trees or lone, tall objects of any kind
- insulate yourself from the ground and squat with feet close together
- avoid open spaces
- if someone is hit by lightening and their heart stops, use CPR

River Crossings

The most important tool to have when crossing a river is judgement and respect for the water. In scouting for good places to cross, we will take into consideration strength of the river and potential risks surrounding the crossing site, such as where the river would take us if we fell. Although August is one of the driest months in the park, rivers will be lower in the morning and easier to cross. For difficult crossings we will wear sturdy footwear, face upstream, hold onto one another, undo our hip belts and loosen our shoulder straps. In the event of a fall, our protocol is to ditch the pack, keep our feet downstream and swim toward shore away from hazards. Other members will be prepared to help fallen members escape the current, but will keep in mind their own limits. A jacket, rope, stick, or arm can reach for someone in need. Swimming is an absolute last resort to save someone if it does not put another member in danger.

Relevant Risk Management Considerations

Mountain Region Cautions and Evacuation Routes

Because we will be bushwhacking part of our way through the forest and to the coast on old backcountry logging roads, which are no longer in use, we realize this expedition calls for sharp navigation skills and self reliance. We will rely on our past bushwhacking experience involving problem solving in the backcountry. Because we are bushwhacking through dense rainforest, it is hard to predict what parts may be impassible and how long each section will take. Bushwhacking is essentially the hardest form of walking, therefore we may have to be flexible with our itinerary. Should we run into any problems, we have proposed alternate planes for each bushwhack.

Bushwhack around Lake Mills: In case of an emergency, there is a road northwest of the lake, less than a mile from the beginning of our bushwhack. Should the forest be too dense to pass, the road leads to an alternate trail, meeting up with our destination for the day. Taking the road is a worst-case scenario, but if we have to, it is less than a mile to the alternate trail and an accessible evacuation route.

Three Prune to Pelfon Creek: In case of an emergency, there is a highway 3 miles south on trail of the Three Prune Campsite. In the event that we can not hike to Alta Creek, we will explore logging roads in area and do our best to get down to one of the three creeks within a 5 mile radius of the trail at Three Prune.

Knorr Creek to South Beach: In case of an emergency, there are two main roads two miles away, at most, on either side of our route. Should our route be too dense, we could scout down Queets or Clearwater River for a more passable route. There are also multiple retired logging roads in this area, which may offer alternate routes.

We realize the park's leave-no-trace policy, which asks that we hike on durable surfaces and spread out our impact when off trail. Our desire to have as little impact as possible on our environment and previous practice of leave no trace will ensure we will be as cautious as possible.

Coastal Cautions and Evacuation Routes

Although the dramatic changing ocean is beautiful, tides can trap you. In order to avoid being trapped by the tides, we will carry tide charts and a watch at all times when hiking on the coast. We have obtained a tide chart (next page) that shows close approximations (within 30 minutes) for the sections of coast we will hike. From this we have estimated times within our thirty-minute margin of error when we can cross potentially dangerous headlands and planned our itinerary. However, we will obtain multiple tide charts for the coast at the Wilderness Information Center and refer to them before setting out on our trip. We know that trying to beat the tide can be fatal, therefore we have evaluated the headlands that require low tides for passage as cautionary points. The cautionary points that can never be rounded safely, even at the lowest tides, will be avoided by taking overland routes and are written into our itinerary. Headland trails are typically steep and muddy and receive minimal maintenance. Cable ladders or fixed ropes may be on site to assist climbing. We will climb one hiker at a time to avoid dislodging rocks onto the person climbing below. We have also been advised to wear gloves to climb trail ropes. In the case of an emergency, there is a main highway less than a mile away from the coast, which can be accessed by various campgrounds scattered along the coast or by off trail travel.

Gear List

Camp Gear

- One 2-person Tents
- Tent Repair Kit
- One Tarp
- One Jetboil camping stove
- One whisper light stove with heat and wind shield
- 5 lighters
- 20 Water-proof Matches
- Stove Repair Kit Including: replacement o-rings, replacement pump cup, replacement shaker needle, extra pump spring, replacement parts for pump, stove wrench, safety pin, pump cup oil and extra fuel line tubing,
- 5 Fuel Bottles- 3.53 oz
- One 1-L fuel bottle
- One Jetboil pot
- Adapter piece for pot
- Small cylinder (holds stove and heats 1 liter of water)
- Large Stir Spoon
- 2 Bear Canisters for Food Storage

Group Gear

- Zip-Lock Bags
- Plastic Trash-bags for Lining Backpacks
- Trowel
- Hand Sanitizer
- Sunscreen
- Insect Repellent
- Topographic Maps
- GPS navigation tool

Water Treatment

- Iodine Tablets for Water Treatment (300 total)

Main Personal Gear

- Backpack- 500 cm³
- Sleeping Bag with at least a 15-degree rating
- Sleeping Pad
- Dry bag for essential clothing items
- Headlamp with 2 sets of extra batteries
- 2 Nalgene
- One Compass

Clothing / Footwear / Outer Layers

- Wool Hiking Socks (3 Pairs)
- Sturdy Hiking Boots
- Sneakers for camp
- Synthetic leg-wear (Fleece Pants, Long Underwear)
- Quick-dry pants and shorts for hiking (1-2 pair)
- Synthetic t-shirt (2)
- Synthetic long-sleeved shirt (1)

- Fleece Jackets
- Warm Hat
- Gloves
- Rain pants
- Rain Coat
- Pack Cover

Other

- Watch
- Gators
- Sun Glasses
- Sun Hat
- Personal Hygiene Products (toothbrush, toothpaste, contacts, etc.)
- Personal Eating Utensils (bowl, spoon/fork, mug)
- Camera
- Leatherman Tool

Repair Kit

- Extra Backpack Buckles
- Extra Bootlaces
- Seam Seal – for any large rips in tent or Thermarest
- Sewing kit
- Tent pole sleeves (2)
- One Roll of Duct Tape
- 50' of P-chord

Food Rations

We adopted this food rationing system from the NOLS Cookery. After talking advice from well experienced friends who have participated on NOLS and having experimented with these rations on shorter trips of our own, we believe this system works well.

We chose 1.70 pounds per person per day, which equates to 3000 calories per day in the food we will bring,

3 people x 21 days x 1.70 ppppd = 71.4 total lbs of food.

19 days * 3 people * 1.7lbs = **96.9lbs of total food**

Breakfast = .28lbs
Lunch = .3lbs
Dinner = .32lbs
Trail Snacks (Sustained Energy foods) = .4lbs
Treats and Quick Energy Foods- .2lbs
Flour and baking goods- .2lbs
Total = 1.7ppppd

Breakfast	.28 x 19 x 3 = 15.96lbs
Lunch	.3 x 19 x 3 = 17.1lb
Dinner	.32 x 19 x 3 = 18.24lbs
Trail Snacks	.4 x 19 x 3 = 22.8 lbs
Treats	.2 x 19 x 3 = 8.4lbs
Baking Goods	.2 x 19 x 3 = 8.4lbs
Total	1.7 x 19 x 3 = 96.9

We will rotate our meals every two days for breakfast and lunch and every four for dinner. We will likely switch on and off our treats and baking days to save our time and ingredients.

Breakfast

- Oatmeal with brown sugar.
- Bagels with peanut butter or cream cheese.

Lunch

- Cheese and summer sausage on tortillas
- Hummus, dried veggies and vegetable protein on pitas

Dinner

- Couscous with dried fruit (apricots and cranberries) and parmesan cheese
- Black beans and rice with salsa and cheddar cheese
- Pasta with tomato or pesto sauce and parmesan cheese
- Refried Beans, rice and onions and peppers.

Trail Snacks

- GORP: peanuts, m&ms, raisins, cheerios.
- Peanut Butter
- Granola/ Energy Bars
- Nuts

Treats

- Chocolate

- Dried Fruit
- Baked Goods
 - Powdered Eggs
 - Whole Wheat Flour
 - Pancake Mix

Quantity per Item

Oatmeal- 7.4 lbs
 Brown Sugar- 1lb
 Bagels- 5.94lbs
 Cream cheese- 1.6lbs
 Cheddar Cheese- 7.65lbs
 Summer Sausage- 3lbs
 Tortillas- 3lbs
 Couscous- 3.6lbs
 Parmesan Cheese- 1.8 lbs
 Black Beans- 1.95lbs
 Rice- 3.25lbs
 Salsa- .6lbs
 Hummus- 1.025lbs
 Dried Veggies- 1.025lbs
 Vegetable Protein- 1.025lbs
 Pitas- 1.025lbs
 Pasta- 4.2lbs
 Pasta Sauce- .9lbs
 Refried Beans- .4lbs
 Onions and Peppers- .4lbs
 GORP- 11.4lbs
 Peanut Butter- 5.7lbs
 Granola Bars- 2.85lbs
 Nuts- 2.85lbs
 Chocolate- 5.7lbs
 Dried Fruit- 6.6lbs
 Powdered Eggs- 3.79lbs
 Whole Wheat Flour- 3.79lbs
 Pancake Mix- 3.79lbs

Total LBS= 96.9

First Aid

First-aid facilities- Available at visitor's centers and ranger stations. There are four hospitals near the park:

- Port Angeles on the park's northern border.
- Bremerton on Puget Sound between Seattle and the park's eastern border
- Forks on park's western border
- Aberdeen 40 miles south of Lake Quinault.

- One Space Blanket
- Three Pairs Latex Gloves
- 25 Band-aids
- 10 Knuckle Band-aids
- 15 Antiseptic Wipes
- Two Ace Bandages
- 10 Combine Dressings
- 10 Gauze Pads
- 10 Non-adherent Dressings
- Five Tubes Tincture Benzoin
- Four rolls Conforming Bandage
- Four Packages of Wound-closure strips
- Two patches of Opsite
- Scalpel
- Two Triangle Bandages
- Irrigating Syringe
- Blister Management Kit:
 - 8"x8" Moleskin
 - 5"x5" Molefoam
 - Five packages of 2nd skin
 - Athletic Tape
- Medical Shears
- Pencil
- Thermometer
- Tweezers
- One Sam Splint
- One Pocket-sized First-aid Book
- One Notepad of S.O.A.P. Notes

Medications:

- Pepto-bismol-20 Doses
- Sudafed-10 Doses
- Ibuprofen-20 (800mg) Doses
- Tylenol-20 Doses
- Benadryl-20 Doses
- One Tube Hydrocortisone cream
- One Tube Triple Antibiotic
- Epinephrine (Epi-Pen)

Minimum Impact Techniques

At the forefront of our trip is our goal to follow the seven Leave No Trace principles. As in any wilderness area, it is especially important that we are attune to the issues of wildlife and wilderness preservation in Olympic. Because the rainforest is a rare climate in the U.S. the trails near the visitor center are traveled often. There are also parts of the park without trails to avoid disturbing the land. In both areas, we will make it our duty to treat the land with respect.

Plan Ahead and Prepare

When planning a backcountry trip of any length, it is important to first check with the ranger or park service. We have already checked with the rangers of Olympic NP regarding permits and conditions of the park including river crossings, tides, weather, availability of emergency exits and trail conditions.

We plan to bring bear canisters so that we may properly store our food. All of our food will be repackaged before we leave for the backcountry to minimize unnecessary garbage that we would have to pack out with us. We will pack out any trash that we do bring with us, along with any trash that we find on the trail.

Travel and Camp on Durable Surfaces

For the first half of our trip in the rainforest and in the mountains, we will be hiking on trail and camping at campsites. We will always stay on trail and camp in designated areas. During the second part of our trip, while hiking off trail and finding our own campsites, we will follow any already traveled paths if possible, and hike on the most durable surfaces, mostly rocks and the least muddy ground. Because there is a unique ecosystem in Olympic with a large area old growth forest, we will always be mindful of the vegetation around us. We will also be aware of where we pitch our tent, to be sure we keep away from any slightly impacted areas and to stay at least 200 ft away from the water source.

Respect Wildlife

The wildlife we will encounter in Olympic will be black bears and cougars. Although both are seen rarely, we will be very cautious to keep our kitchen clean and to be present in our surroundings. It is important that they do not find or sense any of our food, as that will disturb their natural surrounding and make us vulnerable. To do this we will make our kitchen and store our food 200ft away from our campsite. Both black bears and cougars do not want to attack humans, so as long as we make ourselves known in the area and are careful about staying together as a group, we will be able to defend ourselves. In the event of seeing either animal, we will make ourselves as large as possible and make as much noise as necessary.

We know that this land is their home, and when traveling we will make sure to keep that in mind. We do not want to disturb their home, and we do not want them to harm us.

Be Considerate of Other Visitors

Because it is likely that during the first 5 and last 5 days of our trip we will see other visitors, we plan to travel close together and show respect to the visitors in hopes that they will do the same. We know that people head into the backcountry to be surrounded by natural beauty and to enjoy quiet and solitude, as we do. Therefore we make sure to respect the people and respect the land.

Dispose of Waste Properly

One of the most important principles of LNT is to appear as if you weren't there; to leave nothing there that wasn't there when you arrived. We will make absolutely certain to pack out all of our trash and do campsite sweeps every morning to make sure nothing gets left behind. We will not only be packing out everything that we bring into the back country, but we will be conscious of waste that others have left in the backcountry and pack that out as well when possible.

It is also important to dispose of human waste properly. We will be digging holes 8 inches deep 200 feet away from any water source, our camp, and the trail. We will not be bringing toilet paper, so we will use our the brush around us to serve that purpose. We will make sure to keep these areas as untainted as possible, and to spread out our waste so that it will decompose faster.

Dishes will be washed away from water sources and any food scraps will be packed out. We will use biodegradable soap every few days to prevent bacteria from building up. We will not bring any soap or personal items that are not biodegradable.

Leave What you Find

"Take only pictures and leave only footprints" is another LNT principle. We will make sure to practice this because we believe that it is important for all visitors to be able to experience what we have been fortunate enough to experience. Though the shells on the beach may tempt us, we know that they are old and have a great significance we want others to have the chance to experience. Anything that is in the park should be left there for all to see.

Minimize Use and Impact of Fires

We plan to have our fire use be minimal. The stove we will bring transfers 90% heat from the flame to the pot, allowing us to use small amounts of fuel. We will be bringing one Jetboil backpacking stove and will use this for cooking our food. We have used this stove many times before and have found it reliable. We have also investigated our repair kit and learned about what we have to do to fix it. We will also bring a small whisper light stove in case of an emergency and leave extra fuel for both in our cash drop. We will not create fires even if there are fire rings primarily because it is unnecessary. We will have warm gear and fires are dangerous and disturb the environment. In the event of an emergency, if we must make a fire, we understand that no branches should be broken off of trees or shrubs. Everything that is burned should be found on the ground and be smaller than our wrists because these branches burn more thoroughly.

Budget

<u>Transportation and Accomodation</u>	Individual	Group
3 Tickets from Denver to Seattle (roundtrip)	\$341	\$1023
3 Bus tickets from Airport to Campsite (roundtrip)	\$40	\$120
Campsite Fee Hoh Rainforest Campgrounds(\$15) Ozette River Campgrounds (\$15)		\$30
<u>Food</u>		
96.9lbs	\$120	\$360
<u>Other</u>		
Permit for Backcountry	\$45	\$135
Bear Canisters (2)^	\$60	\$120
GPS rental^	\$50	\$150
Maps	\$8	\$160
Shipping for food ration	\$10	\$30
First Aid Kit	\$33	\$100
Iodine	\$12	\$36
Fuel- 4 Liters	\$12	\$35
Stove Repair Kit	\$15	\$45
Total= \$2,344		

Preparation

In preparation for our expedition, we will be sure to stay in healthy physical condition through cardiovascular exercise, for stamina, and stretching, for agility. The best training for this trip is what we love most: hiking! The communication we already have as friends will be a great way to mentally prepare for our trip, and living together during the school year gives us many opportunities to hike and backpack with each other. During the summer, e-mails and phone calls will keep us all on the same page in terms of gear, physical and mental preparation.

Map Key

We have one large scale map of Olympic National Park, which is at the scale of 1 to 100,000. We also have sixteen larger maps at 1 to 24,000 for the areas in the Rainforest section which are less traveled or in which we will be off trail, as well as for the Mountain to Sea area where we will also be off trail, and for the Coastal Section where there are many caution points and specific locations where we will need to be attentive to the tides. We have talked to a park ranger about our route and what maps and cautions we should take. After talking with her, we decided which maps we needed in detail and which trails were traveled enough that the large scale map would provide enough information for us to follow our plan.

We also have last year's tide chart for one area of the coast to show a sample of what we will follow. New charts are created every year and will be available at the ranger station when we get to the park.

We would like to thank the Ritt Kellogg Foundation for the opportunity you have provided CC students with. We have enjoyed working on the grant and the process was thought provoking and exciting. Thank you to the board for taking the time to review our work. If you have any questions, please feel free to get in touch with us. We look forward to hearing from you.

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