



Ritt Kellogg Memorial Fund Expedition Application - Group Application

Note, items to be attached to this application are indicated in bold text.

I. Expedition Summary

Expedition name:

The Flashin' Aspens: Backpacking the Colorado Trail

Briefly describe the objective of your expedition below:

Three recent CC grad women backpacking the 483 miles of the Colorado Trail from Denver to Durango. We plan to use this time as a reflective opportunity as well as a chance to see and absorb the natural beauty of Colorado and engage spiritually with nature while improving our back country skills.

Location of expedition:

The Colorado Trail from Denver to Durango

Firm expedition dates:

August 10 - September 13, 2013

days in the backcountry:

34

Describe the wilderness character of your expedition:

This trip is a wilderness trip in that it takes place entirely in the backcountry. We will camp every night, as well as carry all of our food, hiking, and camping supplies on our backs. We all feel a deep connection with the outdoors, and we hope this trip will better connect us to the Colorado wilderness. The majority of this trail is at high altitude, which we feel also defines this expedition as thoroughly a wilderness experience. There are relatively few houses along the trail, the majority being mountain cabins. Running parallel to many of Colorado's '14ers, this trail is quite remote. Anneliese, Lindsey, and Audrey have all summited '14ers in Colorado, and we all feel quite connected to the outdoors in Colorado and feel a calling to hike the Colorado Trail.

Connection to the Wilderness: We feel that spirituality and nature go hand-in-hand for the three of us. To that effect, we have several goals for this expedition. We hope to grow in community on the trail, honing our close friendships and exploring nature together. Through daily reflection and meditation, we endeavor to practice awareness and better connect with our surroundings.



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II. Participant Qualifications

List expedition members, expected date of CC graduation and Wilderness First Responder or Wilderness Emergency Medical Technician certification expiration in the table below.

Expedition Member	Date of Graduation	WFR expiration date*
Audrey Burns	May 2013	Expires January 2014
Anneliese Rice	May 2013	Expires January 2014
Lindsey Pointer	May 2013	Will be certified on June 3 2013

* If WFR training is needed, list the intended training provider and course date. Funding is not released until all expedition members show proof of WFR or WEMT.

Are all proposed expedition members experienced and/or trained to meet your expedition objectives? Yes No

NOTE: If any expedition member is deemed unqualified, funding may be denied.

Describe your team's plan to solidify technical skills prior to the start of the expedition. (The RKMF provides education grants for technical training to support CC students in planning and executing responsible wilderness expeditions. Visit www.rittkelloggfund.org for information.)

Lindsey Pointer will complete the WFR training prior to the expedition from May 25- June 3, 2013 at the University of Colorado, Boulder. Additionally, all team members will follow individual fitness and training plans to prepare for the expedition as outlined in the section on anticipated hazards.

Attach the Ritt Kellogg Memorial Fund Expedition Application – Individual Questionnaire for each expedition member (includes outdoor-skills résumé, references, copies of WFR certification, copies of relevant training certification, and medical release with original signatures).

Attach the Participant Acknowledgement and Assumption of Risks & Release and Indemnity Agreement, read and signed by each applicant and their parent (even if applicant >18 years). This agreement must have the original signatures.

Attach the Expedition Agreement, read and signed by all expedition members.



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III. Expedition Logistics, Gear, and Food

Describe how expedition members will travel from home to the trailhead and back again.

Expedition members will meet in Colorado Springs and Lindsey Pointer's mother will drive us to the trailhead just outside of Denver in Waterton Canyon. Lindsey's mother will meet us at the end of the trail in Durango to take us back to Colorado Springs.

Attach a detailed, day-by-day itinerary, including maps, elevations, route topos, tide charts, etc., as appropriate. Don't just photocopy a guidebook, provide a discussion to demonstrate your understanding of the itinerary.

Do you have plans to re-ration during the expedition? Yes No
If "yes", describe the re-rationing plan below.

Please see attached document titled "Re-Ration Plan" for a detailed description of our re-ration plan. We will receive new food supplies at three points along the Colorado Trail in the towns of Breckenridge, Salida and Silverton. We will be very brief in going into town to get our supplies; as soon as we have gathered them, we will return to the Colorado Trail. We will package our non-perishable items for re-rationing before beginning the trail, and we will mail them to ourselves at three points along the trail. Perishable items we are unable to mail to ourselves, we will buy in grocery stores in each of the three towns (addresses and contact information on attached detailed description). We will also buy more fuel at outdoor gear shops in each of the three resupply locations (addresses and contact information on attached detailed description).

Describe how you will prevent wildlife from getting into your food.

Bears: We will use a few bear bags hoisted in a tree on sturdy, far-reaching limbs at least 100 feet away from our camp each night to keep wildlife from accessing our food. We will use thin rope that we will bring with us to hoist the bear bags. Sleeping bag cases and tent cases will function as our bear bags. We will be meticulous about ensuring there are no crumbs, scented toiletries, or anything else that would attract wildlife in our packs while we sleep.

Marmots/ rodents: Walking on the trail we will have to be wary of marmots, especially as they can chew through packs that are left unattended on the side of the trail. In order to avoid this problem, we will have to make sure never to leave our packs should they have food in them, as well as keep all food together and not scattered during arrival at camp and mealtime.

Attach a detailed food list and show how it meets the caloric needs of the expedition.

Attach a thorough equipment list, including the detailed description of the contents of the First Aid kit.



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Are all expedition members familiar with Leave No Trace principles? Yes No
Describe how you will adapt LNT principles to meet the environment of your expedition.

The Seven LNT Principles

1. Plan Ahead and Prepare: We have prepared a thorough plan and safety measures for this expedition, eliminating the need for excess resources. Our small group size is in line with LNT suggestions. We will repackage our food to use the minimum amount of packaging.
2. Travel and Camp on Durable Surfaces: This trail is well-maintained each year by the U.S. Forest Service and many volunteers from the Colorado Trail Foundation. They attempt to eliminate erosion, clearly mark designated trails, and clear path obstruction. Our group will be traveling on the established trail. We will also camp mostly in designated sites or where no designated site is present, we will camp where it is apparent that others have frequently camped before us, such as in clearings. We will minimize harm to the flora of the area.
3. Dispose of Waste Properly: We will pack out all trash, toilet paper and leftover food. We will deposit human waste in cat holes (at least 6 inches deep) at least 200 feet from water, camp, and trails. Wash water will be strained and taken away from streams and lakes to scatter. Every time we stop or make camp, we will conduct a micro-trash sweep as our last action before leaving to ensure that we don't leave any unnecessary impact.
4. Leave What You Find: We will not remove any items, including flowers and rocks, from the area. We will also minimally disturb the flora and fauna by keeping a low noise level and staying on trail.
5. Minimize Campfire Impacts: Without campfires, our impact will be minimal. Our whisperlite stove will sit on a durable surface and be surrounded by a foil piece while cooking.
6. Respect Wildlife: We will leave all plants, rocks and animals as we found them and will not approach, follow or feed wildlife. Our plan to stow our food and toiletries in a bear bag and hang it high in a tree each night will minimize the risk of attracting and unintentionally feeding bears, rodents, or other animals.
7. Be Respectful of Other Visitors: We will respect other visitors and the quiet peace of the outdoors.

Are there cultural considerations for the expedition area? Yes No
If "yes", describe how you will address those concerns.

Although the Colorado Trail is remote, it does pass by some mountain homes, so we will take care not to be noisy or disturb private property. As with any trail, there is a certain culture to the Colorado Trail. We will be respectful of mountain bikers, horses and their riders, and other hikers on the trail by yielding to others when appropriate, making friendly conversation, and being of help to these people when we can. We also will be sure not to camp on private land.



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IV. Risk Management Plan

List the anticipated hazards of your expedition and explain how they will be evaluated, avoided and managed. Discuss the technical skills your expedition members have to handle anticipated hazards. **NOTE:** Failure to identify major hazards and how they will be managed may result in denial of funding.(Attach more pages if necessary.)

Anticipated Hazards:

Altitude: In regard to the possibility of altitude sickness, we will monitor ourselves carefully on days with ascents, especially rapid ones, and carry acetazolamide. If someone begins to show any symptoms of altitude sickness or related problems, we will descend, rest, and hydrate rather than push onward.

Hunger and dehydration: We will avoid these hazards by keeping a constant supply of drinking water and consuming enough calories (around 3500 per day) to sustain the high level of activity. We will monitor our hydration levels continually and drink throughout the day, keeping in mind our elevation and level of exertion. We have a strict rewatering plan, and we will be sure to have at least a spare 32 oz. of water on each person at all times. We have identified at least one water source for each day on the trail, ensuring that we will always have enough water.

Giardia: To avoid risk of contracting giardia or other water-borne illnesses, we will only drink water we have treated and bring all water we use for cooking to a rolling boil before consuming it in any form. We will have a steripen water purifier, a water filter and back up iodine tablets to ensure we always have purified water.

Weather: Quickly changing weather in the backcountry is a major consideration, especially at the high altitude of the Colorado Trail. We will keep an on eye on weather patterns daily. This will allow us to assess our safety as we travel, stopping or descending below treeline (when applicable) if there is a storm approaching or thunder heard. We will also be wary of changing temperatures and will bring sufficient gear, including multiple layers of warm clothing, for quickly changing Colorado weather.

Animals: Black bears do live in Colorado, and it is possible we would encounter a black bear or two along the Colorado Trail. Black bears in this region are not typically aggressive, but if we do encounter a black bear, we will not run, but rather back slowly away from the animal until we are out of its range. Mountain Lions will not be as big of a concern on the trail as black bears will, as they are generally elusive and avoid humans. However, they do live in the area of the CT and therefore we will need to be aware of them. Our response to encountering a mountain lion will be to make ourselves big, make a lot of noise, and never run.

Sun Exposure: Spending long days above tree line at high altitude means that we will have large amounts of exposure to the sun, and therefore must take preventative measures against overexposure. To do this we will wear sunscreen every day, and wear hats and sunglasses when necessary.

Injury: We will do our best to avoid getting injured by being careful and avoiding unnecessary danger. An obvious situation which could induce a musculoskeletal injury is that of walking on slippery rocks. We will tread with the utmost caution and avoid this practice wherever possible. We will address signs and symptoms early, before they turn into larger issues. If an injury does occur, we will be prepared with WFR skills and information for the nearest ranger station to help find medical help. Our medical kit will have the most useful supplies for varying injuries.

(Risk Management Plan continues on following page)

Risk Management Plan Continued...

Steps taken to help prevent injury: We will each undergo a training program to help us better prepare for hiking the CT and prevent injury to the best of our abilities. Below is each individual's training plan.

Lindsey: My normal fitness routine includes 20-45 minute runs most days of the week in addition to yoga. I also hike regularly throughout the year, snowshoeing in winter months. During the summer prior to hiking the Colorado Trail, I will practice hiking long distances carrying a heavy pack through day trips on weekends, starting early in the morning. I have a nine-day backpacking trip planned for June and plan to do a couple shorter trips earlier in the summer as well which will help me prepare physically for the Colorado Trail and allow me to practice important backpacking skills. I will also be hiking a couple Colorado fourteeners early in the summer as an opportunity to train at high altitudes.

Anneliese: In addition to my normal routine of running, practicing yoga, and lifting weights most days of the week, I will add day hikes in the months preceding the trip. On these hikes, I'll plan to carry an increasingly heavy pack. I will also hope to go on a few camping trips with long hikes in the summer preceding our trip.

Audrey: I run, rock climb, and do yoga. I run about five days per week, and my runs vary from three to six miles. I will keep up this regimen prior to the expedition, but I will work up to longer distances on my distance running day in an effort to boost my endurance. I hope to be running ten miles by July for my distance day. Rock climbing and yoga help me stay strong and flexible. Both qualities will be helpful in hiking the CT. I will also go on a few shorter backpacking trips in the summer to help me prepare for the CT.

Other preventative measures: We plan to do daily check-ins with all three group members. This will serve as a preventative safety measure as well as group bonding time. Verbally checking in with one another will give us the opportunity to voice concerns, problem-solve, and keep tabs on the group's well-being. This time will also allow the group members to do personal bodily check-ins, taking time to notice any physical warning signs or symptoms, including but not limited to dehydration symptoms, fatigue, hotspots, or blisters. Dealing with these kinds of symptoms early is often key to preventing more serious hazards. This daily meeting will give us the chance to prevent injury, maintain morale, and take stock of how we are doing by reflecting. The reflection won't be limited to physical well-being, but will also give us a chance to process the progress we are making and voice anything that comes up regarding spiritual, mental, and emotional well-being while enhancing our sense of group connection, an important factor on any outdoor trip, but especially one of this length.

Technical skills we have to handle anticipated hazards: The WFR certification of all expedition members will allow us to respond responsibly to any injury that may occur. Additionally, all expedition members have spent a great deal of time backpacking in the mountains of Colorado and so are familiar with mountain terrain, changing weather, and the other hazards that come with living in a wilderness setting.



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Describe your self - evacuation plan in the event of an emergency. Discuss any technical skills your expedition members have to handle various self-evacuation scenarios. NOTE: Failure to thoroughly discuss evacuation plans may result in funding denial.

In the event of an emergency, expedition members have the necessary WFR skills for an immediate response. Each individual will have a copy of emergency resources (ranger stations and hospitals- see attached list titled "Emergency Resources") for each segment of the trail sealed in a clear plastic bag in the brain of her backpack. We will have a satellite phone with a solar recharger, so we will always be able to immediately contact a ranger stations located close to the trail. We will be able to fairly easily execute an evacuation for the entire length of the trail. In addition, Audrey, who is a rock climber, has rock rescue skills should that type of scenario arise. Anneliese, with her experience river-rafting, living on a river, and lifeguard and water sports training, is adequately prepared to handle water-related emergencies and rescues. If one member of the group is injured and unable to be safely moved, the two other team members will administer primary care according to the WFR standard of care. Then one team member will stay with and monitor the injured person while the other seeks help from the nearest ranger station or hospital, we will use our satellite phone to contact the nearest ranger station for help. We are also prepared to contact an emergency helicopter rescue if necessary.

If an evac. is necessary but not immediately so and the injured/ill participant can walk, we will slowly make our way to a point where the road meets with the CT or a trail running off the CT and meet either a ranger or a personal contact at that point, who we will have contacted via satellite phone. If we do a slow evacuation, we will continually monitor for changes in the ill or injured person and be prepared to increase the urgency of the evac. from slow to immediate (or as close to immediate as one can get in the back country).

Describe any measures taken for expedition members with medical histories that warrant special preparedness.

None of the members of our expedition have medical histories that warrant special preparedness outside of the Risk Management Plan we have already established.

List emergency resources available in the vicinity of your expedition (phone #s for ranger station, hospital, etc).

Please see attached document titled "Emergency Resources" for a list of ranger stations, hospitals, emergency helicopter evacuation and personal contacts for each of the 28 segments of the Colorado Trail.

List emergency communication devices you will be carrying. If none, explain why.

We will be carrying a cell phone turned off to use in case of emergency, as well as a satellite phone. We will keep the satellite phone continually charged with a solar recharger.



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V. Budget

Attach a detailed expedition budget and write totals in USD below. Do not round numbers up. Emergency money, supplies for first aid kits, first aid kit rental, and gear purchases are not funded. Car travel costs will be funded based on the vehicle mpg and may not include wear and tear/maintenance costs.

Transportation: \$913.07

Food and Fuel: \$1059.88, Postage for resupply: \$46.35

Maps/Books: \$68.95, Miscellaneous Items:\$287.89

Communication Rental: \$161 for Satellite Phone

Permits/Fees: None

Gear Rentals: None necessary

Total Funding Requested (not to exceed \$1500 per applicant): \$2,537.14

Describe what measures you have taken to minimize expenses.

1. We are borrowing almost all gear we don't have from friends.
2. We tried to find the cheapest food options that would still meet our caloric needs for the expedition.
3. We rented trail books and backpacking menu books from the library to get ideas and information instead of purchasing the books.
4. We also plan to dehydrate meals, especially vegetables and fruit, to avoid the expense of purchasing commercially dehydrated foods.
5. We would buy as many food items in bulk and of the generic brand as much as possible (nuts, gorp, powdered milk, etc.).

Flashin' Aspens Itinerary

Day One (August 10, 2013)

A friend will drive us to the beginning of Segment 1 at Waterton Canyon Trailhead. Begin hiking at about 10 AM. Acclimate to backpacking with our pack weight. We will hike the first ten miles of Segment 1 and will camp along Bear Creek. As we only have 10 miles to hike this day and will start relatively early, we will be able to go fairly slowly.

Water Source: Bear Creek

Campsite: We will camp near Bear Creek so that we can replenish our water supply for the next day.

Elevation: 6,689.

Lowest Elevation: 5,522

Highest Elevation: 6,689

Day Two (August 11)

We will begin day two by making sure we have plenty of drinking water as Segment 2 of the Colorado Trail is rather dry. We will pick up the pace a little bit and hike 13 miles. By the end of Day 2, we will be 5.2 miles into Segment 2 where there are several good campsites along an old jeep road.

Water Source: South Platte River

Campsite Elevation: 7,745

Lowest Elevation: 6,117

Highest Elevation: 7,745

Day Three (August 12)

During day three we will pass into Segment 3 where there are plentiful water sources. We will hike 17 miles. By the end of Day 3, we will be 11.9 miles into Segment 3 and will utilize a campsite along a small stream at this point in the trail. This campsite is at the very end of Segment 3.

Water Source: There are plentiful streams and creeks throughout Segment 3

Campsite Elevation: 8,145

Lowest Elevation: 7,391

Highest Elevation: 8,145

Day Four (August 13)

By day four, we will be ready to do a 20-mile day, and this will be the first one. We will pass through Segment 4 and go 2.9 miles into Segment 5 before making camp near a stream at this point on the trail. We will be camping in a beautiful aspen forest!

Water Source: Craig Creek, Lost Creek, stream at campsite

Campsite Elevation: 10,366

Lowest Elevation: 8,145

Highest Elevation: 10,366

Day Five (August 14)

On day five, we will complete Segment 5 and begin Segment 6, the longest segment on the Colorado Trail. We will hike 15 miles total on day 5. Because this segment includes alpine areas, it will be important to hike early and keep an eye on changing weather conditions. We will remain flexible to the possibility of changing our plan for the day if a storm makes continuing unsafe. This flexibility in the plan will likewise apply to the upcoming segments with significant time above treeline. We will camp 3.1 miles into Segment 6 at a campsite near Guernsey Creek.

Water Source: Johnson Gulch, campsite near Guernsey Creek

Campsite Elevation: 9,828

Lowest Elevation: 9,521

Highest Elevation: 10,388

Day Six (August 15)

On day 6, we will hike 16.6 miles further into Segment 6, crossing over the top of Georgia Pass and the Continental Divide and will camp in a site near Swan River at mile 19.7 of Segment 6.

Water Source: Deadman Creek, Swan River

Campsite Elevation: 9,981

Lowest Elevation: 9,828

Highest Elevation: 11,874

Day Seven (August 16)

On day 7, we will complete the remaining 13.2 miles of Segment 6 and will stop to camp at the end of Segment 6 (mile 32.9 of Segment 6) near Gold Hill Trailhead. We will spend the rest of the day organizing our things and preparing ourselves for the quick trip into Breckenridge for our first resupply the next morning.

Water Source: Swan River

Campsite Elevation: 9,197

Lowest Elevation: 9,197

Highest Elevation: 11,114

Day Eight (August 17)

In the morning of day 8 we will walk 0.2 miles down CO Hwy 9 from Gold Hill Trailhead to catch a ride from the Summit Stage free bus service. The free bus will take us 4 miles south into the town of Breckenridge, the location of our first **resupply**. August 17 is a Saturday so we will be sure to pick up our resupply package from the Post Office before noon.

We will buy more fuel at Mountain Outfitters (112 S. Ridge St. 970-453-2201)

We will buy perishable food items at City Market (400 N. Park Ave. 970-453-0818)

We will pick up the package of non-perishable food supplies we mailed ahead of time from the Breckenridge Post Office (311 S. Ridge St. 970-453-1010)

We will gather and divvy up the new supplies and will return to the Colorado Trail via the free bus service. Beginning on segment 7, we will hike 5.5 miles into Segment 7 to Miners Creek. We will camp

in a site along Miners Creek.

Water Source: Miners Creek

Campsite Elevation: 10,555

Lowest Elevation: 9,197

Highest Elevation: 10,555

Day Nine (August 18)

During day 9, we will have a longer hiking day after two shorter days. We will complete 7.3 miles of Segment 7 and will hike 13.5 miles into Segment 8. We will camp at Cataract Creek.

Water Source: Miners Creek, Cataract Creek

Campsite Elevation: 11,639

Lowest Elevation: 9,767

Highest Elevation: 12,282

Day Ten (August 19)

During day 10 we will complete the remaining 11.9 miles of Segment 8 and will hike 7.7 miles into Segment 9 to Porcupine Lakes. We will camp at a site near Porcupine Lakes.

Water Source: Fiddler Creek, Tennessee Creek

Campsite Elevation: 11,451

Lowest Elevation: 9,362

Highest Elevation: 11,639

Day Eleven (August 20)

Day 11 will be a half day of hiking with the afternoon free to rest, reflect, meditate and share more deeply with each other. We will complete the 5.9 miles of Segment 9 and the first 0.4 miles of Segment 10, stopping to camp in a site near Glacier Creek.

Water Source: Glacier Creek

Campsite Elevation: 10,043

Lowest Elevation: 10,043

Highest Elevation: 11,498

Day Twelve (August 21)

During day 12, we will finish the 13.2 miles of Segment 10 and will hike 6 miles into Segment 11. We will camp near the waterfall at this point in the trail.

Water Source: Box Creek, Herrington Creek

Campsite Elevation: 10,051

Lowest Elevation: 10,039

Highest Elevation: 11,310

Day Thirteen (August 22)

During day 13, we will hike the remaining 15.5 miles of Segment 11 and 2.5 miles into Segment 12. We will camp near seasonal streams in the Collegiate Peaks Wilderness Area.

Water Source: Small streams throughout Segment 11 and 12, Clear Creek

Campsite Elevation: 9,655

Lowest Elevation: 8,916

Highest Elevation: 10,051

Day Fourteen (August 23)

We will hike the remaining 16 miles of Segment 12 and will hike the first 2.5 miles of Segment 13, stopping to camp at a site near Silver Creek.

Water Source: Morrison Creek, Powell Creek, Silver Creek

Campsite Elevation: 11,098

Lowest Elevation: 9,430

Highest Elevation: 11,845

Day Fifteen (August 24)

The first section of Segment 13 passes through the Collegiate Peaks Wilderness Area and we will be getting to the top of the saddle on the east ridge of Mount Yale at mile 3.4 of Segment 13. Because we will be hiking at high altitudes, we will allow more time for these miles. We will hike 11.5 miles, reaching mile 14 of Segment 13 and camping at a site near Maxwell Creek. We will take time to take in the beauty of Mount Yale and reflect.

Water Source: Silver Creek, Maxwell Creek

Campsite Elevation: 10,003

Lowest Elevation: 8,862

Highest Elevation: 11,889

Day Sixteen (August 25)

On day 16, will complete the remaining 8.8 miles of Segment 13 and will hike 10 miles into Segment 14 to camp at a site near Sand Creek.

Water Source: Maxwell Creek, Chalk Creek (at beginning of Segment 14- replenish water here as it is the last reliable water source for the next 6.6 miles of the trail), Sand Creek

Campsite Elevation: 9,621

Lowest Elevation: 8,194

Highest Elevation: 9,757

Day Seventeen (August 26)

On day 17 we will hike to the end of Segment 14 (10.4 miles) where the Colorado Trail Meets US Hwy 50. Lindsey's friend Alli Aichinger who lives in Salida will pick us up at US Hwy 50 South Foose Creek Trailhead to drive us 13 miles into Salida for our second **resupply**.

We will buy more fuel at Salida Mountain Sports (110 North F St. 719-539-4400)

We will buy perishable food items at Safeway (232 G St. 719-539-3513)

We will pick up the food supplies we mailed ahead of time from the Salida Post Office (310 D St. 719-539-2548)

We will gather all necessary supplies efficiently and return quickly to the trail. Alli will drive us back to the Colorado Trail. We will then hike the first 2 miles of Segment 15 and will camp there.

Water Source: Cree Creek, town of Salida

Campsite Elevation: 9,553

Lowest Elevation: 8,830

Highest Elevation: 9,880

Day Eighteen (August 27)

On day 18 we will finish the final 12.3 miles of Segment 15 and will begin Segment 16. We will camp 4.5 miles into Segment 16 at Silver Creek, a good water source and campsite.

Water Source: Foose creek, Silver Creek

Campsite Elevation: 11,238

Lowest Elevation: 9,553

Highest Elevation: 11,908

Day Nineteen (August 28)

On day 19 we will complete the remaining 10.7 miles of Segment 16 and will hike 6.9 miles into Segment 17 to Baldy Lake. We will camp at this lake. Water sources are scarce in Segment 17 so we will be sure to stop at Baldy Lake in order to get the water we will need to complete the segment.

Water Source: Silver Creek, Baldy Lake

Campsite Elevation: 11,517

Lowest Elevation: 10,351

Highest Elevation: 11,616

Day Twenty (August 29)

On day 20 we will complete the remaining 13.5 miles of Segment 17. At the beginning of Segment 18 we will stop at Pine Creek as it is the last reliable water source in this segment and the last reliable water source until Cochetopa creek 21 miles ahead. The Colorado Trail crosses Pine Creek at 1.7 miles into Segment 18. We will camp 6.4 miles into Segment 18. We will be hiking nearly 20 miles this day but the miles are all fairly easy and relatively flat or downhill.

Water Source: Baldy Lake, Pine Creek

Campsite Elevation: 9,774

Lowest Elevation: 9,606

Highest Elevation: 11,517

Day Twenty-One (August 30)

On day 21, we will hike the remaining 7.4 miles of Segment 18. We will then hike the first 9.8 miles of Segment 19 and will camp near Cochetopa Creek, allowing us to refill our water supply before the next day.

Water Source: Cochetopa Creek

Campsite Elevation: 9,894

Lowest Elevation: 9,339

Highest Elevation: 10,404

Day Twenty-Two (August 31)

Day 22 will be a day to rest and reflect. We will take some time individually to meditate and journal about the adventure so far. We will talk more extensively as a group about our experience and will take time to soak up the beauty of our surroundings.

Water Source: Cochetopa Creek

Elevation (Campsite, Low and High): 9,894

Day Twenty-Three (September 1)

On day 23 we will hike the remaining 3.9 miles of Segment 19, and all 12.7 miles of Segment 20. During Segment 20, the trail is relatively steep throughout and crosses tundra until the end of the segment. We will start early for this day at high altitude. We will camp at East Mineral Creek at mile 2 of Segment 21. These last few miles are an easy downhill and will allow us to reach a nice camping space.

Water Source: Cochetopa Creek, Mineral Creek

Campsite Elevation: 11,799

Lowest Elevation: 10,047

Highest Elevation: 12,612

Day Twenty-Four (September 2)

On day 24, we will complete the remaining 12.8 miles of Segment 21 and will hike 2.5 miles into Segment 22, camping at a site near a creek at this point in the trail.

Water Source: Mineral Creek

Campsite Elevation: 11,297

Lowest Elevation: 10,908

Highest Elevation: 12,785

Day Twenty-Five (September 3)

On day 25, we will complete the remaining 14.7 miles of Segment 22, crossing through the highest point of the Colorado Trail (13,271). We will start especially early for this day at high altitude and will take time to enjoy the spectacular views. We will camp at a small lake 1.2 miles into Segment 23.

Water Source: Creek at mile 2.5 of Segment 22, stream at mile 1.2 of Segment 23

Campsite Elevation: 12,522

Lowest Elevation: 11,297

Highest Elevation: 13,271

Day Twenty-Six (September 4)

On day 26, we will hike the remaining 14.7 miles of Segment 23, we will camp at a small lake 3 miles into Segment 24.

Water Source: Frequent small streams in Segment 23 and Segment 24

Campsite Elevation: 12,300

Lowest Elevation: 12,175

Highest Elevation: 12,524

Day Twenty-Seven (September 5)

On day 27, we will hike the remaining 17.2 miles of Segment 24. At the end of Segment 24 at Molas Pass, Lindsey's friend Phil Harris who lives in Silverton will pick us up to drive us the 7 miles into Silverton for our third and final **resupply**.

We will buy fuel at Outdoor World (123 Greene St. 970-387-5628)

We will buy perishable food items at Silverton Grocery (717 Greene St. 970-387-5652)

We will pick up the food supplies we mailed ahead of time from the Silverton Post Office (138 W. 12th St. 970-387-5402)

We will gather all necessary supplies efficiently and return quickly to the trail. Phil will drive us back to the Colorado Trail at the Molas Pass Trailhead. We will camp that night near the beginning of Segment 25 near Little Molas Lake.

Water Source: small streams, town of Silverton, Little Molas Lake

Campsite Elevation: 10,888

Lowest Elevation: 8,918

Highest Elevation: 10,866

Day Twenty-Eight (September 6)

On day 28, we will hike just under 18 miles, nearly to the end of Segment 25, camping at 18 miles into the segment at a site along seasonal streams.

Water Source: Lime Creek, Cascade Creek

Campsite Elevation: 11,300

Lowest Elevation: 10,852

Highest Elevation: 12,500

Day Twenty-Nine (September 7)

On day 29 we will complete the remaining 2.9 miles of Segment 25 and will hike 8.4 miles into Segment 26. We will camp near Straight Creek. We will be sure to fill our water bottles at Straight Creek at 8.4 miles into Segment 26 as it is the last reliable water source for the next 22 miles.

Water Source: Seasonal Streams, Straight Creek

Campsite Elevation: 11,032

Lowest Elevation: 11,094

Highest Elevation: 11,985

Day Thirty (September 8)

Day 30 will be a shorter day of hiking (only 5.5 miles) with the second part of the day open with time to reflect, meditate, journal and share with each other. In the morning, will hike the remaining 2.5 miles of

Segment 26 and the first 3 miles of Segment 27. We will camp 3 miles into Segment 27 along a ridge at that point in the trail with several possible campsites.

Water Source: Straight Creek

Campsite Elevation: 10,828

Lowest Elevation: 10,385

Highest Elevation: 10,828

Day Thirty-One (September 9)

On day 29, we will hike to mile 15.2 of Segment 27. Mile 15.5 to 19.4 of Segment 27 stays above treeline with no easy means of escaping from sudden storms. For this reason, we will wait until the morning of day 30 to complete this part of the trail so that we can start early in the morning when the weather is more likely to be clear. We will camp at 15.2 miles into Segment 27.

Water Source: Hermosa Creek

Campsite Elevation: 11,686

Lowest Elevation: 10,617

Highest Elevation: 11,686

Day Thirty-Two (September 10)

On day 30, we will hike the remaining 5.4 miles of Segment 27 making sure to start early as this portion of the trail is all above treeline with no easy escape from storms. We will camp 7.1 miles into Segment 28 by Junction Creek.

Water Source: Gaines Gulch Waterfall, Junction Creek

Campsite Elevation: 8,522

Lowest Elevation: 8,522

Highest Elevation: 12,310

Day Thirty-Three (September 11)

On day 31, we will hike just under ten miles further into Segment 28 and will camp at 16.9 miles at the last available campsite in Segment 28 (there is no camping permitted after mile 16.9 of Segment 28). We will take time at this point to reflect back on the journey and prepare to leave the Colorado Trail the next day.

Water Source: Junction Creek

Campsite Elevation: 8,210

Lowest Elevation: 8,210

Highest Elevation: 9,557

Day Thirty-Four (September 12)

On day 29 we will hike the remaining 4.6 miles of Segment 28. A friend will pick us up at the Junction Creek trailhead, 3.5 miles from the town of Durango. We will spend the night in Durango so that we can shower and rest before the drive home.

Water Source: Junction Creek

Lowest Elevation: 6,938

Highest Elevation: 8,210

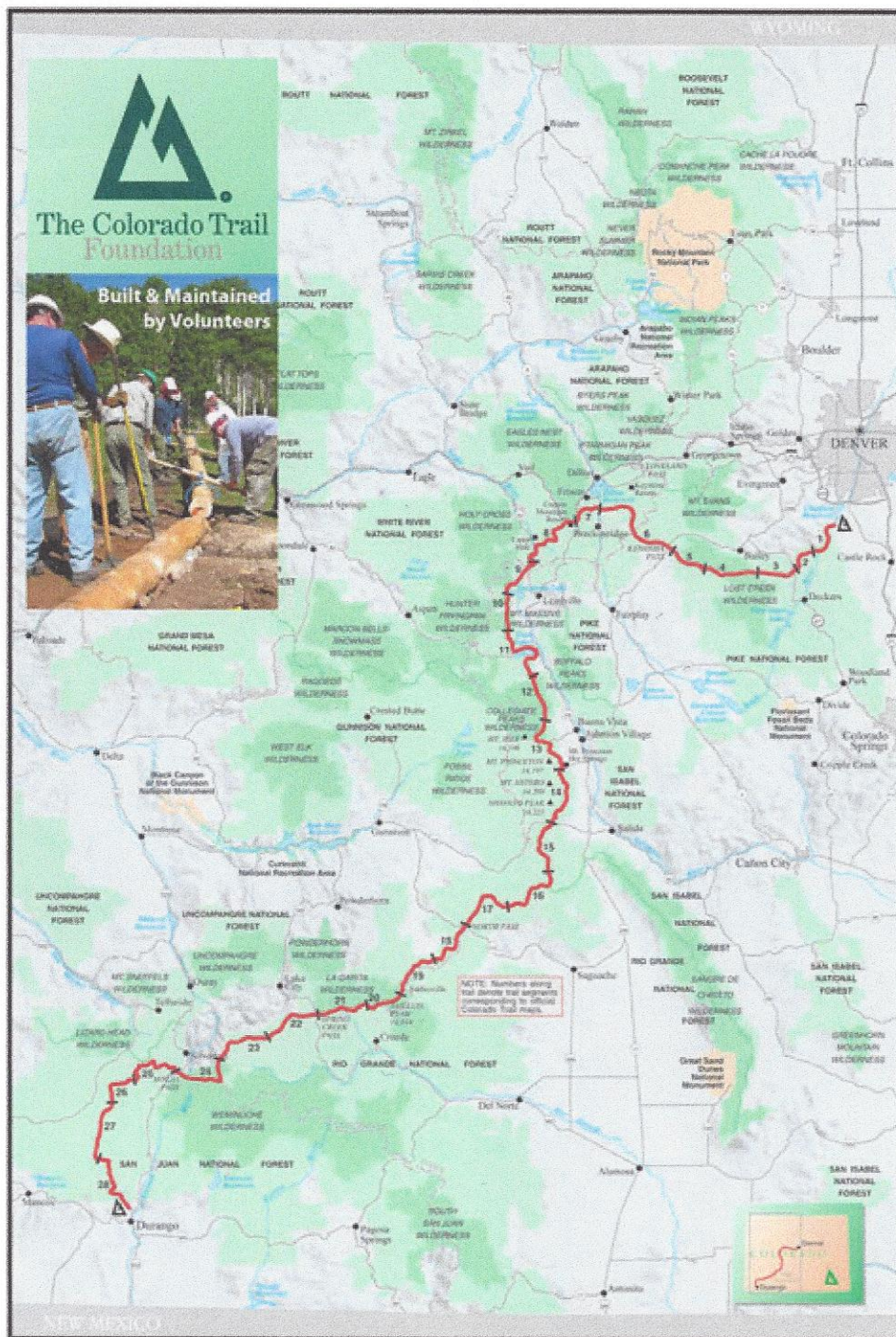
Day Thirty-Five (September 13)

On day 30 we will make the drive from Durango to Denver, completing our journey.

Topo Maps:

The Topo Maps of the Colorado Trail used to create this itinerary were found in The Official Colorado Trail Guidebook of The Colorado Trail Foundation and on the website of the United States Geological Survey (<http://www.usgs.gov/>). Before departing on this expedition, we will purchase the Colorado Trail Topo Map Book for \$43.95 plus tax so that we will have highly detailed maps for each segment of the Colorado Trail.

General Map of all 28 Segments of the Colorado Trail from The Colorado Trail Foundation



The Colorado Trail is built and maintained by volunteers, funded primarily through private contributions. We could use your help. The Colorado Trail Foundation, 710 10th St #210, Golden, CO 80401, (303) 384-3729. www.ColoradoTrail.org

Partnership with NATIONAL GEOGRAPHIC MAPS TRAILS ILLUSTRATED

Re-Ration Plan

We will receive new food supplies at three points along the Colorado Trail in the towns of Breckenridge, Salida and Silverton. We will be very brief in going into town to get our supplies; as soon as we have gathered them, we will return to the Colorado Trail. We will package our non-perishable items for re-rationing before beginning the trail, and we will mail them to ourselves at three points along the trail. Perishable items we are unable to mail to ourselves, we will buy in grocery stores in each of the three towns (addresses and contact information below). We will also buy more fuel at outdoor gear shops in each of the three resupply locations (addresses and contact information below).

Point 1: (Day 8) Breckenridge. In the morning of day 8 we will walk 0.2 miles down CO Hwy 9 from Gold Hill Trailhead to catch a ride from the Summit Stage free bus service. The free bus will take us 4 miles south into the town of Breckenridge, the location of our first resupply. August 17 (day 8 of the expedition) is a Saturday so we will be sure to pick up our resupply package from the Post Office before noon.

We will buy more fuel at Mountain Outfitters (112 S. Ridge St. 970-453-2201)

We will buy perishable food items at City Market (400 N. Park Ave. 970-453-0818)

We will pick up the package of non-perishable food supplies we mailed ahead of time from the Breckenridge Post Office (311 S. Ridge St. 970-453-1010)

We will gather and divvy up the new supplies and will return to the Colorado Trail via the free bus service.

Point 2: (Day 17) Salida. On day 17 we will hike to the end of Segment 14 (10.4 miles) where the Colorado Trail Meets US Hwy 50. Lindsey's friend Alli Aichinger who lives in Salida will pick us up at US Hwy 50 South Foose Creek Trailhead to drive us 13 miles into Salida for our second resupply.

We will buy more fuel at Salida Mountain Sports (110 North F St. 719-539-4400)

We will buy perishable food items at Safeway (232 G St. 719-539-3513)

We will pick up the food supplies we mailed ahead of time from the Salida Post Office (310 D St. 719-539-2548)

We will gather all necessary supplies efficiently and return quickly to the trail. Alli will drive us back to the Colorado Trail. .

Point 3: (Day 27) Silverton. At the end of Segment 24 at Molas Pass, Lindsey's friend Phil Harris who lives in Silverton will pick us up to drive us the 7 miles into Silverton for our third and final resupply.

We will buy fuel at Outdoor World (123 Greene St. 970-387-5628)

We will buy perishable food items at Silverton Grocery (717 Greene St. 970-387-5652)

We will pick up the food supplies we mailed ahead of time from the Silverton Post Office (138 W. 12th St. 970-387-5402)

We will gather all necessary supplies efficiently and return quickly to the trail. Phil will drive us back to the Colorado Trail at the Molas Pass Trailhead.

Flashin' Aspens Food Itinerary

The calories are all broken up respective to the order of the foods listed in the "Menu" column. We will follow the same menu each week. Thus, although we only have the menu for one week below, this menu will be repeated five times and account for the length of our trip.

Day	Meal	Menu	Serving size	Calories/ serving
1	Breakfast	Granola with dried milk, dried fruit, and protein powder	1 cup granola, ½ cup dried milk, 1 cup dried fruit, 2 scoops protein powder	444+60+400+196=1070
1	Snack 1	Trail mix (nuts, chocolate drops, dried fruit)	½ cup	300
1	Lunch	Whole wheat bagels, dried hummus, salami	1 bagel; 2 TBS hummus; 8 slices	240+50+240=330
1	Snack 2	Cheese and crackers; 32 oz gatorade; CLIF bar	10 crackers; 1 oz. cheese; 1 bar	240+200+240=680
1	Dinner	Spaghetti with vegetarian sauce and cheese; candy bar	1.5 cups pasta with ½ cup sauce and 2 TBS cheese; 2 tsp olive oil; 1 Reese's pkg.	630+70+60+80+270=1110
			Daily Calorie total	3,690
2	Breakfast	Cheesy scramble (dehydrated)	1.5 cups	390
2	Snack 1	Candy bar (Snickers) and mixed nuts	1 bar, ¼ cup mixed nuts	273+150=423
2	Lunch	Peanut butter and jelly on whole wheat bagels, Ramen noodles (whole block)	3 TBSP pb, 3 TBSP jelly, 1 bagel, w Ramen noodle pack	285+150+250+380=1065
2	Snack 2	Cheese and crackers; Gatorade	10 crackers; 1 oz. cheese; 32 oz.	240+200=440
2	Snack 3	Dried fruit	1 cup	400
2	Dinner	Quinoa and vegetable	370 g quinoa	444+300+200

		dehydrated stew with multi-grain tortillas	1 cup veggies 2 tortillas	=944
			Daily Calorie Total	3,662
3	Breakfast	Multigrain pancakes with brown sugar and dried fruit	1 cup dry mix, 1 cup powdered milk, 3 tbsp. brown sugar, ½ cup dried fruit	520+120+30+200=870
3	Snack 1	Pumpkin seeds and dried fruit	1 cup pumpkin seeds; ½ cup dried fruit	456+200=556
3	Lunch	Whole wheat bagels, dried hummus, salami	1 bagel; 4 TBS hummus; 8 slices salami	240+100+240=380
3	Snack 2	Cheese and crackers; 32 oz. Gatorade	10 crackers; 1 oz. cheese	240+200+200=640
3	Snack 3	CLIF bar	1 bar	240
3	Dinner	Whole grain pasta with alfredo mushroom sauce and dehydrated vegetables	2 cups pasta ¾ cup mushroom sauce 1 cup vegetables; 2 TBSP olive oil	345+240+300+80=965
3			Daily Calorie Total	3,651
4	Breakfast	Granola with dried milk, dried fruit, and protein powder	1 cup granola, ½ cup dried milk, 1 cup dried fruit, 2 scoops protein powder	444+60+400+196=1070
4	Snack 1	CLIF bar	1 bar	240
4	Snack 2	Trail mix	½ cup	300
4	Lunch	Whole wheat bagels, dried hummus, salami, Snickers bar	1 bagel; 2 TBS hummus; 8 slices; 1 bar	240+50+240+273=603
4	Snack 3	Candied ginger and trail mix	½ cup ginger and ½ cup mix	280+300=580
4	Dinner	Curried rice with veggies and TVP	200 g rice, 1 cup veggies, ½ cup TVP	200+300+160=660
			Daily Calorie Total	3,483

5	Breakfast	Protein fruit smoothie and homemade sweet potato bark mash	1.5 cups smoothie, 1 cup mash	$500+450=950$
5	Snack 1	Mixed nuts and dried fruit and CLIF bar	$\frac{1}{4}$ cup nuts, $\frac{1}{4}$ cup dried fruit	$150+120+240=610$
5	Lunch	Peanut butter and jelly on pita bread, salami	3 TBS each and 1 pita; 8 slices	$285+150+150+240=825$
5	Snack 2	Cheese and crackers; 32 oz. gatorade	10 crackers; 1 oz. cheese	$240+200=440$
5	Dinner	Burritos: brown rice, refried beans, and dried veggies in tortillas with cheese	1 cup rice, $\frac{1}{2}$ cup beans, $\frac{1}{2}$ cup vegetables, 1 tortilla, $\frac{1}{4}$ cup shredded cheese	$218+120+150+100+300=888$
			Daily Calorie Total	3,713
6	Breakfast	Granola with dried milk, dried fruit, and protein powder	1 cup granola, $\frac{1}{2}$ cup dried milk, 1 cup dried fruit, 2 scoops protein powder	$444+60+400+196=1070$
6	Snack 1	Candied ginger and CLIF bar	$\frac{1}{2}$ cup ginger; 1 bar	$280+240=380$
6	Lunch	Granola bar; Ramen noodles, banana chips	1 bar, 1 block Ramen, 1 cup banana chips	$125+380+346=851$
6	Snack 2	Pumpkin seeds and candy bar	$\frac{1}{2}$ cup seeds; 1 bar	$228+273=729$
6	Dinner	Thai Kitchen Garlic and Vegetable Instant Rice Noodle Soup with TVP	2 packages; $\frac{1}{2}$ cup TVP	$380+160=540$
			Daily Calorie Total	3,570
7	Breakfast	Oatmeal with dried milk and fruit and soy protein powder	1 cup oatmeal, $\frac{1}{4}$ cup dried milk, 1 cup dried fruit, 2 scoops protein powder	$444+30+400+196=1070$
7	Snack 1	Trail mix; Gatorade	$\frac{1}{2}$ cup 32 oz.	$350+200=550$
7	Lunch	Pita bread with peanut	3 TBS each; 1 pita	$285+150+150=585$

		butter and jelly		
7	Snack 2	Pumpkin seeds and dried fruit	½ cup and ½ cup	228+200=428
7	Dinner	Instant mashed potatoes with dehydrated vegetables and Parmesan cheese; candy bar	1 ½ cups 1 c rehydrated veggies 2 TBS cheese, 2 tsp oil 1 bar	363+100+60+ 100+240=863
			Daily calorie total	3,436
			Average daily calorie intake	3,601

Note: We realize that it is generally unconventional to bring out the stove to heat water and cook at lunchtime, but the three of us do not want to get worn down having dry pita/bagels every day for lunch. Thus, we will bust out the Whisperlite a few days a week at lunchtime for some satisfying Ramen noodles.

Other items:

Tea

Hot chocolate with Nestle Nido (adds fat and calories)

Instant coffee, regular and decaf

brown sugar

Olive oil

Gatorade powder

Salt, pepper, garlic powder, cayenne pepper

Equipment List (Red text means we will have to buy or borrow it)

<p>Basics</p> <p>Food (see menu)</p> <p>Topo maps of the area</p> <p>Compass</p> <p>Headlamp, extra batteries extra bulb</p> <p>Pocketknife or all-in-one-tool</p> <p>Fire-making items (lighter and matches in waterproof container)</p> <p>First aid kit (see detailed list on following page)</p> <p>Personal medications and prescriptions with extra refills</p> <p>Sun protection (sunglasses, sunscreen, lip balm, hat)</p> <p>Main Items</p> <p>Backpack</p> <p>Pack rain cover</p> <p>Tent, poles, pegs, groundsheet</p> <p>Sleeping bag</p> <p>Sleeping pad</p> <p>Cooking Items</p> <p>Whisperlite stove (with all accessories & parts)</p> <p>Fuel (white gas)</p> <p>Wide-mouth water 1-liter bottles (two or three per person)</p> <p>Small spatula</p> <p>Cooking pot and pot grips</p> <p>Pot cozy (to avoid having to boil more than once)</p> <p>Cup or mug</p> <p>Small pot scrubber</p> <p>Clothing Items</p> <p>Boots or hiking shoes</p> <p>Sandals or lightweight camp shoes</p> <p>Waterproof clothing bag</p> <p>3 pairs wool socks and liners</p> <p>2 pair underwear</p> <p>Pants and shorts, quick-dry</p> <p>Fleece, synthetic, or down jacket</p> <p>Shirts (long-sleeve and short-sleeve)</p> <p>Water and windproof jacket</p> <p>Hat for sun protection</p> <p>Cold-weather hat (covers ears)</p> <p>Gloves</p> <p>Rain Pants</p> <p>Long Underwear or fleece pants</p>	<p>Other items</p> <p>Water purification system: steripen, Katadyn filter, and iodine tablets</p> <p>Sunscreen</p> <p>Insect Repellant</p> <p>Biodegradable Liquid Soap (Campsuds)</p> <p>Leatherman tool with can opener</p> <p>Toothbrush</p> <p>Toothpaste</p> <p>Watch</p> <p>Toilet paper in Ziploc bag</p> <p>Hand sanitizer</p> <p>Plastic bags (grocery bags, garbage bags)</p> <p>Extras/Repair</p> <p>Extra lighter</p> <p>Extra headlamp bulbs</p> <p>Extra batteries (steripen and headlamps)</p> <p>Extra pack buckles (waist buckle, 3/4" buckle)</p> <p>Extra draw cord toggles</p> <p>ThermaRest and tent patch kit</p> <p>Stove maintenance kit</p> <p>Tent pole repair tube</p> <p>Sewing kit (w/ heavy duty needle, thread)</p> <p>Small length of wire</p> <p>Duct tape (about 3 yards wrapped around a pencil)</p> <p>Nylon cord</p> <p>Bear bag and rope</p> <p>Other</p> <p>Satellite Phone</p> <p>Notebook and pencil</p> <p>Reading material</p> <p>In resupply boxes:</p> <p>Sunscreen, lip balm</p> <p>Toilet Paper (we will pack it out)</p> <p>Insect Repellant</p> <p>Soap/Wipes/Hand Sanitizer</p> <p>Water Tablets/Iodine</p> <p>Blister care restock: Moleskin, 2 sheets</p> <p style="padding-left: 40px;">Glacier Gel pads, 3 sheets,</p> <p style="padding-left: 40px;">Athletic tape, 1 yard</p> <p style="padding-left: 40px;">Band-aids, qty. 10</p> <p>Spare batteries (headlamp and Steripen)</p> <p>Food resupply (see menu)</p> <p>Fuel canister (purchase in resupply towns)</p>
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First Aid Kit Supply List

Wound Care/Burn/Blister

- 4 Dressing, Gauze, Sterile, 4'' X 4'', Pkg./2
- 4 Dressing, Gauze, Sterile, 2'' X 2'', Pkg./2
- 3 Dressing, Non-Adherent, Sterile, 3'' X 4''
- 2 Bandage, Conforming Gauze, Non-Sterile, 3''
- 1 Bandage, Stockinette Tubular, 1'' X 4''
- 24 Bandage, Adhesive, Fabric, 1'' X 3''
- 5 Bandage, Adhesive, Fabric, Knuckle
- 1 Tape, 1'' X 10 Yards
- 2 Cotton Tip Applicator, Pkg./2
- 1 Syringe, Irrigation, 10 cc, 18 Gauge Tip
- 1 Wound Closure Strips, 1/4'' X 4'', Pkg./10
- 2 Povidone Iodine, 3/4 oz
- 3 Moleskin, Pre-cut and Shaped, 14 pcs.
- 10 Dressing, GlacierGel, Rectangle, 2.5'' X 1''
- 12 Antiseptic Towelette
- 8 Triple Antibiotic Ointment, 1/32 oz
- 2 Skin-Tac Topical Adhesive

Bleeding

- 4 Gloves, Nitrile (Pair), One Hand Wipe
- 1 Trauma Pad, 8'' X 10''
- 1 Trauma Pad, 5'' X 9''
- 1 Dressing, Gauze, Sterile, 4'' X 4'', Pkg./2
- 1 CPR Pocket Mask

Fracture/Sprain

- 1 Bandage, Elastic with Velcro Closure, 3''
- 1 Bandage, Triangular
- 3 Safety Pins
- 1 Ibuprofen (200 mg), Pkg./2
- 1 Instant cold pack

Medications

- 10 Ibuprofen (200 mg), Pkg./2
- 10 Acetaminophen (500 mg), Pkg./2
- 10 Antihistamine (Diphenhydramine 25 mg)
- 8 Acetazolamide (250 mg), Pkg. 1
- 4 Diamode (Loperamide HCL 2mg), pkg. 1
- 5 Aspirin (325 mg), Pkg./2
- 1 course Ciprofloxacin
- After Bite Sting and Itch Relief topical applicator

Instruments

- 1 EMT Shears, 4''
- 1 Splinter Picker/Tick Remover Forceps
- 1 Duct Tape, 2'' X 5 Yards
- 1 Pencil
- 1 Patient Assessment Form and additional paper
- 3 Thermometer, Disposable, (96°F to 104.8°F)
- 2 Plastic Vial, Flip-top, Large

Emergency Resources

Ranger Stations	
<p><u>Segment 1-3</u> South Platte Ranger District, Pike National Forest 19316 Goddard Ranch Ct. Morrison, CO 80465 303-275-5610</p> <p><u>Segment 4- 6</u> South Platte Ranger District, Pike National Forest 19316 Goddard Ranch Ct. Morrison, CO 80465 303-275-5610</p> <p>South Park Ranger District, Pike/San Isabel National Forest 320 Hwy. 285 Box 219 Fairplay, CO 80440 719-836-2031</p> <p><u>Segment 7- 8</u> Dillon Ranger District, White River National Forest 680 Blue River Parkway Box 620 Silverthorne, CO 80498 970-468-5400 Recorded Message: 970-468-5434</p> <p>Holy Cross Ranger District, White River National Forest 24747 US Hwy. 24 Box 190 Minturn, CO 81645 970-827-5715 Seasonal Recording: 970-827-5687</p> <p><u>Segment 9-12</u> Leadville Ranger District, San Isabel National Forest 810 Front St. Leadville, CO 80461 719-486-0749</p> <p><u>Segment 13-14</u> Salida Ranger District, San Isabel National Forest 325 W. Rainbow Blvd. Salida, CO 81201 719-539-3591</p>	<p><u>Segment 15</u> Salida Ranger District, San Isabel National Forest 325 W. Rainbow Blvd. Salida, CO 81201 719-539-3591</p> <p>Gunnison Ranger District, Gunnison National Forests 2250 Highway 50 Delta, CO 81416 970-874-6600 TDD 970-874-6660</p> <p><u>Segment 16</u> Salida Ranger District, San Isabel National Forest 325 W. Rainbow Blvd. Salida, CO 81201 719-539-3591</p> <p>Gunnison Ranger District, Gunnison National Forests 216 N. Colorado Gunnison, CO 81230 970-641-0471</p> <p>Saguache Ranger District, Rio Grande National Forest 46525 State Hwy. 114 Box 67 Saguache, CO 81149 719-655-2547 TDD 719-655-2647</p> <p><u>Segment 17</u> Gunnison Ranger District, Gunnison National Forests 216 N. Colorado Gunnison, CO 81230 970-641-0471</p> <p>Saguache Ranger District, Rio Grande National Forest 46525 State Hwy. 114 Box 67 Saguache, CO 81149 719-655-2547 TDD 719-655-2647</p> <p><u>Segment 18-20</u> Gunnison Ranger District, Gunnison National Forest 216 N. Colorado Gunnison, CO 81230 970-641-0471</p> <p><u>Segment 21-23</u> Gunnison Ranger District, Gunnison National Forests 216 N. Colorado Gunnison, CO 81230 970-641-0471</p>

Emergency Resources

Divide Ranger District, Rio Grande National Forest

13308 W. Hwy. 160
Del Norte, CO 81132
719-657-3321

Segment 24

Divide Ranger District, Rio Grande National Forest

13308 W. Hwy. 160
Del Norte, CO 81132
719-657-3321

Columbine Ranger District, San Juan National Forest

367 Pearl St.
P.O. Box 439
Bayfield, CO 81122
970-884-2512
San Juan National Forest Public Information Center: 970-247-4874

Segment 25

Columbine Ranger District, San Juan National Forest

367 Pearl St.
P.O. Box 439
Bayfield, CO 81122
970-884-2512
San Juan National Forest Public Information Center: 970-247-4874

Dolores Ranger District

29211 US Hwy. 184
Dolores, CO 81323
970-882-7296
San Juan National Forest Public Information Center: 970-247-487

Segment 26

Columbine Ranger District, San Juan National Forest

367 Pearl St.
P.O. Box 439
Bayfield, CO 81122
970-884-2512
San Juan National Forest Public Information Center: 970-247-4874

Columbine Ranger District, San Juan National Forest

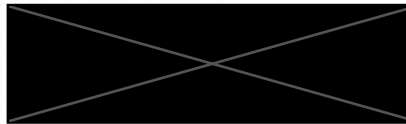
367 Pearl St.
P.O. Box 439
Bayfield, CO 81122
970-884-2512
San Juan National Forest Public Information Center: 970-247-4874

Segment 27-28

Columbine Ranger District, San Juan National Forest

367 Pearl St.
P.O. Box 439
Bayfield, CO 81122
970-884-2512
San Juan National Forest Public Information Center: 970-247-4874

Personal contacts:



Emergency Resources

Hospitals:

Littleton Adventist Hospital
7700 S. Broadway
Littleton
(303) 730.8900

St. Anthony Summit Medical Center
340 County Rd. 1005
Frisco
(970) 668.3300

Breckenridge Medical Clinic
550 S. Park Ave.
Breckenridge
(970) 453.1010

St. Vincent Hospital
822 W. 4th St.
Leadville
(970) 486.0230

Heart of the Rockies Regional Medical Center
1000 Rush Dr.
Salida
(719) 530.2200

Gunnison Valley Hospital
711 N. Taylor St.
Gunnison
(970) 641.1456

Rio Grande Hospital
1310 County Rd. 14
Creede
(719) 657.2510

Moseley Health Care Complex
700 N. Henson St.
Lake City
(970) 244.2331

Mercy Regional Medical Center
1010 Three Springs Blvd.
Durango
(970) 247.4311

Emergency helicopter rescue:

Vail Mountain Rescue Group
(970) 479.2200

Budget for the Flashin' Aspens Expedition

Communication Rental: Iridium satellite phone rental for five weeks from Globalcom. \$112 for one month plus \$49 for the additional week is **\$161** total. They have a best price guarantee, and after searching around for prices on satellite phone rentals from other companies, this price seems relatively cheap and reasonable.

Gear Rental: None necessary. We are borrowing any gear the three of us do not own from friends.

Permits/Fees: There are no fees to hike or camp along the Colorado Trail.

Food:

Food Item	Total Quantity/week	Total price/week	Price for entire trip
Granola	36 oz	4.00	19.98
Granola bars	3	1.25	5.00
Nestle Nido fortified dry whole milk	22.22 oz	5.11	25.56
Soy protein powder	1#	5.16	25.80
Trail mix	3#	9.09	45.45
Whole wheat bagels	12 ct	5.00	25.00
Dried hummus	4.5 oz	1.53	7.66
Dry salami	1#	5.64	28.20
Cheddar cheese	36 oz	8.73	43.65
Gatorade powder	25 oz	4.20	21.00
Whole wheat spaghetti	24 oz	1.50	7.50
Dried spaghetti sauce	2 pkg	3.00	15.00
Parmesan cheese	9 oz	2.11	10.53
Candy bars	12 ct	12.00	60.00
Mixed nuts (avg. 3.85/#)	1.4 #	5.39	26.95

Eggs	6 ct	1.25	6.25
Peanut butter	1.5#	3.38	16.88
Jelly	1.5#	2.29	11.45
Ramen noodles	3 ct	0.40	2.00
Multigrain crackers	1.3#	2.96	14.82
Couscous	10 oz	3.36	16.80
Vegetables		16.00	80.00
Fruit		15.00	75.00
Whole wheat pita bread	15 ct.	3.00	15.00
Multigrain pancake mix	10 oz	0.98	4.88
Brown sugar	0.75#	0.53	2.66
Pumpkin seeds	9 oz	2.40	12.00
Alfredo sauce packet	1 pkg	1.50	7.50
CLIF bars (including extras)	18 ct	18.00	90.00
Candied ginger	.25#	2.25	11.25
Instant brown rice	19.5 oz	2.83	14.15
Curry seasoning	1 pkg	1.00	5.00
TVP	.375#	0.72	3.62
Seasonings		3.00	15.00
Dried refried beans	12 oz	4.04	20.21
Thai Kitchen Garlic and Veg. soup	3 ct	1.59	7.95
Instant mashed potatoes	12 oz	1.13	5.66
Olive oil	0.75#	1.88	9.38
Hot chocolate coffee tea	1.5#	5.00	25.00

Nutella	13 oz	3.75	18.75
		Grand total	\$839.73

Books and Maps: Colorado Trail Guidebook **\$25**
Colorado Trail Topo Map Book **\$43.95 plus tax**

Fuel: We intend to do our cooking on an MSR Whisperlite stove, as we have all used them extensively and have found them dependable, efficient, and easy to maintain. The stove requires fuel from the same company, MSR, for optimal use. Thinking somewhat conservatively, we plan to ration ½ quarts of fuel per day. One quart of MSR fuel is \$12.95 (going off of REI prices).
.5 x 34 x 12.95 = **\$220.15**

Miscellaneous:

Iodine Tablets (in case of malfunction with steripen and water filter we would like to have enough iodine tablets to sterilize drinking water for ten days, enough time to reach the next resupply point) 3 bottles with 50 tablets each- **\$30**

Sunscreen: 3 80z bottles of waterproof SPF 50 at \$9 each is **\$27**

Insect Repellent: Repel Lemon Eucalyptus Insect Repellent (3 for 10.50 each) **\$31.50**

Biodegradable Liquid Soap (2 32 oz bottles **\$34**)

Hand Sanitizer (extras to send in resupply boxes) **\$15**

Toilet Paper **\$12**

Garbage Bags **\$7.80**

Ziploc Bags **\$5.73**

Extra Headlamp Bulbs (3 at \$5 each- **\$15**)

Batteries:

-headlamps- AAA batteries are 6.45 for 8. Each headlamp requires 2 batteries.

Two packages comes to **\$12.90**

-steripen water purifier- CR123 batteries are \$17.49 for 2. The steripen requires 2 batteries and with frequent use, batteries can die quickly. Four sets comes to **\$69.96**

*ThermaRest and tent patch kit: **\$10** (ThermaRest) **\$6** (Tent)

*Tent Pole Repair Tube **\$11**

*If these repair kit items count as gear purchases that would not be funded by the Ritt Kellogg Fund, then we are happy to pay for them ourselves.

Total: \$287.89

Postage to send resupply packages

Priority Mail Large Flat Rate Box \$15.45 x 3 resupply boxes is **\$46.35**

Transportation

Cost of fuel to reimburse Lindsey's mother who is dropping us off at the trailhead and picking us up in Durango in her Honda Element.

Vehicle mpg: 20 Gasoline \$3.30/gal

Colorado Springs to Waterton Canyon Trailhead outside Denver (roundtrip) 128 miles	\$21.12
Colorado Springs to Durango (roundtrip) 630 miles	\$103.95
Round-trip flight from Boise to Denver for Anneliese plus luggage fee	\$340.00
Round-trip flight from Baltimore to Denver for Audrey	\$448.00

Transportation total: **\$913.07**

Total Funding Requested: \$2,537.14



RITT KELLOGG MEMORIAL FUND - EXPEDITION AGREEMENT

An IMPORTANT note regarding expedition **CHANGES**

It is the policy of the Ritt Kellogg Memorial Fund (“RKMF”) that material changes to an expedition are strictly prohibited.

This policy is designed to prevent individuals from utilizing RKMF Expedition Grant funds for purposes other than those that have been specifically approved in their Expedition Grant Proposal (The Proposal) and to help maintain the integrity of the RKMF for many years to come.

While any trip into a wilderness setting requires some flexibility in dealing with the risks and hazards that are presented in such dynamic environments, changes made that alter the material nature of the trip from that which was proposed are NOT allowed.

Such material changes would include – but not be limited to:

- * Changes in location beyond those on the maps provided in The Proposal.
- * Changes/additions in activities not described in The Proposal.
- * Changes of the level of risk taken on beyond that which was described in The Proposal.
- * Changes – either addition or removal - of expedition members that alter/reduce the overall safety of the team. This includes the overall skill base of the team. This would include the majority of participant changes.

Reasonable changes made *in the field* in the name of genuinely mitigating risks and maintaining participant safety are fully encouraged and considered an important part of what the RKMF is trying to encourage.

If you make a material change in your expedition (as described above) you may be asked to return the funds provided to you.