



Ritt Kellogg Memorial Fund Registration

Registration No. WG8K-C52HY

Submitted Feb 3, 2021 8:58am by Kaila Ablao

Approved Feb 3, 2021 2:00pm by Kate Macklin

Registration

2020/2021

Ritt Kellogg Memorial Fund

Registered

RKMF Expedition Grant Group Application 2020-2021

Ritt Kellogg Expedition Grant Applications Due at Noon Feb 3, 2021 12:00pm-12:00pm

This is the group application for a Ritt Kellogg Memorial Fund Expedition Grant. In this application you will be asked to provide important details concerning your expedition.

In addition to this Group Application, each team member must submit an Individual Application.

All Group Applications and Individual Applications must be received by Wednesday, February 3rd at noon. For more information, example applications, proposal writing tips, and further guidance, please visit

<https://www.coloradocollege.edu/other/rittkelloggfund/grants/expedition-grants/overview.html>

Note: For the 2020-2021 application year, the following additional parameters have been established due to the COVID-19 pandemic:

- 2021 RKMF grants are limited to travel in the contiguous United States only (no Alaska, no Hawaii, no Canada).
- 2021 RKMF grants are limited to travel by personal vehicles only (no airplanes, buses or other forms of public transportation)
- An additional COVID-19 preparedness section has been added to the Group Application
- Expedition teams which receive funding must submit an updated COVID-19 preparedness form 3 weeks prior to their expedition

If you have any questions please email Kate Macklin, Outdoor Education and Ritt Kellogg Memorial Fund Coordinator, at kmacklin@coloradocollege.edu

Participant



Expedition Summary

Expedition Name

Backpacking on the High Sierra Route

Alternate Expedition Name

Cavorting Among Wildflowers n' Galavanting on Glacial Granite: A Trek Through the High Sierra Route

Objectives

Navigate safely and explore a challenging off-trail route to push ourselves physically and mentally and take in the benefits of several consecutive weeks in the wilderness. We hope to be pushed to our limits by being forced to navigate difficult off-trail routes that require knowledge of map reading and directions and practice of ongoing communication between group members. We hope to experience and appreciate remote locations and hike through this beautiful high alpine route in the eastern Sierra.

Location

The Sierra High Route. The Sierra High Route is a 195-mile route in the high eastern Sierra Nevada mountain range. Usually hiked south to north, it begins in Kings Canyon National Park and ends north of Yosemite National Park. It was popularized in the 1980s by Steve Roper, a backcountry enthusiast who wrote a book detailing the route, which we will have with us on our hike. The route runs parallel to the John Muir Trail but is almost-entirely off-trail. The section we will be thru-hiking begins east of Bishop, CA in the John Muir Wilderness and Inyo National Forest and ends at Twin Lakes in the Hoover Wilderness area on the edge of Yosemite National Park. This is entirely located within unceded colonized land originally inhabited by the Mono and Paiute peoples.

Departure Date

Jul 12, 2021

Return Date

Aug 19, 2021

Days in the Field

28

Wilderness Experience

The High Sierra is marked by desolate granite slabs, talus fields, scree slopes, high mountain lakes, and beautiful grassy meadows. The section we plan to through-hike is almost entirely off-trail, so we will have to route-find and contour across unmarked and difficult terrain relying on topographic maps, compasses, and Steve Roper’s description of the route. On the two ends of the route we will pass through Kings Canyon National Park and Yosemite National Park. Throughout our hike we will pass through Inyo National Forest, Sierra National Forest, John Muir and Ansel Adams Wilderness areas. On our most desolate days we will rarely encounter any other hikers. Water is plentiful in the High Sierra but will need to be purified. Weather is generally hot in the daytime and freezing in the nighttime, so we will have to plan accordingly and be prepared for mountain thunderstorms to roll in at any moment. All three of us are currently in our senior year at CC. The past year has been filled with a whole lot of stress, uncertainty and loss. It has also been filled with a whole lot of time inside and at our homes. All of that and more has made us beyond excited about planning a trip into the ‘wilderness’. We are all rejuvenated by being outside, each one of us cannot wait until we can hike and be fully surrounded by a high altitude wonderland of beauty and a whole new and invigorating set of risks to manage and challenges to overcome.

Participant Qualifications

[Redacted participant information]

Does your group have adequate experience?

Yes

Training Plan

Miles, Kaila, and Zivia have a weekly training routine for getting in physical shape as a large part of the challenge is travelling on boulder fields, talus and a route that is mostly above 10,000 ft. We previously trained for the Gunnison Sage Burger Trail Race, so we have experience with training routines and exercising together. We will nordic ski in the Breckenridge area to practice our off-trail navigation in the winter. During this time when it is especially cold outside we will read up on people's experience on the high route. There are many trekking blogs about the trip and it would be helpful to be familiar with someone else's experience so that we can have a base understanding of some tricky parts. When it gets a little warmer, Miles and Kaila will travel to the Third Flatiron in Boulder to practice climbing on low angle slabs together. To improve our navigation skills we also plan to practice and refresh our skills with outdoor education practicing reading topographic maps, and navigating using compasses, at least one clinic offered by either Outdoor Education or a free clinic online. We will also practice using and repairing Whisperlite stoves. Again when the weather permits Miles and I in Colorado will hike Mt. Huron and make it an overnight trip. As Well as Quandary peak which will give us some practice off trail. Because Zivia is currently located in New Jersey: Like Kaila and Miles, Zivia will refresh her navigation skills through Outdoor Ed's virtual resources clinics and online clinics. Along with a consistent weekly training routine, Zivia will seek out hikes near her home with class 2 and 3 terrain like Breakneck Ridge, Mount Beacon, and Devil's Path in the Hudson River Valley, Delaware Water Gap, and the Catskill, as soon as the winter weather clears up in March/April. Beginning in May and June she will hike two times a week with a weighted backpack. Furthermore Zivia is planning two multi-day backpacking trips: The Presidential Traverse, and a southern section of the Long Trail in early June and early July, before she departs for Colorado Springs.

Expedition Logistics, Gear and Food

Travel Plan

We plan to drive together from Colorado Springs to Southern California after we graduate in May 2021! Zivia will be driving solo from Montclair New Jersey to Colorado Springs. On this route Zivia will take breaks every 2 hours outside of the car, stretch and move around a little. Zivia has had experience doing this drive from school to Montclair for summer break. We have built in an potential extra day so that if Zivia feels too tired and needs to take one more day for the solo drive that will be ok for our itinerary, either we will leave the next day after she arrives or we will have one layover day in Colorado Springs to continue getting ready and organized together. From Colorado Springs we all three drive to bishop July 15th. Taking two days to do so. We will stay in a campground in Salina Utah. The three of us will switch drivers and cars so that we all have turns resting, driving and driving solo. It will be important for all of us on these travel days to stay hydrated and fed properly. We will have snacks and water handy. We will have our phones charged and on so that if one car has an emergency we can call the other. Of course we will not look at the phone while driving in the solo car we will find the nearest safe pull out and check in with the other vehicle. We will also plan on resting and switching every four hours at the maximum, plus more often if anyone needs to switch. Our return trip will look almost identical. After we stay the night at Twin lakes at the end of the trip we will retrace our steps and return to our homes in Montclair and Colorado Springs.

Expedition Itinerary

[Itinerary.pdf](#) (14MB)

Uploaded 2/3/2021 8:26am by Kaila Ablao

Digital Map

<https://caltopo.com/m/S3G1>

Re-Ration Plans

We will have three re-rations throughout our trip.

-Our first re-supply will be on our 6th day, which is Friday, July 23, 2021 at Piute Pass. We hired a mule pack service, Bishop Pack Outfitters, to haul in our resupply. We will drop off our food at Bishop Pack Outfitters on the day before we begin our hike. They are charging us \$220 and we would like to include a \$50 tip for the packer, so the total is \$270.

-Our Second Re-Ration will be on our 15th day, Sunday August 1, 2021, at Reds Meadow Resort and General Store at devils post pile national monument. We will be mailing them a package of our re-supply. The charge is \$40 + shipping. We will buy white gas from the little general store.

-Our third resupply will be on our 23rd day, Monday August, 2021, in Tuolumne meadows. We will be mailing a package there. We will buy white gas from the store.

Food Storage

3 Bear Proof canisters - rented from Outdoor Education. We will each need one bear canister. At night we will make sure that all of our smelly gear is securely closed in the canisters, and that they are stored away from our tent and in a safe place.

Food List

[Food.xlsx](#) (17KB)

Uploaded 2/3/2021 8:19am by Kaila Ablao

Equipment List

[Gear - Sheet1.pdf](#) (75KB)

Uploaded 2/3/2021 8:23am by Kaila Ablao

First Aid Kit List

[aid kit - Sheet1.pdf](#) (91KB)

Uploaded 2/3/2021 8:23am by Kaila Ablao

Impact

A general attitude of respect will be our guiding principle when traveling and on our expedition. We will be hiking and camping mostly off trail, and in beautiful wilderness above tree line. We will have to be extra cautious of where we camp and cook and even step since we will be off trail. This means finding durable surfaces with minimal vegetation to camp at and to walk and travel on rocks and snow when possible and established trails when present.

This trail is not heavily trafficked, and its stunning landscapes are dependent on our respectful use and stewardship, especially above tree line where much of the route is. We will dispose of human waste below tree line when possible as it decomposes better there and is less damaging to the ecosystems. When we are above the treeline, we will dig our cat holes under bigger rocks. We will carry with us three wag bags for emergency pooping above the treeline. With our few hiker friends we may encounter, we will be friendly and courteous, only enhancing their experience and not taking away by being loud or rude. This means that we will not take or move anything. We will respect that we are visitors in wildlife's home. We will not build any fires as they are not allowed above 10,000 feet in this area and do not leave no trace, although we will receive California Campfire Permits, because they are required for using stoves as well. We will take with us all trash and dispose of it properly when we exit the wilderness at our re-ration locations and after our expedition.

Collectively, we all hold identities that have compromised our access to the outdoors. While we don't plan on encountering many people on the trail, a group consisting of individuals who identify as queer, black/poc, and femme presenting, challenges the norms of who accesses and recreates in the backcountry. Racism, sexism, classism, homophobia, etc. have created barriers for folks with marginalized identities to access the outdoors, and we know that our trip alone will do little to alter this reality. For us, this trip is a form of resistance to the social structures that have limited our abilities to engage with the outdoors on our terms. By sharing our experiences on this trip with our peers and community, we hope to have a positive social impact and contribute to the larger movements that are re-writing the norms and challenging exclusivity within outdoor culture.

Zivia, Kaila and Miles are all dancers. We love this form of art, expression and exploration. We have collaborated, choreographed, and performed in dance pieces together during our time at CC, and on our trek we are excited to use this time as a creative space to make a dance score on our route. We will be taking a camera with us to take pictures of and film parts so that we can take this experience back with us after our expedition and share it with the community. Though we will be mitigating it, we will inevitably leave an impact on this route and trail. To leverage this impact we hope to be moving through these areas with respectful, creative, and positive intentions. We will dance for our own growth and understanding. The three of us find inspiration and fulfillment in movement and physical exploration, part of why we are all so excited about this strenuous and physically demanding hike. Though our experience will be ephemeral, we hope that we can create something that will have a positive lasting impact on our own life and that we can share something of that in our own communities after we leave the 'wilderness' in August.

Carbon Emissions:

3.56 metric tons of CO₂e

Offset:

\$17.80

Risk Management

Objective Hazards

Rough terrain-

Much of the terrain on the Sierra High Route is rocky and rough. We will be crossing scree slopes and talus fields, as well as rivers and streams.

Mitigation: We will assess all steep slopes, scree slopes, talus fields, and other obstacles thoroughly before we attempt to cross them. When traveling through potentially looser rocks, steeper slopes, or more dangerous areas we will be in constant communication and will stay out of each others' fall lines. Since we will be walking only mostly uneven ground, we will be pushing our knees, ankles, and hips to their limits. We will make sure to have rugged hiking boots and to take as many breaks as needed.

Treatment/response: If minor injuries occur on rough terrain, we have the first aid skills to care for them. If major injuries occur, we will seek out safer and more comfortable terrain and utilize our evacuation plans.

Weather-

In the mountains we will need to be prepared for potential cold weather, rain, thunderstorms, snowstorms, frost, smoke, and extreme sun exposure.

Mitigation: We will have warm hats, gloves, down jackets, rain coats, and non cotton clothing to stay dry and warm to avoid hypothermia, and we will wear sunhats, sunglasses, sunscreen and long sleeve sun shirts to protect ourselves from the sun. We will have sunscreen and SPF lip balm that we reapply several times daily. We have a new tent that is completely waterproof and has plenty of room to sleep all three of us and hold our equipment when it rains.

Treatment/response: In the event that we encounter dangerous weather, we can shelter in place. If someone gets heat illnesses or is hypothermic, we will utilize our WFR skills to quickly and safely respond to the situation.

Altitude-

Most of the trail is above and around 10,000 ft. Altitude sickness is a possible risk throughout the trip.

Mitigation: We will drink 4 liters of water a day to help our bodies with the altitude. Miles and Kaila will have been living in Colorado Springs for several years and been there for around 7 months leading up to our trip, so our bodies will be acclimated to high altitude. Since Zivia will be travelling from sea level, we will prioritize moving at a pace that will allow her to safely acclimate to the altitude. We plan to take our first days easy and slow (in comparison to the rest of the hike) in order to help our bodies acclimatize to the high altitude.

Treatment/response: If someone experiences altitude sickness, we will descend in altitude, either by backtracking or pushing forwards. If descending does not work, we will utilize our evacuation plan.

Wildlife-

Because we will often be hiking and camping above treeline, wildlife is scarce. However, we will definitely run into the occasional marmot and we have the potential of encountering bears.

Mitigation: We will have all of our food and other smelly gear stored in bear-proof canisters that we will stow far away from where we sleep every night. We will be prepared for mosquito-infested areas with mosquito nets and deet.

Marmots don't pose too much of a problem as long as we store our food and waste properly. We will pack out all of our waste, excluding poop. Since our poop could attract wildlife and is unsanitary, we will be sure to poop far away from where we are camping and cooking. We will follow proper LNT principles when dealing with our poop by burying it at least 6 inches down, and when we are above treeline, we will bury it beneath rocks and talus. We will carry three emergency wag bags in case there is no way to safely dispose of our poop.

Treatment/response: If we encounter a bear, we will give them as much space as possible and be respectful and quiet in the hopes that it doesn't notice us. If a bear does see us, we will get big and loud in order to scare it off. In rare cases, bears will stalk hikers for hours or even days. If this happens, we will have to keep an eye on it, which means that we'll need to take turns sleeping, with at least one person awake and ready to scare off the bear if it comes close.

Activity-

The Sierra High Route is a strenuous and difficult path that is unlike any other route. It is mentally and physically taxing. Minor injuries like scrapes, muscle soreness, twists, and sprains are very likely.

Mitigation: We will be in shape thanks to our training regiment, but it will still be difficult and tiresome. We will warm up our ankles, knees and hips before we begin hiking, and we will do active yoga at the end of each day to stretch and cool down our muscles.

Treatment/response: We have a few layover days planned to try to summit various peaks, and if need be, we can skip the layover day to catch up on any miles that we might have lost in previous days, or we can take the layover days off if we need recovery days. Also, we have built in shorter recovery days after our longer and more strenuous days of hiking. We each have wilderness first responder certifications and will have a comprehensive first aid kit with us to treat minor injuries.

Water -

Water is pretty abundant in the High Sierra. The High Route is designed to stay close to water sources at all times, so if we stick to the route we will not struggle to find sources of drinking water. However, there are a few days where water is less abundant, and of course there is always the risk of water-borne illnesses. Depending on the level of snowfall this winter, we may have to deal with some snowfields and subsequent snowmelt that we may not be expecting.

Mitigation: We will be camping near water sources every night. We will bring Aqua Mira to purify our water. We will gather the most up-to-date information on lingering snow and will have the equipment and knowledge to be able to cross or maneuver around any snowfields that we might encounter.

Treatment/response: If anyone contracts a water-borne illness, we will assess the situation to determine whether evacuation is necessary. If we encounter impassable rivers or snowfields, we will walk around them until we can find our way safely across. Our route has built-in recovery days and layover days, so we'll always have the chance to quickly catch back up to our itinerary if we get a little behind.

Rivers -

Almost all of the rivers and creeks that we need to cross are small enough to hop over, or shallow and slow enough to wade across safely. However, if there is more snow this winter than usual, we may encounter more extreme and dangerous river crossings than we expected.

Mitigation: Our itinerary and route mitigate all known dangerous river crossings and has us crossing rivers at their calmest and easiest points. This hazard will only affect us if the Sierras get more snow than usual this winter.

Treatment/response: Thanks to their NOLS/HMI courses, Zivia and Kaila have the skills and knowledge to know when a river is too deep or too swift to walk right across, and they know how to safely cross these kinds of rivers. We will always try to explore up or downstream to see if the river calms down or has any natural bridges before we attempt to cross it.

Fire-

Wildfires occur every season in this general region, but the actual burning hardly ever reaches the high country where we will be. The biggest hazard here is smoke.

Mitigation: we will be up-to-date on the current fires in the region when we are hiking. If our satellite device can text, we will have someone at home checking reports daily and sending satellite messages to update us as needed.

Treatment: We will deal with smoke if it comes and will stay only in areas that we know are safe and open to hikers. In the event that we encounter smoke, we will cover our faces, and we will camp in higher areas such as ridgelines to avoid the spaces where the smoke settles. In the event that we encounter a wildfire, we will utilize our evacuation routes to get out of the area.

Getting Lost -

Because the Sierra High Route is mostly off-trail and unmarked, getting lost might be the most probable of all of these hazards.

Mitigation: We are all experienced with reading and interpreting topographic maps and compasses, and we will have Steve Roper's book with us to guide us along the route. Staying on course will require constant communication and agreement on strategies to navigate difficult terrain. Roper's description comes with lots of helpful landmarks and features that will continuously help us to locate ourselves. Part of our training plan is to read up on others' experiences (there are a ton of descriptions online on various blog sites) doing the High Route. Using these descriptions, we will edit and add to Roper's description so that we can be as prepared as possible for navigating this landscape.

Treatment/response: The awesome thing about the high route is that it parallels the John Muir Trail and is hardly ever more than a one or two days' hike away from the JMT. In the event that we get completely turned around or lost, we should be able to find our way to the JMT, which is well-marked and highly populated, and will help us recenter our navigation.

Subjective & Personal Hazards -

We are all emotional beings, and though we are close friends, we will never be at our best 100% of the time. We are all going to experience hanger, frustration, and fatigue at some point along our hike.

Mitigation: We are set up to support each other as best as possible, as we are all friends and can read each other very well. We will have all of our needed medications with us.

Treatment: We are all good communicators and know when and how to advocate for our own and each others' needs.

Evacuation Plan

All of us are WFR certified and have a full understanding of our evacuation plan. While the Sierra High Route is definitely off-trail, it is not very remote and is rarely much more than a day's hike away from the John Muir Trail, so depending on the situation it will not be too difficult to move toward well-traveled and easily-accessible areas. We will

be close to the eastern edge of the Sierra Nevada mountain range for the entirety of our hike, so if there is a situation where one of us cannot walk, outside assistance is almost always available. We plan to rent a satellite device from Outdoor Ed in the case that we would need to contact someone. After assessing our emergency, if a rapid evacuation is required or if we are not able to self-evac for any reason, we will use the satellite device to get help.

Routes:*maps included in itinerary document*

Bishop Pass to our car at trailhead

- Days 1-3.5
- We would re-trace our steps and go back out to the bishop pass/ south lake trailhead. Nearest town here is Bishop. At this point we have one car, the subaru hereso evac convenient in that respect if necessary. This initial day down from the high route at dusy basin down to the trail head is 8.22 miles. Gaining 1710ft and descending 2712ft.

Piute Pass to North Lake trailhead

- Route is 7.72 miles gaining 2640ft and descending 633ft.
- This is our first Re-supply day. So we will be walking to this trailhead anyway. If evac is necessary or not.
- Days 3.5-7
- The nearest town is bishop.

Lake italy/Puppet Pass to Pine creek trailhead

- We would turn to the east down the pine creek trail from puppet pass to the Pine creek trailhead.
 - The route is 10.75 miles from puppet pass. Gaining 1140ft and descending 5047ft. Days 8-9
- We would turn east onto Italy Pass trail out to Pine Creek trailhead. . The nearest town is Bishop. Days 9-10
 - The route is 10.9 miles gaining 1903 ft, descending 5682ft.

Mono creek to Vermillion Valley Resort

- Or we would go to the Vermillion Valley Resort to the west.
- From the route it is 12.15 miles gaining 1667ft and descending 2556ft.
- Days 10-11

Duck lake/Sierra Crest to Mammoth

- Take trail from Sierra crest and duck lake north towards mammoth/twin lakes, 4 miles on trail until road access. Another 5 miles to the nearest hospital.
- This route is a shorter steady downhill climbing 210' and descending 2039'
- Days 12-14

“RidgeWalk” to Mammoth Via Lake George/Lake Mary

- Take the trail to Lake George at mile 3.43 of day 7. Travel east 1.95 miles down the steady descent to Lake George a lake with road access. Mammoth close by. Days 13-14

Mammoth Pass to Mammoth

- From mammoth pass go East for 1 mile before reaching road access at Horseshoe Lake. Mammoth hospital a short drive away. There are a few trails down to mammoth on this map; the trail passing mcCloud lake would work as well.
- Day 15

Reds meadow/ Devils Postpile.

- This is where we will resupply! Also road access to Mammoth for evacuation. About a 30 minute drive.
- Day 15-19.5

Tuolumne Meadows

- In the case of an evacuation at the end of our trip there is road access here at the Tioga Pass Highway. There is a visitors center and a grill. The nearest hospital is in Mammoth or Fresno.
- Days 19.5-25.5

Lundy Canyon trail to Lundy Lake

- Just after day 23 and past saddlebag lake. Take Lundy Canyon Trail to Lundy Lake.
- This is a 6.43 mile decent off the high route gaining 440ft and descending 2972ft.
- Closest town is Lee Vining/Mono Lake. Closest hospital is Mammoth hospital.
- Days 25.5-26.5

Twin Lakes to Bridgerton

- The terminus of our hike. We will have a car at this location. Nearest municipality is Bridgerton and Lee Vining, pretty close to half way between Bishop hospital and Tahoe Hospital. Closest to Mammoth hospital drive.
- Days 26.5-28

All of us have been on backcountry trips where we have had to deal with major injuries, so our own experiences combined with the knowledge from our WFR certifications gives us confidence in our abilities to deal with situations regarding evacuation. We are not cocky people. We have all discussed our objectives and goals for this expedition and are on the same page about always prioritizing safety over success. We would never be resentful of each other if we need to evacuate.

On Zivia's previous RKMf expedition, "Hoping for Gold: Backpacking in the Olympics" (2018), she and her partner Katie had to evacuate a few days prior to their planned finish. Zivia and Katie mis-navigated and found themselves miles off their intended route, after assessing the risks, they decided to reach out for help using the Garmin inReach they were carrying. Zivia gained a lot of knowledge through this unfortunate and scary situation. What may seem like smaller issues like over-excretion, last minute route changes, poor communication, or bad judgement, all add up and can eventually lead to a serious and high-risk situation. It was difficult for Zivia and Katie to accept that they needed outside support, especially since neither were injured, after assessing their situation, they decided it was too risky to continue. Experiencing an evac taught Zivia a lot about the stakes of backcountry travel, along with the nuances of risk. She now enters the backcountry with a heightened level of caution and care.

Special Preparedness

Miles wears glasses for distance and will bring an extra pair in case their main pair gets damaged.

Zivia is allergic to sesame, cashew, and pistachio, therefore we will not bring any foods that contain these ingredients.

Zivia has treated all previous allergic reactions with benadryl, and we will be carrying it in our first aid kit.

Emergency Resources

Bishop Pass to Piute pass:

- White Mountain Ranger Station

798 N Main St
Bishop CA 93514

- Community Regional Medical Center

2823 Fresno St
Fresno, CA 93721
559- 459-6000

- Inyo County Sheriff 7608780395
- Northern Inyo Healthcare District (7608735811, Bishop)
- Fresno County Sheriff 5594883111

Laurel Lake - Lake Catherine:

- Mammoth Ranger Station

2500 HWY 203
Mammoth Lakes CA 93546

760-924-5500

- [Mammoth Hospital Emergency Department](#)

85 Sierra Park Road
Mammoth Lakes, CA 93546
760-924-4076

- Devils Postpile National Monument 7609342289

Lake Catherine to Terminus at Twin Lakes:

- Mono Lake Ranger Station

Mono Lake Tufa State Reserve
336 Visitor Center Rd
Lee Vining CA 93541
760-647-3044

- Yosemite Medical Clinic

9000 Ahwahnee Drive
Yosemite National Park, CA 95389
209-372-4637

We will be carrying our cellphones on the trip which will be powered off for the duration except in emergency situations. In an emergency situation if there is service we will use our cell phones to contact emergency resources. If there is no cell reception and we will need additional help and resources to evacuate safely we will use our Garmin InReach device to contact the appropriate authorities. In our last resort if the situation is very urgent and we need help/evacuation immediately we will use the SOS button on our Emergency communication device.

Emergency Communication

- Garmin InReach rented from the gearhouse.
- Personal cell phones will be carried in packs, but will not be relied upon in case of emergency.

COVID-19 Preparedness

What is the current COVID-19 situation in the area where you are intending to travel?

We will use the websites: www.gov.ca.gov, www.cdph.ca.gov, www.parks.ca.gov, www.blm.gov as we did in the summary below of the California Covid-19 situation as tools to continue to monitor the status of the regions/states and localities we are hoping to travel too. Three weeks before our trip we will evaluate the situation. If we cannot legally, ethically, or responsibly travel, we will consider our options in collaboration with CCOE.

As of December 2020 California is under statewide regional stay at home order. With a supplemental order that accompanies when regions are at below a 15% ICU capacity.

The state released a map of the five regions being measured. When a region first falls below 15% ICU bed availability, the Regional Stay Home Order goes into effect there the next evening at 11:59 PM. we will be travelling in the San Joaquin Valley and southern California Regions. Currently in the San Joaquin Valley the ICU availability is 0.0% . This also means that all of the state campgrounds in those regions are closed. California state wide metrics as of 1/12/2020: 91.7 new covid 19 positive cases per day per 100k. 17.6% positivity rate(7day average) 0.0% ICU availability.

BLM California Covid-19 closures list: recreating responsibly: → currently all the central district areas are closed.

Again, if the situation does not improve, we will reconsider trip.

How do you intend to mitigate the risks of exposing yourself and your teammates to COVID-19 while traveling to your trailhead?

All three of us will be quarantined for 10 days prior to our departure to California. We will plan on getting tested before we begin our quarantine to mitigate risks of infecting each other when we convene our two vehicles for the trip. We will grocery shop and collect all dry goods for our entire trip before our initial quarantines. During pre-trip traveling we plan on minimizing entering local shops by going grocery shopping twice; once before we depart our initial cities and once in Bishop for last minute fresh food pick ups. Once we have convened our two vehicles for our drive from Colorado to California, the three of us will be acting as a 'Family Unit'. Zivia will start her quarantine two days before Miles and Kaila so that by the time we have all met up in Colorado we can feel good about 'podding'.

If vaccination is available for us in our respective initial states (Colorado and New Jersey) for our demographic we will be eagerly awaiting appointments to insure vaccination prior to our departure if possible.

On our travel days we will wear our masks at all times whenever we are outside of our vehicles. We will have hand sanitizer, soap and water at the ready at all times and be washing our hands frequently and especially after touching anything public or entering a gas station when necessary.

How do you intend to mitigate the risks of exposing the residents of the area(s) where you will be traveling to COVID-19?

We will be acting as a 'Family Unit' while traveling and in the field. In order to mitigate exposing the residents of Bishop, Mammoth, Mono Village, Tuolumne Meadows, and the entirety of central and southern eastern California residents as well as any other travelers we may encounter, the three of us will wear masks at all times when in a metropolitan/inhabited area. We will maintain at least a six foot distance from other people. We will stay in a private room in the cheapest hostel we can find in the area; El Rancho. We will minimize any unnecessary time spent in public spaces by going straight to our room and back out to our car.

How do you intend to mitigate the risks of COVID-19 while in the field?

In the field much of our route is off trail so we do not anticipate to see many other people. When we do encounter other hikers on and off trail we will maintain a far distance from them. We will have masks at the ready at all times and when we notice people approaching from a distance we will put on our masks. If on a trail we will politely step aside, masks on, exchange pleasantries and be on our way. If a party of hikers is already camping in an area we had planned for ourselves we will camp someplace different and far out of the way.

For these mitigation protocols we of course will need to bring masks. We will have new clean masks for when we start the hike and will bring multiple masks each. We will also bring hand sanitizer and soap into the backcountry and maintain excellent hygiene habits to not only mitigate the risk of Covid-19, but mitigate risks of any other sickness.

If someone on your expedition develops COVID-19 symptoms, how will you handle it?

If one of us develops symptoms of covid-19 on our trip we will immediately minimize that person's contact with the rest of us. We will have them hike at least six feet behind and they will sleep separately from the others. We will have that sick person not handle our group food. The healthy of us will be on camp duties such as cooking and if the sick person is feeling weak we will have them rest as much as possible and healthy hikers will pick up slack. Throughout our whole trip we will have health check-ins with each other and talk about how our bodies feel each day to stay on top of any symptoms that may develop and track whether they get better or worse. If one of us becomes sick and we are worried about their health in the backcountry, we will consider the most efficient evacuation route, and continue to monitor all of our health. If deciding to evacuate due to possible covid-19 infection, we will continue to distance ourselves from our sick companion/s as much as possible. Given that covid-19 can be spread prior to displaying symptoms, upon evacuation, members who have not yet shown symptoms for covid-19 will isolate for 10 days or until they receive negative test results after 7 days, per CDC guidelines. Weather allowing, the healthy bodies may sleep outside, and under a tarp, while the sick body is in the tent. If the weather is cold and or there is a risk of precipitation we will do our best to create a waterproof shelter with our tarp, and evaluate the situation as necessary.

Budget

Budget

[Budget.xlsx](#) (12KB)

Uploaded 2/3/2021 8:18am by Kaila Ablao

Transportation

1888.20

Food and Fuel

1292.88

Maps and Books

131.73

Permits/Fees

21

Gear Rentals

235.50

Carbon Emissions Offsetting

17.80

Total Funding Request

4,217.26

Funding Per Person

1,405.75

Cost Minimization Measures

We have tried to minimize costs as much as possible. We are borrowing almost all of the equipment that we do not already own from the gear house or from friends and family. We are traveling in our personal vehicle which mileage over 20 mpg, so our only travel costs should be gas. We have purposefully chosen the cheapest food options that still fit our caloric needs and dietary restrictions.

Because of covid closures, campgrounds in Inyo County are closed, so we have budgeted for the cheapest hostel in the area with a private room for health safety.

The impact of Covid-19 regulations and precautions has certainly added some expense to the trip. However, we value both the safety of the communities we will visit and our own safety and believe we have accounted for a plan that both minimizes expenses and reduces risk to our own health and those around us.

Expedition Agreement

[Redacted text]

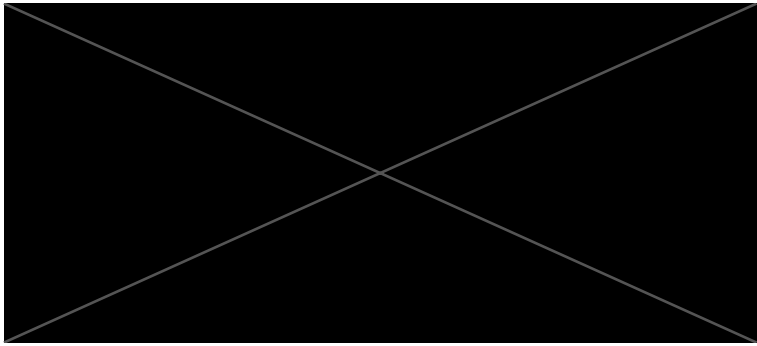
Kaila Ablao, Miles Marshall, and Zivia Berkowitz

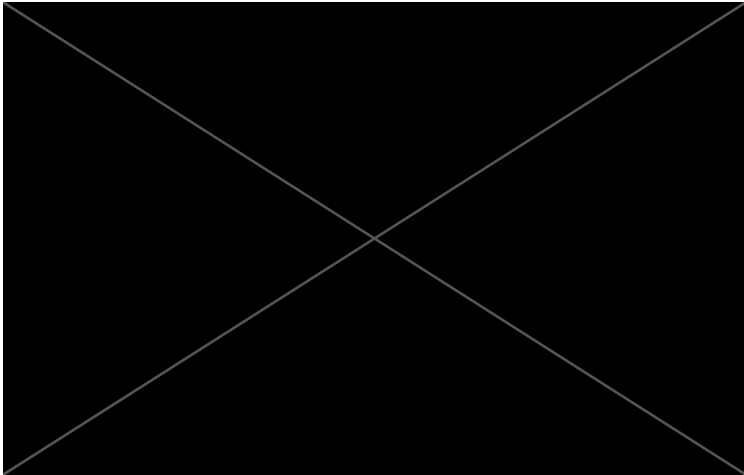
Summer 2021 RKMF Trip Itinerary

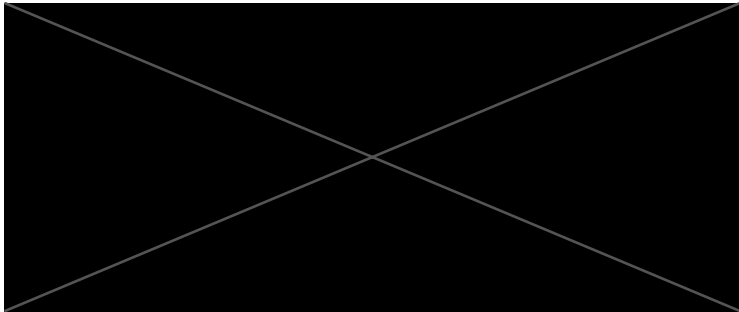
Cavorting Among Wildflowers n' Galavanting on Glacial Granite: A Trek Through the High Sierra Route



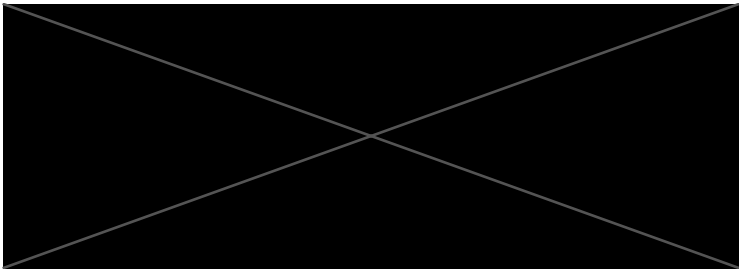
QUARANTINE & TRAVEL ITINERARY

Friday, July 2, 2021	Zivia will begin a full 10-day quarantine before driving to Colorado Springs from her home in [REDACTED]. She will be able to isolate from her family while still staying in her home. She will be entirely isolated and have no exposure to covid during this time.	Distance: N/A Time: 10 days
Monday, July 5, 2021	Miles and Kaila will begin a full 10-day quarantine in their home in [REDACTED], where they'll be living alone. They will be entirely isolated and have no exposure to covid during this time.	Distance: N/A Time: 10 days

<p>Monday, July 12, 2021</p>	<p>Zivia will drive from [REDACTED] to pod up with Kaila and Miles. She will drive her 2012 Subaru Forester. It will take her 3 days to complete the drive.</p> <p>Day 1, Zivia will drive to [REDACTED] and camp at [REDACTED] campground for the night</p> <p>One night reservation for non-electric [REDACTED]</p> <p>Subaru fuel price (calculated using fueleconomy.gov) = \$82.97</p> <p>Food = \$15 (\$15/person/day)</p> <p>Strategies: Strategies: Zivia has done this drive a few times before, and this time, has spread it out over three days to give herself lots of time. She will take lots of breaks, stay hydrated, and eat energizing food. She'll call her friends and family when she needs entertainment beyond listening to music. And she will limit the amount she goes inside so as to mitigate exposure to covid.</p> 	<p>Distance: 587 miles Time: 9 hrs of driving Departure: 8am</p>
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<p>Tuesday, July 13, 2021</p>	<p>Day 2: [REDACTED]</p> <p>Zivia will continue driving on I-70 and camp at [REDACTED] for the night. [REDACTED] has a Public Use Area which provides “a primitive camping area for tents only”</p> <p>Camping fees at [REDACTED] = \$0</p> <p>Subaru fuel price (calculated using fueleconomy.gov) = \$96.21</p> <p>Food = \$15 (\$15/person/day)</p> <p>Strategies: Zivia has done this drive a few times before, and this time, has spread it out over three days to give herself lots of time. She will take lots of breaks, stay hydrated, and eat energizing food. She’ll call her friends and family when she needs entertainment beyond listening to music. And she will limit the amount she goes inside so as to mitigate exposure to covid.</p> 	<p>Distance: 670 miles Time: 10.5hrs Departure: 7am</p>
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<p>Wednesday, July 14, 2021</p>	<p>Day 3: [REDACTED] [REDACTED]</p> <p>Zivia will arrive in [REDACTED] and stay with Kaila and Miles at their house, beginning their pod for the rest of the trip.</p> <p>Subaru fuel price (calculated using fueleconomy.gov) = \$75.29</p> <p>Food = \$15 (\$15/person/day)</p> <p>Strategies: Zivia has done this drive a few times before, and this time, has spread it out over three days to give herself lots of time. She will take lots of breaks, stay hydrated, and eat energizing food. She'll call her friends and family when she needs entertainment beyond listening to music. And she will limit the amount she goes inside so as to mitigate exposure to covid.</p> 	<p>Distance: 587 miles Time: 8hrs of driving Departure: 8am</p>
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<p>Thursday, July 15, 2021</p>	<p> to Salina, UT</p> <p>We will caravan from  to Salina, Utah in Zivia's Subaru and Kaila's 1999 Toyota Camry. We will switch off who is driving every four hours, or whenever someone is feeling tired. We will take lots of breaks and will make sure to stretch and walk around so that we aren't super sore.</p> <p>We will stay the night of the 15th at Maple Grove Campground, which is outside of Salina, UT and is almost exactly halfway between Colorado Springs and Bishop. It has restrooms and running water.</p> <p>Campsite = \$18 (\$12/night + \$6 for an additional vehicle)</p> <p>Subaru fuel price (calculated using fueleconomy.gov) = \$73.61</p> <p>Camry fuel price (calculated using fueleconomy.gov) = \$60.59</p> <p>Food for the day = \$45 (\$15/person/day)</p> 	<p>Distance: 532 miles Time: 8 hours of driving Departure: 8am</p>
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Friday, July
16, 2021

Salina, UT to Bishop, CA

From the campsite we will continue the caravan drive to Bishop, California. We will switch off who is driving every four hours, or whenever someone is feeling tired. We will take lots of breaks and will make sure to stretch and walk around so that we aren't super sore.

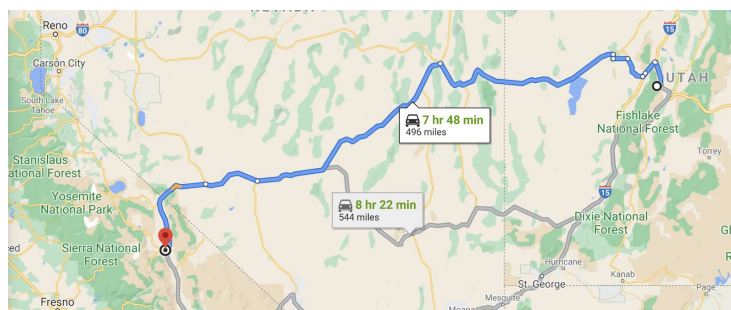
All campgrounds in Inyo County, CA are closed due to covid. We will stay in the El Rancho Motel, which is the cheapest lodging we could find in Bishop where we could get a private room. We tried to find hostels, but to get a private room would be more expensive than a motel room. It is \$97/night, not including taxes and fees.

One night at the El Rancho Motel (including taxes and fees) = **\$114.76**

Subaru fuel price (calculated using fueleconomy.gov)
= **\$70.30**

Camry fuel price (calculated using fueleconomy.gov)
= **\$53.02**

Food for the day = **\$45** (\$15/person/day)



Distance: 496 miles

Time: 8 hours of
driving

Departure: 8am

Saturday,
July 17,
2021

Final Preparation Day

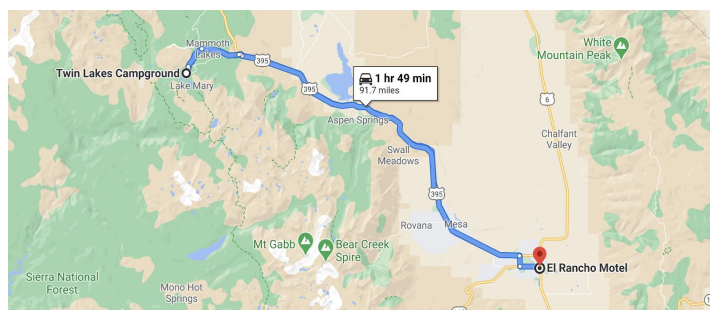
On the morning of the 17th, we will caravan to Mono Village, the terminus of our hike, to drop off the Camry. We will then drive in the Subaru and drop off our resupply at Bishop Pack Outfitters, which is near the trailhead for Piute Pass (the map below does not include the detour to North Lake because the road is currently closed for winter, so Google wouldn't allow us to map it. The fuel price includes the detour). We'll then drive back to Bishop to do all our fresh food grocery shopping at Vons. The motel room will be our home base for gear and food organizing.

One night at the El Rancho Motel = **\$114.76**

Subaru fuel price (calculated using fueleconomy.gov) = **\$29.70**

Camry fuel price (calculated using fueleconomy.gov) = **\$9.91**

Food = **\$45** (\$15/person/day)



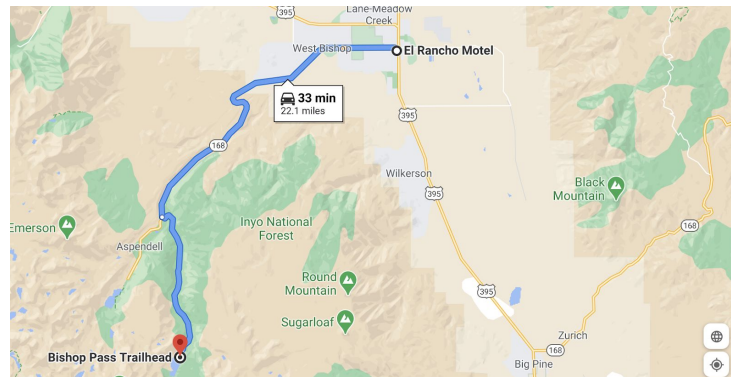
Distance: 207 miles
Time: 3 hrs 40 mins

Sunday, July
18, 2021

Bishop, CA to Bishop Pass Trailhead

We will check out of our motel room and drive to the Bishop Pass trailhead at South Lake, where we'll park the car and start our hike!

Subaru fuel price (calculated using fueleconomy.gov) =
\$3.09



Distance: 22.1
miles
Time: 32 min
Departure: 7am

Saturday,
August 14,
2021

Twin Lakes, CA to Bishop, CA

Distance: 140 miles
Time: 2 hrs 42 mins

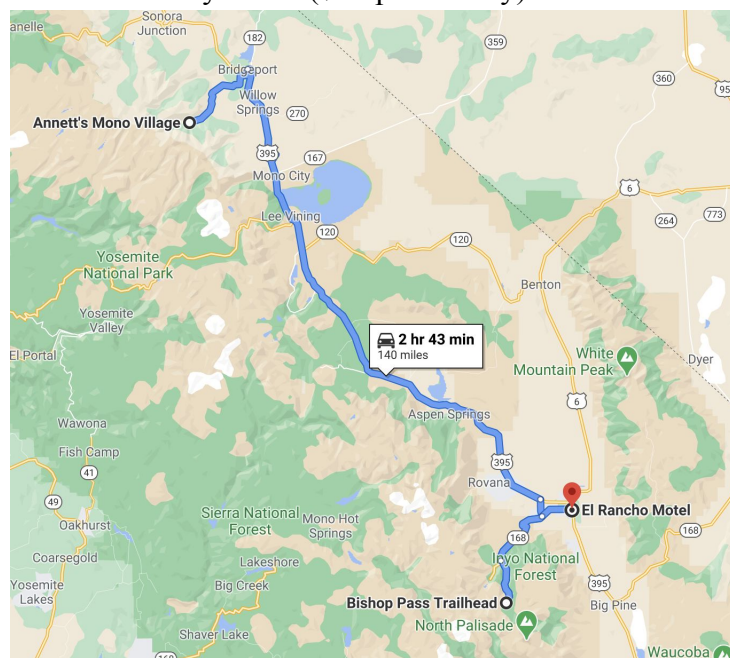
We will finish our hike at Twin Lakes/Mono Village and will find the Camry that we had parked there. We will drive down to Lee Vining, CA where we will eat an early dinner at The Mobil Station Restaurant, which is a tradition for Sierra hikers. It has plenty of outdoor dining options and we will of course skip it if it seems unsafe due to covid. Depending on how our resupply works out, we may have to drive up to North Lake Campground to pick up some bear barrels We will then drive to the Bishop Pass Trailhead to pick up the Subaru. Finally, we'll drive to Bishop and stay one more night at the El Rancho before we head out for a big day of driving tomorrow.

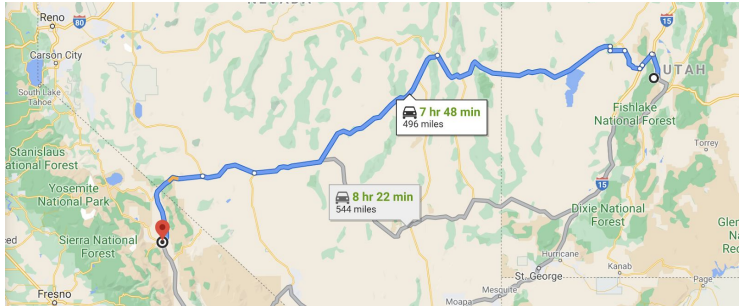
One night at the El Rancho Motel including taxes and fees = **\$114.76**



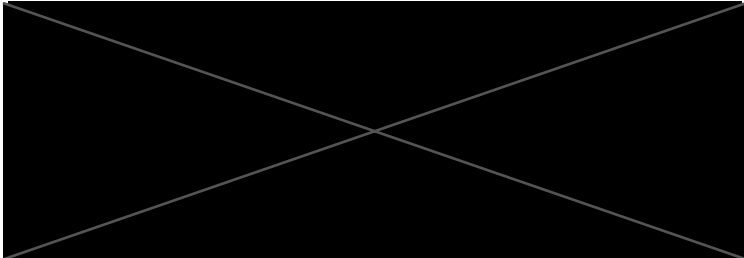
Subaru fuel price (calculated using fueleconomy.gov)
= **\$3.09**

Camry fuel price (calculated using fueleconomy.gov)
= **\$14.15**

Food for the day = **\$45** (\$15/person/day)



<p>Sunday, August 15th, 2021</p>	<p>Bishop, CA to Salina, UT</p> <p>From Bishop, we will drive back to Utah to the same campsite we stayed at a month ago - Maple Grove. We will switch off who is driving every four hours, or whenever someone is feeling tired. We will take lots of breaks and will make sure to stretch and walk around so that we aren't super sore, which is especially important now that we are coming off a month of hiking.</p> <p>Campsite = \$18 (\$12/night + \$6 for an additional vehicle)</p> <p>Subaru fuel price (calculated using fueleconomy.gov) = \$70.30</p> <p>Camry fuel price (calculated using fueleconomy.gov) = \$53.02</p> <p>Food for the trip = \$45 (\$15/person/day)</p> 	<p>Distance: 496 miles Time: 8 hours of driving Departure: 8am</p>
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<p>Monday, August 16th, 2021</p>	<p>Salina, UT to </p> <p>We will caravan from our campsite in Salina, Utah to  in Zivia's Subaru and Kaila's 1999 Toyota Camry. We will switch off who is driving every four hours, or whenever someone is feeling tired. We will take lots of breaks and will make sure to stretch and walk around so that we aren't super sore.</p> <p>Subaru fuel price (calculated using fueleconomy.gov) = \$73.61</p> <p>Camry fuel price (calculated using fueleconomy.gov) = \$60.59</p> <p>Food for the trip = \$45 (\$15/person/day)</p> 	<p>Distance: 532 miles Time: 8 hours of driving Departure: 8am</p>
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<p>Tuesday, August 17th, 2021</p>	<p>Zivia: [REDACTED]</p> <p>[REDACTED]</p> <p>Camping fees at [REDACTED] = \$0</p> <p>Subaru fuel price (calculated using fueleconomy.gov) = \$75.29</p> <p>Food = \$15 (\$15/person/day)</p> <p>Strategies: Zivia has done this drive a few times before, and this time, has spread it out over three days to give herself lots of time. She will take lots of breaks, stay hydrated, and eat energizing food. She'll call her friends and family when she needs entertainment beyond listening to music. And she will limit the amount she goes inside so as to mitigate exposure to covid.</p> <p>[REDACTED]</p>	<p>Distance: 587 miles Time: 8.25hrs of driving Departure: 8am</p>
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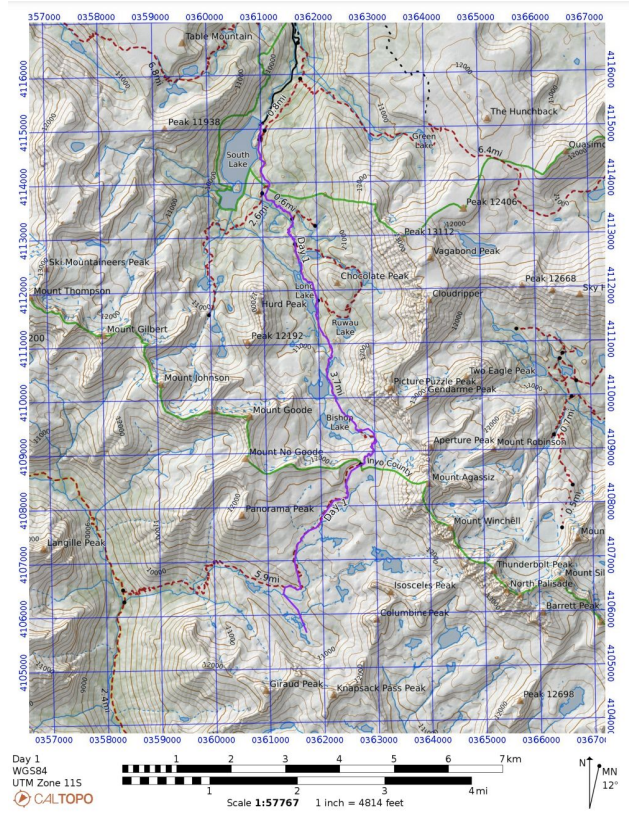
<p>Wednesday, August 18, 2021</p>	<p>Zivia: [REDACTED]</p> <p>[REDACTED]</p> <p>[REDACTED]</p> <p>Subaru fuel price (calculated using fueleconomy.gov) = \$96.21</p> <p>Food = \$15 (\$15/person/day)</p> <p>Strategies: Zivia has done this drive a few times before, and this time, has spread it out over three days to give herself lots of time. She will take lots of breaks, stay hydrated, and eat energizing food. She'll call her friends and family when she needs entertainment beyond listening to music. And she will limit the amount she goes inside so as to mitigate exposure to covid.</p> <p>[REDACTED]</p>	<p>Distance: 670 miles Time: 10.5hrs Departure: 7am</p>
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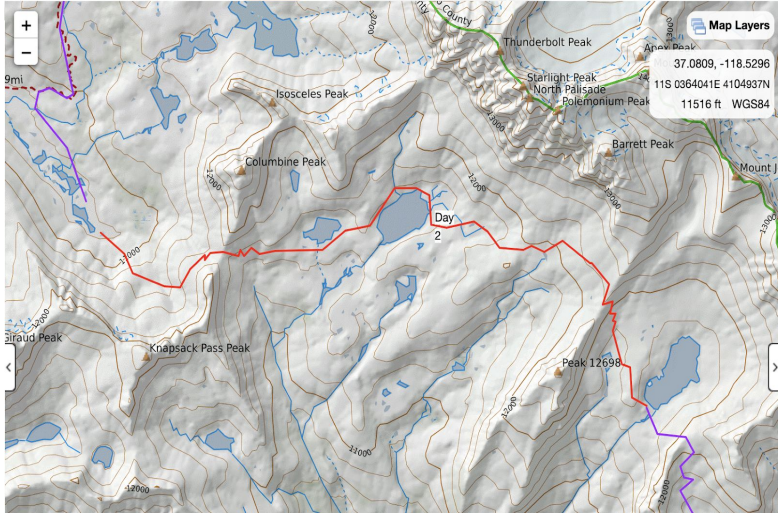
<p>Thursday , August 19, 2021</p>	<p>Zivia: [REDACTED] [REDACTED]</p> <p>Subaru fuel price (calculated using fueleconomy.gov) = \$82.97</p> <p>Food = \$15 (\$15/person/day)</p> <p>Strategies: Zivia has done this drive a few times before, and this time, has spread it out over three days to give herself lots of time. She will take lots of breaks, stay hydrated, and eat energizing food. She'll call her friends and family when she needs entertainment beyond listening to music. And she will limit the amount she goes inside so as to mitigate exposure to covid.</p> <p>[REDACTED]</p>	<p>Distance: 587 miles Time: 9 hrs of driving Departure: 8am</p>
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TRIP ITINERARY

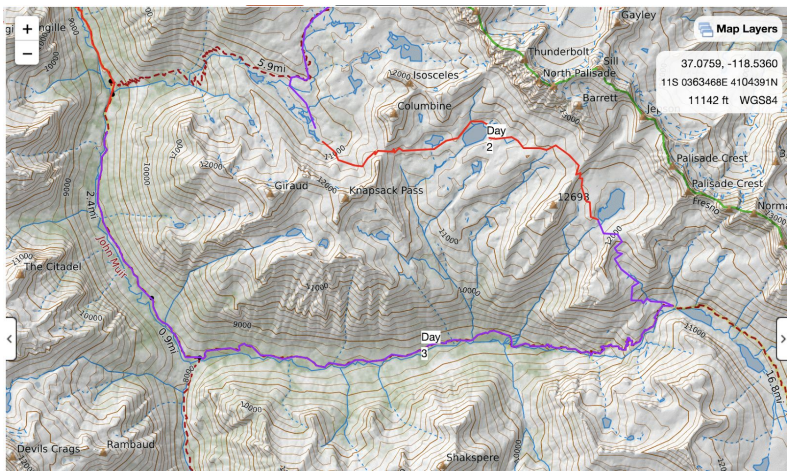
We do not include water sources on a day-by-day basis because water is generally bountiful along the Sierra High Route. There are only a few points where we have to be careful about water, all of which we speak to in the itinerary. Evacuation routes are described in detail below and in our Evacuation Plan document

<p>1</p>	<p>Sunday, July 18</p>	<p>Bishop Pass Trailhead to Dusy Basin</p> <p>Begin hiking at Bishop Pass Trailhead (9,500') at South Lake. Over 5.5 miles, hike up to Bishop Pass on the Bishop Pass Trail (11,967'). Descend about 2,000 feet to Dusy Basin and traverse south to find camp at any of the many unnamed Dusy Basin lakes.</p> <p>Camp at the southern end of Dusy Basin (10,778') GPS coordinates: 37.0874, -188.5564</p> <p>Hazards: This is our first day in the high country, so altitude sickness is more of a risk than ever. Our packs will be heavy and we won't have our trail muscles yet, which will only contribute to altitude sickness and fatigue. The trail is very gradual and we plan to take it super slow and drink lots of water. If anyone in the group experiences altitude sickness, we will descend or stop and rest.</p> <p>Evac: Bishop Pass to South Lake</p>	<p>Start time: 7am Distance: 8.22 miles Elevation: +2712, -1710</p>
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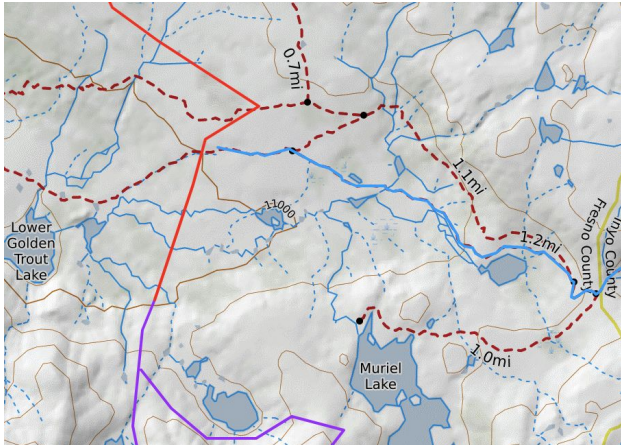
<p>2</p>	<p>Monday, July 19</p>	<p>Dusy Basin to Lake 11,672</p> <p>On our first entirely off-trail day. From Dusy Basin, climb up and over Knapsack Pass (11,707'). Traverse down and around the Barrett Lakes, staying east of the lakes and trying not to lose too much elevation. Ascend southwest to Potluck Pass (12,692'). Descend from Potluck Pass to Lake 11,672.</p> <p>Camp at Lake 11,672 right beneath Cirque Pass (11,672') GPS coordinates: 37.0735, -118.5053</p> <p>Hazards: This is our first off-trail day on the High Route! We will not be used to Roper's instructions and route-finding in the area, so there is a potential of getting lost or turned around. We purposefully have given ourselves a short day today, to help with acclimatization and to have some cushion time for getting back on track. Potluck Pass is our first off-trail pass, which we will only attempt to cross if the weather permits, as we don't want to get stuck up there during a storm.</p> <p>Evac: Bishop Pass to South Lake</p>  <p>The map is a topographic representation of a mountainous region. A red line traces the route from Dusy Basin in the upper right, heading west over Knapsack Pass (11,707'), then south around the Barrett Lakes, and finally west over Potluck Pass (12,692') to Lake 11,672. Other labeled peaks include Thunderbolt Peak, Starlight Peak, North Palisade, Polemonium Peak, Barrett Peak, Columbine Peak, Isosceles Peak, Knapsack Pass Peak, and Peak 12698. The map includes contour lines, a scale bar (9mi), and a 'Map Layers' legend in the top right corner.</p>	<p>Start time: 8am Distance: 4.09 miles Elevation: +2477, -1551</p>
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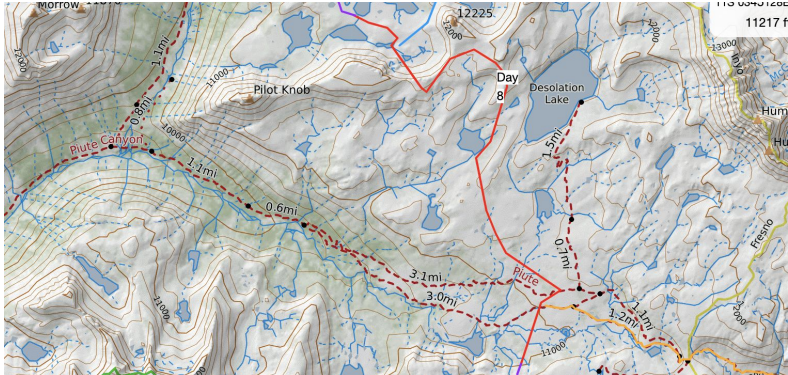
<p>3</p>	<p>Tuesday, July 20</p>	<p>Lake 11,672 to LeConte Canyon</p> <p>Hike up and over Cirque Pass (12,091') and descend to the John Muir Trail. Turn right, off of the high route, and trek northbound on the JMT. Once the turnoff to Bishop Pass is reached, stay on the JMT and descend into LeConte Canyon, where we meet back up with the Sierra High Route.</p> <p>Camp at any of the lakes or streams in Southern LeConte Canyon (8,625')</p> <p>GPS coordinates: 37.0889, -118.5959</p> <p>Hazards: Lots of mileage today, but it is almost entirely on the John Muir Trail. The JMT is well marked and we will have our maps and compasses to guide us, and by the end of the day we'll be back on the High Route. The JMT is highly populated, so we will need to be extra cognisant of our coronavirus mitigation and sanitization plans. Since we'll be losing lots of altitude, we will need to be aware of the pounding on our joints, and will have to warm up and cool down properly.</p> <p>Evac: Bishop Pass to South Lake</p>	<p>Start time: 7am Distance: 11.07 miles Elevation: +1322, -4413</p>
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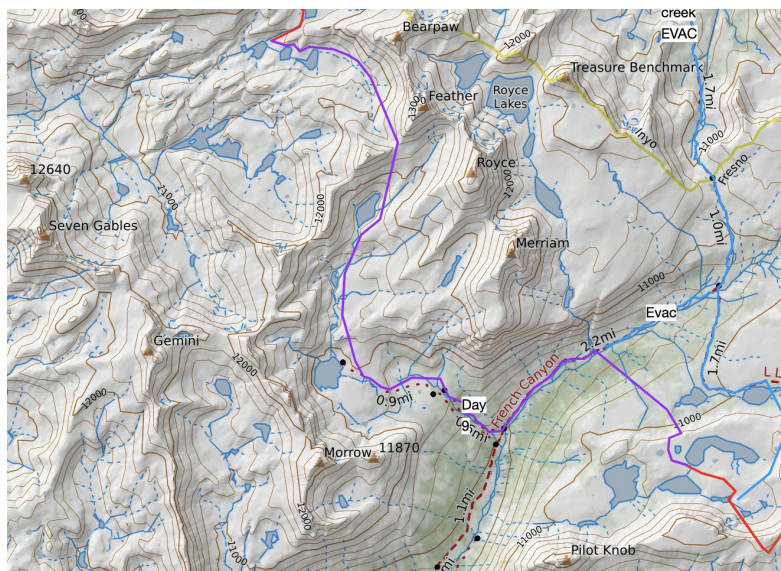
<p>5</p>	<p>Thursday, July 22</p>	<p>Evolution Lake to Upper Golden Trout Lake</p> <p>From Evolution Lake, follow the JMT until it begins to descend. Turn northeast off of the trail to contour up towards Snow Tongue Pass (12,200'). Descend from Snow Tongue Pass into Humphreys Basin, which is dominated by the view of Mt. Humphreys. Contour down to the Golden Trout Lakes.</p> <p>Camp at Upper Golden Trout Lake (11,002') GPS coordinates: 37.2387, -118.7124</p> <p>Hazards: The turnoff from the JMT is unmarked, so we will need to pay close attention. If we miss it, we will know because we will start to lose elevation. The ascent to Snow Tongue pass is easy and clear, but the descent will be trickier. We will need to follow Roper's instructions exactly, and we can always backtrack and try alternate routes if we get stuck. The Alpine Col Bypass is an alternative route for this section. The Golden Trout Lakes are accessible by a trail, so they might be full. We will have to be careful of covid and will need to be prepared to find another lake to camp at, which won't be a huge issue as there are lots of lakes in the region.</p> <p>Evac: Piute Pass to North Lake or Puppet pass to pine creek</p>	<p>Start time: 7am Distance: 7.43 miles Elevation: +2322, -2338</p>
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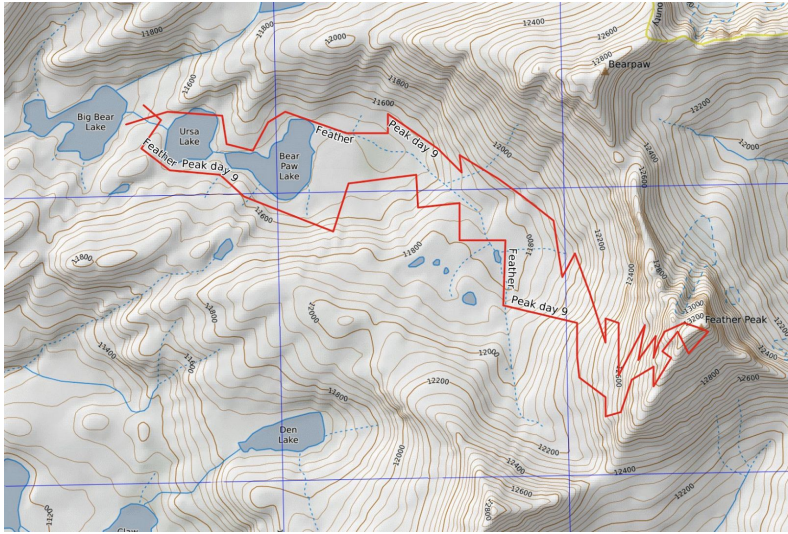


6	Friday, July 23	<p>Re-ration and Layover Day in Humphrey's Basin</p> <p>We have contacted the Owner of Bishop Pack Outfitters, a mule pack station located near North Lake, who agreed to haul in our first resupply to us over Piute Pass. The Golden Trout Lakes trail leads right to the top of the pass over a gradual 1.4 miles. We will need to meet the packer at the top of the pass at 11am this morning. The packer will take out our trash for us. We will need to have a cash tip for them. We will take the rest of the day to explore Humphrey's Basin, including a potential day hike to Lake Muriel, which is apparently super beautiful. We will only do these day hikes if we feel up to it and if the weather is good.</p> <p>Camp at Upper Golden Trout Lake again (11,002') GPS coordinates: 37.2387, -118.7124</p> <p>Hazards: This will be our first direct contact with anyone outside of our pod since starting our hike, so we will need to take our covid mitigation plans into account. We will be wearing masks during our entire interaction with the packer and will ask them to do the same. If we are behind in our itinerary and will not make it to the top of the pass in time, the packer will not leave our resupply. So, we would need to contact the pack station using our satellite device. The same hazards will exist at Upper Golden Trout as existed yesterday.</p> <p>Evac: Piute Pass to North Lake</p> <p>Map (blue trail):</p> 	<p>Start time: 8am Distance: 2.8 miles Elevation: +511, -511</p>
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7	Saturday, July 24	<p>Upper Golden Trout Lake to Puppet Lake</p> <p>Northwest of Desolation Lake, turn west and hike up and over Puppet Pass (11,958') which is entirely talus. Descend from Puppet Pass into the Puppet Lakes region.</p> <p>Camp at Puppet Lake (11,245') GPS coordinates: 37.2838, -118.7397</p> <p>Hazards: Humphreys Basin is huge and desolate, and it is easy to get turned around. We will need to rely on maps and compasses, and will also be able to locate ourselves in relation to Mt. Humphreys. Summiting the Puppet Pass will be one of the trickiest off-trail passes that we have to cross. Luckily, it is not exposed, but it is entirely scree and talus, and is mostly class 3. We will have to take into account our heavier packs, as we will have just resupplied, and will be tired from Piute Pass.</p> <p>Evac: Pine Creek Pass to Pine Creek</p> 	<p>Start time: 8am</p> <p>Distance: 5.22 miles</p> <p>Elevation: +1513, -1236</p>
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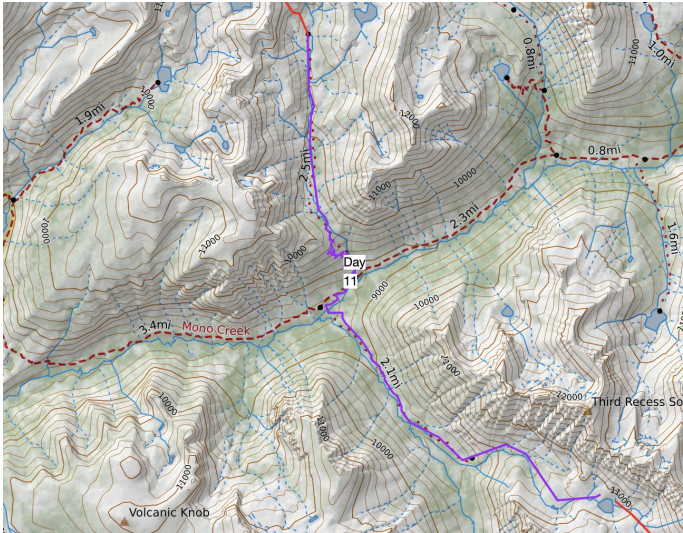
8	Sunday, July 25	<p>Puppet Lake to Big Bear Lake</p> <p>From Puppet Lake, descend into French Canyon, some 1500 feet below. At the bottom of the canyon, wade across the wide and shallow creek to reach the Pine Creek Pass trail. Follow the trail southward (away from the pass) for about a mile until it is bisected by the Merriam Lake drainage stream. Follow the use trail up to Merriam Lake (11,000') and follow the various drainages up the canyon until a sandy and dry meadow is reached, where Feather Pass is visible. Climb up and over the pass (12,375') and descend into the Bear Lakes basin.</p> <p>Camp at Big Bear Lake (11,441') GPS coordinates: 37.3339, -118.8001</p> <p>Hazards: Route-finding, as always, will be tough for the off-trail sections, but several miles of this day are on trail. Feather Pass is an easy ascent, but the descent is a little gnarly. Roper very clearly describes the easiest descent, so we will have to work together to follow his instructions as best we can. If we get trapped, we can always backtrack. The Bear Lakes basin is huge and has a ton of camp options, so if we get a little behind we can always camp at a different lake and catch up tomorrow.</p> <p>Evac: Puppet pass to pine creek</p>	<p>Start time: 7am Distance: 7.3 miles Elevation: +2863, -2667</p>
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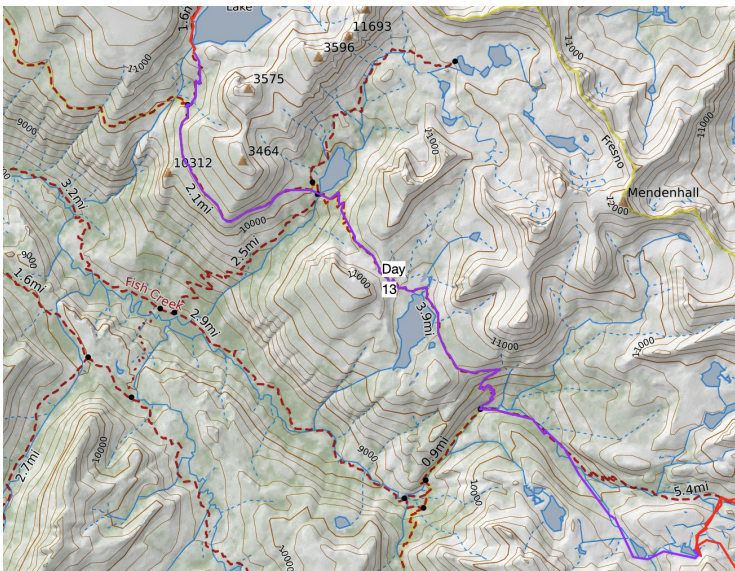
9	Monday, July 26	<p>Layover Day - Summit Feather Peak (13,242)'</p> <p>Feather Peak is described by Steve Roper as “one of the most rewarding summits attainable from the High Route.” From our campsite at Big Bear Lake, we will reverse our steps from the previous day to get back up to Feather Pass. From there, take the southwest ridge (the only ridge that looks doable) up to the Feather Peak summit. It is entirely talus. Descend the same route and back to our camp at Big Bear Lake.</p> <p>Camp at Big Bear Lake (11,441') GPS coordinates: 37.3339, -118.8001</p> <p>Hazards: While the route up to Feather Peak is class-2 and -3, there will be a few exposed sections. None of us have fear of heights, but we will need to be taking these sections slow and steady. As with every day that we plan to summit peaks, altitude will be a potential hazard. If someone experiences altitude sickness, we will descend rapidly. We will only attempt the mountain if the weather looks good for the day.</p> <p>Evac: Italy lake to Pine Creek trailhead or Vermillion Valley Resort</p> 	<p>Start time: 8am Distance: 4.47 miles Elevation: +2712, -2712</p>
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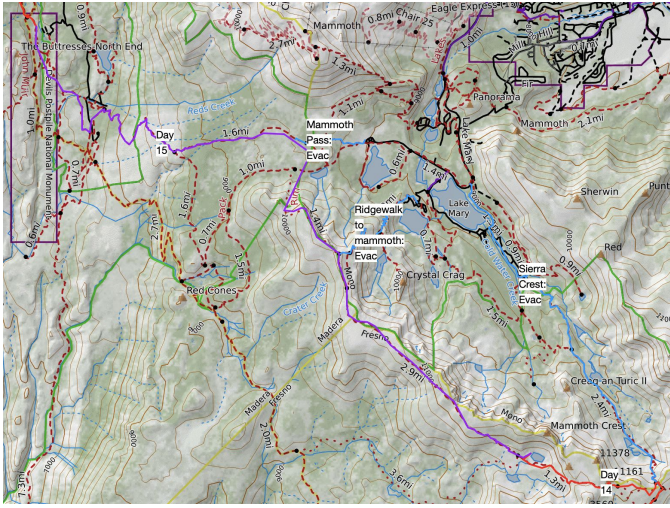
10	Tuesday, July 27	<p>Big Bear Lake to Lower Mills Creek Lake</p> <p>From the Bear Lakes Basin, contour northeast, following the Bear Lakes drainage system. Above White Bear Lake, climb up and over White Bear Pass (12,031') and descend to the lakes below. Contour northeast until the Italy Pass trail is reached. Follow it northeast to the outlet of massive Lake Italy. Leave the trail and navigate around the northern shore of the lake. Then hike up and over Gabbott Pass (12,200'). Traverse down to Lower Mills Creek Lake, following the glacier and its drainage system.</p> <p>Camp at Lower Mills Creek Lake (10,800')</p> <p>GPS coordinates: 37.3991, -118.8110</p> <p>Hazards: Route-finding will not be as much of an issue today, because we will be following trails until we reach Lake Italy, and then we will be able to see Gabbott Pass for our entire ascent of it. There will be lots of talus slopes that we will have to pick our way through carefully. We will be crossing Gabbott Pass relatively late in the day, which increases our risk of getting trapped in a thunderstorm. We will only attempt to cross the pass if the weather permits it, and we can always backtrack and camp near Lake Italy if need be.</p> <p>Evac: Italy lake to Pine Creek trailhead or Vermillion Valley Resort</p>	<p>Start time: 8am</p> <p>Distance: 7.44 miles</p> <p>Elevation: +2496, -3072</p>
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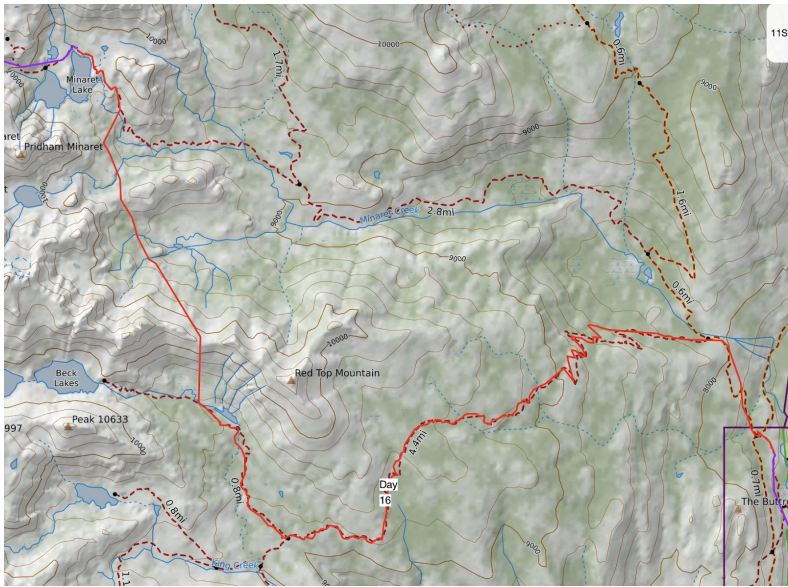


11	Wed. July 28	<p>Lower Mills Creek Lake to Laurel Lake</p> <p>Hike down through 2nd Recess and then down to the Mono Pass Trail in the Mono Creek basin. Follow the trail eastward until the turnoff for Laurel Lake. Follow the use trail up to the Laurel Lake basin and traverse across to Laurel Lake.</p> <p>Camp at Laurel Lake (10,300')</p> <p>GPS coordinates: 37.4607, -118.8597</p> <p>Hazards: Careful route-finding is important in this section because some of 2nd Recess is impassable, so we will have to follow Roper's instructions carefully. If we get stuck, we will need to backtrack and try again on a different route. We will have to cross Mono Creek, which normally has plenty of fallen trees to walk across on. If this is not the case, we'll need to wade. The trail to Laurel Lake is not maintained and easily missed, but we should know if we missed it as we will start to rapidly lose elevation. Even though this is our first day that doesn't include going over a pass, it is basically entirely downhill in the morning and then entirely uphill in the afternoon. We will need to start on time and move quickly in the morning to give ourselves time to complete the afternoon section up to Laurel Lake. If we get behind, there is plenty of camping along this entire route, and we could catch up on our itinerary tomorrow.</p> <p>Evac: Vermillion Valley Resort</p> 	<p>Start time: 7am Distance: 6.9 miles Elevation: +2003, -2588</p>
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12	Thursday, July 29	<p>Laurel Lake to Cotton Lake, Summit Red Slate Mountain (13,163')</p> <p>From Laurel Lake, contour up and over Big Horn Pass (11,200'), then traverse across to Shout-of-Relief Pass (11,600'). Pick our way down to Cotton Lake and drop our packs. Then hike up and around Cotton Lake and traverse the ridgeline to summit Red Slate Mountain. Descend back to the campsite at Cotton Lake. This is basically a layover day, which gives our itinerary some leeway. If we are behind at all, or if we need a rest day, we can skip the Red Slate Mountain portion of this day.</p> <p>Camp at Cotton Lake (10,400') GPS coordinates: 37.4843, -118.8945</p> <p>Hazards: Hiking up to over 13,000 ft will be tough, but we should be acclimatized at this point. Route-finding shouldn't be too much of an issue for this section; the passes are obvious and routes to the lakes are clear.</p> <p>We will only attempt to climb the peak if conditions are good and we deem it safe enough. We will carry lots of water, food, and layers with us on our attempt to summit.</p> <p>Evac: Sierra Crest/Mammoth</p> 	<p>Start time: 7am Distance: 10.58 miles Elevation: +4362, -4380</p>
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13	Friday, July 30	<p>Cotton Lake to Duck Lake</p> <p>Hike down from Cotton Lake to Tully Hole and meet back up with the John Muir Trail. Then follow the trail north to Purple Lake. Turn off the trail southward after passing Purple Lake to climb up towards Duck Pass. Duck Lake will be reached right before the pass.</p> <p>Camp at Duck Lake (10,500') GPS coordinates: 37.5451, -118.9685</p> <p>Hazards: This section is mostly on the John Muir Trail, so route-finding shouldn't be too much of an issue. There is a lot of elevation gain on trail, so fatigue is a possibility. And because we will be on a more populous trail, wildlife that takes interest in people might be a possibility, and covid will be more of an issue.</p> <p>Evac: Sierra Crest/Mammoth</p> 	<p>Start time: 7am</p> <p>Distance: 8.91 miles</p> <p>Elevation: +2351, -2499</p>
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15	Sunday, August 1	<p>Deer Lake to Devil's Postpile (Re-Ration Day)</p> <p>Traverse northward from Deer Lake to the Mammoth Crest, then hike up and over Mammoth Pass. Traverse down from the pass and hike through Red's Meadow. Meet up with the trail leading to Devil's Postpile and hike down the rest of the route to Devil's Postpile.</p> <p>Camp at Devil's Postpile (7,600'). This is accessed by a paved road and is very touristy, so we will hike up to any of several nearby lakes to camp for the night in a more secluded and backcountry setting. GPS coordinates: 37.6318, -119.0887</p> <p>Hazards: No water source this day between Deer Lake and Red's Meadow. We will have to be careful and conserve our water. For some of the descent from Mammoth Path towards Devil's Postpile we will have to walk over fields of loose pumice. If it rains, these sections will be very slow-going as the pumice will get dislodged. We will need to be prepared to get into Devil's Postpile after the re-ration place has closed, so we will need to have enough food to get up through the night and morning. As we will be entering a public store to retrieve our re-ration, we will be exposing ourselves to potential covid infection. Only one of us will go into the store, and they will be masked, efficient, and safe. If we feel that the indoor conditions are unsafe, we will ask a store employee to bring our box outside to us.</p> <p>Evac: Mammoth, by either Mammoth Pass, Ridgewalk or Devil's Postpile.</p> 	<p>Start time: 7am Distance: 10.17 miles Elevation: +1110, -4155</p>
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<p>16</p>	<p>Monday, August 2</p>	<p>Devil's Postpile to Minaret Lake</p> <p>From Devil's Postpile, meet up with the JMT for a short while and then leave it to hike the Beck Lakes use trail to Superior Lake. Once again we are on the High Route! From Superior Lake hike up and over Nancy Pass to Deadhorse Lake, from there contour around to the north and drop down to Minaret Lake and set up camp.</p> <p>Camp at Minaret Lake (9,800') GPS coordinates: 37.6606, -199.1555</p> <p>Hazards: Fatigue will hit hard this day. Coming off a 10-mile day we will be tired and our packs will be heavy again with all of our new food. However, almost all of the elevation gain will be on trail, so it will go quickly. We will still be acclimatized to the High Route, so that shouldn't be as much of an issue. If we get behind, we can sleep at Superior Lake and do Nancy Pass tomorrow.</p> <p>Evac: Devils postpile to Mammoth</p> 	<p>Start time: 7am Distance: 8.6 miles Elevation: +4035, -1839</p>
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17

Tuesday,
August 3

Minaret Lake to Lake Catherine

From Minaret Lake, climb up and over Whitebark Pass and descend towards Thousand-Island Lake. Traverse around the lake to the north and head up and over Glacier Lake Pass. At the top of the pass, Lake Catherine comes into view. Descend to Lake Catherine.

Camp at Lake Catherine (11,100')
GPS coordinates: 37.6990, -119.2077

Hazards: The route-finding this day should not be too difficult, as we will be contouring between very obvious passes. Getting towards Thousand-Island Lake we will be nearing a more populous area, so we will have to be aware of wildlife being used to people and of coronavirus risk. The campsites at Lake Catherine are several-hundred feet away from and above the lake, so we will have to be prepared to trek water back and forth. If we got behind yesterday and don't want to attempt to go up and over Glacier Lake Pass, we can camp at Thousand-Island Lake and go up to Catherine Lake in the morning.

Evac: Devils postpile to Mammoth



Start time:

7am

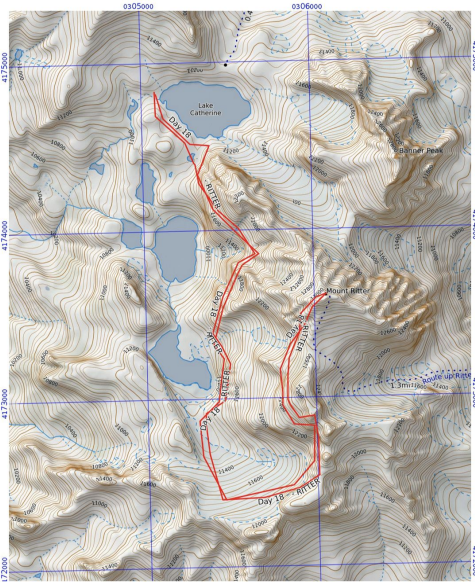
Distance:

7.23 miles

Elevation:

+3892,

-2671

<p>18</p>	<p>Wed. August 4</p>	<p>Layover day: Summit Mt. Ritter (13,157')</p> <p>Mount Ritter looms directly over Lake Catherine. There is a Class-3 and a Class-2 route up Mt. Ritter. We plan to use the West Slope Route (Class-2) so as to avoid having to climb up a steep glacier, and because it is easily accessed from Lake Catherine. From Lake Catherine, we will traverse south to the Ritter Lakes, where we will be able to ascend the rest of the 2000 feet right to the summit on talus and scree. Coming down this route is fast and unexposed.</p> <p>Camp at Lake Catherine again (11,100')</p> <p>GPS coordinates: 37.6990, -119.2077</p> <p>Hazards: Altitude sickness is a big possibility, but we will be camping at 11,000 ft. at Lake Catherine, so the rest of the ascent to the summit shouldn't be a huge issue. We will take it slow and stay hydrated. Route-finding should not be an issue; there is no trail along the West Slope Route and we can pick our way up a talus slope all the way to the summit. This is a tough peak to climb. Our attempt to summit depends on many conditions including weather, our health, and our comfortability. We plan to make the final decision to attempt it in the field, but we are excited about the prospect and definitely are planning on attempting to summit it.</p> <p>Evac: Devils Postpile to Mammoth</p>  <p>Day 18 - RITTER WGS84 UTM Zone 11S © CALTOPO</p> <p>Scale 1:14864 1 inch = 1239 feet</p>	<p>Start time: 7am Distance: 5.89 miles Elevation: +6183, -6183</p>
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19 Thursday,
August 5

Layover Day: Summit Banner Peak (12,936')

A slightly shorter satellite peak of Ritter with a simpler ascent, Banner Peak is accessible more directly from Lake Catherine when using the northwest route. There is a huge glacier that sits in between the two peaks and reaches all the way from the saddle down to Lake Catherine. Skirt the glacier on either side of it and hike up the talus to the saddle. Once at the saddle, the ascent to the peak is class 2 talus.

Camp at Lake Catherine again (11,100')

GPS coordinates: 37.6990, -119.2077

Hazards: Similar hazards to the previous day. If we are too tired from climbing Ritter, we will take this day off and do some other day hike in the area. If it starts to rain or storm while we are high on the peak, we will need to rapidly descend into the area between Ritter and Banner.

Evac: Devil's Postpile to Mammoth or Tuolumne Meadows

Start time:

8am

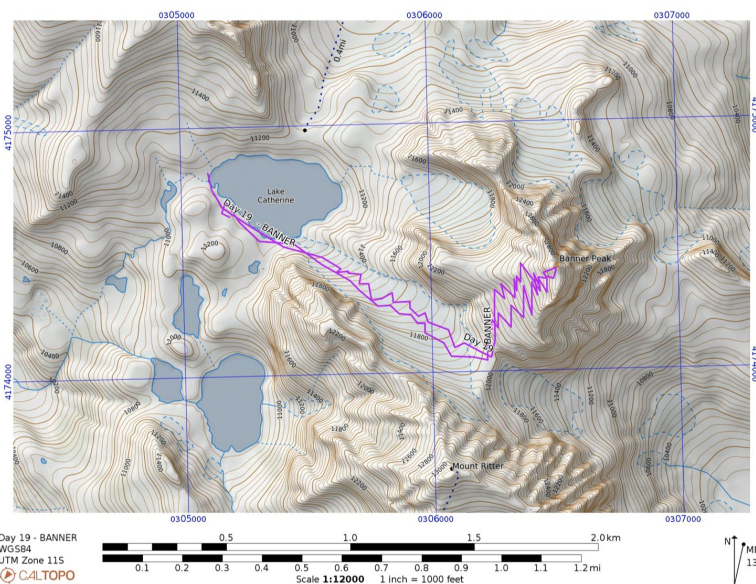
Distance:

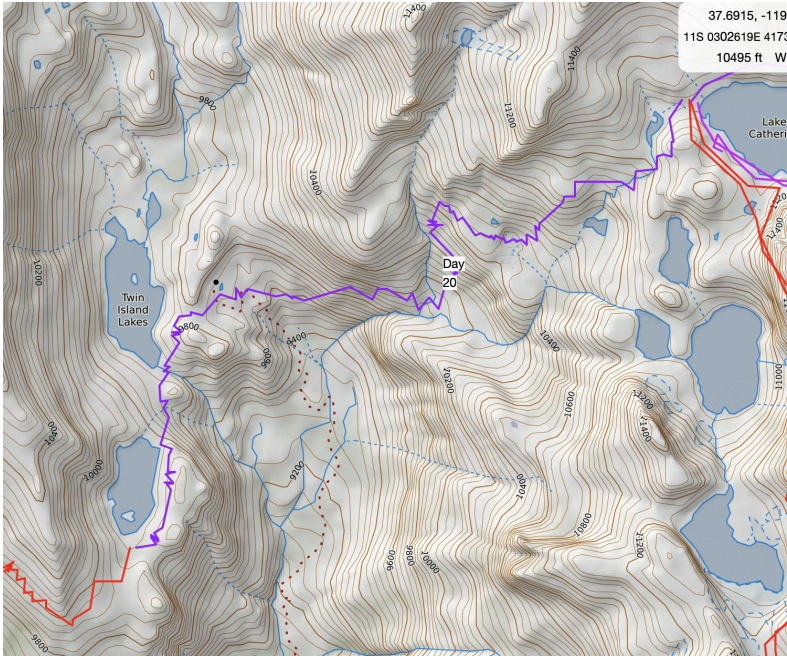
3.37 miles

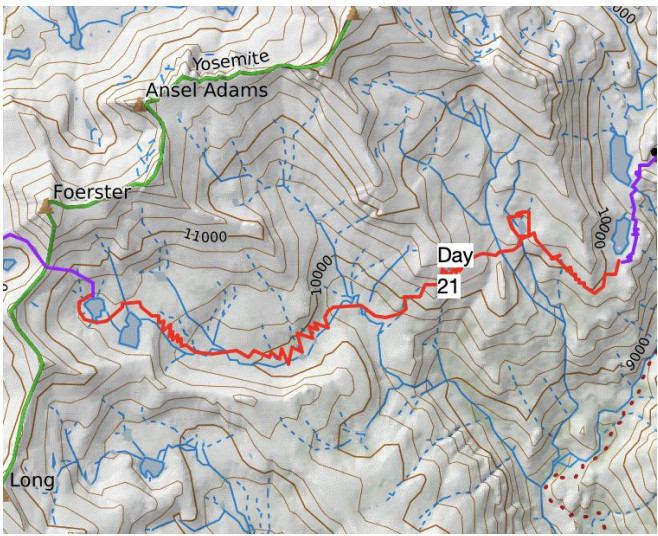
Elevation:

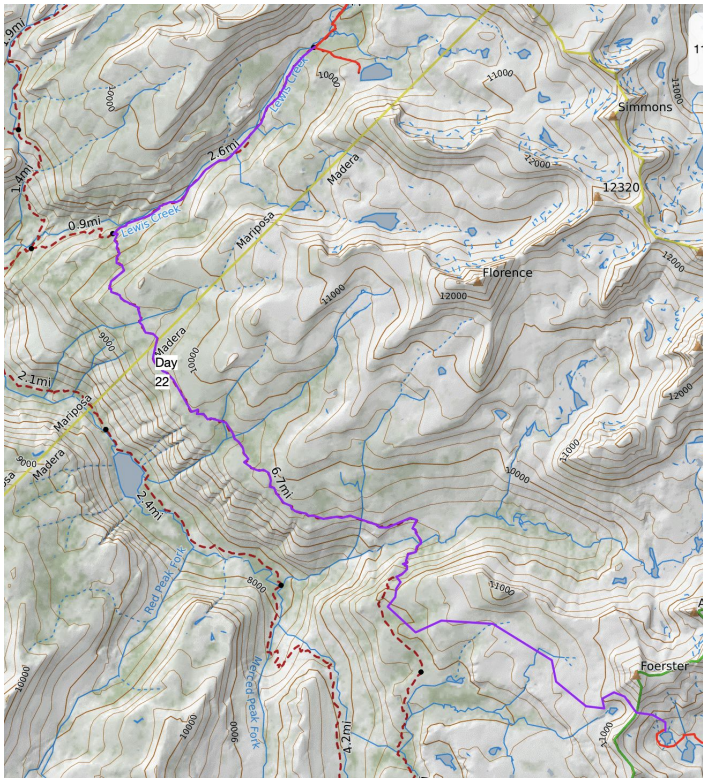
+2110,

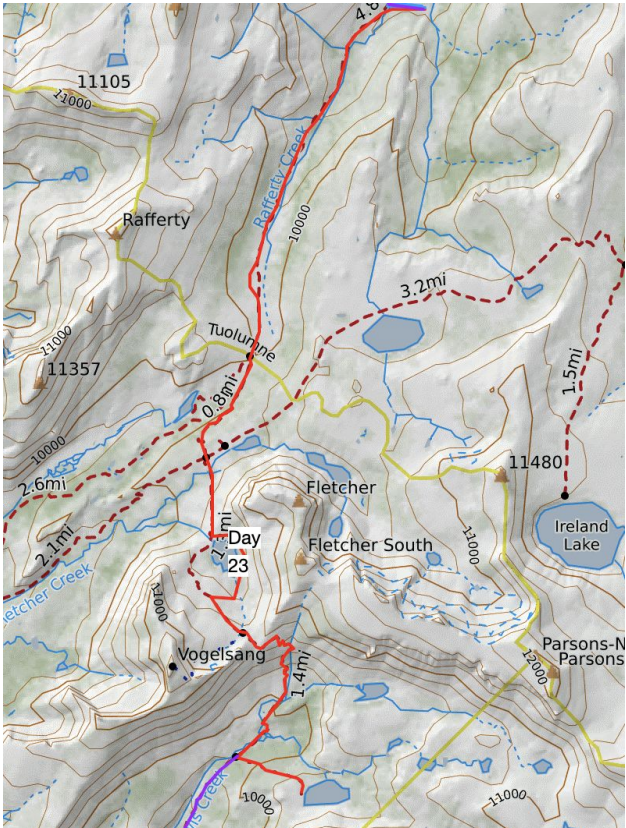
-2110

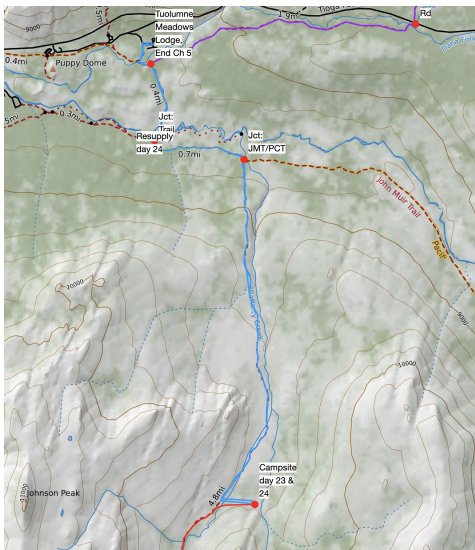


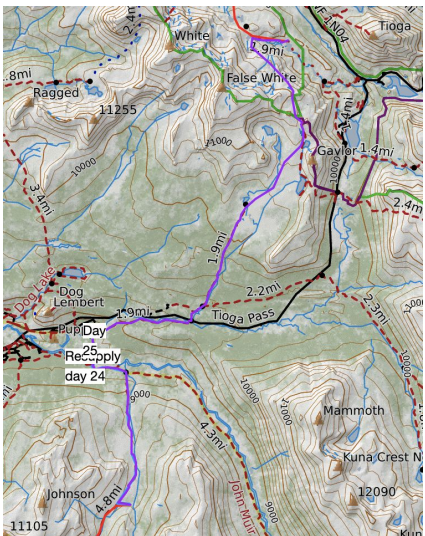
20	Friday, August 6	<p>Lake Catherine to Upper Twin Island Lake</p> <p>Even though Lake Catherine and Upper-Twin Island Lake lie only 1.5 miles away from each other as the crow flies, the High Route between them is tricky and slow-going. From Lake Catherine, traverse down the river flowing from Lake Catherine, around some major cliffs and waterfalls that require careful route-finding. Following the river will lead to Lower Twin-Island Lake. Traverse up and around the lake to Upper Twin-Island Lake. We purposefully give ourselves a shorter day here to rest from our big summitting days from the previous two days.</p> <p>Camp at Upper Twin Island Lake (9,700') GPS coordinates: 37.6857, -119.2336</p> <p>Hazards: Route-finding will be difficult, so we are giving ourselves a lot of time to cover not too much ground. There are some class-3 sections, but they are very doable as long as we are moving slowly and purposefully. From here on out, our closest evac is our final destination, Tuolumne Meadows, which is still a large distance away but could be reached in two long days of hiking if necessary.</p> <p>Evac: Tuolumne Meadows</p> 	<p>Start time: 7am</p> <p>Distance: 3.15 miles</p> <p>Elevation: +1441, -2677</p>
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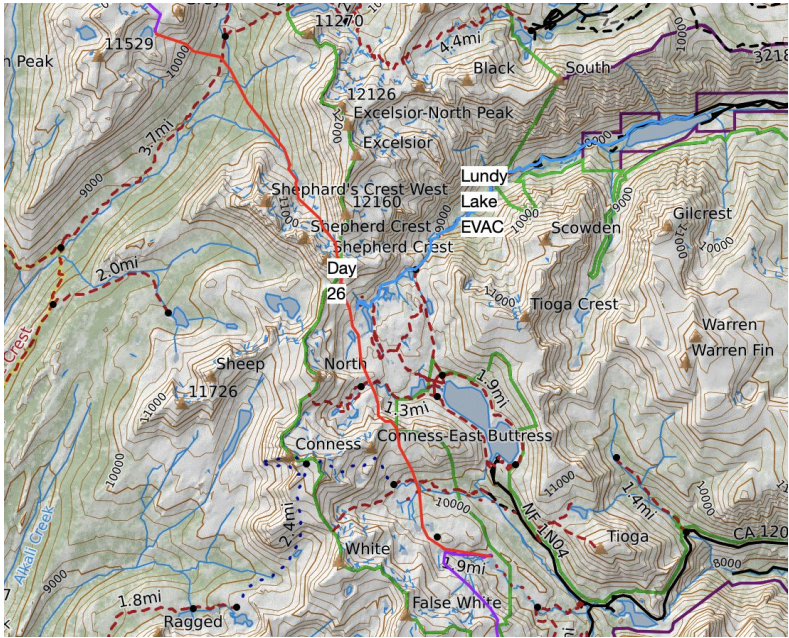
21	Saturday, August 7	<p>Upper Twin Island Lake to Blue Lakes</p> <p>Traverse up and over the ridgeline southwest of Upper Twin Island Lake. Following the ridgeline will lead to a small lake at 10,200 feet. From that lake, contour to the west across a gentle talus slope and descend into Bench Canyon, a huge grassy valley. Hike all the way up the canyon to the Blue Lakes basin below Blue Lakes pass.</p> <p>Camp at Blue Lakes (10,600') GPS coordinates: 37.6819, -199.2858</p> <p>Hazards: A river crossing at the head of the drainage from Upper Twin Island Lake. The river in August is usually low enough that there should be stable rocks for us to cross on. However, if there is an exceptional snowfall this winter, the river might be too high. If we cannot walk across on the rocks, we can contour around Upper Twin Island Lake. Route-finding will be tricky as there are no use trails in this area. We will have to pay close attention to our surroundings, our maps, and Steve Roper's instructions.</p> <p>If everything goes quickly and we arrive at Blue Lakes early in the day, we will go up and over Blue Lakes Pass and will camp on the other side of the pass. The next day is long, so doing this would set ourselves up for a shorter day 20. Again, our fastest evac is our planned route.</p> <p>Evac: Tuolumne Meadows</p> 	<p>Start time: 7am Distance: 6.01 miles Elevation: +3074, -2311</p>
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<p>22</p>	<p>Sunday, August 8</p>	<p>Blue Lakes to Bernice Lake</p> <p>From Blue Lakes, traverse and over Blue Lakes Pass. Hike down the other side of the pass to the meadows below. Traverse across to the Isberg Pass Trail until it begins to climb up towards Vogelsang Pass. Turn east and follow the Bernice Lake trail for another half mile.</p> <p>Camp at Bernice Lake (9,816') GPS coordinates: 37.7662, -199.3330</p> <p>Hazards: Lots of mileage but it is mostly on-trail. There are plenty of lakes and rivers that are good camping spots if we want to take a shorter day; we would just need to hike a little more tomorrow. Getting over Blue Lakes pass is simple as long as we aim towards the lowest point on the pass, but it can be time-consuming. The Isberg Pass Trail is faint and easily missed, so we will have to keep our eyes peeled in order to not walk right over it.</p> <p>Evac: Tuolumne Meadows</p> 	<p>Start time: 7am Distance: 11.69 miles Elevation: +3247, -4013</p>
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23	Monday, August 9	<p>Bernice Lake to Rafferty Creek Trail</p> <p>Hike up and over Vogelsang Pass (10,730') and descend slowly over the next 4 miles to a campsite east of the Rafferty Creek Trail, near a drainage of Evelyn Lake. Since camping within 4 trail miles of Tuolumne Meadows is prohibited, we are camping as close as permitted to our re-ration in Tuolumne Meadow the following next day.</p> <p>Camp east of Rafferty Creek (9,350') Approx. GPS coordinates: 37.83545, -119.3217</p> <p>Hazards: Our last day before our re-ration, so we will be tired. Since we will be losing elevation, we will be pounding hard on our knees and ankles, so we will need to be sure to warm up and take it easy when we can. Tuolumne Meadows is normally densely populated, but we do not know how the pandemic will affect things there. No matter what, we will probably be around more people than any other time on our trip, so we will be extra careful with our coronavirus mitigation and sanitization plans.</p> <p>Evac: Tuolumne Meadows</p> 	<p>Start time: 7am</p> <p>Distance: 6.68 miles</p> <p>Elevation: +1064, -1090</p>
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<p>24</p>	<p>Tuesday, August 10</p>	<p>Layover day to Tuolumne Meadows and back to Rafferty Creek</p> <p>We will hike the next four miles with daypacks to Tuolumne Meadows. Since Tuolumne Meadows is a popular area, we will limit our time and exposure to people as much as possible. After we pick up our resupply we will immediately hike back to our campsite off the Rafferty Creek Trail.</p> <p>While this plan is not ideal, due to camping restrictions in Tuolumne Meadows, and the Gaylor Lakes Region beyond, along with our efforts to avoid crowds, we decided that it makes the most sense for us to camp as close as we can to Tuolumne Meadows and have our layover day in the area resemble more of a “food shuttling day”.</p> <p>Camp east of Rafferty Creek (9,350’) Approx. GPS coordinates: 37.83545, -119.3217</p> <p>Hazards: As we will be entering the Yosemite store to retrieve our re-ration, we will be exposing ourselves to potential covid infection. Only one of us will go into the store, and they will be masked, efficient, and safe. If we feel that the indoor conditions are unsafe, we will ask a store employee to bring our box outside to us. Tuolumne Meadows will perhaps be the most populated stop on all of our trip, so we will be masked for the entire time we are there.</p> <p>Evac: Tuolumne Meadows</p> 	<p>Resupply day Start time: 7am Distance: 8.6 miles Elevation: +1071, -1068</p>
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25	Wed. August 11	<p>Rafferty Creek Trail to Fantail Lake</p> <p>From our campsite near Rafferty Creek, for the third and final time we will walk the 4 miles to Tuolumne Meadows and immediately head East to cross the Dana Fork via bridge following the path upstream. Soon the path will fork and we will follow the route on the left headed towards Gaylor Lakes. After two miles it will cross the Dana Fork and Tioga Rd. We will continue NE along a path approaching Gaylor Lakes. From the upper Gaylor Lake we will contour north passing Great Sierra Mine and Mine Shaft Pass. As we continue in the direction of Mount Conness, we will reach Spuller Lake and follow its outlet creek 1 mile on a path to Fantail Lake. There is legal camping below the border sign of the Hall Natural Area.</p> <p>Camp at Fantail Lake (9,900') GPS coordinates: 37.9470, -119.2734</p> <p>Hazards: Due to camping restrictions in the area there is only one other legal campsite along our route at Great Sierra Mine. When we arrive at Gaylor lakes we will assess our energy and decide whether we should continue hiking the next couple miles to Fantail Lake. We also have to cross a 20 foot-wide brook at Dana Fork, but it should only be 1-2 feet deep. According to Roper, there is a short slabby section on the descent of Mine Shaft Pass with a few class 2-3 problems that we will carefully navigate.</p> <p>Evac: Tuolumne Meadows or Tioga Pass Rd</p> 	<p>Start time: 7am</p> <p>Distance: 12.17 miles</p> <p>Elevation: +2648, -2019</p>
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26	Thursday, August 12	<p>Fantail Lake to Soldier Lake</p> <p>We will rejoin the High Route from Fantail Lake heading north towards Mount Conness in order to gain its eastern ridge and descend to cross the eastern ridge of North Peak. We will continue past Cascade Lake and begin to gain elevation to cross our next pass: Sky Pilot Col (11,650'). We will descend to Shepherd Lake. Through the meadows of Shepherd Lake we will head towards Gray Butte and across the floor of Virginia Canyon to make our final ascent of the day to Soldier Lake.</p> <p>Camp at Soldier Lake (10,600') GPS coordinates: 38.0470, -119.3562</p> <p>Hazards: We will encounter a lot of alpine terrain in this section, including talus, scree, and snow that we will cautiously cross. Additionally, this is a longer day and we are gaining and losing 4,000+ ft of elevation. After Cascade Lake camping is legal and we can choose to cut our day short if necessary.</p> <p>Evac: via Saddleback Lake Road</p> 	<p>Start time: 7am Distance: 9.1 miles Elevation: +4779, -4051</p>
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27

Friday,
August 13

Soldier Lake to Horse Creek Trail

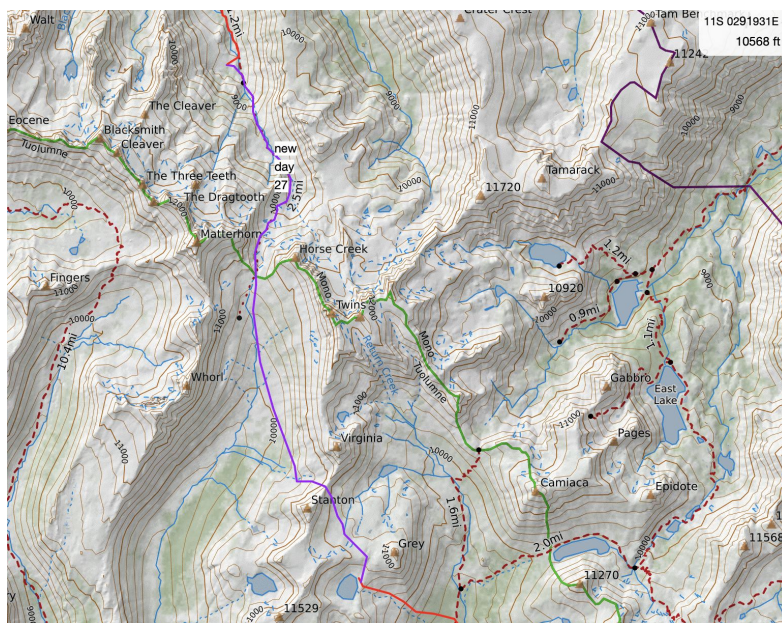
For our final full day on the SHR, we will head north reaching Stanton Pass after 1 mile. After we carefully descend Stanton pass we will traverse diagonally to the floor of Spiller Creek Canyon arriving at our final pass of the hike: Horse Creek Pass. After the pass we will enter Hoover Wilderness, and follow Horse Creek all the way to the northern terminus of our hike, Mono Village. To avoid crowds, a long drive after a full day of hiking, or paying for a campsite at Mono Village, we will cut our day short to enjoy our final night in the backcountry in the vicinity of Horse Creek.

Camping at a location off of the Horse Creek Trail
(8,400')

GPS coordinates: 38.1166, -199.3768

Hazards: Stanton Pass features class 2-3 terrain on the descent, at this point we should have plenty of experience on tricky terrain and we will take our time to meticulously select a route down the pass.

Evac: Twin Lakes



Start time:

7am

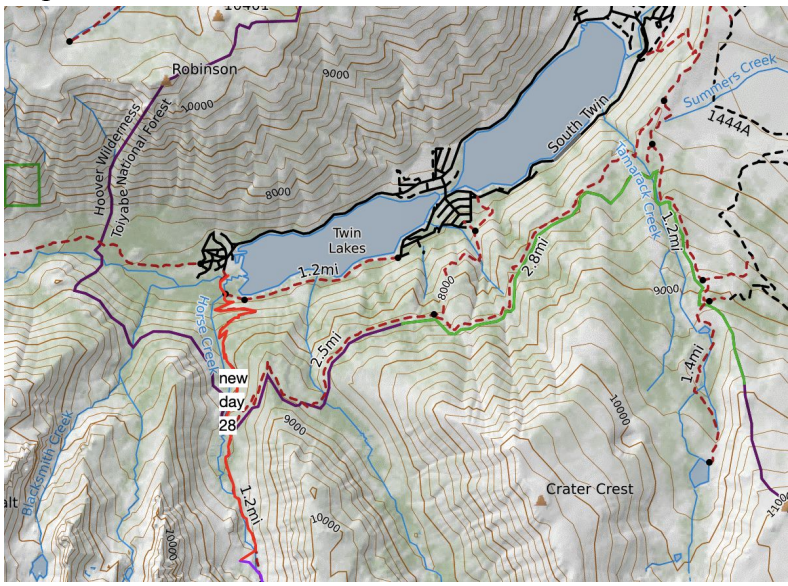
Distance:

5.6miles

Elevation:

+1649,

-3828

<p>28</p>	<p>Saturday, August 14</p>	<p>Horse Creek Trail to Mono Village/Twin Lakes</p> <p>Our last miles on the High Route will continue northwards on the Horse Creek Trail arriving at the Mono Village Resort and our car. From there we will drive to Bishop Pass to get Kaila's car, concluding our hike<3</p> <p>Hazards:</p> <p>Map:</p>  <p>The map is a topographic representation of the Mono Lake region. It features contour lines indicating elevation, with labels for 8000, 9000, 10000, and 11000 feet. Key geographical features include Robinson, South Twin, Twin Lakes, and Crater Crest. A purple line marks the Hoover Wilderness boundary. A red dashed line traces a path with several segments labeled with distances: 1.2mi, 2.5mi, 2.8mi, 1.2mi, and 1.4mi. A blue line represents the Mono Lake shoreline. Other labels include 'new day 28' and '1444A'. The map also shows 'Blacksmith Creek' and 'Summers Creek'.</p>	<p>Start time: 7am Distance: 3.1 miles Elevation: +1469 -134</p>
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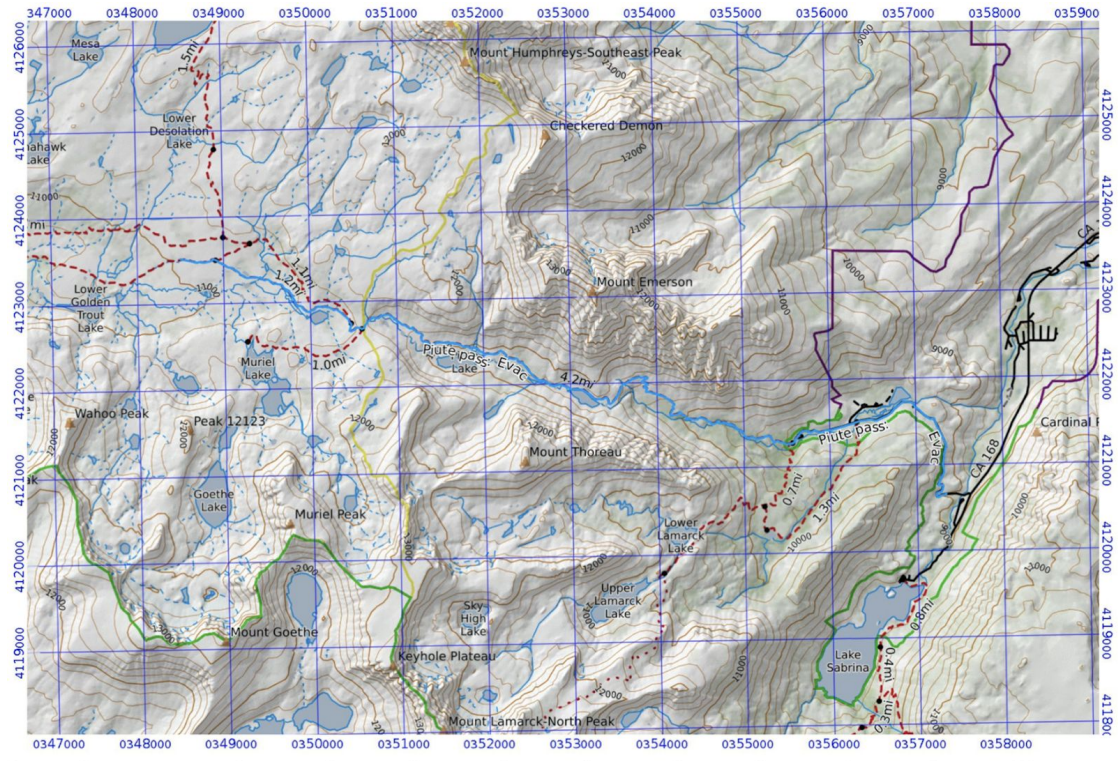
EVACUATION ROUTES

Bishop Pass to our car at trailhead

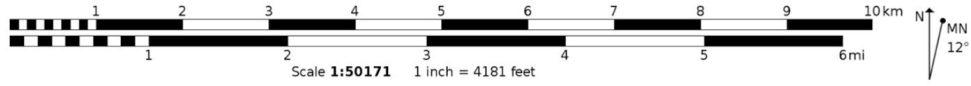
- We would retrace our steps and go back to the trail head. Nearest town is Bishop

Piute Pass to North Lake trailhead

- Route is 7.72 miles gaining 2640ft and descending 633ft.
- This is our first Re-supply day. So we will be walking to this trailhead anyway. If evac is necessary or not.
- The nearest town is bishop.

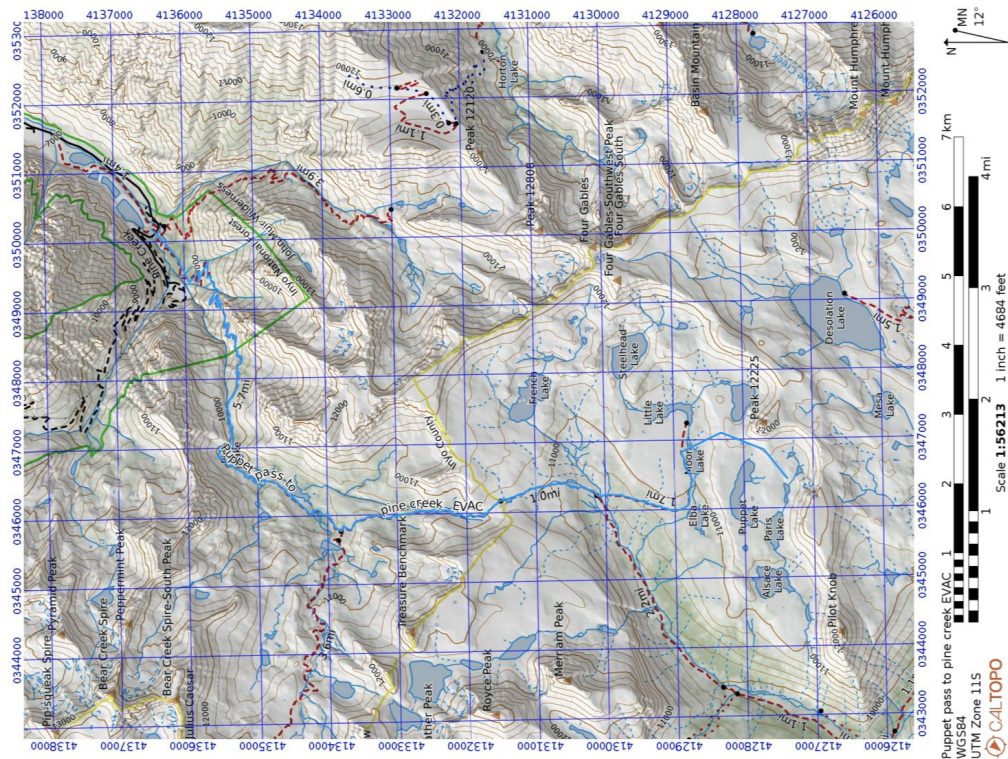


Piute pass: Evac
WGS84
UTM Zone 11S
CALTPO



Puppet pass to Pine creek trailhead

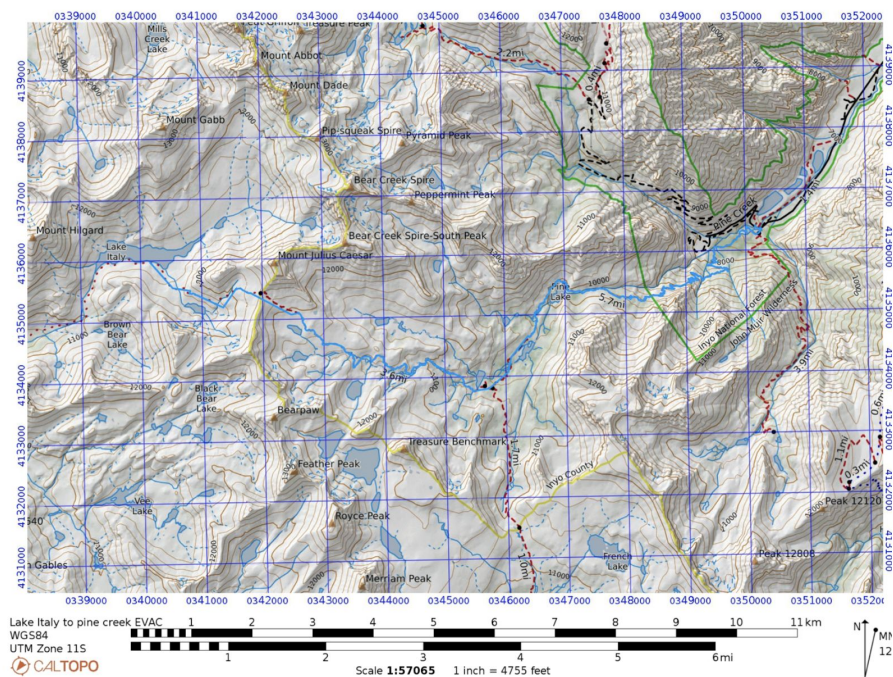
- The route is 10.75 miles from puppet pass. Gaining 1140ft and descending 5047ft.



47'

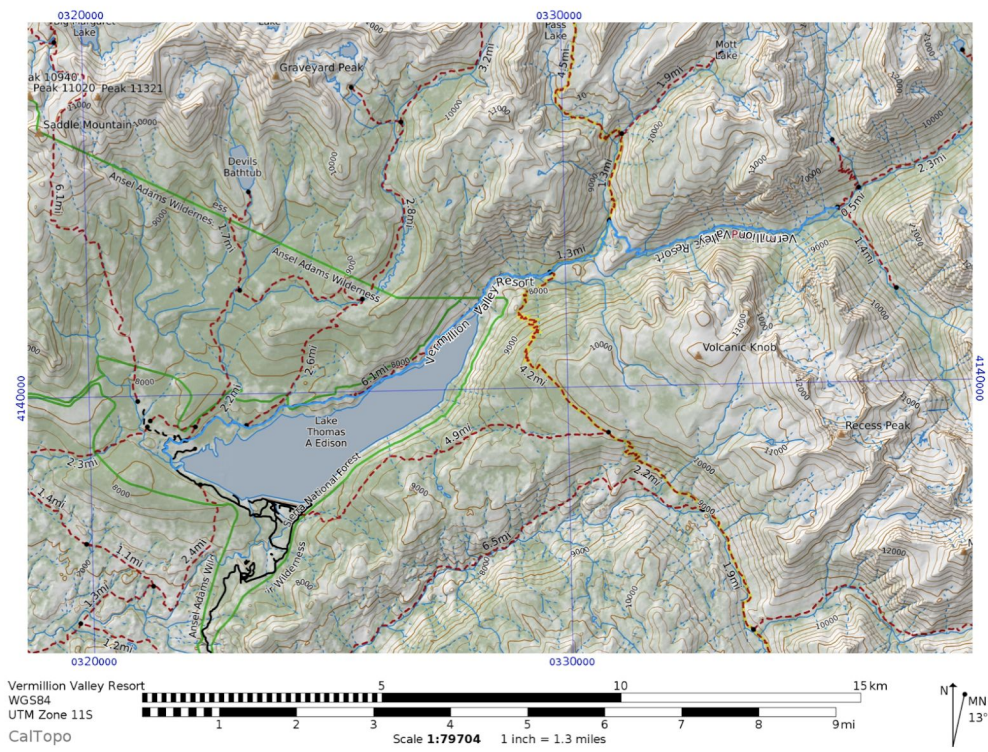
Lake Italy to Pine creek Trailhead

- The route is 10.9 miles gaining 1903 ft, descending 5682ft.



Mono creek to Vermillion Valley Resort

- Or we would go to the Vermillion Valley Resort to the west.
- From the route it is 12.15 miles gaining 1667ft and descending 2556ft.

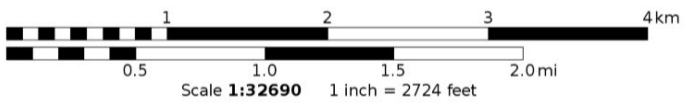


Duck lake/Sierra Crest to Mammoth

- Take trail from Sierra crest and duck lake north towards mammoth/twin lakes, 4 miles on trail until road access. Another 5 miles to the nearest hospital.
- This route is a shorter steady downhill climbing 210' and descending 2039'

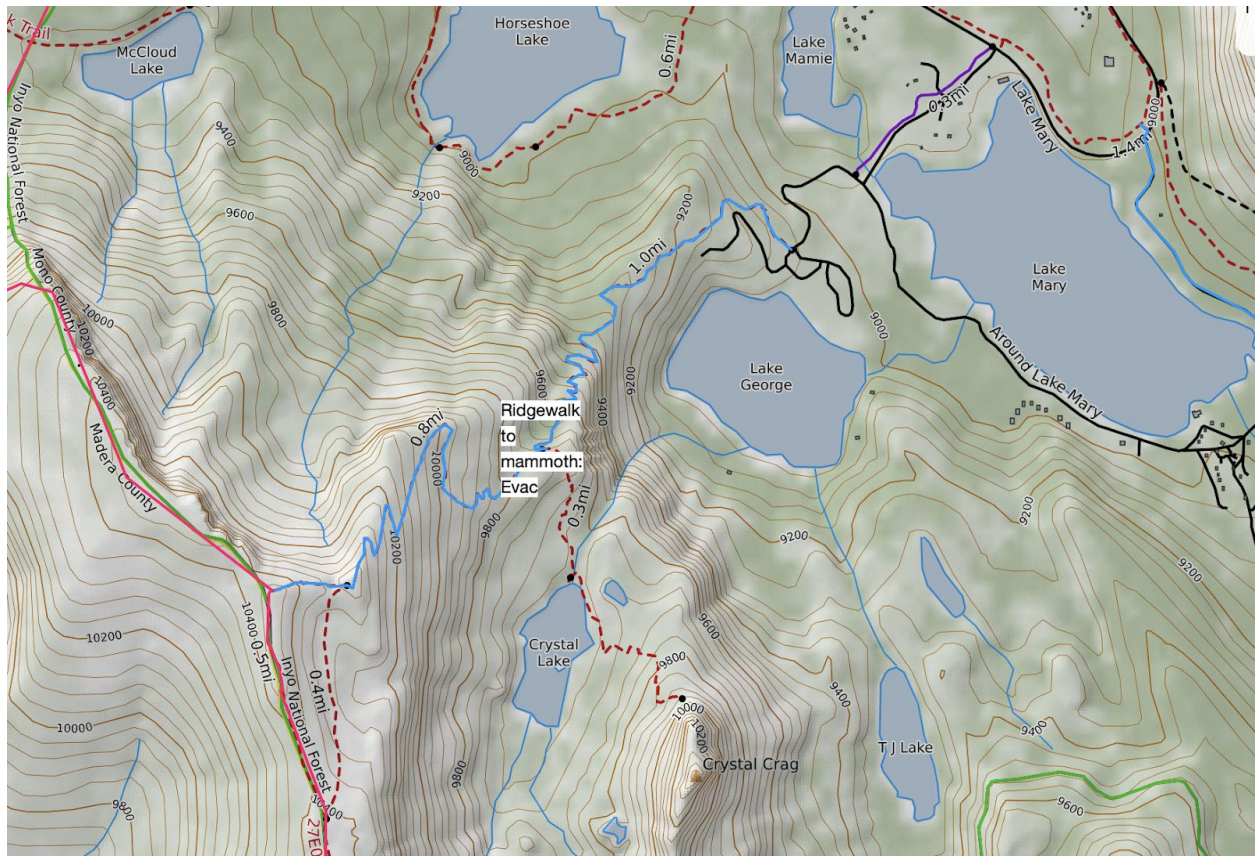


Sierra Crest: Evac
WGS84
UTM Zone 11S
CalTopo



“RidgeWalk” to Mammoth Via Lake George/Lake Mary

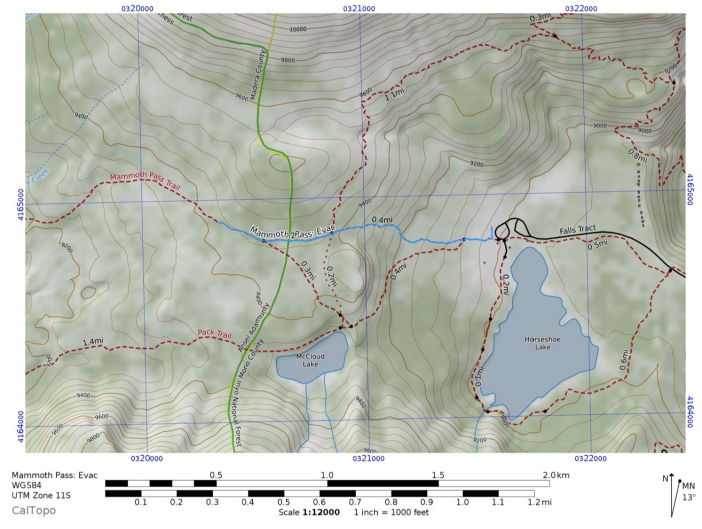
- Take trail to Lake George at mile 3.43 of day 7. Travel east 1.95 miles down the steady decent to Lake George a lake with road access. Mammoth close by.



Mammoth Pass to Mammoth

- From mammoth pass go East for 1 mile before reaching road access at Horseshoe Lake. Mammoth hospital a short drive away. There are a few trails down to mammoth on this map; the

trail passing McCloud lake would work as well.



Reds meadow/ Devils Postpile.

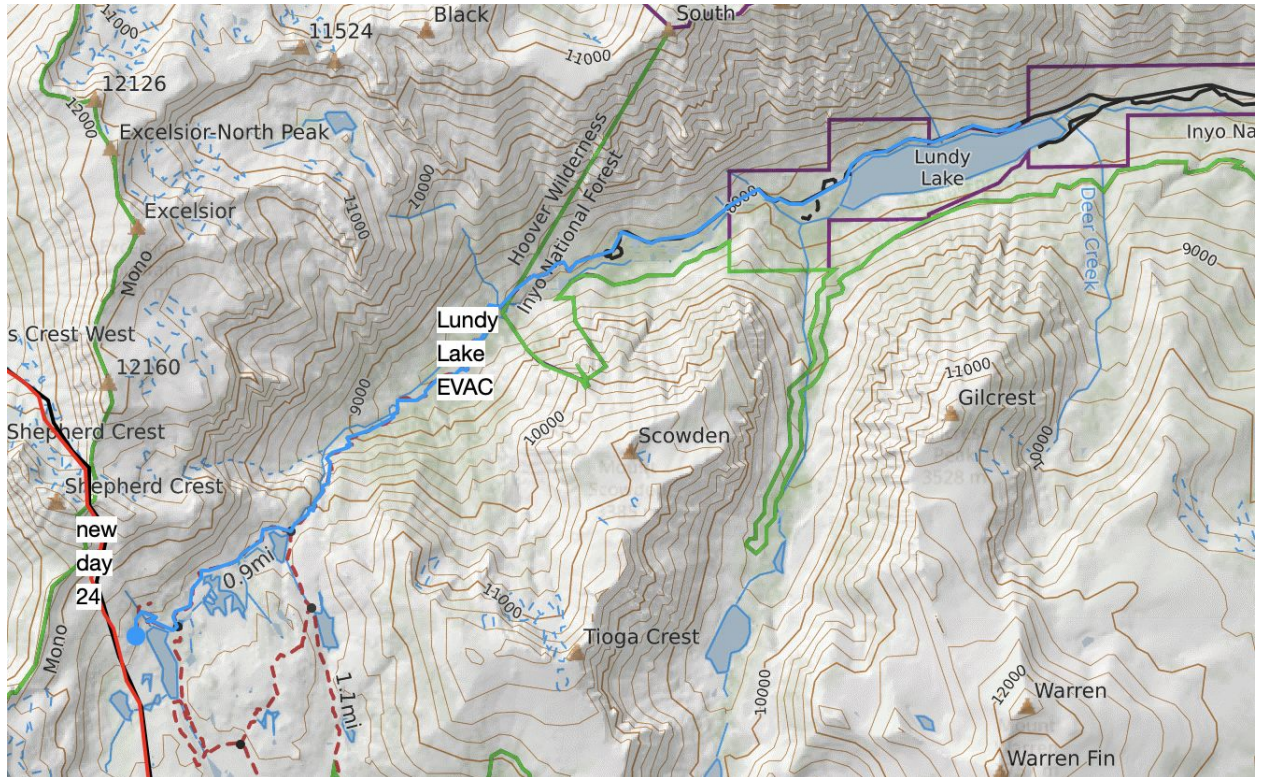
- This is where we will resupply! Also road access to Mammoth for evacuation. About a 30 minute drive. Nearest town and hospital in Mammoth.

Tuolumne Meadows

- This is where our third resupply is. There is road access here at the Tioga Pass Highway. There is a visitors center and a grill. The nearest hospital is in Mammoth or Fresno.

Lundy Canyon trail to Lundy Lake

- Just after day 23 and past saddlebag lake. Take Lundy Canyon Trail to Lundy Lake.
- This is a 6.43 mile decent off the high route gaining 440ft and descending 2972ft.
- Closest town is Lee Vining/Mono Lake. Closest hospital is Mammoth hospital.



Twin Lakes to Bridgerton

- The terminus of our hike. We will have a car at this location. Nearest municipality is Bridgerton and Lee Vining, pretty close to half way between Bishop hospital and Tahoe Hospital. Closest to Mammoth hospital drive.

High Sierra Route Food Logistics 1/2	Totals for 3 people x 14 days								
Breakfast	Servings Total for 3 people	Total Weight In ounces	# of Days/meals	Calories per serving	total calories	Cost total of item			
Wild Roots Egg Powder	10	6	4	80	800	10	one box		
dozen eggs for beggining days	4	16	2	70	280	3			
Bagels	6	12	4	289	1734	2.99			
Protien Pancake mix(Krusteaz)	3		1	220	660	10.6	one box		
Granola (Nature's Path Flax Plus Pumpkin Flax Granola costco)	18	35.3	7	260	4680	9.99	one bag from costco		
instant oatmeal quaker oats	18	24	7	160	2880	5.5	2 boxes		
Dried Fruit Kirkkland signature	42	40	6	110	4620	21	one big bag		
Chia seeds	28	24	14	60	1680	17.98	2 12-oz bags		
Peanuts	38	40	12	140	5320	8.6	one big tin		
instant coffee Starbucks Via instant	42	10	14	0	0	28.98			
Powdered 1/2 & 1/2 for coffee	14	8	14	25	450	13.74	one 16-oz jar		
Powdered milk (Red Cow)	28	32	14	160	4480	18.99	one big bag		
creamcheese	4	8	3	80	320	4	one little box		
Instant cocoa	14	16	12	80	1120	6.99	one or twp boxes depending on size		
					0				
					0				
Cheese(tillomock pepperjack and cheddar loaf)s	42	48	12	120	5040	16	3lbs		
dehydrated refried beans	12	14	12	120	1440	17.89	2bags		
Pita Bread	42	26	12	210	8820	13			
Almond Butter	14	16	6	190	2660	12			
Peanut Butter	28	16	6	215	6020	7			
Sun Butter spreaad	14	16	7	200	2800	5.89			
Apples	9 ct		4	65	585	10.6			
dried cranberries	30		12	118	3540	5.5			
Dried Mango	18	16	6	105	1890				
Bars (cliff bars?) rX bars and Tigers Milk BArS	47 ct		12	210	9870	59			
Gatorade Powder	28	6	12	85	2380	9			
candy/chocolate bar(snickers)	18			255	4590	17.8			
Peanut butter M&Ms	25	38		200	5000	18.7			
					0				
					0				
Veggie Soup mix (warm up/appetizer)	30	20	10	10	300	7.9			
dehydrated Lentils	15	10	5	116	1740	15			
Cous Cous (Instant)	15	8	5	178	2670	8			
Harmony house Chickenish TVP mix	16	14	5	58	928	14.95	one box		
Dehydrated Beans	12	16	4	227	2724	15			
Rice (minute)	18	18	4	200	3600	8	(three total)		
Bean & Legume Sampler	14	24	14	250	3500	29.9	Harmony House: 8 bean types		
Backpackers Pantry Chana Masala	3	3	1	430	1290	20.85	three bags		
Dried Vegetables mix	14	22	10	124	1736	15			
Nutritional Yeast	25	4.5	3	20	500	7.99	one can/bag		
Ramen	6		2	190	1140	6	6 bags/servings		
Harmony House Dried	16	12	6	102	1632	14.95	one 12 oz box		
Harmony House Sweet Corn	16	6	5	47	752	17.95	one 6 oz box		

Heather's Choice African Peanut Stew	3	4	3	460	1380	30	three bags		
Pasta	9	48	3	205	1845	4.78	three boxes		
Onions	7 ct		10	60	420	7			
Zucchini	6 ct		6	76	456	6.9			
Carrots	12 ct			25	300	3.8			
Olive Oil	64	24	14	120	7680	5.92			
					0				
Misc					0				
Honey	54	40	28	60	3240	11.5			
Spices Kit: Salt, pepper, garlic, Chili, etc	24	3	18	1	24	17			
Srirachra 3 oz	12	3	12	10	120	3.95			
High Sierra Route Food Logistics 2/2	Totals for 3 people x 14 days								
Breakfast	Servings Total for 3 people	Total Weight In ounces	# of Days/meals	Calories per serving	total calories	Cost total of item			
Wild Roots Egg Powder	14	6	4	80	1120	10			
Bagels	6	12	4	289	1734	2.99			
Protien Pancake mix(Krusteaz)	6		3	220	1320	10.6			
Granola (Nature's Path Flax Plus Pumpkin Flax Granola Costco)	18	35.3	7	260	4680	9.99			
instant oatmeal quaker oats	18	24	7	160	2880	5.5			
Dried Fruit Kirkland signature	42	40	6	110	4620	21			
Chia seeds	28	24	14	70	1680	17.98			
Peanuts	38	40	12	153	5814	8.6			
instant coffee Starbucks Via instant	42	10	14		0	28.98			
Powdered 1/2 & 1/2 for coffee	14	8	14	27	450	13.74			
Powdered coconut milk (nutricost)	60	32	14	109	6540	24.95			
Sun Butter spread	14	16	7	200	2800	5.89			
Instant cocoa	14		12	85	1190	6.99			
					0				
					0				
Cheese(tillomock pepperjack and cheddar loafs)	42	48	12	120	5040	16			
Pita Bread	42	26	12	205	8610	13			
Almond Butter	14	16	6	190	2660	12			
Peanut Butter	28	16	6	212	5936	7			
Apples	9 ct		4	64	576	10.6			
dried cranberries	30		12	114	3420	5.5			
Dried Mango	18	16	6	105	1890				
Bars (cliff bars?) rX bars and Tigers Milk BArS	47 ct		12	218	10246	59	**		
Gatorade Powder	28	6	12	80	2240	9			
candy/chocolate bar(snickers)	18			250	4500	17.8			
Peanut butter M&Ms	25	38		200	5000	18.7			
					0				
					0				
Instant chicken Flavored Base	75	10	14	17	1275	13.99	1 container		
Lotus Foods Millet & Brown Rice Ramen	24	30	14	130	3120	18.19			
Freeze dried peas (Karens Naturals)	16	8	14	100	1600	17.47	one bag		

dehydrated Lentils	15	10	5	116	1740	15			
Cous Cous (Instant)	15	8	5	167	2505	8			
Harmony House FD SoyBeans	16	8	3	60	960	17.95			
red lentils	21	8	5	113	2373	6.4			
Dehydrated Beans	12	16	4	227	2724	15			
Rice (minute)	9	18	3	200	1800	4			
freeze dried scallions	14	1	14	1	14	6.5			
Backpackers Pantry Chana Masala	3	3	1	430	1290	20.85			
Dried Vegetables mix	14	22	10	124	1736	15			
powdered ginger (for soup)	14	1.67	14	1	14	4.74			
dehydrated refried beans	12	14	12	121	1452	17.89			
Nutritional Yeast	25	4.5	3	20	500	7.99			
Ramen	6		2	190	1140	6			
Heather's Choice African Peanut Stew	3	4	3	460	1380	30			
Pasta	6	32	2	215	1290	3.4			
Onions	7	ct	10	66	462	7			
Walnuts	32	32	14	182	5824	17.3			
Olive Oil	64	24	14	120	7680	5.92			
					0				
Misc					0				
Spices Kit: Salt, pepper, garlic, Chili, etc	24	3	18	1	24				
Flour	30	32	-	100	3000	2.45			
Baking Powder	-								
Srirachra 3 oz	12	3	12	10	120	3.95			
		705.47							
Food will be organized into four groups for our initial hike and the three resupplies						total cost: \$			
Calorie Goal:						1227.88			
		total calorie Goal: 250600		Total Calories:	250605	409.2933333	per person		
						14.61761905	per person per day		
2700(kaila) + 3050(zivia) +3200(miles)		8950							
		250600				1227.88			
example day									
breakfast:		servings	calories:						
OatMeal		3	160	480					
Coffe/Tea powdered milk/cream		3	109	327					
spoon of peanut butter		4	212	848					
chia seeds		6	70	420					
Snack:									
m and ms		6	200	1200					
Snack:				0					
Cliff Bar		3	218	654					
Lunch:				0					
Pita Bread		3	205	615					
Almond Butter		5	190	950					
apple		3	60	180					

group gear	number (if applicable)	If needed: price/where
Safety Gear		
SAT Phone InReach	1	gearhouse
First-Aid Kit	1	see below breakdown
Compass	1	gearhouse
Detailed Maps	all Roper and other Maps	See budget doc
Winderness Permits	3	21(in permit budget)
Bear spray?		
Aquamira	4 1oz kits	\$60
Deet	1 bottle	\$9 get
Mosquito Head Nets		Miles
Camping gear		
Tent	1 three person	Miles
groundcloth		Miles
Stakes		Miles
Tarp	1	gear house \$15 (1\$+.5add/day)
5 yards paracord		gear house?
Patch kit (for personal gear & tent)		zivia/gear house?
Cooking Gear		
Stove	1	3+ \$2/day x 28days = \$59 (gearhouse)
stove repair kit		free from OEC
Knife		Miles
White gas	~150 ounces total, 2 24-oz bottles per segment	\$65 (12.95/quart x 5 quarts) in fuel budget
Fuel Bottles	2 24 oz	\$30 (gearhouse)
pots with lids	2 of each	Miles/Kaila
Camp soap	1	\$9.48 get
Sponge	1	Kaila
Bear Cannisters	5	gear house
Lighters	3	get
wag bags	9	zivia
Cooking utensils	2	ours

Trowel	1	14 rented from orc
Deck of Cards		
Miles, Zivia and Kaila		
Personal Clothes and Gear		
Backpack 80 liters	gearhouse \$59 (Zivia \$3, \$2addl day)	
Contractor Trash Bags (for waterproofing)	6/ \$10	
Hiking boots		
Sun hat		
Sunglasses		
Sun Shirt		
Non-cotton hiking shirt		
Non-cotton hiking shorts/pants		
Non-cotton hiking underwear		
Thermals - Top & Bottoms		
Hiking socks		
Camp shoes/sandals		
Warm pants		
Warm coat/ puffy jacket	gearhouse (free, Kaila)	
Warm hat		
Mid-layer fleece		
Bandana		
Warm socks	gearhouse (free. Zivia)	
Rainjacket	gearhouse (free. Kaila)	
Rain pants		
Toiletries		
Hand sanitizer		

	\$8.97 (get amazon)	
Sport Sunscreen	\$5.14 (get amazon)	
Vanicream SPF Lip Balm		
Toothbrush		
Toothpaste		
Camping Gear		
Two 1-Liter Nalgene Water bottles		
10-degree or lower sleeping bag	Gear house \$59 (miles 3 +2add/day)	
Sleeping pad		
Headlamp		
Extra Batteries		
Camera	Miles nicest camera/Zivia/kaila backup	
Toilet paper		
Waterproof watch w/ alarm clock		
Trekking Poles		
Eating		
Bowl		
Spoon		
Mug		
	Misc	
	Glasses (Miles)	
	Back-up glasses (Miles)	
	Lotion	

Contents of First Aid Kit:		
Wound Care & Bleeding:	Fractures / Sprains:	Medications:
8 - bandage, 1" x 3" Fabric	1 - Ace bandage	8 - Acetaminophen (500 mg.), Tablets
5 - bandage Knuckle Fabric	1 - EMT Shears/cutting tool	4- Aspirin (325 mg.), Tablets
6 - Antiseptic Wipe	1 - tweezer	6 - Antihistamine (Diphenhydramine 25 mg.), Tablets
4 - Alcohol Swab	3 - Safety Pins	4 - Diamode (Loperamide HCl 2 mg.), Tablets
6 - Sterile Gauze Dressing, 4" x 4"	1- Bandage Triangular	1 - Trauma Pad, 5" x 9"
1 - Conforming Gauze Bandage, 2"		1 - Nitrile Glove, (Pair)
4 - Sterile Gauze Dressing, 2" x 2"	Instruments:	1 - Wound Irrigation Tool, 10cc. with 18 Gauge Tip
3 - Sterile Non-Adherent Dressing, 2" x 3"	1 pencil	4 - Butterfly Closure Fabric Adhesive Bandage
1 - Tape roll, 1" x 10 yards	1 - WFR book	1 - Tincture of Benzoin
2 - Cotton Tip Applicator	2 - SOAP note template	15 - Ibuprofen (200 mg.), Tablets
1 Syringe	6 Disposable thermometer	3 - After Bite® Sting & Bite Relief Wipe
10 Wound Closure Strips		
1 Povidone Iodine, 1 oz		
14 - Moleskin pieces		
6 - Antiseptic Towelette		
4 Triple Antibiotic Ointment, 1/32 oz		
2 - Skin Tac Topical Adhesive		
1 Trauma pad, 8" x 10"		
1 Trauma Pad, 5" X 9"		

ITEM	AMOUNT	COST	BREAKDOWN/EXPLANATION		
PERMITS & CAMPGROUNDS					
Bishop Pass Permits	3	\$21.00	5/permit + 6 dollar reservation fee		
Campsite at Reds Meadow at devils postpile	1	\$23.00	no reservations - register at campground		
		\$44.00			
GROUP GEAR					
Steve Roper's Sierra High Route	2	\$39.90			
Detailed Maps	3	\$91.83	Andrew Skersa Maps \$16.33 from website, \$75.50 to print nicely at FedEx		
Tarp	1 - rented from ORC	\$14.50	\$1 + \$0.50/day		
Aquamira Water Treatment (Chlorine Dioxide)	4 - 1oz kits (will purify up to 120 gallons of water)	\$59.96	\$14.99 each		
Pill-Form Iodine for water purification	4 50-tablets bottles	\$32.00	7.99 each		
Deet	2 bottles	\$18.00			
Whisperlite Stove	1 - rented from ORC	\$61.00	\$5 + \$2/day		
24-oz fuel bottles	2 - rented from ORC	\$30.00			
White gas	~150 ounces total, 2 24-oz bottles per segment	\$75.90	12.95/quart x 6 quarts		
Camp soap	1 bottle	\$9.48			
Trowel	1 - rented from ORC	\$14.00			
		\$446.57			
TRAVEL					
Gas money for Camry	see travel itinerary for daily break down	\$251.28	calculated using fueleconomy.gov		
Gas money for Subaru	see travel itinerary for daily break down	\$837.64	calculated using fueleconomy.gov		
Food while traveling	see travel itinerary for daily break down	\$360.00	\$15/person/day		
Campsite in Salina, UT	2 nights	\$32.00	\$12/night + \$6/night for extra vehicle		
Hotel in Bishop, CA	3 nights	\$344.28	\$114.76/night including all fees and taxes		
Buck Creek Campground	2 nights	\$63.00	\$31.50/night including reservation fees		
		\$1,888.20			
PERSONAL CLOTHES & GEAR					
Hand sanitizer	3 bottles	\$12.49			
Sport Sunscreen	2 bottles	\$17.93			
SPF Lip Balm	3 tubes	\$16.79			
Batteries	10	\$11.00			
80L backpack	1 for Zivia since her personal pack is too small	\$57.00	\$3 + \$2/day from ORC		
Sleeping Bag	1 for Miles since his bag isn't warm enough	\$59.00	\$3 + \$2/day from ORC		
Contractor Trash Bags (waterproofing)	6	\$10.00			
		\$184.21			

Backpacking Food	Total; see Food list doc	\$1,227.88		
Re-rations				
Piute Pass/North Lake Campground	1	\$270.00	Bishop Pack Outfitters will haul in our resupply on a mule train over Piute Pass	
Red's Meadow/Devil's Postpile	1	\$89.30	49.3 Shipping Fee + \$40 Holding fee	
Tuolumne Meadows	1	\$49.30	Shipping Fee	
		\$408.60		
Carbon Emissions Offset				
Zivia's Subaru	total	\$9.91	1.98 metric tons of CO2E	
Kaila's Camry	total	\$7.89	1.59 metric tons of CO2E	
		\$17.80		
Total Requested Budget		\$4,217.26		
Per Person Breakdown		\$1,405.75		