



Ritt Kellogg Memorial Fund Registration

Registration No. NRSC-WT53

Submitted Jan 8, 2019 10:15pm by Isobel Steenrod

Registration

2018/2019

Ritt Kellogg Memorial Fund

RKMF Expedition Grant Group Application 2018-2019

This is the group application for a RKMF Expedition Grant. If you have received approval, you may fill out this application as a group. In this application you will be asked to provide important details concerning your expedition.

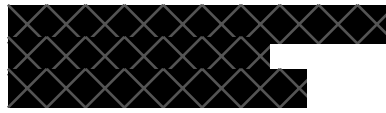
**Waiting
for
Approval**

Participant



Isobel Steenrod

Colorado College Student



I. Expedition Summary

Expedition Name

The Gang Goes For A Hike

Objectives

Our objective is to thru-hike the Tahoe Rim Trail, spending 18 days in the backcountry enjoying the wilderness and taking in the beauty of the Sierra Nevada and Carson ranges. We chose the Tahoe Rim Trail because of the ability to thru-hike while also being able to visually see our progress as we hike around Lake Tahoe.

Location

The Tahoe Rim Trail loops through the Sierra Nevada and Carson Ranges in eastern California and western Nevada. The land traveled through includes Lake Tahoe Nevada State Park, Desolation Wilderness, and Mount Rose Wilderness.

Departure Date

Jul 23, 2019

Return Date

Aug 13, 2019

Days in the Field

18

Wilderness Character

The Tahoe Rim Trail is a popular but challenging loop. We will likely encounter other hikers on the trail. We will be passing through beautiful areas like Desolation Wilderness, where the Tahoe Rim Trail and the Pacific Crest Trail overlap for 50 miles. The trail passes near Tahoe City and South Lake Tahoe, so some sections of the trail will be less remote than others.

II. Participant Qualifications

a. Participants' Graduation Date

Isobel Steenrod, May 2021
Hub Hejna, May 2021

b. Medical Certifications

Isobel Steenrod, WFR expires January 2020
Hub Hejna, WFR expires January 2021

Does your group have adequate experience?

Yes

d. Training Plan

All members of the group have extensive backcountry experience. Isobel spent a total of 6 weeks backpacking in the backcountry of Colorado and Utah during her time at HMI, and a month mountaineering in the Northern Cascades during a NOLS course in 2017. Hub spent a month in Alaska hiking and sea-kayaking on a NOLS course last summer.

As a team, we have had multiple hikes together and spent a block break together camping in Utah. We will go on another short overnight in the spring in the surrounding Colorado hiking area to fine-tune our systems, and make sure everything is nailed down. We will continually check in to be sure of clear goals of this trip. All members of this trip understand fire danger and will minimize risk.

Physically, each member is fit and leads an active lifestyle. To be able to hike 10+ mile days back to back, we will do training hikes at Cheyenne Canyon with weighted backpacks. These works outs will maximize our ability to work efficiently for long periods of time and build resistance to injury.

III. Expedition Logistics, Gear and Food

e. Travel Plan

We will both leave home and fly into Denver on July 23



We will then take the shuttle to Colorado Springs where we will pick up gear from the gear house and Hub's car.

We will drive from Colorado Springs to Grand Rapids and begin hiking on July 25

We will finish hiking on August 11 and will return to the car and drive back to Colorado Springs on August 13.

When driving, we will switch off every 3 hours in order to stay alert and will follow all laws.

e. Expedition Itinerary

[Day by day travel plan.pdf](#) (2.3MB)

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Empty

We will have one re-ration on Day 9, halfway through the trip. We will mail a package to Tramway Market at 235 Tramway Dr, Stateline, NV 89449 to pick up on (date). Tramway Market is .8 miles away from the Kingsbury South Trailhead, and can accept packages if called ahead at (775) 588-4969. Our back up plan in case Tramway Market will

not accept packages is to ship to the US Post Office in South Lake Tahoe at 223 NV-207, Stateline, NV 89449 (800-275-877). We will make sure beforehand that all of our re-ration food fits into bear canisters.

Food Storage

We will use bear canisters to prevent wildlife from getting into our food. This is the best option as there are not consistently good places to do a bear hang. We will put all scented items in bear can, including toiletries, because bears in the Sierra have been known to seek out campsites for food. We will store bear canisters on flat ground separate from campsites and in areas that would be difficult for a bear to move. We will also eat and cook 200 feet downwind from where we are sleeping. Through these practices, we will minimize wildlife impact and wildlife entering our campsite. We will rent bear cans from the gearhouse.

g. Food List

[TRT food - Sheet1.pdf](#) (47KB)

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f. Equipment List

[TRT Equipment List-2.pdf](#) (52KB)

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b. LNT Principles

Yes

Empty

We will be sure to pack in and out all food. We will leave the trail as we found it, minimizing impact for future use. Planning ahead allows us map the most efficient ways to camp at established campsites and dispose of trash when available.

On the trail, camping is required a maximum distance of 300 feet to a minimum distance of 100 feet away from the trail, and a minimum distance of 200 feet away from water sources. We will do our best to choose previously impacted sites and camp in designated campgrounds when available.

We will pack out all of our trash. Human waste will be disposed of 6 inches underground and at least 200 feet away from water sources, trails, and campsites.

We will leave what we find.

We will not have any campfires, as required by the California Campfire Permit, and we will extreme caution while cooking..

We will be using bear canisters to avoid feeding wildlife, and we will not interact with wildlife other than taking pictures.

We will be kind and respectful of anyone we encounter on trail, and use LNT principles to ensure future visitors have a wonderful experience too.

IV. Risk Management

b. Objective Hazards

Weather- Sunny days mean sunscreen, sunglasses, chapstick with spf to protect from sunburn. Rain is rare during this season, but if it does rain, we will layer to stay dry with rain gear. At high elevation and on exposed ridges, we will be vigilant for any change in the weather and get down below tree line in the case of a thunderstorm and assume lightning position.

Altitude- The trail ranges from 6240 feet to 10,338 feet. We will watch closely for signs of altitude sickness and go back to lower elevations if needed.

Wildlife-Bears have been known to be crafty in the Sierra as high-traffic makes them normalized to campsite locations. We will be meticulous in our use of bear canisters and campsite maintenance. If a bear is seen, we will make a lot of

noise yelling "hey bear!" and waving arms to try and scare the bear away. If these tactics do not work, we will use bear spray. Mountain Lions are another danger, but rare. If seen, the protocol is to make yourself appear larger, maintain eye contact, and do not run.

Activity- hiking, avoiding injury by taking a rest day before our big day. Foot care is important while doing any backpacking, so we will be using broken in shoes and be proactive about preventing and treating blisters. Backpacking can take a toll on the body so we will be taking a rest day before our big day, and be active about stretching/self care.

Water- There are stretches (up to 17 miles) where there is no water. We will be sure each person is at maximum carrying capacity before leaving a water source, and we will use aquamira to purify water because it is lightweight and easy to use.

Fire- Because we will be hiking in California in the summer, we are aware of the danger of fire. Potential hazards this includes are air quality decrease, loss of visibility, and actual fire. To minimize this, we will not use any flame other than a stove and will check in for news of wildfire whenever possible.

Evacuation Plan

In case of an evacuation, our plan is to walk to the nearest road/ easiest access point for higher care to reach us. We will do our best to remain calm and rational and use WFR training. We will be carrying a first aid kit to care for injury or illness. One of our main concerns is dehydration on trail so we will be extra cautious to not run out. The Tahoe Rim Trail crosses sixteen roads, marked in solid red lines on our maps. There are also seven additional potential evacuation points, marked in dotted red lines on our maps. In case of evacuation, we will walk to the closest of these road access points. We will contact the Park Ranger station in South Lake Tahoe. In the event of a life threatening emergency, we will use the SAT phone to call for help with a rapid evacuation.

Special Preparedness



e. Emergency Resources

Barton Memorial Hospital: 2170 South Ave, South Lake Tahoe, CA 96150 (530-54-3420), south end of the lake

Incline Village Community Hospital: 880 Alder Ave, Incline Village, NV 89451 (775) 833-410), north end of the lake

Lake Tahoe Basin Management Unit office in South Lake Tahoe (530) 543-2600

US Forest Service North Shore Office (775) 831-0914

Lake Tahoe Nevada State Park 775-831-0494

El Dorado Forest Supervisor's Office 530-622-5061 California Relay: 711

Placer County, CA Sheriff (530) 889-7800

Washoe county, NV Sheriff (775) 328-3001

Carson city county, NV Sheriff (775) 887-2500

Douglas county, NV Sheriff (775)-782-5126

El Dorado county, CA Sheriff (530) 573-3000

Emergency Communication

SAT phone

Personal cellphones will be carried in packs, but will not be relied upon in case of emergency.

V. Budget

Budget

[TRT Budget.pdf](#) (61KB)

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Transportation

716.46

Food and Fuel

308.85

Maps and Books

0

Communication Device Rental

35

Permits/Fees

30

Gear Rentals

16

Total Funding Request

535.66

Cost Minimization Measures

We will buy food in bulk. We will be borrowing gear/using gear already owned in order to minimize costs. Any unused funds will be returned to the RKMF.

VI. Expedition Agreement**Expedition Agreement**

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