



Wind River Expedition

Through the Wilderness... a Journey to Holiness

July 17-23, 2016

Greetings Mountain Men,

John Muir once penned the motivational quote... "The mountains are calling and I must go." And while I wholeheartedly agree with Muir, I more deeply sense that we are responding to the "Still Small Voice", the heart of God calling us upward to high places. And when God calls we must answer, for to do so is to embark on an adventure like no other! Through the mountain wilderness Moses, Elijah, and Jesus were all faced with the holiness and power of God. That is our goal and our deepest desire. Pray for nothing short of this my friends and be ready for what God has in store... it's sure to be awesome!

Please read the entire information packet and then follow the simple steps below and get ready!

Preparing for the Expedition:

- | | | |
|----------|------------|---|
| • Step 1 | Now | Pay deposit of \$100 and submit documents by April 30, 2017 |
| • Step 2 | Now | Begin fitness training! |
| • Step 3 | Now | Begin acquiring gear! (see following list) |
| • Step 4 | May 31 | Pay the balance of expedition \$400 |
| • Step 5 | June 1 | Purchase airline ticket (see directions below) |
| • Step 6 | July 17 | Fly to Salt Lake City! (see directions below) |
| • Step 7 | July 17-23 | Wind River Expedition (see itinerary below) |

Climb On!

Marty Miller
Blueprint for Men



Logistics

Application

- Participant Form - send PDF copy via email to blueprint4men@gmail.com
- Release Form – send PDF copy via email to blueprint4men@gmail.com
- Medical Form – send PDF copy to blueprint4men@gmail.com
- Deposit of \$100 – make donation at www.blueprintformen.org
- Deadline is April 30, 2017

Flight to Denver

If you live in the Chattanooga area I recommend that you fly out of Nashville (BNA) or Atlanta (ATL) on **Southwest Airlines (2 free big bags!)** to Salt Lake City (SLC) on Sun, July 17. As our group forms we will coordinate plans. The overall goal is for everyone to arrive early in Salt Lake City to allow us to go shopping and drive to the trailhead.

Ground Transportation

I will have arranged for ground transportation which will meet us at the Salt Lake City airport. After shopping for gear and food needs we will head to the mountains.

Communication

Much of the backcountry is out of cell phone service range. That being said it is possible that some high points may have a signal. I will bring a lightweight solar panel into the backcountry to charge phones, etc. via USB cable since you might use them as cameras and such.

Safety

I have medical training as a Wilderness First Responder and will be carrying a group first aid kit. Please bring your own personal first aid kit as listed in the gear section. In the event of a major medical emergency that requires helicopter evacuation I will be carrying a SPOT (satellite messenger) with up to \$100,000 evacuation insurance.

Meals

We will have community meals for breakfast and supper as listed below

Stoves and cook-sets will be coordinated to minimize weight

Breakfasts – Everyone takes care of one assigned breakfast

Lunches – everyone takes care of their own

Suppers – Everyone takes care of one assigned supper

Tenting Partners

You can tent alone or with a partner to reduce pack weight. We will coordinate with our team as needed.

Reflection, Journaling, Photography, and Nature Study

During this expedition you will have ample time for all of these activities and go deeper with God!

Gear and Equipment List

General Backpacking & Camping Gear

- Large backpack (65L+)
- Sleeping bag (rated to a min. of 30° F)
- Sleeping pad
- Lightweight Tent
- Stove w/fuel
- Cook-set
- Lighter/matches
- Cooking Utensils
- 1 liter wide-mouth water bottles (2)
- Zip-lock bags for stuff
- Compass & map

Clothing

- Trail boots
- Waterproof/breathable jacket and pants
- Fleece insulating layer
- Insulating jacket
- Quick-dry synthetic underwear (2)
- Quick-dry synthetic T-shirt (2)
- Warm gloves
- Wool socks (2)
- Warm cap

Personal First aid kit

- Band-Aids
- Duct tape
- Moleskin
- Ace bandage
- Athletic tape
- Scissors
- Antibiotic ointment
- Aspirin /Tylenol – for headaches
- Aleve/Ibuprofen – for swelling
- Prescriptions

Misc. Personal Items

- Sunglasses
- Sunscreen (SPF 30+)
- Lip balm
- Headlamp
- Extra batteries
- Ear plugs for tent flap wind noise
- Toilet paper in Ziplock
- Hand sanitizer
- Hand trowel
- Deodorant
- Pack towel for bathing
- Bible
- Journal
- Pen/pencil



Date	Tentative Itinerary
Sun, July 17	Fly to Salt Lake City Lunch – eat out Drive to Pinedale, WY Supper – eat out Sleep at hotel
Mon, July 18	Leader of the Day Breakfast at hotel Morning Group Worship Drive to Big Sandy Trailhead Backpack to Big Sandy Lake Supper Evening Group Worship
Tue, July 19	Leader of the Day Breakfast Morning Group Worship Nature Studies Supper Evening Group Worship
Wed, July 20	Leader of the Day Breakfast Morning Group Worship Backpack to Deep Lake Supper Evening Group Worship
Thu, July 21	Leader of the Day Breakfast Morning Group Worship Climb East Temple Peak Supper Evening Group Worship
Fri, July 22	Leader of the Day Breakfast Morning Group Worship Backpack to trailhead Drive to Jackson, WY Sleep at Teton Climbers Ranch
Sat, July 23	Leader of the Day Breakfast at Hotel Morning Group Worship Explore Grand Teton National Park Celebration Supper Sleep at Teton Climbers Ranch
Sun, July 24	Drive to Salt Lake City Fly Home

Our Destination

The **Wind River Range** (or "Winds" for short), is a mountain range of the Rocky Mountains in western Wyoming in the United States. The range runs roughly NW-SE for approximately 100 miles (161 km). The Continental Divide follows the crest of the range and includes Gannett Peak, which at 13,804 feet (4,207 m), is the highest peak in Wyoming. There are more than 40 other named peaks in excess of 13,000 feet (3,962 m). With the exception of the Grand Teton in the Teton Range, the next 19 highest peaks in Wyoming after Gannett are also in the Winds. Two large National Forests including three wilderness areas encompass most of the mountain range. Shoshone National Forest is on the eastern side of the continental divide while Bridger-Teton National Forest is on the west. Both National Forests and the entire mountain range are an integral part of the Greater Yellowstone Ecosystem. Portions of the range are also inside the Wind River Indian Reservation.

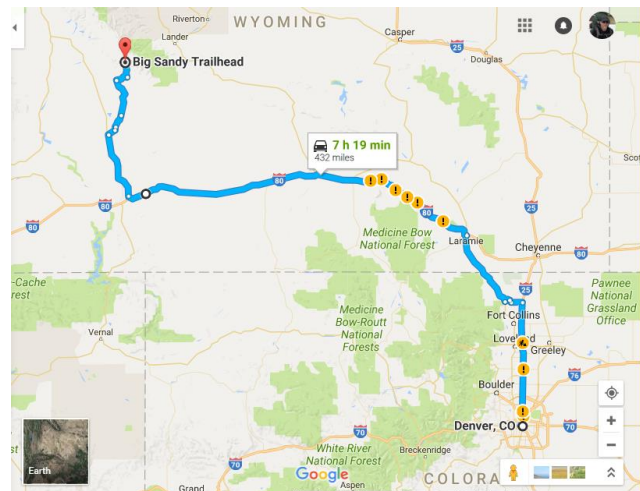
Bridger-Teton National Forest is located in western Wyoming, United States. The forest consists of 3.4 million acres (14,000 km²), making it the third largest National Forest outside Alaska. The forest stretches from Yellowstone National Park, along the eastern boundary of Grand Teton National Park and from there rides along the western slope of the Continental Divide to the southern end of the Wind River Range. The forest also extends southward encompassing the Salt River Range and Wyoming Range mountains near the Idaho border.

Big Sandy is the southernmost trailhead/campground in the Wind River Range, yet still boasts high-use because the trailhead provides access to areas such as the Cirque of the Towers and Pyramid Lake, as well as the Continental Divide Trail.

The 54-mile trip from Pinedale is partially paved, but has about 27 miles of gravel and dirt. The last 10 miles of the road are very rough and narrow and are not recommended for RV travel, although not prohibitive.

The campground offers 12 sites surrounding the parking area for Big Sandy Trailhead. The campground and trailhead are at an elevation of 9,100 feet. Corrals are available. There is moderate parking at the trailhead with toilets and corrals. No drinking water available. Camping fee is \$8.00/night from June 20 to September 10.

If coming from the north near Pinedale, Wyoming, drive 11 miles south on U.S. 191 to Boulder. From Boulder: Drive approximately 18.0 miles southeast on highway 353 on a paved road. Upon reaching a junction, shortly after the pavement ends, bear left (southeast) for 2.9 miles. At 2.9 miles bear right (still southeast). After approximately 6 miles, you will come to a signed intersection (A). Turn left (east), following the sign to Big Sandy. After 7.5 miles you will find another signed intersection (B) where you turn left (north) to Big Sandy. This winding road is steeper, and rockier but is still fairly good. Follow this road and signs for approximately 10.5 miles until reaching Big Sandy campground and trailhead (9080 ft).



If coming from the south near Rock Springs, Wyoming: Drive north on U.S. 191 to the town of Farson. Two miles east of Farson on highway 28, there is a sign to Big Sandy. Turn left (northeast) and drive approximately 40 miles of dirt road to intersection (A) as described above.

Big Sandy to Clear Lake <https://www.mountainproject.com/v/deep-lake-area/105827756>

Our Journey into the Wilderness

Complete Details of Big Sandy to Clear Lake <https://www.mountainproject.com/v/deep-lake-area/105827756>



The Hike from Big Sandy Trailhead to Big Sandy Lake – Camp 1



The Hike from Big Sandy Lake to Deep Lake – Camp 2

The Climb of East Temple Peak



East Temple Peak from Deep Lake



Heading toward Temple Peak



East Temple Peak summit overhang



The view from the summit



Descending East Temple



Sunset at Clear Lake



The Leave No Trace Seven Principles

The Leave No Trace Seven Principles are the bedrock of the Leave No Trace program. They provide guidance to enjoy our natural world in a sustainable way that avoids human-created impacts. The principles have been adapted so they can be applied in your backyard or your backcountry.

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you'll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.
- Repackage food to minimize waste.
- Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
 - In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
 - In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter.
- Deposit solid human waste in cat holes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cat hole when finished.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.
- Keep fires small. Only use sticks from the ground that can be broken by hand.
- Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.
- Control pets at all times, or leave them at home.
- Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

Properly Storing Attractants in Bear Country

Generally

- Bears have a broad diet and are attracted to a wide variety of unnatural foods, including human food, garbage, canned or bottled beverages, processed livestock feed, pet food, bird seed, toiletries, and coolers, stoves, and grills containing food or food residue.
- Bears that obtain human food or garbage often become aggressive and dangerous in their efforts to get more. This food-conditioned behavior can lead to human injury, death, and damage to property.
- Food-conditioned behavior usually cannot be changed and these bears must be killed by managers.
- Don't be the one responsible for human injury or death or the death of a bear because YOU did not store your food properly.
- Read and understand food storage regulations before your visit. Coolers, backpacks, wooden boxes, and tents are not bear resistant and may not be used to store food or other bear attractants.
- For more bear safety tips, visit the Center for Wildlife Information Web site at <http://www.centerforwildlifeinformation.org/>.

In the front country

Store your food, garbage, and any other bear attracts in one of the following places:

- In metal storage boxes located in most campgrounds. Keep in mind you must share these food boxes with other campers and be sure to leave the boxes empty and clean when you leave.
- Within a hard-sided vehicle (be warned – on occasion, bears will break into your vehicle if they smell or see desirable items)
- Hang your items from a tree or cable – at least 10 feet above ground and four feet out from any vertical support, and preferably more than 100 yards from your tent.

In the back country

- Carefully hang food and other attractants at least 10 feet above the ground and four feet out from any vertical support, and preferably more than 100 yards from your tent. This document illustrates methods for hanging your food.
- A variety of containers certified as bear resistant by the Interagency Grizzly Bear Committee are available and may also be used to store your food and attractants. If you choose to use these, make sure they are in good condition, as damaged containers will not deter bears.
- Pack out your trash. Never bury garbage, and if you burn garbage in a fire pit make sure you pack out all unburned residue.
- If you have livestock, ensure all processed livestock feed is stored the same as other bear attractants.

- If a bear does get your food, please take the responsibility for cleaning up and packing out all debris. Report such incidents or other bear conflicts to the nearest Forest Service or Wyoming Game and Fish Department office.

Animal carcasses

- Bears are especially attracted to animal carcasses.
- Hunters should be aware that animal carcasses are subject to special storage requirements and present special challenges for proper storage
 - o Carcasses must be stored at least 100 yards from camping or sleeping areas and Forest Service system trails, even if the carcasses are hung properly or within a hard-sided vehicle.
 - o Meat poles are available for carcass storage in some back country and dispersed campsites.
 - o Without a properly constructed pole, hanging carcasses so they are unavailable to bears will be difficult. Hunters should plan ahead as to how they will store their game if they are successful and have all the necessary equipment (ropes, pulleys, etc.).
- Closely watch the area around the pole for signs of bears and use caution when approaching, as bears may be in the vicinity.

Expedition Participant Profile

Personal Information

Name _____

Address _____

Cell Phone _____ Email _____

Emergency Contact _____

Name

Relationship

Phone

Backpacking and Climbing Experience.

On a scale of 1-5 (5 being best) how would you rate your fitness level?

On a scale of 1-5 how would you rate your mountaineering (backpacking/climbing) experience?

Describe your longest backpack trip.

List the 3 most significant mountains you have climbed, starting with the most recent. (Include name of mountain, altitude, route, and date of each climb)

1) _____

2) _____

3) _____

Describe your outdoor skills and experience.

Describe the most extreme weather situation you have experienced in a remote setting.

What strengths do you feel you will bring to our group?

What concerns, if any, do you have concerning the physical demands of this trip?

Do you have any medical conditions that could compromise your personal or group success?

Do you have all the required equipment for this expedition? (refer to the gear list)

Yes

No

If no, what equipment do you need to obtain or rent?

BLUEPRINT FOR MEN HEALTH STATEMENT FORM

The proposed activity provided by *Blueprint for Men* requires participation in physical exercises which are, by their nature, physically demanding. Many of the activities will challenge you, and cause surges in blood pressure and pulse rates. It is imperative that you are free of any heart related or other diseases. Therefore, all participants must be free of medical or physical conditions which might create undue risks to themselves or any others in the group who depend on them. Good physical condition will increase your enjoyment of the outdoor activities. If there is any doubt about your ability to safely participate in this experience, you should consult with a physician. (NOTE: If you have had any heart related problems you will need to have a release form from a physician in order to participate in the program.)

Name: _____

Address: _____

Email: _____ Phone: _____

Date of Birth: _____ Age: _____ Gender: _____

Emergency Contact Person: _____ Relationship: _____

Home Address: _____

Email: _____ Phone: _____

HEALTH HISTORY (circle appropriate response)

Current General Health Condition:	Excellent	Good	Fair	Poor
Have you had or do you currently have any heart problems?				Yes No
Do you frequently suffer from pains in your chest?				Yes No
Do you often feel faint or have spells of dizziness?				Yes No
Has a doctor ever told you that you have high blood pressure?				Yes No
Do you have arthritis, joint or back problems that are aggravated by exercise?				Yes No
Have you had any operations or serious injuries?				Yes No
Do you have any physical disabilities or chronic recurring illness?				Yes No
Do you have Epilepsy?				Yes No
Do you have Diabetes?				Yes No
Are you allergic to any medication, insects or pollen?				Yes No
Are you currently sick and/or using medication?				Yes No
Do you have any prescribed meal plan or dietary restrictions?				Yes No
Are there any activities to be limited/discouraged by physician's advice?				Yes No

Please describe any "yes" answers above: _____

Do you carry health insurance? ____ Yes ____ No

Carrier: _____ Policy _____

REPRESENTATION AND EMERGENCY AUTHORIZATION

This health history is correct so far as I know, and I believe that my health is satisfactory to participate in adventure activities. I hereby give permission to the medical personnel selected by *Blueprint for Men* to order injection and/or anesthesia and/or surgery for me. Such authorization for emergency treatment shall also include but is not limited to, charges incurred for the providing of aid and arranging evacuation if *Blueprint for Men* or its agents determine that such evacuation is necessary and desirable. I further agree to assume responsibility for the costs of any specialized means of evacuation and of any medical care and acknowledge any restrictions placed on my activities.

Signature of Participant _____ Date _____

Signature of Witness _____