



MOUNTAIN MAN EXPEDITION

WIND RIVER RANGE, WYOMING

JULY 15-25, 2021



Greetings Mountain Men,

John Muir once penned the inspirational 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!

The *Mountain Man Expedition* is a week-long wilderness expedition for adventurous men that will stretch the mind, elevate the spirit, strengthen the heart, challenge the body, and rest the soul. Participants should anticipate the physical challenges of backcountry travel with a group of up to a dozen individuals into a remote wilderness setting where leadership skills will be taught, demonstrated, and applied through outdoor skills and experiences.

| | |
|----------|---|
| WHAT: | Mountain Man Expedition |
| WHERE: | Titcomb Basin, Wind River Range, Wyoming |
| COST: | \$600 per person (\$350 airfare, \$250 car rental, \$207 pack horses, \$150 hotels) |
| BRING: | You are responsible for your own equipment... refer to equipment list |
| SIGN-UP: | May 30, 2021 deadline |

Climb On!

Marty Miller
Blueprint for Men



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1 OVERVIEW

The *Mountain Man Expedition* is a week-long wilderness expedition for adventurous men that will stretch the mind, elevate the spirit, strengthen the heart, challenge the body, and rest the soul. Participants should anticipate the physical challenges of backcountry travel with a group of up to a dozen individuals into a remote wilderness setting where leadership skills will be taught, demonstrated, and applied through outdoor skills and experiences.

2 LEADERSHIP



Marty Miller, M.S. Ed

Marty is a veteran educator, outdoor professional, and leader of men. After a long career as a high school biology teacher and outdoor leadership professor Marty is now the president of *Blueprint for Men*, a non-profit men's ministry. Marty is gifted at discovering and sharing spiritual lessons from nature and has certifications that include SOLO Wilderness First Responder, Leave No Trace Master Educator, ACA Swift Water Rescue, and AIARE Avalanche Safety.

The Wind River Range has been a favorite destination since the early 80s when Marty and a few friends completed a 70-mile traverse that included the Titcomb Basin and climbs of Mt. Helen and Gannett Peak. Marty looks forward to guiding our *Mountain Man Expedition* back into the heart of the "Winds", the Titcomb Basin, and for another attempt at Gannet Peak.

"Leader of the Day"

During the trek each man will have an opportunity to provide leadership for the entire group in what we call "Leader of the Day". During your leadership day you will guide and manage the group as pertaining to safety, schedule, teaching, devotionals, etc. Oversight will be provided by the trip leaders but just enough to ensure that our objectives are met.

While on the trek we will follow the biblical pattern of the day starting at sundown so your leadership day will begin in the evening too. This will all make sense while on the trip.

3 SCHEDULE

| Date | Activities |
|--------------|---|
| Thu, July 15 | 3:00 am – Drive from Collegedale to Nashville Airport 6:25 am – Depart from Nashville BNA on SWA #268 10:40 am – Arrive at Salt Lake City SLC 11:30 am – Rent Vehicle 12:00 pm - Lunch 12:30 pm - Drive to Pinedale, WY 5:00 pm - Drop off supply trunks at Thomason Outfitters (50 lb. max/person) 6:00 pm – Supper 7:00 pm - Best Western Hotel |
| Fri, July 16 | Leader of the Day 6:00 am – Breakfast at Hotel 7:00 am – Drive to Elkhart Park Trailhead and meet Outfitters Backpack from Elkhart Park to Island Lake (12 miles) Camp at Island Lake where the Outfitter dropped our loads |
| Sat, July 17 | Leader of the Day Backpack from Island Lake to Titcomb Basin (4 miles) Set-up Basecamp in Titcomb Basin |
| Sun, July 18 | Leader of the Day Rest and Skills Practice Camp at Basecamp |
| Mon, July 19 | Leader of the Day Mt. Helen (13,620) Camp at Basecamp |
| Tue, July 20 | Leader of the Day Climb Bonney Pass (12,800') for night bivouac |
| Wed, July 21 | Leader of the Day Climb Gannett Peak via the Gooseneck Pinnacle (13,804') Camp at Basecamp |
| Thu, July 22 | Leader of the Day Hike to Seneca Lake (8 miles) |
| Fri, July 23 | Leader of the Day Outfitter picks up packs at Seneca Lake Hike to Elkhart Park Trailhead (8 miles) Visit the Mountain Man Museum Best Western Hotel Celebration Supper |
| Sat, July 24 | Leader of the Day Breakfast at Hotel Drive to Salt Lake City Supper Hotel in Salt Lake City |
| Sun, July 25 | 10:35 am Depart from Salt Lake City (SLC) on SWA #4272 2:50 pm Arrive in Nashville (BNA) 3:30 pm Drive Home 5:00 pm Arrive back home |

4 GEAR LIST

General Backpacking & Camping Gear

- Backpack (60L+)
- Backpack rain fly
- Hydration bladder w/bite valve
- Sleeping bag (rated to a min. of 30° F)
- Sleeping pad
- Lightweight Tent
- Stove w/fuel
- Cook-set
- Lighter/matches
- Cooking Utensils (fork, spoon)
- 1 liter water bottles (2)
- Zip-lock bags for stuff
- Bear Cannister

Clothing

- Trail boots
- Waterproof/breathable jacket and pants
- Fleece insulating layer
- Insulating jacket
- Quick-dry synthetic underwear (3)
- 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+)
- Trekking Poles (optional)
- Insect Repellent
- Mosquito Head-net
- Lip balm
- Headlamp
- Extra batteries
- Ear plugs for tent flapping or snoring partner!
- Toilet Bag - toilet paper, hand sanitizer, trowel
- Deodorant
- Pack towel for bathing
- Biodegradable soap
- Bible
- Journal
- Pen/pencil

Mountaineering/Climbing Gear

- Climbing Harness
- Belay/Rappel Device
- Locking Carabineer
- Ice Axe
- Mountaineering Boots
- Crampons/micro-spikes

5 Logistics

Application

- Send the following items in the mail to Marty Miller, 10316 Conifer Ridge, Ooltewah, TN 37363
 - Completed Participant Form
 - \$600 check made out to *Blueprint for Men* to cover shared expenses
- Deadline is June 1, 2021

ESTIMATED EXPENSES

• LODGING

| | | | |
|----------------------------|---------|-------|------|
| ○ PINEDALE HOTEL - JULY 15 | 4 ROOMS | \$500 | \$50 |
| ○ PINEDALE HOTEL - JULY 23 | 4 ROOMS | \$500 | \$50 |
| ○ SALT LAKE CITY - JULY 24 | 4 ROOMS | \$500 | \$50 |

• VEHICLE RENTAL/FUEL

| | | | |
|-----------------|--------------|---------|-------|
| ○ FULL-SIZE VAN | 12-PASSENGER | \$2,500 | \$250 |
|-----------------|--------------|---------|-------|

- OUTFITTERS
 - PACK MULES 4 MULES \$2,000 \$200
 - FLIGHTS
 - SOUTHWEST AIRLINES – SELF-PURCHASE SEE BELOW (\$350)
- TOTAL \$6,000 \$600**

FLIGHTS

SOUTHWEST AIRLINES

- THU 7/15 6:25AM 10:40AM
FLIGHT #268 NASHVILLE (BNA) → SALT LAKE CITY (SLC)

SOUTHWEST AIRLINES

- SUN 7/25 10:35AM 2:50PM
FLIGHT #4272 SALT LAKE CITY (SLC) → NASHVILLE (BNA)

Ground Transportation

- We will leave Collegedale around 3:15 am ET and drive to Nashville Airport around 4:30 am CT.
- When we get to Salt Lake City we will rent a 12-passenger van to get us to the mountains and back again.

Communication

Much of the backcountry is out of cell phone service range. It is possible that some high points may have a signal. You might consider bringing a lightweight solar panel into the backcountry to charge phones, etc. via USB cable since you might use them as cameras and such.

Safety

We will be carrying a group first aid kit but please bring your own first aid kit as listed in the gear section. In the event of a major medical emergency that requires helicopter evacuation we will be carrying a SPOT.

Meals

You will need to purchase and package your food for the trip. Use the table below for your planning purposes.

| Day | Meal | Menu |
|----------|-----------|----------------------------|
| Thursday | Lunch | Salt Lake City, UT |
| | Supper | Pinedale, WY |
| Friday | Breakfast | Best Western, Pinedale, WY |
| | Lunch | |
| | Supper | |
| Saturday | Breakfast | |
| | Lunch | |
| | Supper | |
| Sunday | Breakfast | |
| | Lunch | |
| | Supper | |
| Monday | Breakfast | |
| | Lunch | |
| | Supper | |
| Tuesday | Breakfast | |
| | Lunch | |

| | | |
|-----------|-----------|----------------------------|
| | Supper | |
| Wednesday | Breakfast | |
| | Lunch | |
| | Supper | |
| Thursday | Breakfast | |
| | Lunch | |
| | Supper | |
| Friday | Breakfast | |
| | Lunch | |
| | Supper | Pinedale, WY |
| Saturday | Breakfast | Best Western, Pinedale, WY |
| | Lunch | Travel |
| | Supper | Salt Lake City |
| Sunday | Breakfast | Salt Lake City |
| | Lunch | Airport |

If you are inexperienced at backcountry cooking check out these websites.

- <https://www.rei.com/learn/expert-advice/planning-menu.html>
- <https://www.backpacker.com/skills/cooking>

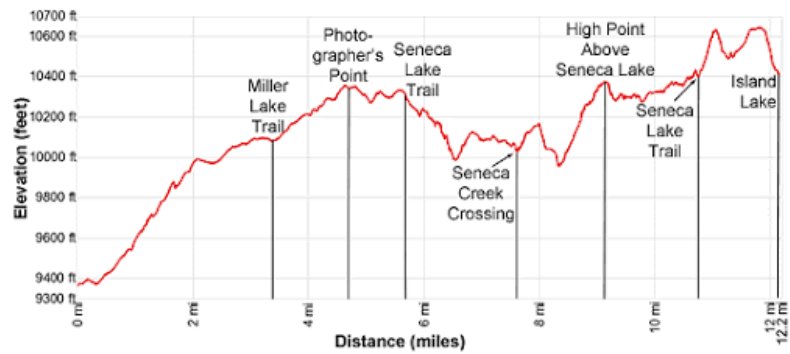
Our Destination

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 more than 13,000 feet (3,962 m). Except for 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.

Our Journey into the Wilderness

The Hike from Elkhart Park Trailhead to Island Lake (12 miles)

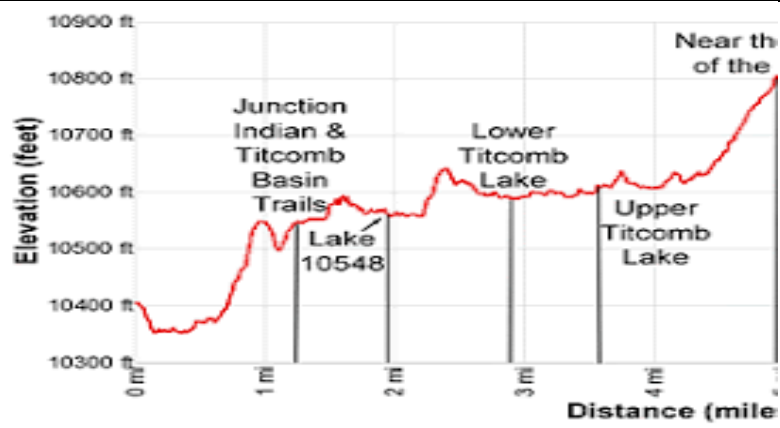


Photographers Point



Island Lake

The Hike from Island Lake to Titcomb Basin (4 miles)



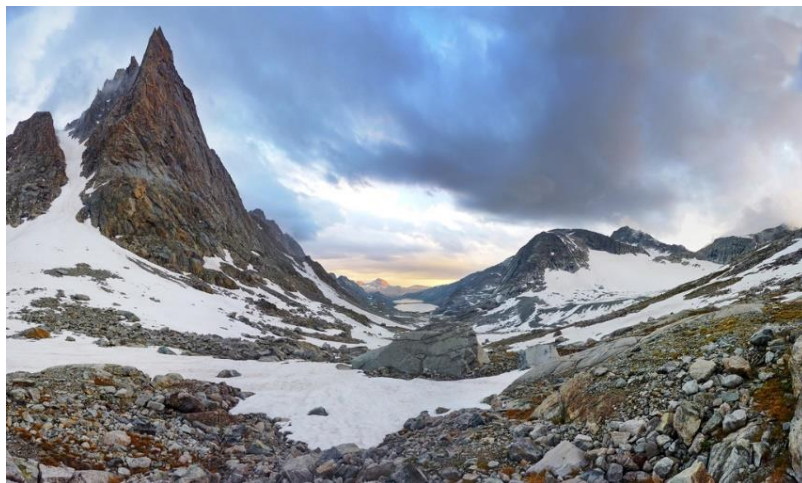
Titcomb Basin

Mt. Helen (13,620')

Summit Post route descriptions <https://www.summitpost.org/mount-helen/154058>



Mt. Helen from Bonney Pass



Mt. Helen and the Towers from the head of the Titcomb Basin



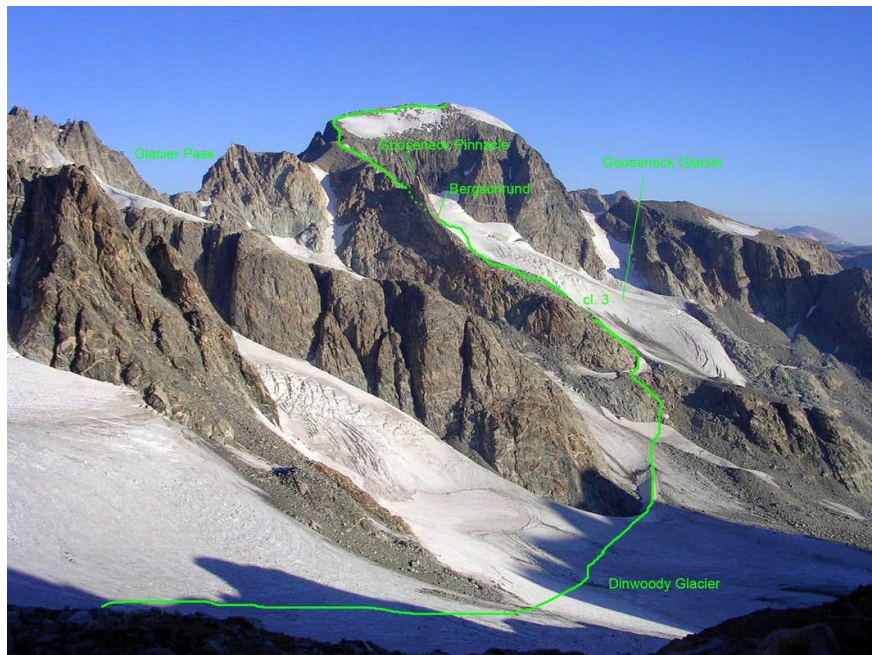
Mt. Helen Summit block

Gannett Peak (13,804')

Summit Post route descriptions <https://www.summitpost.org/gannett-peak/150362>



Gannett Peak from Bonney Pass at Sunrise



Gannett Peak Gooseneck Pinnacle Route from Bonney Pass



Gannett Peak Summit Ridge



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 will 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.
- Do not 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 residues.

- 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.
- Meat poles are available for carcass storage in some back country and dispersed campsites.
- Without a properly constructed pole, hanging carcasses so they are unavailable to bears will be difficult. Hunters should plan 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?