

Owyhee River Kayaking



June 14th - 22nd, 2011

Expedition Information

What to Expect on this Expedition

Upon arriving in Boise, ID on June 14th, you will be picked up by Mike and Bonnie at the airport and will drive to Jordan Valley, OR... the last civilization you will see for the next 8 days! After dinner at the JV Diner we will finish our drive to the river, meet our guides, distribute some of our gear for the expedition and spend the night at the put-in. The next morning we will pack our dry bags, do some instruction on how to kayak and river safety, then get on the river! The first day is all flat water and gives ample time to learn the skills needed to maneuver the kayak safely. The following days will be spent navigating rapids, enjoying the warm water and geography of the river as well as cliff jumping, river surfing, hiking and relaxing.

In the mornings we will wake up, have a half hour quiet time to reflect on the theme of the day, eat breakfast, pack our boats and put on the river before 10:30 am. In the evenings we will set up camp, have dinner, play games, hang out together and have group discussions considering the daily theme as it relates our unique cancer experiences/life. Aside from this routine, towards the end of the expedition, 24 hours will be spent on a "solo" where the participants will find a comfortable spot alone and experience the silence of the desert. The morning of the 22nd we will take off the river, drive back to Boise for a celebratory dinner and spend the final night enjoying each other's company and sleeping in a bed for the first time in 8 nights. The next morning everyone will be taken to the airport and fly home.

You should expect to be challenged mentally, physically and spiritually as you take part in this once-in-a-lifetime experience. The trip will not always be easy and there will be times of frustration and discomfort... but that is what makes this trip worth doing. Remember, we will not let you come if we do not think you are capable. If we say yes, we know you can do it and that you will take a lot away from the experience.

Participant Criteria

- ✓ A young adult cancer survivor between the age of 18-39ish.
- ✓ Willingness to engage with other survivors and their own cancer journey.
- ✓ No lingering medical issues that would be exacerbated on the trip or potentially lead to injury.
- ✓ Have been medically stable for at least 3 months prior to the expedition with no changes in health or critical medications within those 3 months.
- ✓ A supporter cannot come by themselves, only with the survivor that they supported in a significant way throughout their cancer journey.
- ✓ In a place mentally and emotionally where they will gain a large benefit from the expedition (as determined by the facilitators).



The Guides

The river portion of the expedition will be facilitated by YD Adventures Idaho (www.yd.org), who is the only outfitter to run this type of expedition on the Owyhee River and has done so safely for over 14 years. All of the kayak guides (including Mike and Bonnie) are trained in CPR, 1st Aid, and Swift Water Rescue. Mike and Bonnie Lang will be facilitating the evening discussions and a qualified professional counselor, Rose Schultz, will be available to participants.

Susan Bentley - Trip Leader
Ryan Bentley - Guide/Comic Relief
Mike Lang - Guide/Facilitator

Bonnie Lang - Guide/Facilitator
Kurtis Schultz -Guide/Kayak Master
TBD - Psychosocial Support

What You Need

There are a number of forms that need to be filled out in order for you to participate in the expedition. Don't be alarmed! All of the forms are confidential and I can assure you it is all information that is necessary for us to know. Also, if people take the time to fill out all the forms we know they are serious about coming :). Here is a check list and a quick description of the forms:

- Get to Know You Form:** This is for the facilitators to get to know you a little and make sure that you are a good fit for the program.
- Medical Information Form:** The medical form is to make sure you are adequately physically fit and able to handle the rigors of the expedition. Also we need to have thorough medical history to give a doctor in case you get injured.
- YD Adventures Waiver Form:** The guiding company that is outfitting the expedition needs this for liability reasons.
- STE Waiver Form:** YACC, as the initiating organization, also needs this for liability reasons.

Only the Get to Know You Form and the Medical Information Form needs to be returned to Mike *before your spot on the expedition can be confirmed*. They scanned and emailed or snail mailed to: 139 Woodhaven Bay SW, Calgary, AB, T2W 5S2. All other forms can be brought with you on the first day of the expedition.

Single Trip Emergency Medical travel insurance is mandatory for all participants and can be purchased at your local CMA (Canadian Motor Association) branch or online for approximately \$30 (members) or \$42 (non-members). Make sure that you clearly describe the activity you will be doing and your current health situation to the agent. Also make sure that the coverage includes up to \$5 million in emergency medical bills and medical transport/evacuation, including air ambulance.

Each participant will need a valid passport in order to get in to the USA. Please refer to the gear list provided in this package to see what equipment you will need to bring.



Pricing and Payment

The expedition costs \$660 and includes everything other than two travel meals and extra spending money. Once your Get to Know You and Medical Form have been submitted and approved, a \$200 deposit is required to reserve your spot on the trip. Mike will send you a PayPal invoice and you can pay the deposit by credit card online or by mailing a check to the same address as before. Reservations are done on a first come, first serve basis. The remaining \$460 must be paid the day of arrival by cash or cheque. Cheques can be made payable to Survive & Thrive Expeditions, Ltd.

Restrictions and Prohibitions

Smoking is permitted but is discouraged for obvious reasons. Drugs and alcohol are prohibited at all times and electronic devices such as iPods and cell phones are prohibited while on the river simply because they will easily be ruined (there's no cell reception out there anyway).

Physical Fitness

We understand that everyone has some physical challenges and limitations as a result of their treatments and we will make every effort to adapt the activities to those limitations. However, the trip will run smoother and will be more fun for everyone if we take steps to be in decent physical condition. Kayaking is a fairly tiring activity and the more time spent preparing for this the more enjoyable the trip will be. Things as simple as 20 push-ups spread throughout the day and getting your heart rate up walking/running 30 minutes 4 times a week will make a big difference while on the trip and in your life generally.

Bonnie is a certified personal trainer and has set up an online personal training program. She would love to put together personalized fitness programs for all you and to keep you accountable. Either way you will probably lose a few pounds and have chiseled arms by the end of the expedition, so why not get started now! If you are interested, please visit www.bonnielangfitness.com or email her at bonnie.lang.fitness@gmail.com for more details.

Travel Information

All flights need to be booked and travel itineraries emailed to Mike before **MAY 14th**, one month prior to the expedition (but the sooner you get me your itinerary the better). You need to arrive in Boise anytime before 3pm on June 14th and you can fly home anytime on June 23rd.

Program/Evening Discussions

While on the trip there will be a different theme for us to reflect on each day. We will have a short quiet time in the morning for this purpose as well as group discussions in the evening. The themes we discuss will depend on where the group is at in their cancer/life journey. We want all our conversations to be relevant with the ultimate goal of coming away from each discussion with a



practical life lesson or skill that we can take home and apply directly to our lives. While active participation in all the discussions is not mandatory, we want to make sure that the maximum benefit is gained from the trip and therefore would like everyone to attend the evening discussions

Final Details

I will be communicating primarily by email so please put my email (mike@survivethrive.org) as a contact so you will not miss any emails as Junk Mail. Feel free to email if you have any questions at all.

Finally, thank you so much for wanting to be apart of this expedition! Bonnie and I are convinced that the Owyhee River kayaking trip is the best river trip in North America and that is one of the reasons why we are so passionate about sharing it other YA survivors. We really believe that this experience has the potential to impact people's lives in a profoundly positive way and we hope that all of you have this same expectation. Get excited! We will see you all in a few months!!!

Sincerely,

Mike Lang
Survive & Thrive Expeditions



Bonus Section: Past Expedition Member Comments

“There are no words to describe the people, the bonds and relationships and family that was created with the guides and participants, the challenges, the scenery. I could go on...”

“It’s one thing to talk about the issues but it’s another to live them. And being outside, facing new challenges and over coming them ... it’s a powerful reminder of how beautiful life is and how resilient we are as human beings. And yeah we talked and we cried and we did all that ... but we really lived too - so good.”