

Grand Canyon Rafting



August 4th - 11th, 2011

Expedition Information

General Info

On August 4th we will all meet our van at 1:00 PM McCarran International Airport (zero level located below baggage claim) for a scenic five hour van ride to the Cliff Dwellers Lodge. The drive covers northern Nevada, southern Utah and northern Arizona. We will stop half way to stretch our legs, use the restroom, and pick up any soda your group may wish to bring. The last part of the drive takes you through the Kaibab Forest, which is the gateway to the Grand Canyon North Rim. This drive itself is so beautiful!

The morning of your launch, we will be picked up in front of the lodge for the short ride to Lee's Ferry where we will meet our boat and boatmen for a safety orientation. Once on the river a typical days will start with a morning a short guided meditation session and have a half hour quiet time to reflect on the theme of the day. We will then eat breakfast, pack our boats and put on the river. Through out the day we will learn about the geology of the Grand Canyon, enjoy the cool water, explore a amazing side canyons, Puebloan ruins, waterfalls or aqua blue streams! In the evenings we will set up camp, have dinner, play games, hang out together and have group discussions considering the daily theme or idea as it relates our unique cancer experiences/life. Aside from this routine, towards the end of the expedition, 4-6 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 11th we will take off the river and enjoy an amazing helicopter ride over the canyon to Bar 10 Ranch where we will board a small fixed wing airplane for the ride back to the Las Vegas Airport.

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 Hatch River Expeditions (www.hatchriverexpeditions.com), who was the first outfitter to run commercial trips down the Grand Canyon and has been doing so since 1934! All of the guides are certified in Wilderness First Responder, CPR for the Professional Rescuer, Arizona Backcountry Environmental Health certification, and Swift Water Rescue III Courses and are re-certified every 2 years. Many of our guides also hold an EMT or RN certification. Mike and Bonnie Lang and Matt Ferstler will be facilitating the evening discussions and a qualified professional counselor will also be available to participants.

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.
- Hatch River Expeditions 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 (in Canada) 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. It is never a good idea to travel without some kind of medical insurance and that is especially true if you are leaving your country. USA participants must also make their own insurance arrangements.

Each (Canadian) 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 total expedition cost is \$1500 and includes everything other than one travel meal and extra spending money for beverages. Once your Get to Know You and Medical Form have been submitted and approved, you will be sent a link to reserve your spot online. A \$300 deposit is required to reserve your spot and is to be paid on-line by credit card when you sign up. Once you have paid your deposit, Hatch River Expeditions will send you a due date for your final payment of \$933 to them. On the day of arrival you must bring the final \$267 in cash or check (payable to Survive & Thrive Expeditions, Ltd.) to cover the other transportation/organization costs to and from the river. Reservations are done on a first come, first serve basis.

Restrictions and Prohibitions

Smoking is permitted but is discouraged for obvious reasons. Drugs are prohibited at all times and alcohol will only be allowed in moderation at dinner because it is unethical to fundraise money for a beer float. Mainly, we want everyone to get as much out of the trip as possible and excessive drinking could easily ruin that potential. Electronic devices such as iPods and cell phones are discouraged while on the trip simply because it is your opportunity to get away from all of that stuff for a few days!

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 **July 4th**, one month prior to the expedition (but the sooner you get me your

itinerary the better). You need to arrive in Las Vegas anytime before 1pm on August 4th and you can fly home anytime after 12pm on August 11th.

Program/Evening Discussions

While on the trip there will be a different theme or idea 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. The trip will explore things like guided meditation, building life mission statements and storytelling, as well as real life examples of survivors who have been able to turn their painful cancer experience into something that has inspired and changes 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 stoked to be going on such an epic adventure with all of you. We can not wait to hear your stories and learn from the wisdom in them. We really believe that community and adventure experiences have incredible 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
www.survivethrive.org