



## Middle School Adventure Expedition Description June 26 – July 1, 2019

### 1. Receive Expedition Description

Letter from Executive Director  
Expedition Description  
Frequently Asked Questions  
Packing List



### 2. Apply & Make Deposit Online

After reviewing this packet, apply for your expedition:

[www.gcyouth.org/expeditions/  
individual-expeditions](http://www.gcyouth.org/expeditions/individual-expeditions)  
"Apply" tab

*If you prefer a paper application, please call the GCY office*



### 3. Complete Pre-Trip Requirements

Plan and carry out your Service and Youth Earnings Requirement! Engaging with and responding to weekly emails before the expedition will fulfil your Educational Requirement.



### 4. Final Payment & Preparation

Your final payment, Pre-Trip Requirement Documentation, travel planning, and any outstanding paperwork are due **May 31st**.



### 5. Enjoy your GCY Expedition!

*Please contact GCY office staff with any questions*

928.773.7921



[expeditions@gcyouth.org](mailto:expeditions@gcyouth.org)



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office@gcyouth.org www.gcyouth.org

Dear Parents & Guardians,

Welcome to Grand Canyon Youth! We are so pleased to have your child joining us for a life-changing adventure.

Grand Canyon Youth (GCY) is a nonprofit organization based in Flagstaff that provides outdoor experiences to young people ages 10-19. We believe that all young people can benefit from time spent in natural places. GCY serves schools, groups, and youth from across the country.

Our programs are educational in nature: in addition to exploring the outdoors, your child's journey with us will include hands-on science, art-making, time for reflection, teamwork, and much more.

Over the past 20 years, GCY has run hundreds of expeditions with thousands of participants from across the country! Our office staff will guide you and your child every step of the way as you prepare for their adventure. Thank you for choosing to send your child on a Grand Canyon Youth expedition. Nature and wilderness have the power to transform lives, and we are honored to share this opportunity with your child.

Please do not hesitate to contact us if you have questions as you prepare your child for their GCY expedition.

Sincerely,



Emma Wharton, MSW  
Executive Director

Connect with GCY





## Middle School Adventure Program Description Lower San Juan

### Program Information

Program Dates: June 26 – July 1, 2019

Total Cost: \$800

Initial Deposit: \$400      Due: with Application

Final Payment: \$400      Due: May 31, 2019

*\*Financial Aid Available\**

### Program Departure

**11:00am, Wednesday, June 26<sup>th</sup>, at the Grand Canyon Youth office.** Please have all of your gear packed and dress in what you plan to wear camping for the night. After a short orientation, you will get into vans, eat lunch (provided by GCY), and head to Navajo National Monument for the night!

### Program Returns

**Approximately 6:00 p.m., Monday, July 1<sup>st</sup>, at the Grand Canyon Youth office.** Parents & pickup contacts will be updated with approximate estimated time of arrival in Flagstaff throughout the day.

### What sets Grand Canyon Youth apart?

GCY provides some of the only access on the rivers and canyons of the Southwest dedicated to youth programming. We are committed to serving youth from a variety of backgrounds, so any interested youth has the chance to participate. Additionally, by completing GCY's Pre-Trip Requirements - community service hours, youth earnings, and an educational component - participants gain a strong sense of ownership over their program. GCY supports each program financially by offsetting about half of the trip price with money from donors, grants, and other fundraising efforts. All of this makes GCY stand apart, and provide unique, educational, high quality expeditions.

### About Middle School Adventure

This program is Grand Canyon Youth's Individual Enrollment expedition for middle school students. Participants sign up from anywhere across the country, and come independently to join in this experience together. Some may be seasoned outdoorspeople, and it may be others' first time camping. This expedition focuses on developing teamwork and leadership - everyone will work and play together!

Expect to work on several science & educational projects on this program. As you travel down the San Juan, you will enter the Glen Canyon National Recreation Area. You may have a GCNRA scientist along for the program, and help them collect scientific research data!

### About the San Juan River

- ◆ The San Juan originates as a small stream beneath the Continental Divide in the San Juan Mountains, near Pagosa Springs, Colorado. It then flows through parts of New Mexico and Utah, before joining the Colorado River in what used to be Glen Canyon, now Lake Powell. The section of the San Juan you will be running with GCY is located in southeastern Utah.
- ◆ You can see incredible geological features on the San Juan! Mule's Ear Diatreme is a prominent rock remnant of a subterranean explosion, and many fault lines and sedimentary layers are visible throughout the San Juan Canyon.
- ◆ As early as 10,000 years ago, humans - including Paleo-Indians, Basketmaker peoples, and Ancestral Puebloans - have lived and farmed by the San Juan River. Petroglyphs and pueblo dwellings are common along the river. Today the left bank of the river is the northern border of the Navajo Nation.

# Frequently Asked Questions

## What are we going to do out there?

Being on the river is taking a break from the hustle of everyday life. You will travel downstream in inflatable oar rafts and paddle boats, with motor boat support. Everyone works together, helping set up camp, do science projects, cook dinner, and wash dishes. You are a full participant in all aspects of river life! Each day you will move downstream, and each night you will camp some place new.

What happens off the river can be as spectacular as the rapids! Come ready to explore side canyons - you may hike to historical sites or hidden waterfalls. Every GCY program includes a Citizen Science element, where you will assist in collecting data for ongoing research projects. GCY guides will also lead art projects, games, and leadership activities.

## Who is coming with me?

Your group is made up of other youth from across the country, GCY Trip Coordinators, and a Glen Canyon National Recreation Area scientist. Your Trip Coordinators will work with you through the entire spring - helping with Pre-Trip Requirements and answering any questions you have. At the river you will meet your guide crew! These are experienced guides who have a passion for working with youth. Many GCY guides are alumni of our programs. Be sure to ask a lot of questions.

## What are the Pre-Trip Requirements?

You are more invested in an experience when you work to earn it yourself! You are required to complete three Pre-Trip Requirements: Educational, Service, and Youth Earnings Components. Learning about the river helps connect you to place; working to better your home community prepares you to form a community in the wilderness; and earning a portion of the trip cost makes you feel financially invested. Your Trip Coordinator will work with you to organize and plan opportunities to meet these requirements.

## How difficult will the expedition be?

It is helpful to be in decent physical condition for your adventure. It is important to show up physically and mentally prepared to be outside and active, *every day*. Having well broken-in footwear and knowing how to stay hydrated are great places to start. Even if you're not typically 'outdoorsy' or have never camped before, everyone can participate and succeed on a GCY expedition!

## What if there is an emergency?

Most emergencies can be prevented by taking care of yourself and listening to safety guidelines. GCY guides are certified Wilderness First Responders, and travel with a satellite phone and extensive first-aid materials. If there is an incident, the GCY office will work with guides to organize any needed support and contact parents. If you are nervous about any aspect of the program, please contact us for more information.

## What is the weather going to be like?

The weather on the Colorado Plateau is as unpredictable as the place itself. Prepare for all kinds of weather. Your expedition could be sunny and hot, cold and drizzly, or a combination of both! Pack layers to help you adjust to the range of temperatures and conditions. You can check for the weather conditions prior to your expedition by searching the forecast for **Mexican Hat, Utah**.

# GCY Pre-Trip Planning

## Financial Aid Availability

We acknowledge that extended wilderness river trips are expensive endeavors, and some families and youth may need financial support. Grand Canyon Youth, along with our donors, are proud to offer Financial Aid to youth who demonstrate financial or compelling need. There are no limits or cutoffs for requesting financial aid – we encourage anyone who needs help to apply. The vast majority of applicants are awarded a portion of their request. Because funds are limited, please ask only for what you need. After submitting your online *Youth Application*, the Financial Aid Request form will be available.

## Pre-Trip Requirements

We believe you will be more actively engaged and invested in the success of the program by working for it! To achieve this, we ask you to complete 3 Pre-Trip Requirements: Educational, Service, and Youth Earnings. There are many resources available to help you complete these requirements, including the GCY website, and your Trip Coordinator. We recommend starting this process early!

### ◆ Educational Component

How do you prepare to embark on an adventure like this? The educational component for this program is a series of weekly emails before the expedition begins. Articles, poems, short videos, and other resources will help you delve into the wonder, history, and environment of Grand Canyon. You will receive these emails from your Trip Coordinators starting a few months before the expedition. Prepare to reply and respond thoughtfully to all of these prompts. If anything peaks your interest, don't be afraid to dig deeper!

### ◆ Service Component

Engaging with your home communities prepares you to be an active member of the GCY river community. Each participant is expected to complete **2 hours of service per day on expedition (12hrs)**. You can count any service you have done since the beginning of the school year.

### ◆ Youth Earnings Component

Have you ever noticed that when you work for something, it means more to you? You are expected to raise or earn a portion of the trip fee. Be as creative as you like: save money from your job, do chores for family and friends, or sell art you make, old sports equipment, or video games you no longer use, etc.

### ◆ Pre-Trip Requirement Documentation

We ask that you document your completion of these Pre-Trip Requirements. When you complete your *Youth Application* and are officially registered for the program, you will receive a welcome email containing a link to the Pre-Trip Requirement Forms. It is a good idea to look at the questions on these forms before you begin working on your Pre-Trip Requirements.

## Travel Planning

Youth have come from all over to participate on our Middle School Adventure expedition! If traveling from outside of Flagstaff, you are responsible for your own travel to and from Grand Canyon Youth. For information about flying, shuttles, other methods of travel, support GCY can offer, and other considerations, visit <https://gcyouth.org/expeditions/summer-expeditions/>. Please call the GCY office if you have any questions and before booking any flights or travel arrangements!



# Packing for Your GCY Program

## How to Pack

You need two bags for this program. All of your personal items should be packed into a **trash bag or soft gym bag**, labeled with your name. This will be your “camp bag.” GCY provides a waterproof “dry bag” to pack your camp bag into when you get to the river. Space is limited, pack as lightly as possible!

Your second bag is a **small school-sized backpack**, or “day pack.” Pack this with what you need during the day. Keep in mind that things in the backpack will probably get wet.



*Left: Your “camp bag” with personal items will be packed into a dry bag, then rolled and buckled to ensure contents stay dry!*

*Right: A sturdy school backpack works perfectly as a “day pack”!*

*\*Bags are not to scale*

## GCY Will Provide...

A lifejacket (personal floatation device) and dry bag containing a sleeping bag, sleeping pad, and ground tarp. There are also tents available, although most nights groups will sleep out under the stars! Other gear coming along for the trip includes boats, a full kitchen, a wilderness bathroom (“groover”), all food and snacks, fresh water, and a kit full of games, books, and art supplies.

## Borrowing from GCY

GCY has many items available to borrow at our warehouse, including river shoes and rain jackets. Please check with us before purchasing any items! We understand that kids grow quickly, and purchasing outdoor gear can be a burden. Work with your Trip Coordinator to request certain items, or stop by the GCY warehouse and try on things for yourself.

## Do Not Bring

If you do not see an item on the Packing List, it is because **we have intentionally left it off**. Avoid bringing heavy clothing, towels, jeans, nice shoes, or leather boots. GCY programs are intentionally technology free, so please do not bring any electronics (cell phones, mp3 players, gaming devices). Remember anything you bring may get lost or ruined! Leave behind all money, wallets, and other valuables (watches, jewelry, favorite clothes, etc.). GCY will provide plenty of snacks, so **leave all food and drinks** at home as well.

## Medications

**Please bring TWO SETS of any necessary or prescription medications** (inhalers, Epi pens, daily medications, etc.). One set will stay with you and the other will go with your Trip Coordinator as backup. **YOUTH MUST BE ABLE TO MANAGE AND ADMINISTER THEIR OWN MEDICATIONS.** GCY provides extensive first-aid kits for the program. You do not need to bring any over-the-counter medications or first-aid supplies.

# Packing List

## Arrive Wearing

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- River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Tevas, Chacos, or Keens.
- Quick-dry shorts:** They should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings. (Bring 1-2 extra, pack in camp bag)
- Bathing suit tops (for girls):** No tying swimsuits, dark-colored sports bras recommended. (Bring 1-2 extra, pack in camp bag)
- Sun shirts:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think men's dress shirts. Wearing shirts is required. (Bring 1 extra, pack in camp bag)
- Sun hat:** With a large brim and chin-strap. Wearing a hat is required.
- Sunglasses**
- Retention device:** Small strap for your sunglasses or eyeglasses so you don't lose them, such as Chums or Croakies.

## Camp Bag (trash bag or small duffel, will pack into dry bag)

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- Athletic shoes:** 1 pair of running/P.E. shoes with good traction. Should be well worn in. Skate shoes and nice sneakers are not recommended.
- Socks:** Bring 2 pairs.
- Underwear:** Bring 3-4 pairs.
- Pajamas:** Bring 1 set of a t-shirt and light weight pants or shorts to sleep in.
- Headlamp or small flashlight:** Pack it with a new set of batteries.
- Personal toiletries:** Toothbrush, toothpaste, soap, shampoo, conditioner, feminine products (tampons with non-plastic or no applicators are suggested). Choose travel-size and biodegradable products when available.
- Lotion or petroleum jelly:** Bring 8-16 oz. Jars of with screw lids leak the least.
- Pillowcase:** There is no room for a pillow in your bag. You can stuff clothes into a pillowcase to create a substitute.
- Plastic bags:** (optional) Like from the grocery store. These can be used to separate dirty and clean clothes in your camp bag.

## Day Pack (small backpack)

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- Water bottles:** 2 Nalgene-type screw top plastic bottles. You need at least 2 liters. Camelbacks or other hydration packs are okay as long as you also bring a spare water bottle.
- Carabiners:** 2 metal clips that let you attach your backpack and water bottle to boats. Find them at outdoor shops. They should be at least 3 inches long, and do not need to be climbing grade or locking.
- Rain gear:** 1 Rain jacket (no ponchos) & 1 pair of rain pants.
- Lightweight fleece jacket:** Bring 1
- Sarong / lightweight cotton pants:** Bring 1 for sun protection and cooling off. Lightweight scarves or hospital scrub bottoms work well.
- Bandana:** Bring 1 to wet and tie around your neck, wear under your hat to keep cool, or as a washcloth.
- Waterproof disposable cameras:** (optional) Bringing large or expensive cameras is not recommended.
- Eyeglasses:** If needed. If you wear contact lenses, bring an extra set and back-up glasses, just in case.
- Sunscreen:** At least a 6 oz. bottle.
- Lip balm / Chapstick**
- Personal medications:** Bring 2 sets!