



Middle School Adventure 1

Upper San Juan

Expedition Description

June 26 - July 1, 2022
Ages 11 - 14

1. Receive Expedition Description

- Letter from Executive Director
- Expedition Details
- Frequently Asked Questions
- Pre-Expedition Planning
- How to Pack & Packing List

2. Apply & Pay Deposit Online

- Please follow the link below to find the application for your expedition.
- www.gcyouth.org/expeditions/individual-expeditions/#apply
If you would prefer a paper application, please call the GCY office.

3. Complete Pre-Trip Requirements

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

4. Final Payment & Preparation

- Your final payment, Pre-Trip Requirement documentation, travel information, and any outstanding paperwork are due two weeks before your launch (**Friday, June 10th**). You can submit final payments for your expedition on the GCY website here: www.gcyouth.org/expedition-payment

5. Enjoy your GCY Expedition!



2131 N First St Flagstaff, AZ 86004 Phone: 928.773.7921 Fax: 928.774.8941
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.

For over 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.

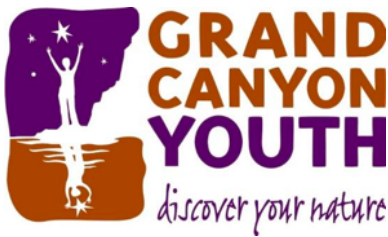
Sincerely,



Emma Wharton, MSW
GCY Executive Director

Connect with GCY





Middle School Adventure 1 Upper San Juan River June 26 - July 1, 2022

Expedition Details

Total Price per Participant: \$850

Deposit: \$400

Due: With Application

Final Payment: \$450

Due: Friday, June 10th

**Financial aid is available for this expedition - everyone is eligible to apply. If requesting financial aid, your deposit is adjusted to \$50. Find the GCY Financial Aid Application at the end of the GCY online Youth Application.*

Expedition Begins

11:00 AM, Sunday, June 26th, at the Grand Canyon Youth office. Please have all your gear packed, and dress in what you plan to wear camping for the evening. Make sure you have two full water bottles and you have eaten breakfast. After a short orientation, you will get into vans, eat lunch (provided by GCY), and head to Sand Island near Bluff, UT for the night!

Expedition Returns

Approximately 5:00 PM, Friday, July 1st, to the Grand Canyon Youth office. Pickup contacts will be called or texted if youth will be more than a half-hour late or early.

What sets Grand Canyon Youth apart?

GCY provides some of the only access to the rivers and canyons of the Southwest dedicated to youth programming. We are committed to serving youth from a variety of backgrounds, so anyone who is interested 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 expedition 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 the Middle School Adventure Expedition

Participants sign up independently from all over and come together to join in this shared experience. Some may already have outdoor experience, while for others it may be their first time exploring the outdoors and camping. Everyone is welcome to participate; you will work together to develop teamwork skills and build a community. Expect to be involved with several science & educational projects on this expedition. You may even have a GCNRA scientist along with opportunities to help collect scientific research data!

In service to our mission and values, GCY would like to acknowledge that this expedition visits the ancestral homelands of the Nucu (Ute), Pueblos, Diné (Navajo), Hopitutskwa (Hopi), and Nuwuvi (Southern Paiute) peoples, past and present. We recognize with gratitude the people who have stewarded these lands since time immemorial and the vibrant Native communities who make their home here today.

Frequently Asked Questions

What are we going to do out there?

Being in nature means taking a break from the hustle of everyday life. You will spend your days sharing meals, playing games, hiking to incredible vistas or cultural sites, learning about the place, and having a lot of fun! Everyone works together: setting up camp, doing science projects, cooking dinner, and washing dishes. Each day you will move downstream, and each night you will camp in a new place.

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 expedition includes a Citizen Science element, where you will assist in collecting data for ongoing research projects, and many Individual Expeditions will include scientist representatives from the United States Geological Survey (USGS) or National Park Service. GCY guides will also lead art projects, games, and leadership activities. Come ready to work & learn!

Who is coming with me?

Your group will include youth from across the country – sometimes from across the world! Each expedition has a Trip Coordinator, an adult leader in charge of helping you prepare and making your expedition successful! Your Trip Coordinator will communicate with you prior to the expedition and be your main group leader throughout the expedition. At the river you will meet your guide crew. Our guides have a passion for working with youth. Many GCY guides are alumni of our expeditions!

How difficult will the expedition be?

It is helpful to be in decent physical condition for your adventure. You will be outside, active, and in the hot sun every day. This is part of the fun, but can be challenging. Having broken-in footwear and knowing how to stay hydrated are great places to start. Besides rafting and hiking, plan on being involved in loading and unloading boats, packing and unpacking gear, and setting up and taking down camp. Even if you're not 'outdoorsy', do not know how to swim, or have never camped before, everyone can participate and succeed!

What if there is an emergency?

Most emergencies can be prevented. GCY field staff will give safety orientations once youth reach the destination. Everyone is encouraged to take extra care looking out for themselves and adhering to safety guidelines. GCY Field Staff are certified Wilderness First Responders, and travel with a satellite phone and first-aid materials. Field staff and Trip Coordinators will reinforce safety guidelines throughout the trip. If there is an incident, the GCY office staff will work with guides to organize support. If you are nervous about any aspect of the expedition, please contact us for more information.

What is the weather going to be like?

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

Find more Frequently Asked Questions at: www.gcyouth.org/expeditions/individual-expeditions/#FAQs

Financial Aid Availability

GCY offers Financial Aid for every Individual Expedition. We acknowledge that extended outdoor expeditions are expensive endeavors, and some families and youth may need support. We offer Financial Aid to any participant who demonstrates financial need, and everyone is qualified to apply. The vast majority of applicants are awarded at least a portion of their request. Because funds are limited, please ask only for what you need.

The Financial Aid Request form is available at the end of the online Youth Application, and includes fields and short answers questions for parents/guardians and youth to complete together.

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 (1hr/week before your expedition)**

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 the San Juan River. You will receive these emails from your Trip Coordinators *starting about 2 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 (2hrs/day on expedition)**

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**. 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 price. There are no parameters on how much you need to earn – we ask that you raise a meaningful amount for yourself. 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 also ask that you document the completion of these Pre-Trip Requirements. When you complete your online application and are officially registered for the expedition, 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 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, support GCY can offer, and other considerations, visit <https://gcyouth.org/expeditions/individual-expeditions/#packing>.

Please call the GCY office if you have any questions and before booking any flights or travel arrangements!



Packing for Your GCY Expedition

Middle School Adventure

How to Pack

You need two bags for this expedition. 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 stay dry.

Right: A sturdy school backpack works perfectly as a "day pack."

**Bags are not to scale*

GCY Will Provide...

A Personal Flotation Device (PFD) and a dry bag containing a sleeping bag, sleeping pad, and ground tarp. Tents are available, but most groups will sleep out under the stars! Other gear coming along includes boats, a full kitchen, an outdoor bathroom ("groover"), all food and snacks, drinking water, and a kit of games, books, and art supplies.

Borrowing from GCY

Please check with GCY before purchasing any items: we have many items available to borrow at our warehouse, including river shoes and rain gear. We know that kids grow quickly and purchasing outdoor gear can be a burden. Work with your Trip Coordinator to request items, or stop by GCY to try things on.

Do Not Bring

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

Medications

Please bring TWO SETS of any 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 staff does not administer medication except in the event of specified emergencies, or where a participant requests reasonable assistance in self-administration of medications.

Packing List

Arrive Wearing

- River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Texas, 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** (if needed): No tying swimsuits, dark-colored sports bras recommended. (Bring 1-2 extra, pack in camp bag)
- Sun shirts/Sun hoodie:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think button-up 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:** Strap for your sunglasses or eyeglasses so you don't lose them, like Chums or Croakies.

Have With You

- Educational Project**

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

- Athletic shoes:** 1 pair of running/P.E. shoes with good traction. Should be well worn. 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 lightweight 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, period care 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 with screw lids leak the least.
- Pillowcase/Small Travel Pillow:** There is no room for a regular pillow in your bag. We recommend stuffing extra clothes into a pillowcase to create a substitute.
- Plastic bags:** (optional) These can separate dirty and clean clothes in your camp bag.

Day Pack (small backpack)

- 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, under your hat to keep cool, or as a washcloth.
- Waterproof disposable cameras:** (optional) Large or expensive cameras are not recommended.
- Eyeglasses:** If needed. If you wear contacts, 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!

2022 COVID-19 Prepared Packing List

In addition to following the COVID-19 Health Agreement before your expedition, please come prepared to help mitigate the potential for transmission while on expedition. Please update GCY with any changes to your medical information, bring the following items along with you, and be ready to be an active participant in the collective health of your expedition!

How to Pack

Please keep your COVID-19 preparedness supplies in your **day-pack**. Follow [CDC recommendations](#) for clean and dirty face covering storage, and washing cloth/reusable masks throughout your expedition.

GCY Will Provide...

Additional COVID-19 mitigation supplies, including sanitization and testing materials. Please reach out to us with any questions regarding on-expedition mitigation efforts at expeditions@gcyouth.org, or visit our [FAQs on our website](#).

Completed vaccination card

- Please email your vaccination records to expeditions@gcyouth.org before arriving for your expedition. Bring a copy as back-up.

**Email GCY's Executive Director, emma@gcyouth.org, to discuss accommodations or vaccination exemption.*

Well-Fitting Masks: cloth and/or disposable that fit your face well. Please follow [CDC guidelines](#) regarding fit and [other recommendations](#).

- For shorter expeditions (1-4 day), please bring enough masks to have a clean option each day.
- For longer expeditions (5+days), time will be available to wash cloth/reusable masks. We recommend bringing enough masks to have a clean option each day for the first half of your trip.

Expedition Length	Masks
1 Day	2
2-4 Days	4
5+ Days	6



- Ziplock bags:** bring 2. Keep your clean masks in one. Use the other to store dirty/wet masks before proper disposal or washing.

- Biodegradable/Castile soap (travel size)** (For Multi-Day Expeditions Only): for washing cloth masks.