



Partners in Science 3 Lower Grand Canyon (Row) Expedition Description

July 13 - 22, 2022

Ages 15 - 19

1. Receive Expedition Description

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

1. 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 prefer a paper application, please call the GCY office.

2. 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.

3. Final Payment & Preparation

- Your final payment, Pre-Trip Requirement documentation, travel information, and any outstanding paperwork are due two weeks before your launch (**Wednesday, June 29th**). You can submit final payments for your expedition on the GCY website here: www.gcyouth.org/expedition-payment

4. 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.

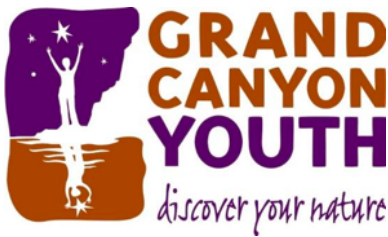
Sincerely,



Emma Wharton, MSW
GCY Executive Director

Connect with GCY





Partners in Science 3
Lower Grand Canyon (Row)
July 13 - 22, 2022

Expedition Details

Total Price per Participant: \$1,200

Deposit: \$400

Due: With Application

Final Payment: \$800

Due: Wednesday, June 29th

**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

4:00 PM, Wednesday, July 13th, 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 dinner (provided by GCY), and head to the South Rim for the night!

Expedition Returns

Approximately 10:00 AM, Friday, July 22nd, to the Grand Canyon Youth office. Pickup contacts will be updated with timing updates that morning.

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 Partners in Science Expedition

This expedition was developed in collaboration with the Grand Canyon Monitoring and Research Center (GCMRC), whose goals are "to develop monitoring and research programs, and related scientific activities, that evaluate short and long-term impacts of the Glen Canyon Dam on the biological, cultural, and physical resources of the Colorado River Ecosystem."

This is not just a rafting trip, but a chance to learn from, be mentored by, and collect citizen-science data with real, working scientists! These projects are a great way to learn firsthand the complexities of protecting and managing a place like the Grand Canyon. To learn more, watch the short video "What You Take Away" (<https://gcyouth.org/stories-photos/>).

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), Nuwuvi (Southern Paiute), Havasu Baaja (Havasupai), Kvav-Kapai (Hualapai), Pipa Aha Macav (Mojave), and Nuwuwu (Chemehuevi) 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! You will also have one or more scientists from the USGS facilitating Citizen Science research projects.

How difficult will the expedition be?

It is important to be in good physical condition for this adventure. Building up endurance prior to your expedition is a good idea. You will be outside, active, and in the hot sun every day. This is part of the fun, but can be challenging. Besides rafting and hiking, plan on being involved in loading and unloading boats, packing and unpacking gear, and setting up and taking down camp.

Hiking in the desert Southwest is different from hiking anywhere else. Many hikes contain uphill sections over uneven terrain, near vertical drop-offs. It can be very hot and dry, or wet and cold. Some hikes include rock scrambling and require guide assistance. Hiking is an important aspect of the expedition; expect to hike a couple of hours each day.

On this expedition you will need to prepare to hike into Grand Canyon via the well-maintained Bright Angel Trail, carrying a heavy pack. There are several places to stop, rest, and refill water bottles along the way and you are encouraged to go at your own pace. You will be responsible for carrying all of your personal items in your own backpack. The hike is steep, strenuous, and at high elevation. Think about it like walking down stairs for more than four hours with 20lbs on your back! We highly recommend you practice hiking in the summer heat, carrying a pack, before your expedition.

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 **Phantom Ranch, Arizona**.

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

GCY Pre-Expedition Planning

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 Grand Canyon. 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.

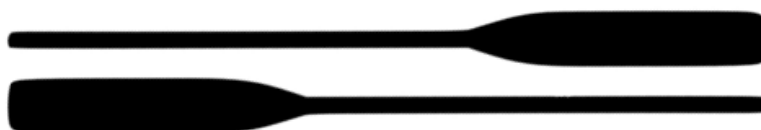
- **Pre-Trip Requirement Documentation**

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 Partners in Science expedition! If traveling from outside of Flagstaff, you are responsible for your own travel to and from Grand Canyon Youth, including any overnight arrangements needed before or after the expedition. 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

Partners in Science - Lower Row

How to Pack

You need **one bag** for this expedition. All of your personal items should be packed into a **backpacking-style backpack**. It should be about 30 to 50 liters in volume. Pack ALL of your belongings into it. GCY will provide a waterproof "dry bag" to pack your belongings in once you get to the river. Remember that you will be carrying everything into Grand Canyon on your back - pack as lightly as possible!

On the river, GCY will provide a **small backpack**, or "day pack." You will use it for items you need to access during the day like water bottles, sunscreen, lip balm, any day-time medications, rain gear, etc. Keep in mind that things in your day pack will get wet.



Left: Your backpack with personal items will be packed into a dry bag, then rolled and buckled to ensure contents stay dry.

Right: A sturdy 40-60 liter pack will work perfectly. Remember to pack light!

**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.

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 2 extra, pack in camp bag)
- Bathing suit tops** (if needed): No tying swimsuits, dark-colored sports bras recommended. (Bring 2 extra, pack in camp bag)
- Sun shirts/Sun hoodies:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think button-up dress shirts. Wearing shirts is required. (Bring 2 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.

Pack in Large Backpack

- 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.
- Camp shoes:** 1 pair of flip flops, crocs, or other comfortable shoes to wear at camp. Heel strap not required.
- 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, locking mechanism recommended.
- 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**
- Socks:** Bring 2-3 pairs.
- Underwear:** Bring 5-6 pairs.
- Pajamas:** Bring 1-2 sets 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.
- Biodegradable or Castile Soap:** Good for doing laundry while on the river.
- 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.
- 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.