

## **Middle School Adventure - Trip 3**

### **Lower San Juan**

### **Expedition Description**

July 24 - 30, 2024

Ages 11-14

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#### **1. Receive Expedition Description**

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

#### **2. Apply & Pay Deposit Online**

- Please follow the link on the GCY website to submit your application.
- Your deposit of \$400 (\$50 if applying for financial aid) is due with your application.
- If you do not have access to the internet and need a paper application, or have questions about paying your deposit, please ask 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 and any outstanding paperwork are due at least one month before your expedition (**Tuesday, May 14th, 2024**). You may make payments on the [GCY website](#).

#### **5. Enjoy your GCY Expedition!**

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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 25 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,

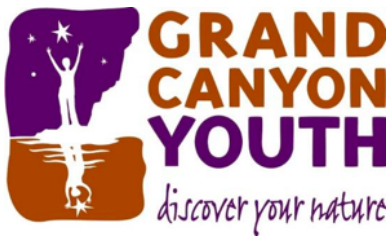


Emma Wharton, MSW  
GCY Executive Director

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.

Connect with GCY





## **Middle School Adventure - Trip 3** **Lower San Juan River** **Wednesday, July 24 - Tuesday, July 30, 2024**

### **Expedition Details**

Total Price per Participant: **\$1,100**

Deposit: \$400

Due: With application

Final Payment: \$700

Due: Monday, June 24, 2024

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

### *Expedition Begins*

**11:00 AM, Wednesday, July 24, at the Grand Canyon Youth office** (2131 N. First Street, Flagstaff). Dress in what you plan to wear camping (quick-dry clothes, hiking shoes, and layers). Make sure you have two full water bottles. 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 6:00 PM, Tuesday, July 30th, at the Grand Canyon Youth office.**

Parents/Guardians will be called or texted if participants 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.

### **Travel Planning**

Youth come from all over to participate in our Middle School Adventure expeditions! 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!

# 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. Come ready to work & learn!

## What are the Pre-Trip Requirements?

You are more invested in an experience when you work to earn it yourself. To achieve this, you are required to complete three Pre-Trip Requirements:

- **Educational Component:** Learning about your destination before participating helps you connect with the place you will visit.
- **Service Component:** Doing service projects in your community helps prepare you to form a cohesive community in the wilderness.
- **Youth Earnings Component:** Earning a portion of the trip price helps you feel financially invested.

## 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 may also have scientists or community members along for the expedition.

## 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 worn-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](http://www.gcyouth.org/expeditions/individual-expeditions/#FAQs)

# 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, first aid supplies, 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 expensive. 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 (if traveling independently, bring enough money for your meals, a post-expedition shower, and incidental expenses). 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** unless otherwise agreed or documented in a medication communication plan with collaborating organizations. GCY staff does not administer medication except in the event of emergencies.

GCY no longer requires COVID-19 vaccination and testing.

## Daypack (small backpack):

- ❑ **Sarong / lightweight cotton pants:** Bring 1 for sun protection and cooling off. Lightweight scarves or hospital scrub bottoms work well.
- ❑ **Rain gear:** 1 Rain jacket (no ponchos) & 1 pair of rain pants.
- ❑ **Sun hat:** With a large brim and chin-strap. Wearing a hat is required.
- ❑ **Sunglasses and retention device (strap):** Chums or Croakies, for example.
- ❑ **Eyeglasses:** If needed. If you wear contacts, bring an extra set and backup glasses, just in case. MUST have a retention device/strap for eyeglasses (Chums or Croakies, for example).
- ❑ **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 locking. Do not need to be climbing grade.
- ❑ **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.
- ❑ **Sunscreen:** At least a 6 oz. bottle with high SPF. Do not bring spray sunscreen.
- ❑ **Lip balm/Chapstick:** must have SPF.
- ❑ **Personal medications:** Bring 2 sets!
- ❑ **Money (if traveling):** You do not need money while on expedition, but bring enough to cover your meals, a post-expedition shower, and incidental expenses if you are traveling independently.

## Trash Bag or Small Soft Duffel (Camp Bag)

- ❑ **Quick-dry shorts:** 2-3 they should be made of nylon or fast-drying material (not cotton!). Athletic shorts, swim trunks, or leggings.
- ❑ **Sun shirts/Sun hoodies:** Long-sleeved, lightweight, cotton shirts are ideal for sun protection. Think button-up dress shirts. Wearing shirts is required. Bring 2-3.
- ❑ **Lightweight fleece jacket:** Bring 1.
- ❑ **Socks:** Bring 2 pairs.
- ❑ **Underwear:** Bring 3-4 pairs.
- ❑ **Sports Bras:** Bring 2-3. We recommend a sports bra instead of a swimsuit top for comfort. If you choose to bring a swimsuit, please do not bring one that ties in the back.
- ❑ **Pajamas:** Bring 1 set of a t-shirt and lightweight pants or shorts to sleep in.
- ❑ **River shoes:** 1 pair of sport sandals with a thick sole and heel strap, such as Tevas, Chacos, or Keens.
- ❑ **Athletic shoes:** 1 pair of running/P.E. shoes with good traction for hiking. Should be well worn-in. Skate shoes and nice sneakers are not recommended.
- ❑ **Personal toiletries:** Toothbrush, toothpaste, soap, shampoo, conditioner, period care products (tampons with cardboard or no applicators are suggested), skin lotion (8-16 oz - the desert is dry!) Choose travel-size and biodegradable products when available.
- ❑ **Headlamp or small flashlight:** Pack it with a new set of batteries.
- ❑ **Small journal and pen or pencil:** (optional).
- ❑ **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.

*Please arrive wearing items from this packing list. We will meet in Flagstaff for a brief orientation before traveling to Sand Island to camp.*