



**When?...** Sept 24-30, 2023

**Where?...** Green River, Utah

**Who?...** Latine Young Adult Survivors\*

## The Power of Finding and Being Found

*Transformative experiences in nature empowered by mindful awareness practices and peers who "get it."* Get ready to explore the beauty of the wilderness, take a closer look at the person you have become since your cancer diagnosis, and meet other young adult cancer survivors who know what it's like to hear the words, "you have cancer". At True North Treks (TNT) we bring young adults and caregivers affected by cancer together in beautiful outdoor settings to get away from some of the noise of life back home and know the beauty, stillness, quiet, and healing of the natural world. Following the guiding metaphor of the North Star, TNT empowers young adults and caregivers affected by cancer to "find direction through connection", through connecting with nature after something as *unnatural* as cancer treatment, connecting with peers who have walked a similar path and get it, and connecting with oneself through mindful meditation and yoga.

- **Dates:** Sept 24-30, 2023
- **What's Covered?** Flights, lodging, food, ground transport, expedition and programming expenses, tents, sleeping bags/pads, & other group gear.
- **What's Not Covered?** Food purchased in transit, fishing license and/or equipment, airline baggage fees, any airline fees incurred due to airline and/or personal delay/logistics.
- **What to Bring?** See packing list below.
- **TNT Guides:** Our qualified guides provide safe, fun, and meaningful adventures.
- **Climate:** Temperatures 45 - 80 degrees.
- **Sleeping:** We sleep in high quality tents shared with other participants.
- **Canoes:** Mixture of canoes for a variety of experiences and styles.
- **Paddling:** Mix length paddle days with time for exploration on side hikes.
- **Cuisine:** Healthy fresh food, including vegetables, fruits, nuts, grains and meat. We accommodate all dietary needs, restrictions, and preferences.
- **Pay it Forward Pledge:** Each participant pledges to help fundraise a minimum of \$1,200 to help support a future participant's trek through peer-to-peer fundraising efforts, with which we will provide support and assistance.

*\*This trek is intended for young adult cancer survivors who identify as Latine. We acknowledge the intersectional fluidity of language, identity, gender, and culture and use the term Latine fluidly to refer to any person who identifies as Hispanic, Latino, Latina, and/or Latinx. Participant ability to speak Spanish is not required.*





## The Destination

This September TNT is offering a unique and exciting **canoeing experience** on the magical and calm waters of the Green River. Participate with other Latine young adult cancer survivors to connect with nature, each other, and yourself through training and practice in mindfulness meditation and yoga. These gentle waters meander through the Stillwater and Labyrinth Canyon and make up some of Utah's most beautiful scenery. We will paddle a 55 plus mile stretch of flat water that will follow the rolling desert hills of eastern Utah into the majestic depths of Labyrinth Canyon. We will travel through the ancient times and history of the landscape as we view the ruins and rock art sites of the Pueblo Indians. Red cliffs, desert sunsets, and warm days await this memorable experience.

## Itinerary

### Sept 24: Grand Junction, CO

- Participants will fly into Grand Junction.
- We will camp in the area.

### Sept 25: Ruby Ranch, UT

- We will depart from camp in the morning and be shuttled to the rivers edge. Here we will do some trip preparations and get on the water.

### Sept 25 - Sept 29: Labyrinth Canyon of the Green River

- AM yoga & mindful awareness practices (MAPS) throughout the day.
- We will paddle the Labyrinth Canyon section of the Green River for 5 days and 4 nights. Note: Trek itineraries are subject to change and will be adjusted to meet the needs of the entire group.

### Sept 29: Grand Junction, CO

- We will be picked up at Mineral Bottoms and be shuttled back to Grand Junction.
- We will clean up at a hotel and enjoy a final meal in town together.

### Sept 30: Grand Junction, CO

- Participants fly home.

## Ready to apply or need more information?

Email Mandy: [mandyboes@truenorthtreks.org](mailto:mandyboes@truenorthtreks.org)

Call Mandy: 847-542-6365

Apply Online: [www.truenorthtreks.org](http://www.truenorthtreks.org)



# Our COVID-19 Safety Plan

In 2023, we will maintain several COVID-19 risk reduction and safety measures we have implemented since the 2021 season to prevent and limit transmission to our participants and guide staff:

**1. Proof of Being Fully Vaccinated/Boosted.** We will require proof of having been fully vaccinated for COVID-19 prior to being allowed to go. "Fully" vaccinated means you have received the maximum amount of what you are medically eligible to receive. For most, this means having received the booster(s) or whatever people are being advised by the CDC at any particular time. Participants will be asked to upload a photo of their signed and dated COVID-19 vaccination record card to their secure TNT account, which will be stored with their other medical approval information.

**2. Behavioral Precautions.** TNT's programs occur largely in the well-ventilated outdoors. However, we will continue to abide by our COVID-19 safety protocol, which includes: (a) if exposed or symptomatic within a week prior to a trek, testing and reporting any symptoms to TNT personnel; (b) if symptomatic upon arrival or at anytime during a trek, alerting TNT personnel immediately so that measures can be taken (e.g., social distancing, quarantining, temperature check/testing, possible evacuation); (c) optional mask-wearing at any time or in any space during the trek; (d) regularly using hand sanitizer and practicing good travel hygiene to the trek destination and during group transportation. As information is updated regarding risks and recommendations, we reserve the right to make final decisions on what aspects of this protocol will be implemented as it gets closer to the trek. We will be communicating this information regularly with approved participants and are happy to take any questions you may have.

## Packing List

- 2-3 short sleeve shirts** with quick drying/wicking material.
- 1-2 long sleeve shirts** with quick drying/wicking material.
- 1-2 lightweight quick dry nylon shorts**; could be used as a swimsuit.
- 1 swimsuit.** Can substitute with quick drying shorts
- 1-2 lightweight fleece pullover** as additional warm layer.
- 1 fleece pants** loose enough to fit over a pair of long underwear or shorts
- 1-2 nylon pants** for bug and sun protection. No Cotton. Could zip off to shorts.
- 3-4 sports bras.** Can be worn as a swim top.
- 4-5 underwear** or as many to help you feel good.
- 1 long underwear (top & bottoms).** Can be base layer that will keep you warm in cold or wet weather.
- 1 mid to heavy weight fleece or insulated puffy jacket** with a full length zipper.
- 1 rain jacket with hood & rain pants.** Should be waterproof, not water resistant.
- 1 sarong wrap.** Option for changing, covering with shade, etc.
- 1 fleece hat** for when things get chilly or wet.
- 1 wide brim hat/ball cap** to cover your face for sun protection.
- 1 fleece/ski gloves.** Optional for bug and/or cold protection.
- 1 paddling gloves.** Optional to support hands and skin.
- 3 pair wool socks** for warmth and bug protection. No cotton.
- 1 water shoes.** Should have heel strap (no flip-flops, Crocs or slip on aqua shoes). Chacos recommended.
- 1 old pair of running shoes** to be used as camp shoes, take walks in, keep feet dry at camp.
- 1 pair sturdy above the ankle hiking boots** designed for uneven terrain.
- 1 32oz water bottle** to keep you hydrated. Wide mouth bottles recommended.
- 1 travel or camping pillow.** Compressible or inflatable. Helps you stay comfortable at night.
- 1 sunglasses with strap** to protect eyes in a reflective environment. Strap so they don't fall in the river.
- 2 bandanas** for a variety of uses in the backcountry.
- 1 sunscreen & Chapstick** to help protect from UV rays while in the water.
- 1 toiletries:** toothbrush/paste, lip balm, bug spray & relief, & feminine hygiene kit (see backcountry hygiene doc)
- 1 travel clothes** for the trip home and to change into for going out for dinner on the last night.
- 1 duffle bag** to pack clothes in. **No hard shell luggage if possible.**
- 1 journal/pen/book.** Things to keep your mind happy and allow for personal space.
- 1 quick dry pack towel** to dry you off after taking a swim. Reasonable travel size. Not cotton recommended.
- 1 headlamp** to help you see at night. Plus extra set of batteries.

**TNT can provide you with the following gear below, however if you have your own you are welcome to bring it with you. Please discuss with lead guide during your pre-trek call.**

- 1 sleeping bag** - Synthetic, 20-40 degrees depending on course area and time of year.
- 1 sleeping pad** - Inflatable or foam.
- 1 compression sack** to compress your sleeping bag down for packing.
- 1 tent & ground tarp** (2 person/3 season minimum)
- 1 Crazy Creek camp chair**
- 1 yoga mat**