



"If cancer has a silver lining, it's First Descents."

MISSION

First Descents provides life-changing outdoor adventures for young adults (18-39) impacted by cancer.

WHAT

FREE kayaking, surfing and rock climbing adventures in the most epic locations around the U.S. and world.
No experience necessary!

HOW

Any young adult who has been diagnosed with cancer after the age of 15 is eligible to attend a week-long program. Interested candidates can inquire at www.FirstDescents.org/programs or give us a call! Our programs team is excited to help: **303-945-2490**

2017 Programs Locations

- OURAY, CO • OUTER BANKS, NC • SMOKY MTNS, NC
- ADIRONDACKS, NY • HOOD RIVER, OR • LAKE TAHOE, CA
- CASCADE MTNS, WA • ESTES PARK, CO
- BOZEMAN, MT • TARKIO, MT • ROGUE RIVER, OR
- JACKSON, WY • SANTA CRUZ, CA



2017 Local Adventure Communities

- BOSTON • LOS ANGELES • D.C./BALTIMORE
- PORTLAND • CLEVELAND • SAN DIEGO • CHICAGO
- DENVER • SEATTLE • NYC • SAN FRANCISCO
- MINNEAPOLIS • AUSTIN • ORLANDO

