



"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 diagnosed with cancer after the age of 15 is eligible to attend a program. Interested candidates can inquire at www.FirstDescents.org/programs or call **303.945.2490**. Our programs team is excited to help!

2019 Programs Locations

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



2019 Local Adventure Communities

AUSTIN • BOSTON • CHARLOTTE • CHICAGO • CLEVELAND • D.C./BALTIMORE • DENVER • LOS ANGELES • MINNEAPOLIS • MILWAUKEE • NYC ORLANDO • PHILADELPHIA • PORTLAND • SALT LAKE CITY • SAN DIEGO • SAN FRANCISCO • SEATTLE

