



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

## MISSION

First Descents provides life-changing outdoor adventures for young adults (18-39) impacted by cancer and other serious health conditions.

## WHAT

**FREE** outdoor adventures in the most epic locations around the U.S. and world.  
*No experience necessary!*

## HOW

Any young adult diagnosed with cancer or MS after the age of 15 and between the ages of 18-39 is eligible to attend a program. Interested candidates can inquire at [www.FirstDescents.org/joinus](http://www.FirstDescents.org/joinus) 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 •
- CASCADE MTNS, WA • ESTES PARK, CO • TARKIO, MT
- ROGUE RIVER, OR • JACKSON, WY



### 2019 Local Adventure Communities

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

