

OUT LIVING IT

WELCOME TO THE FAMILY



HERE IS YOUR GUIDE TO OUT LIVING IT

WE'RE SO EXCITED YOU'RE HERE!





YOUR OUT LIVING IT JOURNEY:

Our goal is to get you on a program that works for you, as soon as possible. This could include a destination week-long program or shorter duration program closer to where you live. It's up to YOU!

At the end of the day we're all about life-changing outdoor adventure and social connection. We make adventure a part of your life through our programs and by connecting you with a larger community of individuals who are *Out Living It*. We do this through a variety of domestic and international adventures that range from 2 days to 2 weeks.



WE'RE HERE TO HELP!

Our ultimate goal is that adventure and the supportive friends you make along the way will be an ongoing part of your journey.



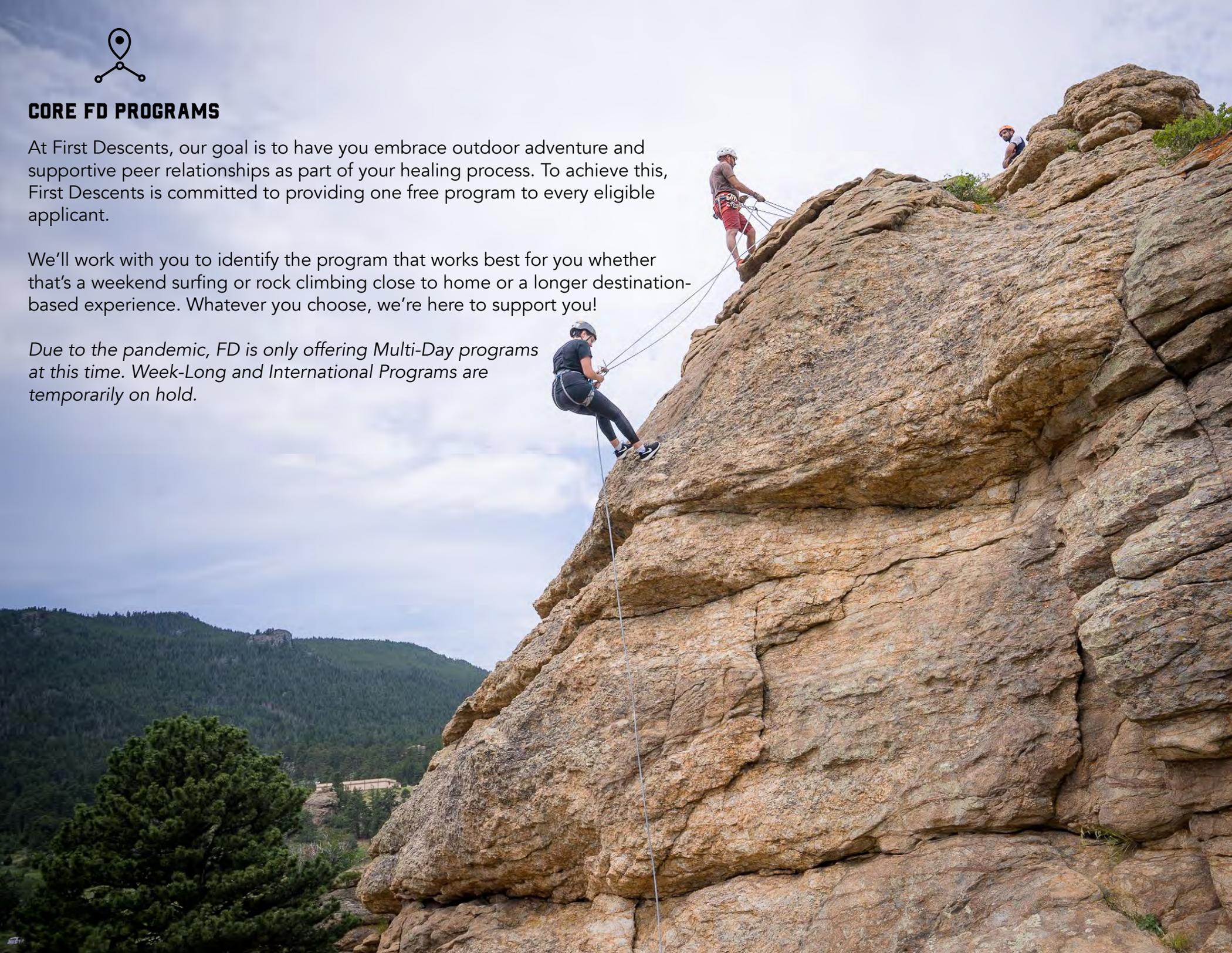


CORE FD PROGRAMS

At First Descents, our goal is to have you embrace outdoor adventure and supportive peer relationships as part of your healing process. To achieve this, First Descents is committed to providing one free program to every eligible applicant.

We'll work with you to identify the program that works best for you whether that's a weekend surfing or rock climbing close to home or a longer destination-based experience. Whatever you choose, we're here to support you!

Due to the pandemic, FD is only offering Multi-Day programs at this time. Week-Long and International Programs are temporarily on hold.





COMMUNITY LED ADVENTURES

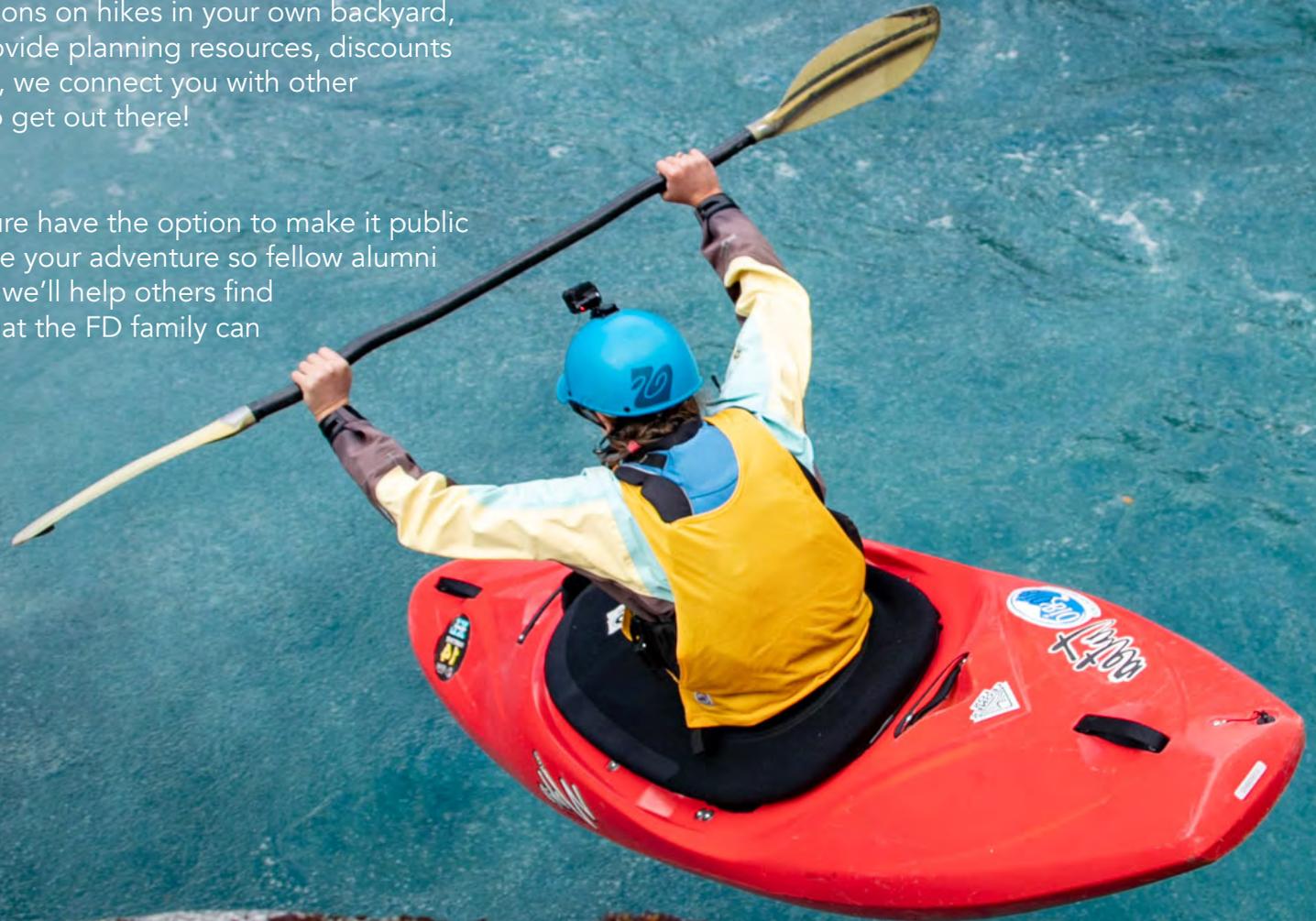
Peer connection is key to the FD experience. Our goal is to create a community of support, bonded through adventure. In addition to our core program schedule, alumni are encouraged to adventure with each other through our adventure planning platform called the Out Living It Project.

Create your own Community Adventure

FD will make our Program experts available to you (for free) to help you plan YOUR OWN adventure. Whether you need a rundown of how to plan a trip to climb Everest, or simple recommendations on hikes in your own backyard, we're here to help. When you join, we provide planning resources, discounts through our local partners, and best of all, we connect you with other members of the FD community looking to get out there!

Join a Community Adventure

Participants who create their own adventure have the option to make it public to the entire FD community. We'll promote your adventure so fellow alumni and eligible participants can join you and we'll help others find local community adventures closeby so that the FD family can continue to out live it together!





MEDICAL STUFF

We do require some medical forms to make sure we can provide you with the safest experience possible. We know what you're thinking, not another medical form...

BUT we need your doc to sign these forms! Once this is done, you're good to go for a year!

COMPLETELY CONFIDENTIAL

Medical information is **ONLY** viewed by our programs staff and volunteer Medical Reviewers to ensure safe and inclusive programming.





MONEY STUFF:

We guarantee one free program to all eligible participants!

We ask that you cover travel expenses to and from your program location. Travel scholarships are available on a needs-basis to help get you to an amazing week-long adventure!

ALUMNI PROGRAMS

Individuals who have already attended their free program will be eligible for additional programs that have registration fees and/or fundraising requirements.





MEET YOUR NEW COMMUNITY.

PEOPLE:

Each First Descents program has roughly 15 participants. Sometimes more, sometimes less. These people make up part of your new FD family. During your program, you will support one another, cheer on your fellow adventurers, and have unforgettable experiences with your new community.





STAFF:

We provide you with a group of awesome staff and volunteers to make sure you feel supported at the programs you attend. At all of our programs, we have an incredible lead staff to help guide you through your experience. Additionally, we'll have volunteer support including a trained medic to ensure everyone has a safe experience.

Your safety is our top priority and all activities will be led by fully vetted and certified guides ready to teach you the skills you need to take on this new adventure.

HIGHLY TRAINED, HIND, AND BADASS.





ACTIVITIES:

Get ready to Out Live It.

On your program, you'll experience peak adventure. We're talking class 3 rapids and big rock walls. Our goal is to push you to and through your perceived limits, and show you what you are capable of. Sound fun? Awesome!

CHALLENGE BY CHOICE



If that feels a bit too intense, don't worry! All our programs are challenge by choice. At First Descents, you decide what you are comfortable with... BUT, we will always encourage you take on new challenges and conquer your fears.



PACKING LISTS:



Don't have a kayak? No worries! We'll take care of all of the technical gear like kayaks, life jackets, helmets, climbing harnesses, surf boards, wet suits, and more. All you have to bring is clothing and personal items! Don't forget a water bottle! Still have questions? We'll send a packing list specific to your program so all your questions will be answered soon.



NO COTTON!

Cotton is a bad choice for most outdoor activities. When it gets wet, cotton allows moisture to sit on your skin, cooling you instead of keeping you warm. In other words, you don't stay very warm or dry with cotton. Instead bring wool or synthetic fabric clothing!



LODGING:

For overnight programs, think epic mountain retreat. Forget the tent, but embrace the occasional yurt.

Every overnight program has a unique lodge that will be the-FD home base for the weekend or the entire week! You can expect to have a comfy bed and access to a communal bathroom. We do our best to make sure that everyone has the amenities and privacy they need for a comfortable stay.



MEALS:

At each program, we dish out delicious and nutritious meals to keep you well fed and energized!

Expect insanely delicious meals packed full of veggies, fruits, healthy proteins, and the occasional meat and dairy. Our team works to accommodate all dietary needs, restrictions, and allergies to help you Out Live It at every program and back at home in your everyday life.

A close-up photograph of a person's hands cooking on a portable gas stove. The person is using a wooden spoon to stir a large pot of food. A frying pan is also on the stove, with steam rising from it. The background is a blurred outdoor setting with green grass.

HEALTH-INFORMED HOME COOKING, FOR THE WIN!

Bayou
CLASSIC



START OUT LIVING IT:

Give us a call at 303.945.2490, and we'll find the program that's right for you.

You can also visit www.firstdescents.org and check out the program finder feature on the main landing page.

WWW.FIRSTDESCENTS.ORG