

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 includes a free, week-long program surfing, kayaking or climbing in some of the most epic destinations across the United States.

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'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.

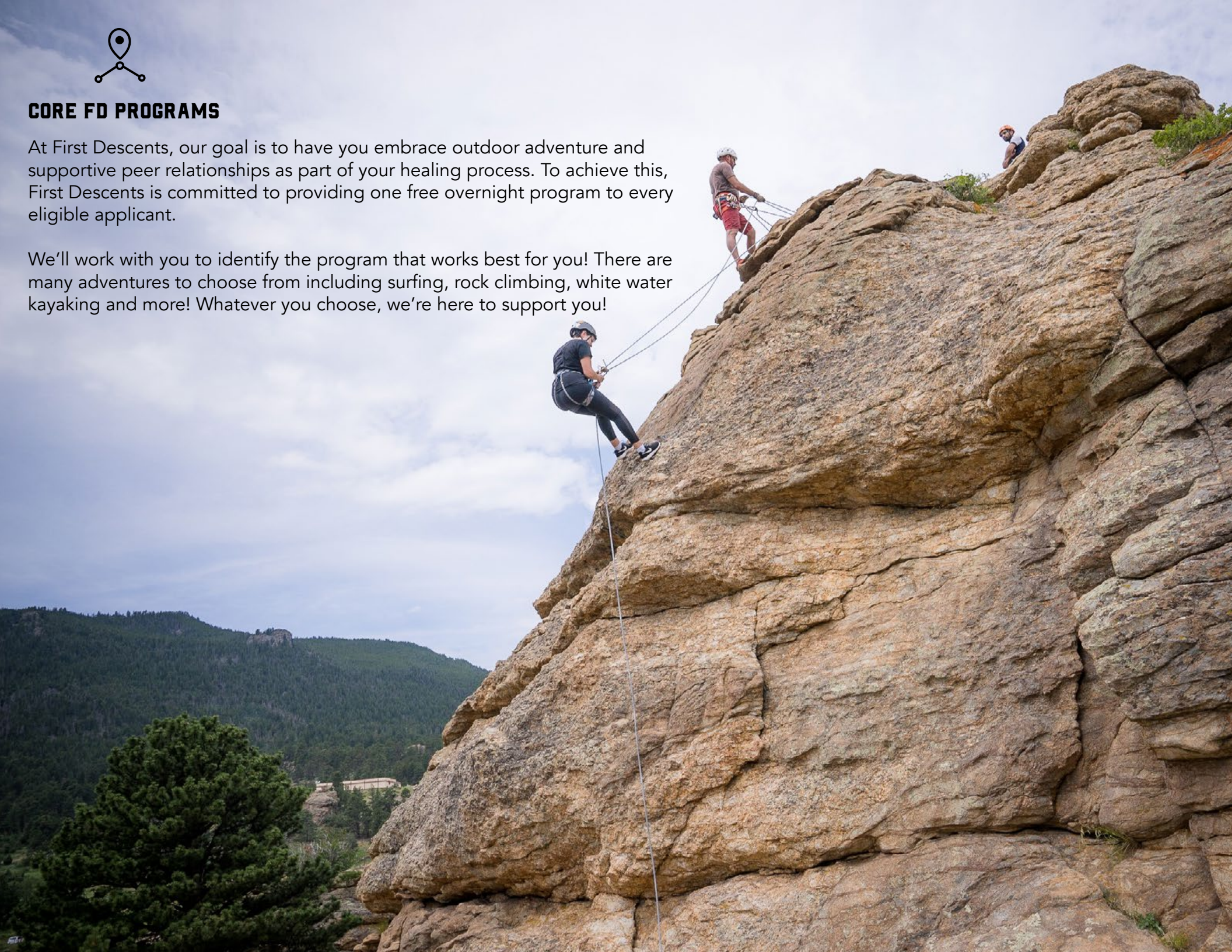




CORE FD PROGRAMS

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 overnight program to every eligible applicant.

We'll work with you to identify the program that works best for you! There are many adventures to choose from including surfing, rock climbing, white water kayaking and more! Whatever you choose, we're here to support you!





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 you and possibly your doc to sign these forms!
Once this is done, you're good to go!

COMPLETELY CONFIDENTIAL

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





MONEY STUFF:

We guarantee one free overnight 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 you get on an amazing adventure!





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 program you attend. At all of our programs, we have 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 whitewater rapids and big rock walls. Our goal is to provide you with a life-changing outdoor adventure and community for life. Sound fun? Awesome!

CHALLENGE BY CHOICE



All our programs are challenge by choice. At First Descents, you decide what you are comfortable with and we meet you where you're at... BUT, we will always encourage you to take on new challenges in a safe and supportive environment.



PACKING LISTS:



Don't have gear? No worries! We'll take care of all of the technical gear like kayaks, life jackets, helmets, climbing gear, 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:

Think epic mountain retreat. Forget the tent, but embrace the occasional yurt!

Every program has a unique lodge that will be the FD home base for the duration of our time together. You can expect to have a comfy bed and access to a communal bathroom. We do our best to make sure that everyone has what they need for a comfortable stay.



MEALS:

At each program, professional FD chefs 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 your program and back at home in your everyday life. Learn more about our Nutrition Mission [HERE](#).

Download our free [Out Cooking It E-book](#) to tap into the benefits of health-supportive nutrition. Plus, grab the ingredients and tune into our [Out Cooking It Series](#) on Youtube to follow along as FD Chefs show you how to prepare each recipe.

A close-up photograph of a person's hand stirring a large pot of food on a portable gas stove. Steam is rising from the pot. The stove has a 'Bayou Classic' logo on it. The background is a blurred outdoor setting.

HEALTH-INFORMED HOME COOKING, FOR THE WIN!



START OUT LIVING IT

While we work to get you out on a program, you can get involved with the community right away through Community Adventures. Our goal is to create a community of support, bonded through adventure which is why we created the Community Adventures platform!

Community Adventures are all about community connection and shared outdoor experiences – they are a simple way to gather your First Descents family and out live it together! These are experiences planned and facilitated by members of the First Descents community. It could be a day hike or a weekend backpacking trip. The best part? Community Adventures are open to EVERYONE – so whether it's your first time or you're an FD alumni, feel free to bring along a partner, friend, or family member!

Click [here](#) to check out our upcoming Community Adventures or connect with our staff to plan an adventure in your hometown.





LEARN MORE

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