

DYF Takes Mount Whitney, 2012

A Life Changing Trip for Teens ages 15-17

Information for Prospective Participants

JULY 14-JULY 25

(Kings Canyon National Park Backcountry Permit pending until mid-March. Dates may be altered by one to two days on either end).



Thank you for inquiring into the “DYF Takes Mount Whitney Trip” for teens ages 15 – 17, a program of the Diabetic Youth Foundation. We have provided you with information that may help answer some of your questions. Please contact the Diabetic Youth Foundation with additional questions at 925.680.4994 or at info@dyf.org, subject title: Mount Whitney.

Dates, Route of Trip, and Participant Requirements

On July 14, up to ten participants will gather at Bearskin Meadow Camp to prepare to embark on a **14, 496 foot**, 90 mile journey, to the highest peak in the lower 48 states. The group will spend the first one to two days at DYF’s Bearskin Meadow Camp, and then cross the Western Sierra to the Mount Whitney Zone, at which point they will summit to 14,496 feet. The group will return to camp on July 24 to debrief the trip with departure on July 25.

The route of the trip will be determined in late Spring. The trek will be a class 1 or class 2 level defined by walking on maintained trails and hiking over uneven terrain, through brush, and up and around rock bluffs, steep gullies, scree (loose and sandy rock), and talus (broken rock), where the hands may be needed for balance.

Regardless of the route, participants will need a moderate level of fitness, stamina, and determination to complete the trip. A special “Mount Whitney Physician’s Statement” will need to be completed by the participants verifying a certain level of capability for the trip, and participants will be required to complete a statement of intent (provided in the registration package).

Trip Staff & Emergency Procedures

This trip will have two to three backpacking staff, and one health care professional. These persons are experienced staff with the Diabetic Youth Foundation.

The group will be in satellite phone contact with Dr. Mary Simon, DYF’s Medical Director or assistant Medical Director, Jeannie Hickey. Each night the group will call into the camp to discuss any diabetes or general related health issues, and will have access with their phone to contact emergency services throughout the trip, if needed. The group will also be carrying the SPOT Tracking System (www.findmespot.com).

Registration Instructions and Cost

In order to register for the trip, please download a registration form from our website at dyf.org. In order to reserve the participant's spot a \$150 payment is required with the registration form. This will not be cashed until the participant is formally accepted into the program and will be subtracted from the participant fee (with the exception of fundraising \$3501 and above at which point part or all of the money will be refunded). Pending fundraising, you will be billed at a later date for the remaining cost. No-interest payment plans are available. The balance must be paid off by December 31, 2012.

After receiving the complete registration form, DYF will ask each prospective participant to complete a questionnaire upon which suitability for the trip will be determined.

The Mount Whitney trip provides an opportunity for participants to fundraise to reduce their fee. The flat fee for the trip, without fundraising, is \$1800. For a specific amount of dollars fundraised, this fee is reduced. See below

Money Raised for DYF*	Whitney Participant Fee
\$0	\$1800
\$500-\$750	\$1650
\$751-\$1000	\$1450
\$1001-\$1250	\$1250
\$1251-\$1500	\$1000
\$1501-\$2000	\$850
\$2001-\$2500	\$750
\$2501-\$3000	\$450
\$3001-\$2500	\$250
\$3501-\$4000	\$50
\$4000+	FREE TRIP!

*In the event a teen chooses to fundraise for the DYF to reduce their participant fee, a fundraising package will be provided with suggestions and assistance. The money raised for the Mount Whitney trip may be done so in conjunction with "DYF DAY". All monies raised for the trip must be done so by June 15, 2012.

If for whatever reason, *DYF* deems your child unable to participate on the trip your entire fee minus a \$50 processing fee will be returned. If *you* cancel your child's participation in the trip prior to June 15, 2012 your fee will be returned minus a \$150 processing fee. After June 15 no money will be returned for your child's cancellation in the program, medical reasons exempted with a verifying doctor's note.

Participants will be expected to provide some of their own backpacking gear including well-fitting hiking boots. Please expect that there will be some external costs to the trip that you and your family may incur due to required gear, although DYF tries to keep these costs to you at a minimum. Much of the equipment needed will be provided by the Diabetic Youth Foundation directly (for example water purification systems, calorie-dense food, cooking gear, and so on) however some backpacking gear may need to be brought by the participants.

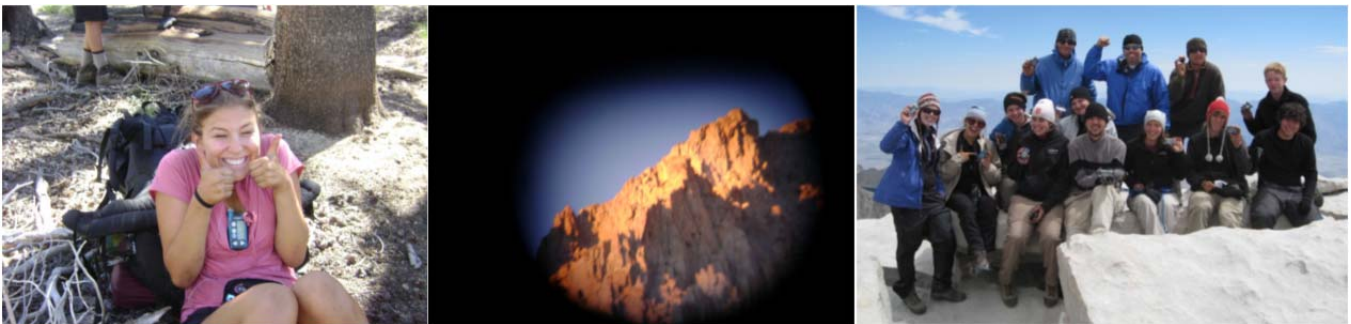
Last, should your child choose to be a part of this program, your child is still able to attend Bearskin Meadow Camp's Teen Camp and/or Family Camp Sessions and/or Leader-in-Training Program.

Final Words

This program is for teens who want to be physically, emotionally, and mentally challenged, and who are ready to work with a tight-knit team in order to succeed. It is also for those who realize that it will truly be the journey of this trip, and not the final-destination, that will be life-changing. The trip will be filled with many challenging moments, and decisions that will be made in the best interest of the group, the fitness level of the participants, and the overall leadership ability of the participants. It is not guaranteed that the group will summit however every attempt will be made to reach the top. While ascending Mount Whitney is not technically difficult, it does require good planning, stamina, and persistence. Please contact the DYF with questions and concerns.

To find out more information about Mount Whitney please visit:

<http://www.nps.gov/seki/planyourvisit/whitney.htm>



What past participants and their parents had to say about their Mount Whitney experience:

“I have changed so much from the Whitney trip. I am eating better, exercising more, not as picky about germs or dirt, I feel in tune to the wilderness, I feel a part of a wonderful family, and I am an all around much happier and healthy person. It has opened up a new world to me, and a completely different way of life.”

“It COMPLETELY changed my life! I never knew that nature could be so beautiful, and I dream of backpacking every single day.”

“I would tell (other teens) that it is an amazing trip that will change their lives forever.”

“My life has changed (for the better) in more ways than I could ever expect.”

“This program was an amazing experience for me. It was the most challenging thing I have ever done, but also the best and totally worth all of the hard work. It is really the people that make the trip, and the counselors and my fellow campers definitely made the trip. I think that the positive attitudes (of the leaders) are what kept me going the whole time. I cannot thank everyone enough for creating such an awesome trip.”

“I really wanted my child to have a challenging experience and this was it. My child loved the camaraderie of the fellow hikers and the beauty of nature. Plus, my child learned to become more independent with diabetes. What more could I ask for?”

“This is an opportunity of a lifetime! Kids prove to themselves that they are capable of surmounting seeming obstacles. Our teen couldn't believe that we were expecting participation, but THANKED us when we were reunited. This is the perfect opportunity to develop a heightened appreciation for wilderness.”