



Diabetes Youth Families supports those affected by type 1 diabetes so they may lead full, healthy, beautiful lives, NOW!

Our Adventure Programs in California's High Sierra Wilderness take you further into the outdoors and empower you to take the next step in your diabetes self-management journey.



Family Camping

May 24-26 (Ages 10+)

This is a weekend of camping and hiking in a beautiful location close to the bay area for families with a kid or teen with type one.

Teen Backpacking

June 27-July 3 (Ages 13-15)

A backpacking adventure for teens who love or want to learn how to backpack while managing their diabetes. This program is for those who want to push themselves and accomplish something challenging while building community.

Altitude 14,505

July 9-23 (Ages 15-17)

An intense expedition backpacking trip spanning approximately two weeks, where teens living with T1D will journey ~70 miles through the High Sierra wilderness with the goal of summiting the tallest mountain in the contiguous United States, Mt. Whitney.

Community Whitewater Rafting Weekend

August 29-31 (Ages 18+ or Ages 10+ with an adult)

Calling all DYF community members! Current families; alumni; counselors, past or present; and volunteers, this program is for you! Whatever your connection with the DYF community, you are invited to join in this fun whitewater rafting weekend!



For more information and registration, please visit our website at dyf.org or call 925-680-4994.

This institution is an equal opportunity provider operating under special use permit with the Sequoia National Forest.

