



# ALTITUDE 14,505

**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.***



**DATE: JULY 9-23**

**LOCATION: HIGH SIERRA WILDERNESS**

**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.**

- **This program is for 15-17 year-olds with T1D** who are up for an adventure and a challenge!
- **DYF will provide staff, food, and group gear for the trip.**
- Application deadline is January 31st. Register by then to get \$500 off!

***This program will instill in its participants that it is not the final destination, but the experience that is life-changing.***

**Visit [DYF.org](https://dyf.org) to find out more information and register now!**



For more information and registration, please visit our website at [dyf.org](https://dyf.org) or call 925-680-4994.

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

