



MULTISPORT ADVENTURE

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 1-10

LOCATION: HIGH SIERRA WILDERNESS

This program is ideal for adventurous teens who are ready to challenge themselves through backpacking, whitewater rafting and other exciting adventure sports.

- **This program is for 15-17 year-olds with T1D** and delivers it all: backpacking, a thrilling whitewater rafting experience, and sailing!
- The first couple days will be spent at base camp packing, preparing, and getting to know each other before hitting the trail, participating in adventure sports, and will end in a weekend of whitewater rafting.
- **DYF will provide staff, food, and group gear for the trip.**

This program is for those who want to push themselves and accomplish something challenging while building community.

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

