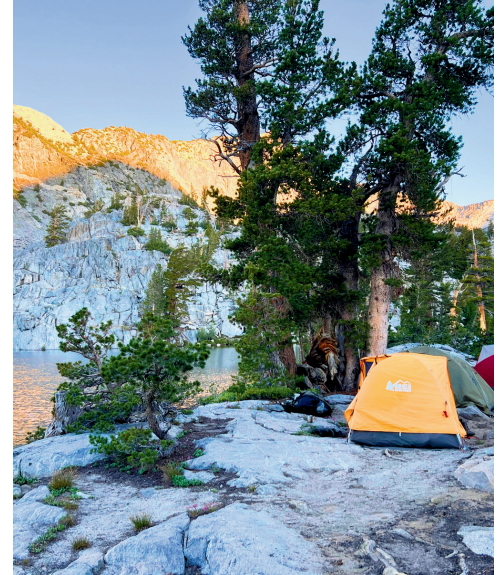




TEEN BACKPACKING

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 15-21

LOCATION: HIGH SIERRA WILDERNESS

A backpacking adventure for teens who love or want to learn how to backpack while managing their diabetes.

- **This program is for 13-15 year-olds with T1D** who have little to no backpacking experience but who are up for an adventure and a challenge!
- The first few days will be spent at base camp packing, preparing, and getting to know each other before hitting the trail for 5 days of backpacking.
- **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!

