



Adventure Program Description

The Salmon River Teen and Adult Adventure programs offer cancer survivors a weeklong rafting journey that renews self-confidence and promotes healing the physical, emotional and psychological effects of cancer. Rafting, hiking, swimming and kayaking are included in daily activities along with ample time to develop friendships with peers and enjoy nature. No camping or rafting experience is required and any fitness level is welcome; activities are customized to accommodate each participant's physical abilities. Clients learn camping, rafting and outdoor skills along with cooking over an open fire and in Dutch ovens. A combination of individual and team building activities are incorporated into each day of the program. Staff includes a medical professional and a licensed mental health professional that facilitates daily meetings where participants share experiences and challenges with peers. Client to program staff ratio is 5:1.

The first day and night are spent in Salmon, Idaho and the next 6 days on the Salmon River. Program ends the seventh day in Boise. Rafting activities are provided by a licensed Idaho outfitter and their staff of professional licensed guides. Program is limited to 15 clients; this intimate group size allows ample opportunity to develop a support network, accomplish physical goals and learn new skills. The program is free although a \$50 application fee is required.

River Discovery's Salmon River adventure programs focus on physical activity, good nutrition and networking with peers to encourage lifestyle changes that can extend lives and increase well-being. Program objectives are to:

- Instill appreciation of the outdoors by teaching participants about the river environment and camping and rafting skills.
- Build clients' self esteem and confidence through acquiring new skills and achieving physical goals on the river.
- Promote regular, post program physical activity by engaging participants in rafting, kayaking, swimming, and hiking.
- Encourage a well-balanced diet by involving participants in meal preparation and outdoor cooking.
- Develop a network of peers who have experienced similar health challenges through shared experiences and team building activities.
- Expose participants to the recuperative benefits inherent in a wilderness setting.