



TRUE PATRIOT LOVE EXPEDITION:
PATAGONIA 2020



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PATAGONIA 2020
Participant Information Package

September 24 – October 4, 2020



INTRODUCTION

True Patriot Love Foundation is thrilled to announce the next adventure in our Expedition Series— **Patagonia 2020**.

This once-in-a-lifetime expedition will take participants to Patagonia, known as one of the world's greatest hiking destinations, for an 11-day trek through the desolate Patagonia Steppe, across the thick Andean forests and onto the impressive Southern Patagonia Ice Field. With its towering rock, vast glaciers, crystalline lakes and diverse wildlife, Patagonia is an adventure-lover's paradise with undeniable beauty set amid a wild and rugged landscape. Expeditioners will travel to the frontier area of the Argentina/Chile border and explore notable landmarks, including Piedra del Fraile, Marconi Base Camp, Fitz Roy and Mount Pier Giorgio.

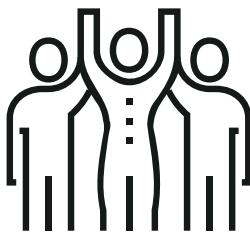
Canadian business leaders, currently serving members of the Canadian Armed Forces, and Veterans will come together on this incredible journey where they'll work as a team to navigate the rugged and remote Patagonian terrain. Participants will face physical and mental challenges throughout the adventure and, by joining forces to tackle these obstacles, the expedition team will hone their leadership and self-development skills, all in a unique and unfamiliar setting.

Beyond the 11-day trek, Patagonia 2020 will allow both the military and civilian participants to connect and celebrate the perseverance and unconquerable spirit of our Canadian Armed Forces members in the face of adversity, while also providing an opportunity for long-lasting mentorship that will assist with the transition to civilian life.

In addition to taking on one of the most desirable hiking destinations in the world, the expedition team will raise

critical funds for True Patriot Love Foundation to support military and Veteran families across Canada. Previous expeditions have raised over \$8 million collectively, which has helped fund more than 9,800 hours of peer-to-peer mental health counselling, allowed for enhanced job training and recruitment, provided 144 Veterans with rapid job placement, and enabled a \$500,000 investment to create a virtual reality therapy program for Veterans living with Post-Traumatic Stress Disorder (PTSD), which is now being used across the country.

We are currently seeking committed business and community leaders to join in on this incredible journey as part of the True Patriot Love Expedition: Patagonia 2020 team. Participants will train for the expedition, fundraise to support Canadian military and Veteran families, and partake in a mentorship program with military team members.



REASONS TO ACCEPT THIS MISSION

Our expeditions are life-changing experiences for those who are up for the challenge. These are just some of the benefits you can expect from True Patriot Love Foundation's Patagonia 2020 Expedition:

Check off a bucket-list travel adventure

You'll have the chance to tackle one of the most desirable hiking treks in the world. This is a once-in-a-lifetime opportunity to experience all the beauty and excitement Patagonia has to offer.

Unplug and refocus

Stepping away from your phone, laptop and hectic daily schedule for 11 days will allow you to focus on yourself, your team's mission, the present moment and the natural beauty of the Patagonian landscape.

Build your physical strength and endurance

This adventure will motivate you to get in the best shape of your life! We'll provide you with the necessary skills during training camp, as well as one-on-one coaching with a professional personal trainer to ensure you're in optimal physical health as you prepare for this fitness challenge.

Build new relationships

You'll have the unique opportunity to enrich your life with new personal and professional relationships with like-minded career executives and the brave men and women from the Canadian Armed Forces. Our expeditions offer a safe and supportive environment to bond with your teammates, listen and learn from one another.

Experience the rewards of mentorship

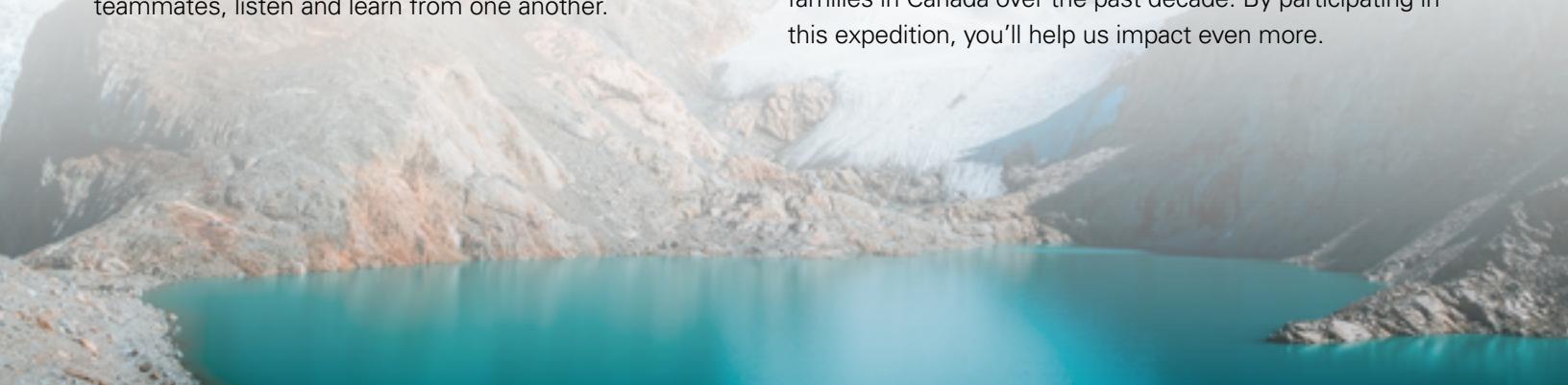
The men and women of our military have tremendous strength and courage and have made enormous sacrifices to serve Canada. Some of our serving members have sustained both visible and/or invisible injuries that have impacted themselves and their families. This is your chance to honour them and give back. As a civilian participant, you'll provide much-needed support to military participants as they face the challenges of transitioning to fulfilling civilian careers while learning from their valuable experiences and skills.

Be a role model

After conquering the physical and mental obstacles of the expedition, you'll be a trailblazer and an inspiration to others across the country for your strength, tenacity and contribution to the well-being of our military members, Veterans and their families.

Support an important, Canadian cause

You'll generate public awareness surrounding the critical issues facing our country's military, Veterans and their families, from PTSD to limited healthcare access for military children with special needs, and will fundraise to address these needs. True Patriot Love Foundation has changed the lives of more than 25,000 military and Veteran families in Canada over the past decade. By participating in this expedition, you'll help us impact even more.



PATAGONIA 2020 SEPTEMBER 24 – OCTOBER 4, 2020



TOTAL HIKING DISTANCE: 64 KM

ITINERARY

Please note details are subject to change

- Day 1** (September 24) • Arrive at El Calafate, Argentina Airport (FTE); expedition team welcome and assembly at the airport hotel, followed by team dinner at a local restaurant
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- Day 2** (September 25) • Private transfer by coach bus to El Chaltén, a small mountain village in Santa Cruz Province, for an overnight stay and final gear checks; briefing with guiding team and group dinner at the lodge
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- Day 3** (September 26) • Hike to “La Playita” Camp, at the foot of Marconi Glacier
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- Day 4** (September 27) • Climb to “Paso Marconi” and witness incredible views of Fitz Roy, Piergiorgio and Gorra Blanca, among other peaks; camp on the Marconi Pass or at the Gorra Blanca refuge
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- Day 5** (September 28) • Trek to “Circo de Los Altares”, with impressive views of the west face of Cerro Torre; camp at “Circo de los Altares”
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- Day 6** (September 29) • Trek to “Ferrari Lagoon” or “Paso del Viento” hut through the snow-covered moraines to the base of “Windy Pass” and the upper section of Viedma Glacier; camp at Laguna Ferrari or Paso del Viento
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- Day 7** (September 30) • Trek over “Paso del Viento” and then down the Tunnel Valley to get to Laguna Toro; camp at “Laguna Toro”
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- Day 8** (October 1) • Trek back to El Chaltén through ancient Patagonian Nothofagus forest and over the “Pliegue Tumbado” ridge; check into hotel, followed by final celebration dinner
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- Day 9** (October 2) • Expedition contingency day; additional personal time in El Chaltén area
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- Day 10** (October 3) • Expedition contingency day; additional personal time in El Chaltén area
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- Day 11** (October 4) • Group breakfast at the hotel; group transfer back to El Calafate airport; expedition ends; personal flights home
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GENERAL DETAILS AND REQUIREMENTS *Please note details are subject to change*

Availability: Participants must be available during the following dates:

- **Training Camp:** March 26 - March 29, 2020, in Canmore, Alberta. Participants will be responsible for getting themselves to/from Calgary, AB (group transportation to Canmore will be arranged).
- **Expedition:** September 24 – October 4, 2020, Patagonia. Participants will be responsible for getting themselves to/from El Calafate.

Fundraising Goal: In addition to the participant fee, each civilian team member is required to fundraise \$50,000. True Patriot Love Foundation will provide full support to participants in the form of fundraising materials and strategic support. *Note: participants cannot fundraise for the participant fee.*

Medical Requirements: The expedition is a physically demanding experience. Participants must complete a medical screening, receive written approval from their doctor, and sign a True Patriot Love Foundation waiver in advance of training camp.

Mentorship Program: Civilian participants will take part in a mentorship program where they will work directly with currently serving and Veteran expedition team members to provide guidance and support with their individual transition goals.

PARTICIPANT FEE – \$13,000

Includes	Does Not Include
<ul style="list-style-type: none">• Training camp fees, guides, and group camping equipment (excluding personal gear)• Training camp accommodations and meals• Experienced guides at training camp and on the expedition• All transportation detailed as part of the expedition itinerary• All meals within the dates of the expedition as identified in the itinerary• Accommodations throughout the expedition including a combination of hotels, lodges, and camping• All group camping and cooking gear• Guides will be equipped with weather reports, navigation systems, satellite phone (for emergency use only), GPS, etc.• Comprehensive group insurance coverage, including Travel Security, Medical and Accidental Death & Dismemberment Benefits• Comprehensive first aid kits and trained wilderness first responder guides• Team welcome dinner and completion celebration• Regular communication updates to participant families/contacts during the expedition	<ul style="list-style-type: none">• Round-trip airfare to and from Calgary, AB for training camp (if required)• Round-trip airfare to and from El Calafate, Argentina for the expedition team assembly• Personal expedition clothing and personal specialized gear (sleeping bag, backpack, crampons, outerwear & base layer clothing etc.). Guide recommended clothing and gear will cost approximately \$5,000• Personal items for daily use (note: these should be kept to a minimum due to baggage and weight limitations)• Excess baggage charges (if applicable)• Trip cancellation insurance (if desired)• Tipping for guides – at the discretion of the participant• Alcohol or alternative food and beverages throughout the training camp and expedition• All expenses incurred in the event of early departure or significant delay before, during or after the training camp and/or expedition (evacuation fees, transportation, extra hotel nights, etc.)

To reserve your spot please submit a non-refundable deposit of \$6,500. The balance of your expedition fees will be due on June 1, 2020. A tax receipt will not be available for participation fees.

Please be advised, cancellation of an individual reservation must be received in writing no less than 90 days prior to the expedition departure date. Given the nature of the expedition and requirement to prepay many expenses, the eligible amount for a refund, if any, shall be determined at the time of cancellation.

TESTIMONIALS

...they inspired us with their determination, resilience and unwavering commitment to the team.

Ellie & Ben Rusonik, Himalayas 2018 Expedition

CIVILIAN PARTICIPANTS

- ■ The True Patriot Love Women's Expedition provided an extraordinary opportunity to disconnect in this hyper-connected world.** Civilians, Veterans and Canadian Armed Forces members alike were reminded of the isolation that exists in our society, despite technological advances – from the Northern Communities we visited to the challenges our Veterans face when they transition to civilian life. Paradoxically, the remoteness of Baffin Island itself enabled us to build deep, meaningful relationships that will last a lifetime. I learned first-hand that the need to serve those who serve our country has never been more acute. I look forward to continuing the journey with this outstanding group of women and True Patriot Love Foundation for years to come!

Julie Cowan, Baffin Island 2019 Expedition Civilian Co-Chair

- ■ Some of the soldiers on the expedition – those we now consider close friends – are struggling.** We hope that by being a part of this expedition, we eased their struggle in some small way. In turn, they inspired us with their determination, resilience and unwavering commitment to the team. We gained as much from them as they did from us.

Ellie & Ben Rusonik, Himalayas 2018 Expedition

- ■ What an adventure we had to the Himalayas, organized by True Patriot Love Foundation. If you are an adventurer, this group is the best to jump on board with.** Everything is covered, I had a worry-free trip for three weeks... True Patriot Love Foundation staff were so supportive – they were seriously just a phone call away. Thank you for that. Our team was totally amazing – we were more like family than a group who had just met a few months prior to our expedition. The trip was amazing from beginning to end and I look forward to participating in another in the near future.

Sheila Miller, Himalayas 2018 Expedition

MILITARY/VETERAN PARTICIPANTS

- ■ True Patriot Love's Baffin Island expedition was an incredible experience for me as an injured service member;** having the opportunity to take in the raw beauty of Canada's North with so many amazing women was inspiring and empowering. I greatly appreciate the opportunity to visit Nunavut and look forward to the mentorship and support from my Baffin Island sisters as I approach the transition from military to civilian life. Thank you, ladies, and thank you True Patriot Love Foundation for an experience I will treasure for the rest of my life.

Kathryn Logan, Baffin Island 2019 Expedition

- ■ After 18 years in the military, I began my transition to the civilian world.** I became very frustrated and felt like I was just another number and the sacrifices both my family and I made were for nothing. But working with True Patriot Love Foundation and the business community put a face to that number. They said 'we recognize your sacrifice, we appreciate your service and are here to help you transition.' Not only did this give me the confidence to enter into the world of business, it justified all those years of service and made me realize Canada is truly the greatest country to have served.

Casey Wall, Best of Canada 2017 Expedition

FREQUENTLY ASKED QUESTIONS

Below are answers to the most frequently asked questions about the True Patriot Love Expedition: Patagonia 2020:

Q How long will we be trekking each day?

A. On average, we will trek 6 – 7 hours each day. Approximately half of this trek occurs in the forest and alpine zones and the other half involves glacier travel for which we will walk roped.

Q How will we carry our gear, food and equipment?

A. You will carry a backpack which will contain everything you will need for that day (including additional layers, snacks and sleep system). We will have porter assistance to carry the remaining group camping gear, food, cooking supplies etc.

Q What is the level of physical difficulty for this expedition?

A. This will be an intermediate/difficult trip. You should be in “very good hiking shape” and be invested and motivated in training for the expedition in the months prior. This is a remote location and it will be exhilarating and challenging all at the same time.

Q What if there is an emergency at home while I'm on the expedition?

A. Should an issue arise at home while you are on the expedition, we encourage family members and/or friends to contact True Patriot Love Foundation staff. We will provide you with their names and contact information in advance. Our staff will be able to contact our expedition guides and work with them to determine the best course of action should you need to discontinue the expedition.

Q What temperatures can we expect?

A. Daytime highs can be around 10 - 15 degrees Celsius, with nighttime lows around 2 degrees Celsius. However, the weather and terrain can change daily from beautiful sunny skies to windy whiteout conditions.

Q What do we do in case of an emergency?

A. Any team member can be evacuated within hours if required. All guides are trained in first aid and equipped with satellite phones. We will also have a team doctor on the trip who is trained in both physical and mental health.

Q What type of gear will I need to purchase?

A. True Patriot Love will provide participants with a specific itemized gear list for this expedition. It will include:

- Clothing and accessories (hard shell layers, backpack, gloves, etc.)
- Footwear (hiking boots, expedition boots)
- Camping gear (sleeping bag, sleeping pad, etc.)
- Recommended clothing & gear will cost about \$5,000

Q How will my family know I'm safe?

A. Prior to the expedition, you will submit the contact information of up to five friends and family members who you would like to keep in the loop while you're on the expedition. We will send email updates to them approximately every 2-3 days. True Patriot Love Foundation staff will be in contact with the guides as frequently as possible. Should any issue arise while you are on the expedition, our staff will contact your family immediately and work with them to determine the best course of action.

Spaces are limited! To reserve your spot on the Patagonia 2020 Expedition please contact:



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