



**TRUE PATRIOT LOVE EXPEDITION:
NORTHWEST TERRITORIES 2020**

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Participant Information Package

August 21 - September 2, 2020

INTRODUCTION

True Patriot Love Foundation is thrilled to announce the next adventure in our Expedition Series – **Northwest Territories 2020.**

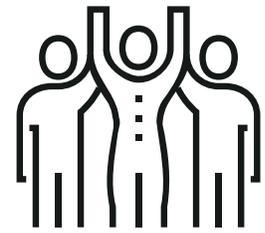
Participants on this expedition will venture to Canada's North for a once-in-a-lifetime canoeing experience on the iconic Keele River, where the team will travel through the majestic and stunning Mackenzie Mountains of the Northwest Territories. The turquoise waters of the Keele River offer a thrilling white water experience, and participants will wind through spectacular mountain scenery and witness the diverse wildlife of the Canadian wilderness during the challenging 13-day journey. The water of the Keele river has continuous swifts and rapids. It braids and narrows into chutes as it glides down a steady gradient drop towards the historic Mackenzie River.

Canadian business leaders, currently serving members of the Canadian Armed Forces, and Veterans will come together on this challenging journey where they'll work as a team to navigate the rugged waters of the Keele River. Participants will be tested both physically and mentally throughout the adventure, but by joining forces to tackle these obstacles, the expedition team will hone their leadership and self-development skills, all in a unique and remote setting.

The Northwest Territories 2020 expedition will continue the valuable mentorship that forms the basis of our expedition program. Business leaders will offer one-on-one support to military participants as they transition to civilian careers, and civilian business leaders will learn from the valuable experiences and skills of our military and Veteran participants for a mutually beneficial mentorship experience. The expedition will also 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.

Beyond the 13-day adventure, the expedition team will raise critical funds for True Patriot Love Foundation to support military members, Veterans and families across Canada. The True Patriot Love expedition program has raised over \$9 million since the first expedition in 2012, 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, 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 Northwest Territories 2020 team. Participants will train for the expedition, fundraise to support the Canadian military community, and participate 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 Northwest Territories 2020 Expedition.

Support an important, Canadian cause

You'll generate public awareness surrounding the critical issues facing the military community, from Post Traumatic Stress 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 30,000 military members, Veteran and families in Canada over the past decade. By participating in this expedition, you'll help us impact even more.

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 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.

Build new relationships

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

Build your physical strength and endurance

This adventure will motivate you to improve your overall fitness level! 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 challenge.

Unplug and refocus

Disconnecting from your phone, laptop and hectic daily schedule for 13 days will allow you to focus on yourself, your team's mission, the present moment and the natural beauty of Canada's North.

Check off a bucket-list travel adventure

You'll have the chance to tackle one of the most remote and thrilling rivers in the Canadian wilderness. Take this once-in-a-lifetime opportunity to experience the beauty that the Northwest Territories has to offer.





TOTAL PADDLING DISTANCE: 282 KM

ITINERARY

**Please note details are subject to change*

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| Day 1 (August 21) | • Arrive in Yellowknife; visit to CFB Yellowknife (<i>tbc</i>); group dinner and night in a hotel in Yellowknife |
| Day 2 (August 22) | • Fly to Norman Wells, Northwest Territories; expedition preparations at Canoe North Adventures Outfitting Centre & Lodge (CNA) |
| Day 3 (August 23) | • Charter floatplane to Keele River; paddle training and practice |
| Day 4 (August 24) | • Paddle through Big Wave Corner; arrive at Beattie Camp |
| Day 5 (August 25) | • Canoe through continuous rapids and arrive at Ekwi River Camp; hiking opportunity |
| Day 6 (August 26) | • Paddle around Mt. Eduni Range; arrive at Dinosaur Camp |
| Day 7 (August 27) | • Canoe through continuous rapids to Toochingkla Camp |
| Day 8 (August 28) | • Paddle through the braids to Moosehide Camp |
| Day 9 (August 29) | • Transition into Mackenzie Lowlands; Red Dog Mountain Camp |
| Day 10 (August 30) | • Canoe the braids to Mike Peake Camp |
| Day 11 (August 31) | • Paddle to Mackenzie River confluence; first charter flights back to CNA Lodge |
| Day 12 (September 1) | • Remaining charter flights back to CNA Lodge; final celebration dinner |
| Day 13 (September 2) | • Brunch with special guests at CNA Lodge; depart Norman Wells; expedition ends |



GENERAL DETAILS AND REQUIREMENTS *(please note details are subject to change)*

Availability: Participants must be available during the following dates:

- **Training Camp:** April 24 - April 26, 2020 (Gravenhurst, ON)
- **Expedition:** August 21 - September 2, 2020 (Northwest Territories)

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: This 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.

Alcohol: This expedition will be dry, with the exception of a celebratory dinner upon completion.

PARTICIPANT FEE – \$16,000

Includes

- Return coach bus transport from Toronto to the training camp in Gravenhurst (if required)
- 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, communal satellite phone (for emergency use only), GPS, etc.
- Regular communication updates to participant families/ contacts during the expedition
- Comprehensive first aid kits and trained wilderness first responder guides
- Team welcome dinner and celebration upon completion

Does Not Include

- Round-trip airfare to and from Toronto for training camp (if required)
- Round-trip airfare to and from Yellowknife for the expedition team assembly (if required)
- Personal expedition clothing and personal specialized gear (sleeping bag, backpack, outdoor & base layer clothing, etc.) Guide recommended clothing and gear will cost approximately \$3,500
- Personal items for daily use (note: these should be kept to a minimum due to baggage and weight limitations)
- Excess baggage charges (if applicable)
- Evacuation Rescue Insurance – required for each participant
- Trip cancellation insurance (if desired)
- Tipping for guides – at the discretion of the participant
- Alternative food or snacks 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 \$8,000. The balance of your expedition fees will be due on May 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 hyperextended 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

- /// **My experience in the Arctic working side by side with our Vets was truly life changing.** Canadian Veterans taught me the difference between being involved, and being truly committed. I witnessed the true nature of teamwork, and came back committed to being a better teammate in every facet of my life - being a better father, a better husband, a more productive employee, and engaging more through service in my broader community.

Geordie Young, Antarctica 2016 Expedition Civilian Co-Chair

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 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: Northwest Territories 2020:

Q How long will we be paddling each day?

A: The average day on the water will be 35 - 40 km (approximately 4 - 5 hours per day with hourly breaks).

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

A: You will be given a waterproof barrel pack for your personal gear when you arrive. You will need to bring your clothing and gear in a duffel bag. Personal clothing and valuables like wallets, identification or airline tickets can be left in safe storage at the Canoe North Adventures Lodge in Norman Wells.

Q What will the daily meals look like?

A: A hearty breakfast, lunch, dinner and snacks will be provided daily. Breakfast and dinner will be served hot, while lunches are generally buffet style with cheese, cold cuts, crackers, fruit etc. Guides will prepare breakfast daily while work teams will be established to prepare dinners. Morning and afternoon "Gorp Breaks" include trail-mix, dried fruits, almonds, chocolate raisins etc.

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

A: This will be an intermediate/difficult trip. You should strive to be in your best shape and be invested and motivated in training for the expedition in the months prior. Kneeling is required while canoeing through rapids.

Q What will the temperature be like on the expedition?

A: Temperatures can range from 2°C to 25°C. Most commonly temperatures are above 15°C and below 25°C. Although most days are fairly dry and sunny, a good rule of thumb is for participants to pack as if the trip might be cold and rainy.

Q What do we do in case of 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, sandals)
- Camping gear (sleeping bag, sleeping pad, etc.)
- Recommended clothing & gear will cost about \$3,500

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 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 daily contact with the expedition guides. 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 Northwest Territories 2020 Expedition please contact:

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