

2019 Emergency and Allied Health Services Central Coast Expedition

Participant Information sheet:

When: August 1 – 10, 2019

Where: Central Coast, British Columbia

Purpose: PTSD Awareness Campaign and Wounded Warriors of Canada Fundraiser

Participant Cost: \$4500 (non-profit rate) and Fundraise any amount up to \$2000, Your fundraiser donors receive a tax-deductible donation by donating on line to the link below.

<https://www.canadahelps.org/en/pages/2019-emergency-and-allied-health-services-central/>

What we provide: Guiding Services. Specific Equipment ie: tents, stoves, cooking items, food, rafting items ie: helmets, wetsuits, paddles, safety items, Canoes and associated equipment and safety items, escort vessel for carrying all ocean canoe items ie: food, participant personal items, expedition gear, support vessel, camping fees and transportation while in Bella Cooola.

What you will need: You will need certain personal equipment mostly for the backpacking section that will be used through-out the expedition. Please visit our website for a full list of recommended items to bring with you for your expedition.

If you have any question or would like to register yourself please do not hesitate to contact Solstice Recreation Group at 250-218-1513. Thank you

Regards

Ray Hawkes

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Operations Manager

Solstice Recreation Group

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