

SELECTION CRITERIA
Winter Grand Expedition
February 20 to 27, 2027

Note: All applications received will be evaluated on a case-by-case basis.

Physical and medical criteria

- Be between 30 and 39 years old
- Have been diagnosed with neoplasia that required treatment or intervention.
- Have achieved remission status for less than 5 years or be clinically stable without treatment for at least 1 year.
- Completion of treatments and recovery from the various toxicities, although targeted or maintenance treatments are not excluded.
- Not have any behavioral problems that could disrupt the group or the safety of the expedition.
- Not have any serious back or joint problems.
- Functional limitations are not a contraindication and will be evaluated on a case-by-case basis.

Expedition specific physical criteria

- Be able to hike with ski-hok (no experience required), snowshoes or crampons for 4-6 hours per day.
- Be able to carry a backpack of about 15-20 lbs during the hike.
- Not have Raynaud's syndrome (exceptions discussed on a case-by-case basis).
- Be comfortable sleeping in a shared space with several people, with a wood stove as the only source of heat (prospector tent).
- Love winter, snow and be able to tolerate the cold.