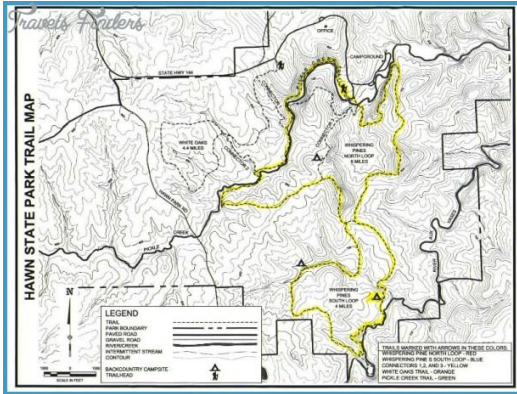


October 21-22

Teens of Gateway Hemophilia Association come joins us for a group hike at Hawn State Park. This will be an overnight backpacking experience for our teens and siblings age 15-19.

We will meet Saturday morning on October 21st and return the 22nd at a central location tbd at the prehike meeting Sept 9th.



There will be a mandatory prehike meeting on September 9th at 3:00 pm after the GHA BBQ. During this meeting we will discuss the equipment and supplies that will be provided by GHA and what will be brought by the teens. Along with discussions of safety/medical issues, schedule, chaperones, etc.

GHA will be providing a backpack for the adventure, but it is not one size fits all. Therefore, anyone wanting to experience the beauty of the Missouri wilderness will need to be sized for the backpack. REI will size you for free or you can be measured at the Sept. 9th meeting. It is recommended to be sized at REI and test a Gregory backpack of that size.

Video of someone hiking at Hawn State Park:

<https://www.youtube.com/watch?v=YhSMwXG5Xcg>

Please email Bridget or Dan Shelton if you are interested or have any questions.

Bridget: info@gatewayhemophilia.org or (314) 482-5973

Dan Shelton: Daniel.I.R.Shelton@gmail.com or (573) 465-0800

