

MISSION: Warrior Expeditions is a veteran nonprofit outdoor therapy program that helps veterans transition from their wartime experiences through long distance outdoor expeditions.

BACKGROUND: Historically, military units would experience a lengthy journey home after fighting a campaign abroad. During this journey home, warriors would process and come to terms with their wartime experiences. In today's age of modern transportation, military personnel can find themselves home within a few days of serving in a combat zone.

Since 2001, over 2.5 million veterans have returned home from the wars in Iraq and Afghanistan, but many of them have never transitioned from their experiences. The Department of Veteran Affairs estimates that over 20% of Iraq and Afghanistan veterans suffer from Post-Traumatic Stress Disorder.

In 2012, after returning home from three combat deployments to Iraq and Afghanistan, Marine Corps veteran Sean Gobin hiked all 2,185 miles of the Appalachian Trail. Recognizing the therapeutic effects of long distance hiking, Sean founded Warrior Expeditions.

NATIONAL TRAILS: In 2013, Warrior Expeditions launched the first Warrior Hike program and supported veterans that thru-hiked the **Appalachian Trail**. In 2014, after receiving a tremendous amount of Warrior Hike applications, Warrior Expeditions added the **Continental Divide Trail** and **Pacific Crest Trail** to the Warrior Hike program.

STATE TRAILS: From 2015 to 2016, Warrior Expeditions added five state trails to the Warrior Hike program. State trails are shorter in duration, easier to hike, and allow veterans to connect with their local communities. The Warrior Hike program state trails include the **Arizona Trail**, **Florida Trail**, **Ice Age Trail**, **Buckeye Trail**, and **Mountains to Sea Trail**.

ADAPTIVE TRAILS: To accommodate veterans with injuries that may prevent them from hiking long distances, Warrior Expeditions developed two adaptive programs. Warrior Bike is a cross country bicycling program that traverses the **Great Divide Trail** and Warrior Paddle is a paddling program that traverses the entire length of the **Mississippi River**.

Soldiers marching home from the battlefield during WWI.



Sean Gobin deployed to Afghanistan with the Marine Corps in 2011.



Sean Gobin hiking the Appalachian Trail after returning home in 2012.





PROGRAMS: Warrior Expeditions offers 3 programs (Warrior Hike, Warrior Bike, Warrior Paddle) comprised of 10 long distance trails that vary in duration from 3 to 6 months to complete.

WARRIOR HIKE

- The **Appalachian Trail** is 2,185 miles long and crosses 14 states from Georgia to Maine.
- The **Continental Divide Trail** is 3,100 miles long and crosses 5 states from New Mexico to Montana.
- The **Pacific Crest Trail** is 2,650 miles long and crosses 3 states from California to Washington.
- The **Arizona Trail** is 800 miles long and crosses the state of Arizona.
- The **Buckeye Trail** is 1,400 miles long and circles the state of Ohio.
- The **Florida Trail** is 1,200 miles long and crosses the state of Florida.
- The **Ice Age Trail** is 1,200 miles long and crosses the state of Wisconsin.
- The **Mountains to Sea Trail** is 1,200 miles long and crosses the state of North Carolina.

WARRIOR BIKE

- The **Great Divide Trail** is 2,500 miles long and crosses 5 states from Montana to New Mexico.

WARRIOR PADDLE

- The **Mississippi River** is 2,320 miles long and crosses 10 states from Minnesota to Louisiana.

SUPPORT: Warrior Expeditions provides veterans with everything they need to complete a long distance outdoor expedition at no cost to the veteran.

EQUIPMENT, CLOTHING & SUPPLIES: First, Warrior Expeditions outfits veterans with some of the most highly rated equipment, clothing and supplies available from the outdoor retail industry.

COMMUNITY SUPPORT: Next, Warrior Expeditions coordinates logistical support in the forms of transportation, lodging and food from community volunteers located along the trail routes.

PSYCHOEDUCATIONAL MESSAGES: Last, Warrior Expeditions veterans receive weekly strategies based on the Cognitive Behavioral Therapy framework to help normalize post combat reactions.

2019 Warrior Hike veteran Erin Brennan hiking along the 1,200 mile Mountains to Sea Trail.



2019 Warrior Bike veteran Dennis Breneman biking along the 2,500 mile Great Divide Trail.



2019 Warrior Paddle veteran Ben Carpenter paddling along the 2,320 mile Mississippi River.





APPALACHIAN TRAIL



ARIZONA TRAIL



BUCKEYE TRAIL



CONTINENTAL DIVIDE TRAIL



FLORIDA TRAIL



ICE AGE TRAIL



MOUNTAINS TO SEA TRAIL



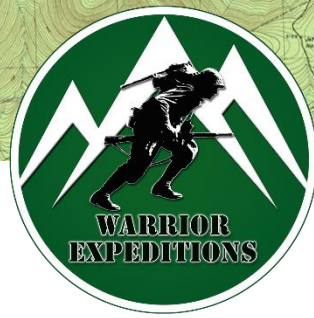
PACIFIC CREST TRAIL



GREAT DIVIDE TRAIL



MISSISSIPPI RIVER



QUALITATIVE IMPACTS: Since 2013, Warrior Expeditions veterans report significant improvements in their physical, mental, and social well-being during and after their journeys.

CONTEMPLATION: During their 3-6 month outdoor expedition, veterans have the opportunity to decompress from their military service and come to terms with their wartime experiences.

CAMARADERIE: Veterans participating in Warrior Expeditions programs experience their journey with the camaraderie of other veterans who understand the challenges of transitioning from military service to civilian life.

COMMUNITY: Interaction with community supporters during their journey facilitates a veteran's reintegration into society, restores their faith in humanity, and builds a network of life-long friendships and relationships.

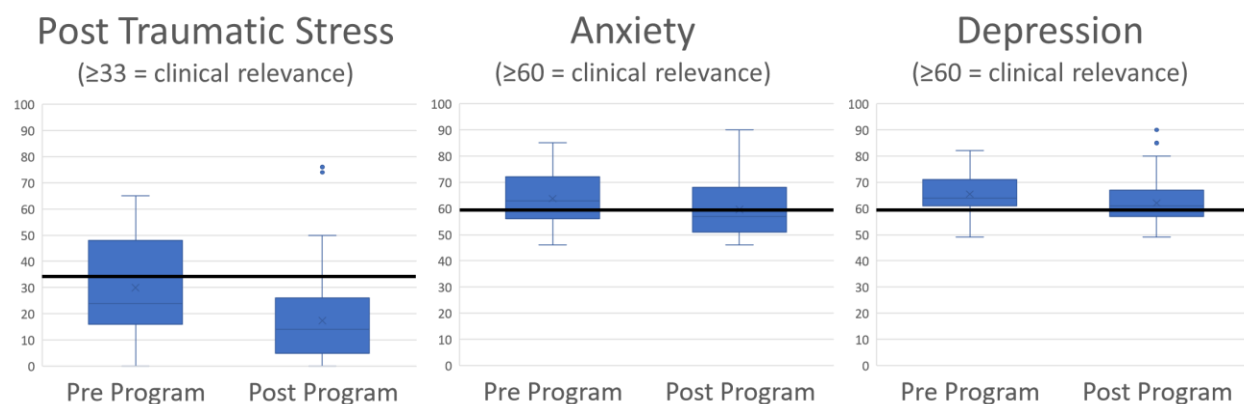
QUANTITATIVE IMPACTS: Since 2013, psychologists Dr. Shauna Joye (Air Force veteran) and Dr. Zachary Dietrich (Marine Corps veteran) have partnered with Warrior Expeditions to research and publish the effects of long-term wilderness experiences on combat veterans.

METHODS: Each year, Warrior Expeditions veterans volunteer to complete mental health surveys before and after their journeys to measure the program impact on their mental health.

MEASURES: Warrior Expeditions uses two standardized measures of psychopathy:

1. The PCL-5 which is a 20-item self-report measure that assesses Post Traumatic Stress according to the DSM-5 with clinical relevance scores recommended by the Department of Veterans Affairs.
2. The SA-45 which is a 45-item self-report measure that assesses the 9 Symptom Domain Scales of General Psychiatric Symptomology and scores are compared to norms of an outpatient clinical population.

OUTCOMES: The graphs below represent the positive mental health changes reported by Warrior Expeditions veterans at the completion of their journeys. PTSD, anxiety, and depression are three of the most commonly reported symptoms experienced by combat veterans. For complete data scores across all 10 mental health symptoms, please visit: <https://warriorexpeditions.org/impact/quantitative-impacts/>





Adam Shapiro - 2019 Appalachian Trail Warrior Hike veteran: "When I started this trip I had a very negative view on what I had done in the military but the supporters and my peers in the program made me feel like it was ok and to accept it."



Jackie Carter - 2019 Pacific Crest Trail Warrior Hike veteran: "I spent a lot of time after I got out distancing myself from the military but during my hike I connected with my fellow veterans and am thankful for it because there is a part of me that only they get."



John Orosz - 2019 Appalachian Trail Warrior Hike veteran: "After the trail you still have the same problems and difficulties that you had on day one but your head isn't in such a scary place to be anymore and you can now tackle those problems head on."



Tom Weinheimer - 2019 Mountains to Sea Trail Warrior Hike veteran: "I feel like I've done all types of medication but being out in nature is the best medication you can take."



Paul Cook - 2019 Great Divide Trail Warrior Bike veteran: "This expedition was not easy but completing it boosted my confidence, spiked my appetite for adventure, and changed my status quo to be more proactive with my life and health."

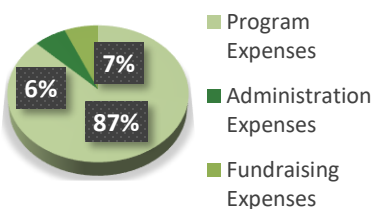


Greg York - 2019 Mississippi River Warrior Paddle veteran: "After 20 years in the Army, it's a really good way to find my center. I realized that everything has to take time to occur and you cannot rush life just like you cannot rush the river."



FINANCES: In **2019** Warrior Expeditions provided **\$449,619** worth of support to **38** veterans that participated in our **10** Warrior Hike, Warrior Bike, and Warrior Paddle programs.

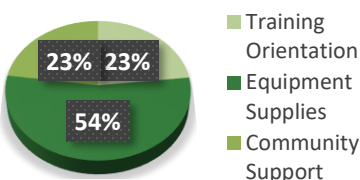
Expense Percentages



Program Expenses: In 2019, Warrior Expeditions ensured that 87% of every dollar donated was used to directly support the veterans enrolled in our programs. We reduce overhead expenses wherever possible to maximize the amount of funds used to directly support our veterans.

Overhead Expenses: Warrior Expeditions takes great pride in maintaining the lowest overhead percentage possible at 13% which is made up of 6% in administration expenses and 7% in fundraising expenses.

Program Support

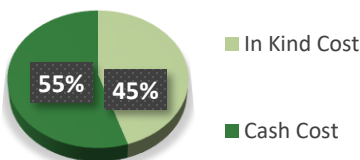


Training and Orientation: Warrior Expeditions staff and volunteers conduct a week of training and orientation with each group of veterans at the beginning of each program.

Equipment and Supplies: Equipment, clothing, and supplies purchased by Warrior Expeditions or donated by our 46 sponsors.

Community Support: Transportation, lodging, and food donated by our 441 volunteer community supporters located along our expedition routes.

Cost Per Veteran



In Kind Cost (\$5,323): In kind cost includes equipment, clothing and supplies donated by our 46 sponsors and transportation, lodging, and food donated by our 441 community supporters.

Cash Cost (\$6,509): Cash cost includes purchasing the remaining required items not provided by our in kind donors and funding the training and orientation packages provided to each veteran.

DONORS: Warrior Expeditions offers three ways donors can support our veterans:

CASH DONATIONS: Cash donations to purchase outdoor equipment, clothing, and supplies to outfit our Warrior Expeditions veterans during their journey.

CORPORATE SPONSORS: In kind donations of outdoor equipment, clothing, and supplies to outfit our Warrior Expeditions veterans during their journey.

COMMUNITY SUPPORT: In kind donations of transportation, lodging, and food to host Warrior Expeditions veterans during their journey.



EXECUTIVE DIRECTOR: Sean Gobin is a United States Marine Corps veteran who served 12 years as an Infantry Rifleman and Armor Officer. After returning home from deployments to Iraq and Afghanistan, Sean hiked the Appalachian Trail. In 2013, Sean founded Warrior Expeditions and now serves as the Executive Director.

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DIRECTOR OF ADMINISTRATION: Angela Miller is a United States Navy veteran who served 20 years as a Line Officer and Judge Advocate General Officer. After volunteering with Warrior Expeditions in various capacities since 2014, Angela now serves as the Director of Administration.

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DIRECTOR OF DEVELOPMENT: Michelle Revoir is a United States Air Force veteran who served 11 years as a Videographer and Aerial Combat Broadcaster. After returning home from deployments to Iraq and Afghanistan, Michelle hiked the Appalachian Trail, the Mountains to Sea Trail, and paddled the Mississippi River with Warrior Expeditions. In 2015, Michelle began volunteering with Warrior Expeditions and now serves as the Director of Development.

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DIRECTOR OF OPERATIONS EAST: Natalie Koffarnus is a United States Army veteran who served 15 years as a CBRN Specialist and Environmental Science Officer. After returning home from deployments to Iraq, Natalie hiked the Ice Age Trail with Warrior Expeditions. In 2015, Natalie began volunteering with Warrior Expeditions and now serves as the Director of Operations East.

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DIRECTOR OF OPERATIONS WEST: Sarah Zeller is a former Senior Project Geologist with The Moultrie Group in Brisbane, Australia. After volunteering with Warrior Expeditions in various capacities since 2014, Sarah now serves as the Director of Operations West.

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