





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 3 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 15% 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 PROGRAMS: 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 interest from veterans, Warrior Expeditions added the **Continental Divide Trail** and **Pacific Crest Trail** to the Warrior Hike program.

STATE PROGRAMS: From 2015 to 2016, Warrior Expeditions added five trails to the Warrior Hike program that traverse single states. These trails are shorter in duration, easier to hike, and allow veterans to connect with their local communities. These Warrior Hike programs include the **Arizona Trail**, **Buckeye Trail**, **Florida Trail**, **Ice Age Trail** and **Mountains to Sea Trail**.

ADAPTIVE PROGRAMS: 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 American Rail 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 American Rail Trail** is 3,800 miles long and crosses 12 states from D.C. to Washington.

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

TRAINING AND ORIENTATION: Warrior Expeditions provides the gear and skills training needed to successfully complete an expedition and shadows veterans during the first leg of their journey.

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

2023 Warrior Hike Veteran
Johnny Moses completing the
2,200 mile Appalachian Trail.



2023 Warrior Bike Veteran
Stephanie Buffett completing the
3,800 mile Great American Rail Trail.



2023 Warrior Paddle Veteran
Luke Larson completing the
2,320 mile Mississippi River.



APPALACHIAN TRAIL



GREAT AMERICAN RAIL TRAIL



MISSISSIPPI RIVER



MOUNTAINS TO SEA TRAIL



9/11 MEMORIAL TRAIL





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.

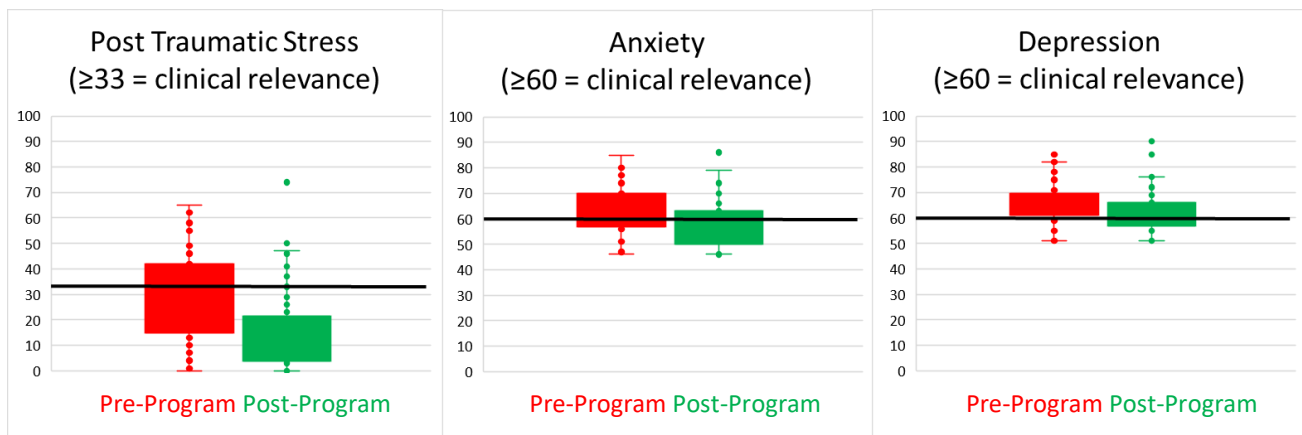
QUANTITATIVE IMPACTS: Since 2013, psychologists Dr. Shauna Joye (Air Force veteran) and Dr. Zachary Dietrich (Marine Corps veteran) have partnered with Warrior Expeditions to research and publish the effects of long-term wilderness experiences on combat veterans.

METHODS: Each year, Warrior Expeditions veterans volunteer to complete surveys before and after their journeys to measure the program impact on their mental health. They also receive weekly email strategies based on the Cognitive Behavioral Therapy framework to help normalize post combat reactions.

MEASURES: Warrior Expeditions uses two standardized measures of psychopathy:

1. The PCL-5 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 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 represents the positive mental health changes of PTSD, anxiety and depression reported by Warrior Expeditions veterans at the completion of their journeys. For more information, please visit: <https://warriorexpeditions.org/impact/quantitative-impacts/>





Melvin Candelario

2023 Warrior Hike Appalachian Trail Veteran

"The expedition had a vast impact on my mental, physical and social wellness. It allowed me to look at my inner self, evaluate my life, physical condition and my possessions while connecting with my family and other people in a more profound and meaningful way. The expedition gave me the environment I needed to improve my life, strengthen my beliefs and reorganize my values. Something so simple as walking can change my perspective of life and help me cope with its complexity and everyday challenges."



Martin Haigh

2023 Warrior Hike Appalachian Trail Veteran

"I discovered an ability to have entire conversations with my brain, since I was alone for most of my hike. The serenity of the woods brought me great peace and calm. The trail broke me down but built me back even better. I lost 40 pounds and my muscles are stronger than they've been in quite some time. I made an astounding number of new friends on trail. My thru-hike allowed me to enjoy relationships with new people while appreciating how important my friendships back at home are."



Ray Sanchez

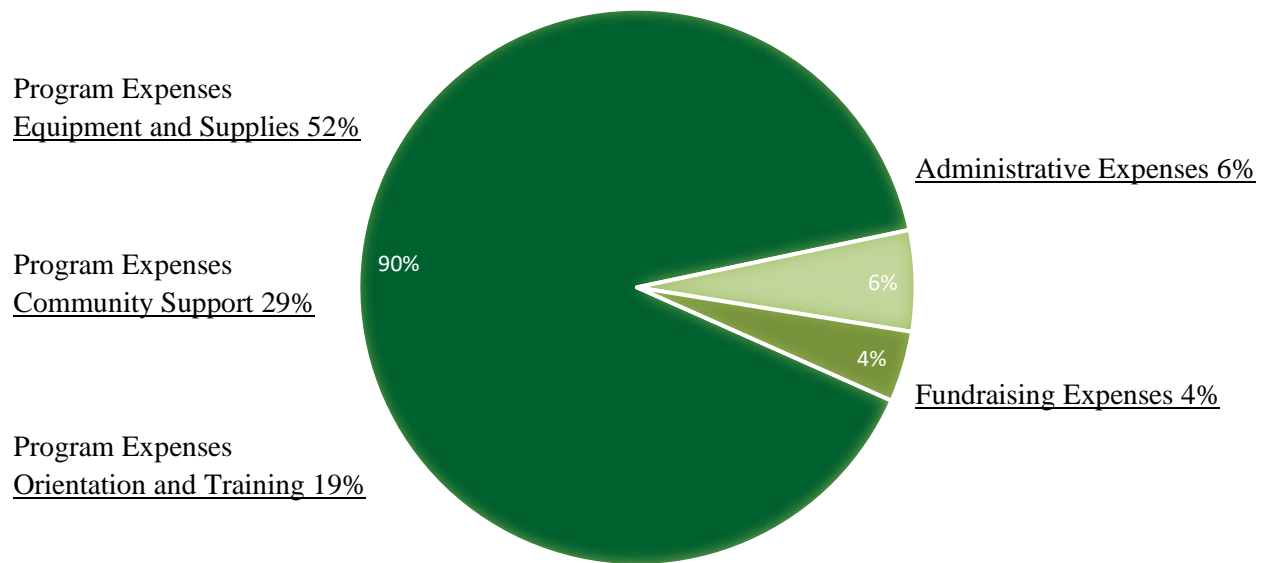
2023 Warrior Hike Appalachian Trail Veteran

"I had not come to terms with my stressors, emotional toll and the loss of time with people whom I loved and cared for. The hike got me back into shape (I lost 45 pounds) and improved my mental acuity, balance and reflexes. The crown jewel of my hike was meeting my fellow hikers on the trail and getting to know their stories. The love, care and support I received from perfect strangers in communities nurtured my faith in humanity and America. Ultimately, I reconciled every aspect of my life to a fulfilling sense of victory, accomplishment, self-worth and was inspired to pursue other dreams and goals in my post-hike world."



FINANCES: In **2023** Warrior Expeditions provided **\$444,057** worth of support to **37** veterans that participated in **5** Warrior Hike, Warrior Bike, and Warrior Paddle expeditions. Warrior Expeditions ensured that **90%** of every dollar donated directly supported the veterans enrolled in our programs.

■ Program Expenses ■ Administrative Expenses ■ Fundraising Expenses



COST PER VETERAN: In **2023** Warrior Expeditions provided approximately **\$12,002** worth of support per veteran per expedition.

IN-KIND COST: \$4,048 In-kind cost includes equipment, clothing and supplies donated by our **23** sponsors and transportation, lodging, and food donated by our **173** community supporters.

CASH COST: \$7,954 Cash cost includes the purchase of remaining required items not provided by our in-kind donors and the cost of 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.

Email: sgobin@warriorhike.org



DIRECTOR OF ADMINISTRATION:

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

Email: amiller@warriorhike.org



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.

Email: mrevoir@warriorhike.org



DIRECTOR OF OPERATIONS:

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.

Email: szeller@warriorhike.org