





**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:** In 2024 Warrior Expeditions offered 3 programs (Warrior Hike, Warrior Bike, Warrior Paddle) comprised of 4 long-distance trails that vary in duration from 3 to 6 months to complete. Warrior Expeditions also hosted an alumni reunion designed to reestablish camaraderie through outdoor activities.

### **WARRIOR HIKE**

- The **Appalachian Trail** is 2,200 miles long and crosses 14 states from Georgia to Maine.
- The **9/11 Memorial Trail** is 1,300 miles long and links the 3 memorial sites in DC, PA and NY.

### **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 2,300 miles long and crosses 10 states from Minnesota to Louisiana.

### **WARRIOR REUNION**

-**Monson, Maine** hosted this year's Warrior Expeditions Alumni reunion. Veterans gathered for 4 days to reconnect with outdoor therapy, community supporters, and each other. This year, Alumni were also able to support several current Warrior Hikers as they approached the final leg of the Appalachian Trail.

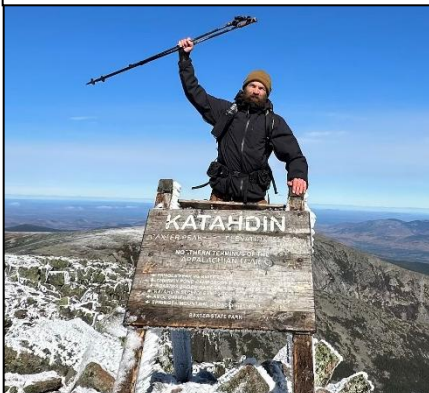
**SUPPORT:** Warrior Expeditions provides veterans with everything they need to complete a long-distance outdoor expedition at no cost to the veteran.

**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.

2024 Warrior Hike Veteran  
Zackery Ramsey completing the  
2,200 mile Appalachian Trail.



2024 Warrior Bike Veteran  
John Wirth completing the  
3,800 mile Great American Rail Trail.



2024 Warrior Paddle Veteran  
Aaron Hommerding completing the  
2,300 mile Mississippi River.





## APPALACHIAN TRAIL



## GREAT AMERICAN RAIL TRAIL



## MISSISSIPPI RIVER



## 9/11 MEMORIAL TRAIL



## ALUMNI REUNION







**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.

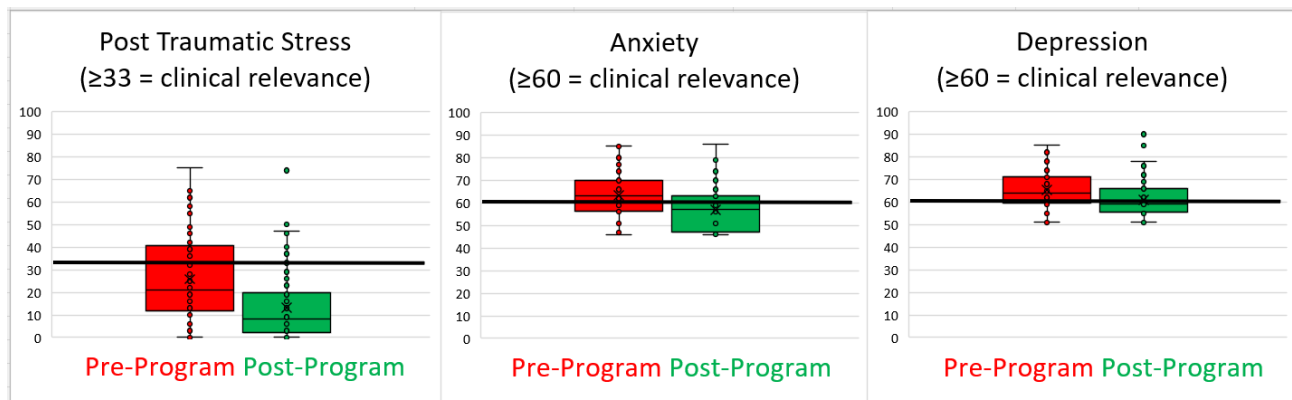
**QUANTITATIVE IMPACTS:** Since 2013, psychologists Dr. Shauna Joye (Air Force veteran) and Dr. Zachary Dietrich (Marine Corps veteran) have partnered with Warrior Expeditions to research and publish the effects of long-term wilderness experiences on combat veterans.

**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/>





**Zackery Ramsey:** "The AT backed me into a corner and gave me a choice to endure or to ignore. I chose to endure and spent over half a year rebuilding my confidence in myself that I had lost over the last decade. I truly believe that choosing to endure can set you free."



**Suzanne Williamson:** "Overall, I feel stronger, more self-confident and honestly this is the best thing that I've ever done in my life. I've actually never felt strong, now I sure do. It has definitely calmed me down and that was my whole purpose of doing this."



**Jonathan Blauvelt:** "Mentally, for the first time in a decade, I feel like I'm myself again. I can dream again, have goals and ambitions, and honestly believe they're attainable."



**Allen Megginson:** "I feel reinvigorated and clear, mentally, than I have in a while. Having the time during the trip where you just retreat into your own mind and work things out in the silence of peddling was magnificent in rectifying multiple areas in my life."



**Jeffrey Lamprecht:** "I have walked my way into a quiet peace. The solitude and splendor of these majestic mountains and fragrant wilderness are pushing out of my mind the ugliness of war and the haunting images I carry of the brutality of man. It's a type of peace I've not felt in over 20 years."

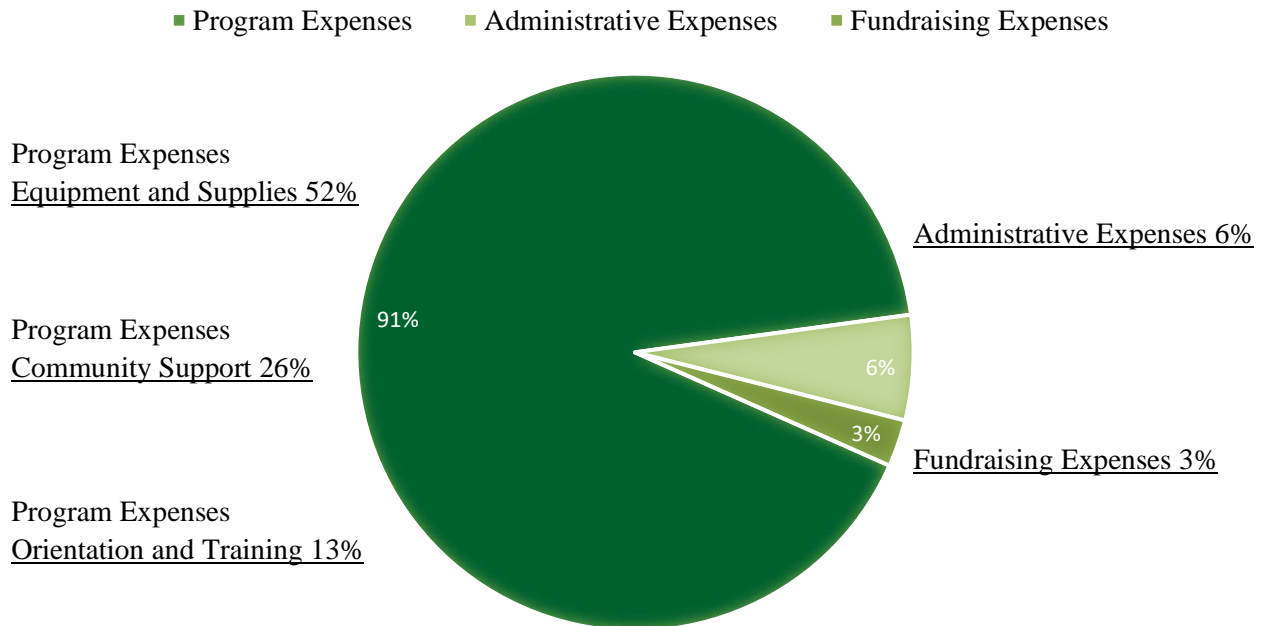


**John Wirth:** "As poignantly written by Katharine Lee Bates in America the Beautiful: "Oh beautiful, for spacious skies, for amber waves of grain." This journey continues to rejuvenate my faith in humanity with the generosity of complete strangers while reinforcing the exceptional beauty of our nation."





**FINANCES:** In **2024** Warrior Expeditions provided **\$404,700** worth of support to **35** veterans that participated in **4** Warrior Hike, Warrior Bike, and Warrior Paddle expeditions. Warrior Expeditions ensured that **91%** of every dollar donated directly supported the veterans enrolled in our programs.



**COST PER VETERAN:** In **2024** Warrior Expeditions provided approximately **\$11,563** worth of support per veteran per expedition.

**IN-KIND COST: \$4,299** In-kind cost includes equipment, clothing and supplies donated by our **28** sponsors and transportation, lodging, and food donated by our **227** community supporters.

**CASH COST: \$7,264** 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.

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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. 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:**

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.

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