The young adult (YA) patient group has been increasingly recognized as a distinct entity with specific needs within the cancer community (D’Agostino, Penney, & Zebrack, 2011; De et al., 2011; Ramphal et al., 2011). Researchers have found that some of the informational, psychosocial, and practical needs of this population remain unmet and recommend additional research to understand members’ unmet needs (Palmer, Mitchell, Thompson, & Sexton, 2007; Patterson, Millar, Desille, & McDonald, 2012; Ramphal et al., 2011; Taylor, Pearce, Gibson, Fern, & Whelan, 2012; Zebrack et al., 2013). Although initiatives to address these needs may lead to positive outcomes, such as improvement in psychosocial well-being (Zebrack et al., 2013), the supportive care of YAs remains suboptimal and, therefore, has become a national priority.

Founded in 2001 by cancer survivor Doreen Edward, Venturing Out Beyond Our Cancer (VOBOC) is a nonprofit charitable organization based in Montreal, Quebec, Canada, that is committed to providing adolescents and YAs (AYAs) with tangible support services (VOBOC, 2014). VOBOC’s Venturing Out Pack (Vo-Pak) is a free backpack containing tools and resources to help AYAs throughout their cancer trajectory (VOBOC, 2014). The Vo-Pak program...