

ESSENTIAL ELIGIBILITY CRITERIA	
1	Breathe independently (i.e., not require medical devices to sustain breathing)
2	Independently hold head upright without neck / head support
3	Manage personal care independently or with assistance of a companion
4	Manage personal mobility independently or with a reasonable amount of assistance
5	Follow instructions and effectively communicate independently or with assistance of a companion
6	Get in/out or on/off of a paddle craft independently or with a reasonable amount of assistance
7	Maintain a safe body position while attempting skills/ activities and have the ability to recognize and identify to others when such efforts would be unsafe given your personal
8	Effectively notify leaders or other participants of personal distress, injury, illness or the need for assistance

HIKING	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
Easy	2-3mi (3-5km)	0-3lbs (0-1kg)	Trail may be flat, gravel, or paved roads	Up to 500ft (150m)	1-5hr, 1-2 days	No previous experience required
Moderate	3-7mi (5-11km)	3-5lbs (1-2kg)	Trails may be rocky, uneven, uprooted, and include gradual switchbacks	500-2,000ft (150-600m)	3-6 hrs, 2-3 days	No previous experience required, but good physical fitness is recommended
Strenuous	7+ mi (11+ km)	5-7lbs (2-3kg)	Trail may be rugged and include scrambling and steep inclines and downhill	Up to 2,000ft (600m)	5-8hrs, 2-3+ days	Previous hiking experience and good physical fitness is required

BACKPACKING	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
Easy	2-3mi (3-5km)	5-15lbs (2-7kg)	Trail may be flat, gravel, or paved roads	Up to 500ft (150m)	1-5hr, 1-2 days	No previous experience required
Moderate	3-7mi (5-11km)	15-30lbs (7-14kg)	Trails may be rocky, uneven, uprooted, and include gradual switchbacks	500-2,000ft (150-600m)	3-6 hrs, 2-3 days	No previous experience required, but good physical fitness is recommended
Strenuous	7+ mi (11+ km)	30-60lbs (14-27kg)	Trail may be rugged and include scrambling and steep inclines and downhill	Up to 2,000ft (600m)	5-8hrs, 2-3+ days	Previous hiking experience and good physical fitness is required

CYCLING	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
Easy	2-3mi (3-5km)	0-3lbs (0-1kg)	Relatively flat, gravel or paved roads or bike paths	0-300ft (0-90m)	1-3hrs	Participants should be able to ride a bicycle and stop and go independently. No experience riding in a group setting or in traffic is required
Moderate	5-20m (8-32km)	3-5lbs (1-2kg)	Roads may include incline, road construction, and traffic	300-1,000ft (90-300m)	3-6hrs	Previous experience riding on the road in traffic is recommended but not required. Good physical fitness is recommended
Strenuous	20+ mi (32+ km)	5-7lbs (2-3kg)	Roads may include drastic incline, road construction or obstacles, and denser traffic	Up to 1,000ft+ (300m+)	6-8hrs	Expect long distances, and previous experience riding on the road in traffic and good physical fitness required

MOUNTAIN BIKING	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
Easy	2-3mi (3-5km)	0-3lbs (0-1kg)	Relatively flat trails, gravel or paved roads with occasional small obstacles	0-300ft (0-90m)	1-3hrs	Participants should be able to ride a bicycle and stop and go independently.

Moderate	3-7mi (5-11km)	3-5lbs (1-2kg)	Trails may be rocky, uneven, uprooted and include various inclines, tight turns and obstacles	300-1,000ft (90-300m)	2-5hrs	Previous experience mountain biking is recommended but not required. Good physical fitness is recommended.
Strenuous	7+mi (11+km)	5-7lbs (2-3kg)	Trails are rugged with large technical obstacles, and drastic inclines and downhill	Up to 1,000ft+ (300m+)	2-8+hrs	Previous mountain biking experience, technical ability and good physical fitness is required

CROSS COUNTRY SKIING	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
Easy	2-3mi (3-5km)	0-3lbs (0-1kg)	Trails may be flat, groomed, and snow covered with gradual hills and turns. Expect temperatures ranging to 10F/-12C	0-300ft (0-90m)	1-3hrs	No previous experience is required
Moderate	3-7mi (5-11km)	3-5lbs (1-2kg)	Trails may include heavy snow, ice, steep hills and sharper turns. Expect temperatures ranging from 10F/-12C.	300-1,000ft (90-300m)	3-5hrs	No previous experience is required, but good physical fitness is recommended
Strenuous	7+mi (11+km)	5-7lbs (2-3kg)	Trails may include heavy snow, ice, drastic inclines, steep downhill, sharp turns, and potential obstacles	Up to 1,000ft+ (300m+)	2-8hrs+	Previous cross country skiing experience and good physical fitness is required

WINTER SNOWSHOE/ HIKING	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
Easy	2-3mi (3-5km)	0-3lbs (0-1kg)	Conditions may include flat, groomed, snow covered trails, with gradual hills and turns. Expect temperatures ranging to 10F/-12	0-300ft (0-90m)	1-3hrs	No previous experience required
Moderate	3-7mi (5-11km)	3-5lbs (1-2kg)	Trails may include heavy snow, ice, and steep hills. Micro spikes, crampons or snowshoes may be needed. Expect temperatures ranging to 10F/-12	300-1,000ft (90-300m)	3-5hrs	No previous experience is required, but good physical fitness is recommended.
Strenuous	7+mi (11+km)	5-7lbs (2-3kg)	Trails may include heavy snow, ice, drastic inclines, steep downhill, scrambling and potentially significant obstacles. Micro spikes, crampons or snowshoes may be needed. Expect temperatures ranging to 10F/-12 or below with wind chill	1,000ft+ (300m+)	5-8hrs	Previous winter hiking or snowshoeing experience and good physical fitness is required

DOWNHILL SKI/ SNOWBOARD	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
Easy	2-3mi (3-5km)	0-3lbs (0-1kg)	Runs are well marked, groomed, include gradual downhill and turns, and minimal obstacles. The runs are typically marked with a green marker	Varies based on location	1-3hrs	No previous experience is required

Moderate	3-7mi (5-11km)	3-5lbs (1-2kg)	Runs are steeper, longer, turns are sharper, and may contain obstacles. The runs are typically marked with a blue marker	Varies based on location	3-5hrs	Previous ski/ snowboarding experience and good physical fitness is recommended
Strenuous	7+mi (11+km)	5-7lbs (2-3kg)	Runs are drastically steeper, longer, with sharp turns and obstacles that require previous experience. The runs are typically marked with black diamond	Varies based on location	2-8hrs	Previous ski/ snowboarding experience and good physical fitness is required

OUTDOOR CLIMBING	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
Easy	<1mi (<1.5km)	0-3lbs (0-1kg)	Climbing routes are geared toward beginner to first time climbers, intermediate routes may be available	0-200ft walls (0-60m)	1-3hrs	No previous experience is required
Moderate	1-2mi (1.5-3km)	3-5lbs (1-2kg)	Climbing routes are geared toward beginner to intermediate climbers	0-200ft walls (0-60m)	3-6hrs	No previous experience is required, but good physical fitness is recommended
Strenuous	2+mi (3+km)	5-7lbs (2-3kg)	Climbing routes are geared toward intermediate to advanced climbers and may be multiple pitches, exposure to elements may be greater	0-200ft walls (0-60m)	5-8hrs	Previous climbing experience is required

STAND UP PADDLE BOADING	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
Easy	0-1mi (0-1.5km)	N/A	Participants can expect wave height that is flat or small ranging from 0.5-2ft/0.25-1m with little or no current. Water depths are waist deep to overhead.	N/A	1-3hrs	No previous experience is required. Participants must be able to keep their head above water while wearing a life jacket in deep water
Moderate	1-2mi (1.5-3km)	N/A	Participants can expect waves that are medium, knee to chest high and sometimes difficult to swim through. Wave height can range from 2-3ft/0.5-1m with small to medium current and winds up to 10 knots. Expect potentially cold water.	N/A	3-6hrs	Previous experience is recommended but not required. Strong swimming ability without life jacket assistance is required
Strenuous	2+mi (3+km)	N/A	Participants can expect waves that are strong, overhead, and very difficult to swim through. Wave height can range from 4ft/1.5m or more with strong current and winds. Expect potentially cold water.	N/A	3-6hrs	Previous experience is required. Strong swimming ability without a life jacket assistance is required

CANOE/ KAYAKING	Distance	Weight Carried	Terrain	Elevation Change	Time	Experience Required
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Easy	0-1mi (0-1.5km)	N/A	Flat water conditions with minimal wind	N/A	1-3hrs	No previous experience is required. Participants must be able to keep their head above water while wearing a life jacket in deep water
Moderate	1-5mi (2-8km)	N/A	Waves will be less than 1ft with the potential for winds up to 10 knots. Expect potentially cold water. Current is present with class I-II rapids	N/A	3-5hrs	Previous experience is recommended but not required. Swimming ability with life jacket assistance is required.
Strenuous	5-10+mi (8-16+km)	N/A	Waves may be up to 2ft or higher with the potential for winds stronger than 10 knots. Expect potentially cold water. Current is present with class II+ rapids	N/A	5-8+hrs	Previous experience is required. Strong swimming ability with life jacket assistance is required.