



## **BACKPACKING ESSENTIAL ELIGIBILITY CRITERIA**

### **ALL PARTICIPANTS MUST:**

1. Have an open mind, positive attitude, and be motivated to try new things
2. Display respect and compassion towards self, other campers, and trip leaders
3. Follow all existing Brave Trails rules and guidelines
4. Participate in an immersive wilderness experience, including changes in diet and group living
5. Understand and follow rules, instructions, and guidelines, individually, or as part of a group, frequently independent of direct supervision
6. Be comfortable alone for reflective time in a wilderness environment
7. Perform necessary self-care independently in a remote and outdoor setting, including personal hygiene, toileting needs, adequate hydration, and dressing appropriately for the weather conditions
8. Withstand repetitive and sustained use of one's body and limbs, including but not limited to hiking 5-10 miles a day for multiple days, carrying 20-30% of one's total body weight
9. Competently and independently live, travel in, and navigate a variety of uneven and challenging terrain
10. Remain alert and focused for several hours at a time while traveling in backcountry settings
11. Live and travel in remote settings up to 24 hours from advanced medical care
12. Get oneself in and out of a vehicle independently
13. Learn skills and engage in tasks to support oneself and the group, which includes, but is not limited to, cooking in the wilderness, setting up and taking down a camp, washing dishes, and caring for group gear and campsite
14. Support a physically, mentally, emotionally, and socially healthy learning environment for all
15. Participate fully in an intimate and intense small community environment and as a member of a team
16. Respond appropriately in the face of unexpected challenges such as inclement weather, changes in itinerary, unfamiliar surroundings, and homesickness

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