



Physical Challenge Scale

The Outdoor Resource Center trips range in physical challenge. This scale is to provide insight into how much physical exertion you can expect on your trip or workshop. This scale does not provide insight on recommended experience level, possible risks, or emotional challenges you may face such as fear of heights or exposure. If you have health concerns about your readiness for these activities, it is recommended you speak to your doctor.

Level 1: *This trip is easy.* Little pre-training is needed to participate in this program. Examples of anticipated effort include day trips, campouts, short hikes under 2 miles with a light backpack, or a leisurely paddle for two hours.

Tips for getting ready for a Level 1 program: Walking, stretching, light weight-lifting. Consider mixing in Group Fitness classes like Yoga or Pilates.

Level 2: *This trip is moderate.* Basic fitness is needed to participate in this program. Participants should begin or maintain a fitness routine prior to the program. Examples of anticipated effort include 2-3 mile hike on moderate terrain, paddling for 3-5 hours, or rock climbing under 2 hours. Participants may have to lift up to 30 pounds.

Tips for getting ready for a Level 2 program: 20 minutes of cardio, 2-3 times per week, moderate weight lifting. Consider mixing in Group Fitness classes like TRX, Zumba, SWERK, Yoga, or Cycling.

Level 3: *This trip is challenging.* An above-average level of physical fitness is needed to participate in this program. Participant should already have a consistent fitness routine. Examples of anticipated effort include hiking 6-8 miles with a 40-pound backpack for a weekend, paddling more than 6 hours over multiple days, or challenging rock climbing routes.

Tips for getting ready for a Level 3 program: 20 -30 minutes of running, resistance training, swimming, or other cardio workout and moderate weight lifting, 3-4 times per week. Consider mixing in Group Fitness classes like TRX, Cycle Sculpt, Circuit Training, Cycling, or Bootcamp.

Level 4: *This trip is extremely challenging.* A high level of physical fitness is needed to participate in this program. Participants should already have an advanced fitness routine. Examples of anticipated effort include hiking 8-10 miles on steep, uneven terrain with a 40-pound backpack, or paddling rough waters over multiple days.

Tips for getting ready for a Level 4 program: 30 minutes of running, elliptical training, swimming, or other cardio workout and weight lifting, 4-5 times per week. Consider mixing in Group Fitness classes like TRX, Cycle Sculpt, Circuit Training, Cycling, Bootcamp, or hiring a personal trainer.

Speak with a staff member if you are uncertain about your physical ability to meet the demands of our programs. ORC staff will be happy to provide reasonable accommodations to participants who are interested in developing themselves through our programs. Please do not assume you are physically unable to handle a program without first speaking with us. We hope to get outside with you!



Remoteness Scale

The Outdoor Resource Center trips range in how remote they are. This scale is to provide insight on sleeping arrangements and access to modern-day conveniences.

Level 1: This is a front country trip. Sleeping arrangements may be indoors or in tents. There will likely be showers, flush toilets, and electrical outlets.

Level 2: This is a front country trip, without typical conveniences. Sleeping arrangements will be in tents. There may be pit toilets, but no running water or electrical outlets.

Level 3: This is a backcountry trip. Sleeping arrangements will be in tents with no access to toilets, showers, or running water. Water will be treated from local water sources. Trip Leaders will teach participants how to properly dispose of waste in the backcountry through following Leave No Trace principles.