

# OUTDOOR TRIP LEVELS

## GENERAL



### RELAXED

**HOURS OF MOVEMENT/DAY**  
Up to 3 hours

**REST OPPORTUNITIES**  
Frequent

**CELL SERVICE**  
Reliable

**FITNESS LEVEL**  
Fair to Average

**RE MOTENESS LEVEL**  
Not remote. Never more than 1.5 hours from modern conveniences.

**PHYSICAL DEMAND**  
Relatively easy; may be some challenge

**PRIOR EXPERIENCE**  
None



### EASY

**HOURS OF MOVEMENT/DAY**  
Up to 5 hours

**REST OPPORTUNITIES**  
Several rests throughout the day

**CELL SERVICE**  
Spotty to reliable

**FITNESS LEVEL**  
Fair to Average

**RE MOTENESS LEVEL**  
Not remote. Never more than a few hours from modern conveniences.

**PHYSICAL DEMAND**  
Mostly easy with some more challenging moments

**PRIOR EXPERIENCE**  
None



### MODERATE

**HOURS OF MOVEMENT/DAY**  
Up to 8 hours  
*Alternatively: shorter duration, higher intensity activities*

**REST OPPORTUNITIES**  
Several rests throughout the day

**CELL SERVICE**  
Non-existent to spotty

**FITNESS LEVEL**  
Average

**RE MOTENESS LEVEL**  
Somewhat remote. A day or more from modern conveniences.

**PHYSICAL DEMAND**  
Moderate trips are physically demanding and participants can expect at times to feel fatigue and physical discomfort.

**PRIOR EXPERIENCE**  
Previous experience in the activity is beneficial, but not required.



### DIFFICULT

**HOURS OF MOVEMENT/DAY**  
Up to 12 hours

**REST OPPORTUNITIES**  
Several rests throughout the day

**CELL SERVICE**  
Non-existent to spotty

**FITNESS LEVEL**  
Excellent (recommended)  
Average (required)

**RE MOTENESS LEVEL**  
Remote wilderness areas. May require several days to reach modern conveniences.

**PHYSICAL DEMAND**  
Expect a high level of physical exertion and, at times, physical discomfort and fatigue.

Participants may be required to continue covering planned distances while in discomfort or fatigued.

**PRIOR EXPERIENCE**  
Previous experience in the activity area is highly recommended.

Those without experience will be expected to be engaged learners open to coaching from guide staff.



### STRENUOUS

**HOURS OF MOVEMENT/DAY**  
12 hours or more

**REST OPPORTUNITIES**  
Several rests throughout the day

**CELL SERVICE**  
Non-existent (likely) to spotty

**FITNESS LEVEL**  
Excellent

**RE MOTENESS LEVEL**  
Remote wilderness areas. May require several days to reach modern conveniences.

**PHYSICAL DEMAND**  
Strenuous trips require a high level of physical exertion. Physical discomfort and fatigue can be expected. Participants will need to continue covering planned distances while in discomfort or fatigued.

**PRIOR EXPERIENCE**  
Previous experience in the activity area, or related experience, is required.

# OUTDOOR TRIP LEVELS

## HIKING



### RELAXED

**DAILY MILEAGE**  
Up to 5 miles

**ELEVATION GAIN**  
Minimal

**PACK WEIGHT**  
Up to a 15 pound packer per day

**REQUIRED GEAR**  
None

**TERRAIN**  
Established trails

**NEED TO KNOW**  
N/A



### EASY

**DAILY MILEAGE**  
Up to 8 miles

**ELEVATION GAIN**  
Up to 500 vertical feet

**PACK WEIGHT**  
Up to a 15 pound day pack (day trips) or a 35 pound pack (overnight trips)

**REQUIRED GEAR**  
Closed-toe athletic shoes or hiking boots

**TERRAIN**  
Established trails; mostly smooth

### NEED TO KNOW

Participants are expected to help with group tasks including meal prep, cleanup, tent setup, water collection, etc.



### MODERATE

**DAILY MILEAGE**  
Up to 10 miles

**ELEVATION GAIN**  
Up to 1,500 vertical feet

**PACK WEIGHT**  
Up to 45 pounds

**REQUIRED GEAR**  
Mid-height hiking boots are recommended. Trail running or closed-toe athletic shoes are required.

**TERRAIN**  
Established trails. Trail conditions vary and may involve hiking over uneven terrain with roots, rocks, mud, and slippery sections. Feet may get wet.

### NEED TO KNOW

Participants are expected to help with group tasks including meal prep, cleanup, tent setup, water collection, etc.



### DIFFICULT

**DAILY MILEAGE**  
Up to 15 miles

**ELEVATION GAIN**  
Up to 3,000 vertical feet

**PACK WEIGHT**  
Up to 50 pounds

**REQUIRED GEAR**  
Mid-height hiking boots are required.

**TERRAIN**  
Trips may follow some established trails, but may require some off trail hiking. Trail conditions vary and may involve hiking over uneven terrain with roots, rocks, mud, and slippery sections. Rivers and streams may not have bridges and may require fording through thigh-deep water

### NEED TO KNOW

Participants are expected to help with group tasks including meal prep, cleanup, tent setup, water collection, etc.

Trips may require "push days" to make up mileage due to weather or other extenuating circumstances that could require waking up early and hiking late.

Participants may need to bury or carry out human waste depending on local regulations.



### STRENUOUS

**DAILY MILEAGE**  
15 miles or more

**ELEVATION GAIN**  
Up to 3,000 vertical feet or more

**PACK WEIGHT**  
Up to 50 pounds

**REQUIRED GEAR**  
Mid-height hiking boots are required.

**TERRAIN**  
Trips may follow some established trails, but will require off trail hiking. Trail conditions vary and will involve extensive stretches of uneven terrain with roots, rocks, mud, water, and slippery sections. Rivers and streams may not have bridges and will require fording through thigh-deep water. Some trips spend extensive time hiking in water.

### NEED TO KNOW

Participants are expected to help with group tasks including meal prep, cleanup, tent setup, water collection, etc.

Trips may require "push days" to make up mileage due to weather or other extenuating circumstances that could require waking up early and hiking late.

Participants may need to bury or carry out human waste depending on local regulations.

# OUTDOOR TRIP LEVELS

## CANOEING



### EASY

#### DAILY MILEAGE

Up to 6 miles

#### PACK WEIGHT

Little to none

#### WATER TYPE

Flat water lakes or slow-moving rivers

#### PORTAGES (CARRYING ITEMS OVER LAND)

N/A

#### REQUIRED GEAR

Shoes or sandals that can get wet

#### NEED TO KNOW

Participants must know how to swim. Participants must enter and exit the canoe from the water which involves getting wet shoes and standing in knee-deep water.

Participants will receive instruction on how to paddle a canoe and will need to paddle and steer a canoe under their own power.



### MODERATE

#### DAILY MILEAGE

Up to 8 miles

#### PACK WEIGHT

Up to 50 pounds

#### WATER TYPE

Flat water lakes or slow moving rivers

#### PORTAGES (CARRYING ITEMS OVER LAND)

Several portages up to .5 miles or longer

#### REQUIRED GEAR

Closed-toe shoes or hiking boots that can get wet.

#### NEED TO KNOW

Participants must know how to swim. Participants must enter and exit the canoe from the water which involves getting wet shoes and standing in knee-deep water.

Participants will need to carry canoes and packs (up to 50 pounds) over portages.

Participants will receive instruction on how to paddle a canoe and will need to paddle and steer a canoe under their own power.



### DIFFICULT

#### DAILY MILEAGE

Up to 12 miles

#### PACK WEIGHT

Up to 50 pounds

#### WATER TYPE

Flat-water lakes or slow-moving rivers. Rivers with easy whitewater sections up to Class I

#### PORTAGES (CARRYING ITEMS OVER LAND)

Numerous portages up to 1 mile or longer

#### REQUIRED GEAR

Hiking boots (recommended) or closed-toe shoes that can get wet.

#### NEED TO KNOW

Participants must know how to swim. Participants must enter and exit the canoe from the water which involves getting wet shoes and standing in knee-deep water.

Participants will need to carry canoes and packs (up to 50 pounds) over portages.

Participants will receive instruction on how to paddle a canoe and will need to paddle and steer a canoe under their own power.

Trips may require "push days" to make up mileage due to weather or other extenuating circumstances that could require waking up early and paddling late.



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