

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

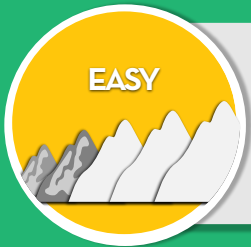
ELEVATION GAIN
Minimal

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.



RECREATION & WELLNESS

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