



## **Consider your Fitness & Experience**

factors that affect readiness & preparation requirements

### **Fitness Scale**

Fitness Level 1

rarely active sedentary job

Fitness Level 2

active 3-5x times a week (ex: walking 30 minutes) or someone who works an active job, like retail work

Fitness Level 3

works out 3-5x per week and regularly participates in active forms of recreation (ex: hiking or running on the weekends)

Fitness Level 4

an endurance athlete (ex: marathon distance runner)



## **Experience**

### **Beginner**

Someone with hiking experience, however, minimal or no backpacking experience

### **Intermediate**

Someone that has backpacked before. OR, that has had full day hiking experiences on varied terrain with a daypack on, AND, has been camping before (slept in a tent and some familiarity with camp procedure).

### **Advanced**

Someone with backpacking experience of several trips with at least 1-2 10mile/days - unless the terrain hiked is very technical, in which case the mileage can be less.



## **Immerse Trips**

Fitness Level: 2

Experience Level: beginner-advanced

This trip is good for people with minimal backpacking experience or camping experience. It will allow a person to experience carrying a full pack for a shorter period of time but also enjoy the ease of a daypack. There will still be the challenge and adventure of hiking up and down Stratton Mtn. This is a great trip to learn tent set up, water purification, bear hang (for food). This is also a great trip for those of us who need support to 'stop and smell the roses'. It doesn't always have to be a sufferthon. You know who you are...

## **Explore Trips**

Fitness Level: 3

Experience Level: intermediate-advanced

This trip has some easing in and out on Days 1 & 3, but tucked in the middle is a full-on, epic, all day hike with your full pack on. Depending on how many breaks we take, this could be up to 10 hours of hiking. I have had beginners on this trip - who embodied an amazing "trail-tude" = relentlessly positive with an ease and acceptance of whatever the trail has to teach them.

If you have any questions about your fitness level or help in determining if a trip/which trip is appropriate for you please email us at: [info@greenroomoutside.com](mailto:info@greenroomoutside.com)