



Volunteer Program TRIP RATING DESCRIPTIONS

- **Easy** — Short walks on relatively even terrain, work project with minimal bending and lifting, usually day trips only.
- **Moderate** — Shorter backpacks, tent/car camping or rustic ranch facility with long day hikes often on uneven ground. Work projects requiring lifting, bending and working several hours each day with tools. These trips are for people in good shape ready for a full day of activity.
- **Strenuous** — Long backpacks on established trails or car-camping or rustic ranch facility trips with long day hikes and demanding physical work. The work projects may include heavy lifting, bending, shoveling, picking, and/or hand sawing. These trips are for energetic, fit people comfortable camping in remote areas.
- **Challenging** — Longer backpacks, involving off-trail hiking, sometimes with significant elevation changes. Backpack weight averages 50-60 lbs. The work projects may include heavy lifting, bending, shoveling, picking, and/or hand sawing. These trips are very challenging and require excellent aerobic conditioning, past experience in outdoor settings and familiarity with backcountry camping.