**EXERTION**

How physically demanding is the activity?

1. Minimal exertion; short distances at a slow pace
2. Slight exertion; varying distances at a steady pace
3. Moderate exertion; fast paced over a short distance or steady-paced over a long distance
4. Significant exertion; faster-paced over a short distance or steady-paced over a long distance; specialized training suggested
5. Maximum exertion; faster-paced over a long distance or steady-paced over a very long distance; specialized training required

**EXPERIENCE**

What prior experience do I need to have?

1. No experience necessary, perfect for beginners
2. Some experience helpful, but not necessary
3. Prior experience necessary to participate
4. Significant exertion changes, rough terrain, below freezing; significant hot
5. Maximum exertion; faster-paced over a long distance or steady-paced over a very long distance; specialized training required

**ENVIRONMENT**

What's the weather going to be like? Where are we going to be? How hard is the hike?

1. Minimal elevation change, flat terrain, comfortable climate, clear weather expected
2. Noticeable elevation changes, some rough terrain, climate ranges into very hot/very cold, weather could affect itinerary
3. Significant elevation changes, rough terrain, below freezing/significantly hot
4. Minimal level of interaction with other participants is entirely up to each individual
5. Moderate: the core experience will require teamwork with others, but fringe elements can be enjoyed individually or in small groups
6. Necessary: Entire trip experience requires teamwork and communication from all participants throughout the activity

**EQUIPMENT**

What do I need to buy to be prepared?

1. All necessary gear provided by USF; participants are only responsible for weather-appropriate clothing and personal hygiene
2. Some specialized gear/equipment required (boots are most common); participants must have some specific gear before participating
3. Minimal: level of interaction with other participants is entirely up to each individual
4. Moderate: the core experience will require teamwork with others, but fringe elements can be enjoyed individually or in small groups
5. Necessary: Entire trip experience requires teamwork and communication from all participants throughout the activity

**ENGAGEMENT**

How much will I depend on others for my enjoyment?

1. Minimal: level of interaction with other participants is entirely up to each individual
2. Moderate: the core experience will require teamwork with others, but fringe elements can be enjoyed individually or in small groups
3. Necessary: Entire trip experience requires teamwork and communication from all participants throughout the activity

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**OUTDOOR RECREATION**

- **EXERTION**
- **EXPERIENCE**
- **ENVIRONMENT**
- **ENGAGEMENT**
- **EQUIPMENT**

**OUTDOOR CHALLENGE RATING**

1 - 5

**COMBINE THE 5 DIFFERENT RATING CATEGORIES FOR A COMBINED “OUTDOOR CHALLENGE RATING”**