

Essential Eligibility Criteria

2026 DEC – DNP Camping Trip

CAMPING

Each participant must

- be an active participant with Challenge Alaska's Para Sport program and have a permanent physical disability.
- be willing to assist with setup and tear down of their personal camping area and the group areas.
- be comfortable with remote camping in undeveloped areas of rural Alaska.
- be able to thermoregulate in temperatures ranging from 70+ degrees to 30 degrees.
- be able to sleep on the ground or a cot.
- be primarily responsible for their own mobility around the campground.
- must be able to perform own ADLs independently.

HIKING

For the duration of each hike, each participant must

- must be able to traverse a variety of terrain, both improved and unimproved (uneven / rough) at a pace consistent with the average group speed, with or without assistance.
- If needed, be able to transfer to an off-road wheelchair / mobility device safely, with or without assistance.
- assist with mobility as able, on both improved and unimproved terrain.
- be able to perceive and act to mitigate possible risks including, but not limited to wildlife and other hikers, and unsafe trail conditions that may exceed their ability to safely proceed.
- be able to receive and transmit information to and from other group members.

SELF MAINTENANCE

Each participant must

- monitor their own physical, psychological, and emotional levels of health.
- communicate needs in a timely with trip leaders.
- be able to understand and recognize signs of dehydration and respond accordingly.
- be able to understand and recognize signs of hypoglycemia and respond accordingly.
- be able to understand and recognize the concept of thermoregulation and respond accordingly.