



## Fitness & Experience Levels Explained

**Fitness Level Scale** - use to determine your current fitness level, & better understand trip rating

### **Fitness Level 1**

I am rarely active & have a sedentary job

### **Fitness Level 2**

I am active 3-5x times a week ("active" ex.: walking 30 minutes) OR, I have an active job ("active job" ex: retail work, massage therapist, teacher who stands/walks around the room)

### **Fitness Level 3**

I work out 3-5x per week (ex: yoga/pilates/weight training/exercise class/swimming) AND regularly participate in active forms of recreation (example: running, hiking, longer walks)

### **Fitness Level 4**

I am an endurance athlete (ex: marathon distance runner)

**Experience Level** - use to determine your experience level, & better understand trip rating

### **Beginner**

I have hiking experience, however, minimal or no backpacking experience

### **Intermediate**

I have backpacked before \* OR \* I have had all day hiking experiences on varied terrain with a daypack on, and I have been camping before (slept in a tent, eaten/cooked outside, etc.)

### **Advanced**

I have 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.

## **GRO TRIPS:**

### **Backpacking in Vermont Trips**

**Fitness Level: 2**

**Experience Level: beginner-advanced**

### **Camping-Hiking in New Hampshire Trips**

**Fitness Level: 2**

**Experience Level: beginner-advanced**