

RADIX Adventures Physical Requirements

Backpacking can be an incredible opportunity for teenagers to grow. It can increase their sense of self-efficacy, form deep friendships, and give them a love for the wilderness that will stay with them for their entire lives. The experience of summiting a mountain that seemed impossible to climb, or hiking for longer than you thought you could, can be a profound step on the road to adulthood. At RADIX, we want every teenager to have this experience in the wilderness.

That said, we recognize that challenges such as RADIX bear the most fruit if participants are physically and mentally ready for the challenge. If they're not, participants can develop a fear rather than a love of the wilderness, and lose their sense of self-confidence rather than grow it. Because it's our priority for every teenager to grow in their spiritual lives and their appreciation of the Rockies, we think it is best if participants join us only if they meet certain physical requirements. Prospective participants who may not be ready this summer are welcome and encouraged to join us in future years. The physical requirements are as follows...

- Participants must be able to travel through varied wilderness terrain (uphill, stepping up on rocks, on and off trail) wearing a pack of 50 lbs. Participants may ascend as much as 2000' in one day wearing a pack.
- Participants must be able to walk with a pack on for as many as six miles a day. Participants will hike between twenty-five and thirty miles during their trip.
- Participants must be able to travel for as long as twelve hours a day, with stops.
- Participants will need to contribute to camp chores, such as setting up tents and cooking, after hiking all day.
- Mentally, participants should be able to cope with stressful situations and changes to their plan.

