

## HIKER SELF-ASSESSMENT

Before attempting a hike, honestly evaluate yourself against the trail's requirements (distance, elevation gain/loss, terrain difficulty, duration, exposure, etc.).

Use this checklist to decide if you're ready—or if you need more training, gear, or a different hike.

### Hiking Self-Assessment Checklist

- Can I comfortably hike 4 miles on uneven terrain without excessive fatigue?
- How do I handle elevation? Can I gain 800-1000 ft elevation on a hike comfortably without shortness of breath, or needing frequent long breaks?
- Can I maintain a steady pace for 2-3 hours (with stops for water)?
- Am I able to maintain my balance on rocks, gravel ("wash") and narrow trails with steep drops at times?
- Can I hike uphill and downhill without assistance from others?
- Recent test: when was the last time I completed a similar length/difficulty hike?

If you have any questions about your abilities, please call the hike leader for the hike you are interested in joining. They will help guide you through your decision.