Essential Eligibility Criteria

Scott's Gulf Wilderness State Park

Upland Trail

Program participants should be able to do the following, independently or with the assistance of a companion or adaptive equipment:

- Stay alert and focus attention during instruction
- Understand and follow directions and instructions to avoid and/or manage risks
- Tolerate exposure to the natural elements, including sun/temperature for 5.5 hours
- Be able to identify and recognize environmental risks, including but not limited to loose rock and unstable surfaces, steep and uneven terrain, cliff edges, fast moving water such as rivers or creeks, and potentially hazardous animals, insects, and plants
- Travel over an negotiate varied terrain for 4.5 miles in an estimated 5.5 hours
- Travel over trail for 90 minutes without sitting
- Manage personal care in remote environments without access to electricity and/or running water
- Carry a pack weigh of 5-10 pounds, including at least 64 ounces of water for 4.5 miles in an estimated 5.5 hours
- Climb up a stationary structure with a height of up to 20 feet

Should you need additional assistance to participate,
please contact the park or visit our website.

TENNESSEE State Parks