

Essential Eligibility Criteria

Frozen Head State Park

Day After Thanksgiving Hike

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

- ? Travel over and negotiate varied terrain for three (3) miles in an estimated one (1) hour.
- ? Travel over the trail for sixty (60) minutes without sitting.
- ? Carry a pack weight of five (5) pounds, including at least sixty-four (64) ounces of water, for one (1) miles in an estimated one (1) hour.
- ? Tolerate the elements including temperature for one (1) hour.
- ? Travel across slick surfaces on a stream bed in ankle deep water.
- ? Be able to identify and recognize environmental risks, including but not limited to, uneven terrain, moving water (fast or slow) such as rivers or creeks, and potentially hazardous animals, insects, and plants.

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



T E N N E S S E E
State Parks