



# NO BARRIERS

## Essential Eligibility Criteria:

**All participants on the No Barriers Breaking Barriers Expedition must be able to meet the following requirements without assistance from a personal aide or caregiver:**

1. Be 15-19 years old at the time of the expedition
2. Demonstrate leadership skills or potential for leadership skills, an interest in pursuing education outside of the classroom, and a strong desire to overcome barriers. No prior outdoor experience is required.
3. Understand and follow instructions from leaders, throughout the expedition, including instructions on wilderness travel, risk management, personal care, hazard avoidance, and other topics, such as a direction to move, stand still, or other action required to avoid a serious threat.
4. Independently perform necessary self-care, including maintaining adequate nutrition and hydration, dressing appropriately for environmental conditions, and maintaining personal hygiene.
5. Notify the leaders, or other participants, of personal distress, injury, illness, or the need for assistance.
6. Independently manage any known medical conditions for at least thirty days prior to the scheduled expedition, and through completion of the expedition. If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from instructors or others.
7. Be able to walk over and negotiate through varied wilderness terrain, with a backpack.
8. Be able to grip and hold onto boat handles and sit upright for an extended period of time.
9. Attend to bathroom needs in a wilderness environment with no facilities.
10. Participate and equally share responsibilities with the team.
11. Refrain from any alcohol or drug use for the duration of the expedition.
12. Support a physically, emotionally and mentally healthy learning environment for all. This is done in part by:
  - a. Coming with an open mind and willingness to try new things
  - b. Displaying tolerance, respect and compassion towards all
  - c. Accepting differences
  - d. Maintaining a positive attitude, even when challenged physically, mentally, or emotionally
  - e. Taking personal responsibility for your belongings and behavior
  - f. Effectively communicating ideas and concerns on an individual and group level
  - g. Possessing a willingness to put the needs of the group before those of the individual
  - h. Tolerate changes in diet, group living, potentially long days filled with mentally and physically challenging activities, and a routine that is likely much different than your routine at home.