

PARTICIPANT QUESTIONNAIRE

What inspires you about this backcountry excursion?

Please describe your outdoor/backpacking experience:

What is the longest backpacking trip you have been on? How many days?

Where was it, what was the terrain/elevation/weather like?

What was most rewarding about it; most discouraging?

Have you previously visited Grand Canyon National Park?

Have you hiked into or stayed overnight below/above the rim of the Grand Canyon?

Fitness:

What was your most recent physical challenge outdoors?

Please describe your regular exercise routine, sports activities.

Do you have a fitness routine over the next few months that will prepare you for endurance and strength on steep trails while carrying a weighted backpack for several miles?

Would you be open to experienced training support specifically designed for this excursion?

Outdoor Experience:

Please briefly describe your history/experience of being in nature.

Please describe your interest in this particular *Into the Wild Journey*.

Have you been involved in nature education as a student/teacher/guide?

Do you have any personal goals for this trip?

How do you feel being in the wilderness can, or does affect you?

Additional Comments: