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| **Date** | **Activity**  | **What to bring** | **Leaving /****Drop off** | **Returning/****Pick Up** | **Additional Cost** |
| Tues. June 26 | Moore Dam FunPaddleboards, kayaks, water safety |  swim suit, mask/snorkel, bike and helmet | 9:00am at Lafayette | 3:00pm at Lafayette | $0 |
| Wed. June 27 | Bike to Franconia Falls | Bike, helmet, swim suit | 9:00am  | 3:00pm  | $0 |
| Tues July 3 | Hike to Cascade Brook  | Swim suit | 9:00am | 3:00pm | $0 |
| Tues July 10 toWed July 11 | **Overnight**Kayaking in the Pemi RiverCamping in Thornton | Sleeping bag, toiletries, swim suit, headlamp | 9:00am atLafayette | 3:00pm atLafayette (Wed.) | $50 |
| Tues. July 17 toWed July 18 | **Overnight** Millstone Trails-Mt bikingCamping in VT | Bike, helmet Sleeping bag, toiletries, swim suit, headlamp | 9:00am from Lafayette | 3:00pm at Lafayette (Wed.) | $50. |
| Tues. July 24 toWed July 25 | **Overnight**Puddle Jumping | Sleeping bag, toiletries, Swim suit, headlamp | 9:00am from Lafayette | 3:00pm at Lafayette | $40 |
| Tues. July 31 | Echo Crag Rock Climbing & Echo Lake | Loose fitting pants or lycra/spandex, swim suit | 9:00am from Lafayette | 3:00pm at **Lafayette** | $20 |
| Wed. Aug 1 | Townie Day | Bike, helmet, swim suit | 9:00am from Lafayette | 3:00pm at Lafayette | $0 |
|  **>> 3 DAYS <<** Tues. Aug. 14 toThurs. Aug. 16 | **Overnight** to the Seacoast  | Sleeping bag, toiletries, swim suit, head lamp, boogie board, mask/snorkel | 9:00am from Lafayette | 5:00pm at Lafayette (Thurs.) | $75 |
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This schedule is **subject to change** due to weather, attendance and other unforeseen events. **All trips are limited to a first paid, first go basis** due to available transportation and pre-purchased tickets. Sign up early to assure your place. **What to bring?** On all trips you must have lunch, hydration, sunblock, bug repellent, appropriate clothing and footwear. If you are not sure, please ASK

**Essential Eligibility Criteria for Lafayette Adventure Program Participants**

**Each participant must:**

* Payment for any trip is mandatory at least 24 hours before departure
* Arrive at the program location 15 minutes prior to scheduled departure.
* Come to the program prepared for the weather and conditions, including dressing for the elements and being able to provide own sun/rain protection and hydration/food
* Be able to manage personal care such as dressing, toileting, eating and drinking independently or with the assistance of a caretaker
* Be able to transfer on/off of equipment independently or with assistance (if over 200# must provide own transfer assistance)
* Be able to follow verbal and/or visual directions independently or with the assistance of a companion
* Be able to alert program staff to your needs/discomforts independently or with the assistance of a companion
* Be able and willing to wear protective equipment properly, such as helmets and personal flotation devices
* Use equipment appropriate for personal size and weight
* Be able to refrain from behaviors that pose a risk (such as aggression, inability to set boundaries, lack of safety awareness, drug/alcohol use or influence) to self or others, independently or with caretaker assistance

**If attending as a caretaker:**

Complete the application process

Be able to stay for the duration of the trip

Be able to participate in the activity to the extent of personal ability and skill

**If providing physical support:**

Be able to come prepared to support 1:1 with child/client/charge as needed

Be able and willing to lift, pull, push, and perform work needed for the weight and distance/terrain involved

**Additional Criteria for each activity:**

**Cycling**

Provide own equipment

Be able and willing to follow basic rules of safe riding both on the trail and on the road

Be able and willing to respect the mechanical integrity of bikes

Be able and willing to avoid trail hazards, as guided if needed

Be willing to stay on the bike trail within the limits of park boundaries

Be able to tolerate moderate physical exertion for the scheduled trip

Be able and willing to respect your limitations with regards to how far you plan to go

**Hiking**

**Gentle outing**

Be able to tolerate moderate physical exertion for up to one hour

Be able to traverse moderate terrain for up to one mile on designated trails (often accessible)- independently or with the use of approved adaptive equipment – at a slow to moderate pace

Be able and willing to stay with the group and travel at a designated pace (based on slower hikers)

**Rugged outing**– same as above plus

Be able to traverse rugged terrain typical of standard hiking trails - with rocks, roots, grades, cross slopes, un-ramped bridges, etc. – independently

**Paddling**

Be able to breathe independently without the use of medical devices to sustain breathing

Be comfortable with being wet and the possibility of being in the water (in case of a capsize)

Be able and willing to wear a properly fitted U.S. Coast Guard approved life jacket

Be able to maintain face up position while in water wearing a pfd

Be able to maintain upright head position with or without head support device/technique while in boat

Be able to tolerate sitting in balanced position in a kayak, canoe or tube with or without modification for up to 60 minutes (potentially longer if a river trip)

Be able and willing to paddle with the group at a designated pace (based on slowest paddlers)

Be able to tolerate moderate wave action from passing motorboats

**Overnight Trips**

Be able to sleep on the ground in a tent either solo or with a group of 4 or more

Be able and willing to spend 36 hours or more with the group of children ages 11 to 14 and 3 staff members at locations up to 3 hours away from Franconia.

or with the use of adaptive equipment for up to 3 miles at a slow to moderate pace.