

**ROUTE PREFERENCE FORM**  
**HARVARD FIRST-YEAR OUTDOOR PROGRAM**  
**SUBMIT BY JULY 1<sup>ST</sup>**

FOP offers three types of trips in Maine, New Hampshire and Vermont:

- Backpacking:** Participants spend the week hiking on established trails. Camp is set up in a different spot each night. All backpacking participants carry full packs weighing between 40-55 lbs.
- Switch:** Participants spend the week backpacking (see above) and canoeing. For the canoeing segment, packs are carried in the canoe; camp is set up on land in a new spot nightly.
- Service:** Participants spend the week based out of one campsite, either in the backcountry or at a trailhead, performing service work for the agencies that manage the land we use. Service may include clearing a trail, digging water bars, building an outhouse, or another project. A small number of the service trips have access to running water and shower facilities, so if this is important to you, please indicate it in your trip request below.

All three types of trips vary according to difficulty. Regardless of the preferences you indicated on your application regarding which *type* of trip you would like, please rank the difficulty level you would like for each of the types of trips we offer. Be honest with yourself when assessing your fitness level; request a route on which you will be both comfortable and challenged. We consider a number of different factors when putting groups together. Though we may not be able to grant all requests, we will make every effort to accommodate you.

<b>A</b>	<b>Moderately challenging</b>	A trips are suitable for most levels of experience or fitness. Groups usually travel 3 to 5 miles over elevation changes of 1,000' to 2,000' per day. Much of the route will be in wooded areas with gradual elevation changes.
<b>B</b>	<b>Challenging</b>	Longer days and higher peaks than on A trips. B trips travel 5 to 8 miles per day with elevation changes up to 4,000'. May include significant above-tree line exposure. FOPpers on these routes should be in good physical condition and welcome challenges.
<b>C</b>	<b>Most Difficult</b>	C trips are designed for very fit participants. C trips travel 7 to 10 miles per day with elevation changes up to 6,000'. C trips will ascend some of the highest peaks in the Northeast with considerable above-tree line exposure. You <i>can</i> participate in a C trip if you are confident in your fitness level, even if you do not have hiking experience. Boots <b>must</b> be broken in before a C trip.

**Name:** \_\_\_\_\_

**Harvard ID #:** \_\_\_\_\_

**@college.harvard.edu E-mail Address:** \_\_\_\_\_

**Please choose ONE difficulty level for each of the types of trips below and return to us by July 1, 2015:**

**Backpacking**

- A - Moderately Challenging
- B - Challenging
- C - Most Difficult

**Switch**

- A - Moderately Challenging
- B - Challenging
- C - Most Difficult

**Service**

- A - Moderately Challenging
- B - Challenging
- C - Most Difficult

**If you are interested in a Service Trip, are you interested in having running water and shower access?**

Y\_\_\_\_\_ N\_\_\_\_\_ No preference\_\_\_\_\_

**Notes (Any additional comments about your trip preference):**