Specifically, each participant must have the ability to:

- 1. Enter, sit stably, and exit the transport vehicle independently or with the assistance of a companion
- 2. Ambulate under non-motorized power independently or with the assistance of a companion on uneven, unpaved routes of variable length and elevation gains and drops
- 3. Understand and implement a guide's direction and procedures during both routine and emergency situations
- 4. Understand and apply Leave No Trace principles