



## GOLDEN STATE GUIDING – ESSENTIAL ELIGIBILITY CRITERIA SHASTA-TRINITY NATIONAL FOREST

The below is Golden State Guiding's, Essential Eligibility Criteria that must be met by any guest(s) looking to book a guided trip on Mount Shasta, located in the Shasta-Trinity National Forest, regardless of the duration of the trip. All guests must read the below and confirm they meet the minimum eligibility requirements we've set forth. It's of the utmost importance you are honest in your replies to yourself to ensure we provide the safest trip possible for you and the other members of your party.

1. You must be in excellent physical shape prior to any guided trip on Mount Shasta. This includes being able to hike and/ or climb for extended periods of time.
2. You must be capable of hiking and/ or climbing on slopes greater than 35 degrees while using technical climbing equipment which includes but is not limited to ice axe, crampons, harness, helmet and mountaineering boots.
3. You must be able to carry a backpack holding all of your equipment with weights that exceed 35 pounds or greater.
4. You must have been to elevations greater than 8,000 feet at least once prior to your trip.
5. You must be able to read in case an accident occurs, and the emergency response cards issued to our guests are implemented.
6. You must be able to communicate with individuals outside of your party using communication devices such as cell phones, satellite devices and two-way radios.
7. You must have no underlying medical conditions that could potentially be of issue when attempting to climb Mount Shasta.

