



The mission of No Barriers Warriors is to empower veterans with disabilities to overcome barriers and unleash their potential. No Barriers Warriors values diversity and inclusion in our programming and the emotional, mental, and physical wellbeing of our participants are top priorities. While we specialize in integrating veterans with disabilities in our programming, No Barriers Warriors is not a wilderness therapy program.

The No Barriers Warriors Essential Eligibility Criteria (EEC) is a list of the physical and cognitive requirements for participation in No Barriers Warriors expeditions. These are not intended to be exclusionary, but a resource for veterans with disabilities when considering participation in a No Barriers Warriors program. If you have concerns about your ability to meet certain criteria, please speak with No Barriers Warriors staff to determine if reasonable accommodations can be made. If you have questions about No Barriers Warriors Essential Eligibility Criteria, or if you have questions about the implementation of the EEC, please contact No Barriers Warriors at Warriors@NoBarriersUSA.org

All participants on a No Barriers Warriors expedition must be able to meet the following general requirements without assistance from a personal aide or caregiver:

1. Effectively notify the leaders, or other participants, of personal distress, injury, illness, or the need for assistance
2. Effectively warn others of potential or impending hazards such as falling rocks, slick terrain, or rock slide, aggressive animals, falling person, or other hazards
3. Perceive, understand and follow instructions on wilderness travel, risk management, personal care, hazard avoidance, and other topics, such as a direction to move, stand still, or other action required to avoid a serious threat. Such instructions may be delivered in potentially hazardous or stressful environment
4. Perform necessary self-care, including maintaining adequate nutrition and hydration, dressing appropriately for environmental conditions, and maintaining personal hygiene
5. Manage any known medical conditions for at least thirty days prior to the scheduled expedition, and through completion of the expedition. If taking prescription medications, be able to maintain proper dosage by self-medicating without assistance from instructors or others
6. Remain alert and focused for extended periods of time, sometimes up to 12 hours, while traveling through wilderness, and other remote terrain
7. Act in a manner consistent with Leave No Trace principles. Participants do not need to know the Leave No Trace principles prior to participating in a No Barriers Warriors expedition, however all participants must be able to follow the directions of their leader regarding minimum impact guidelines
8. Attend to toileting needs in a wilderness environment with no facilities
9. Participate and equally share responsibilities with the team in daily tent group, cook group, and expedition tasks such as cleaning water, cooking, or doing dishes. Each

participant may not do an equal share every day, but over the entirety of the expedition the participant should do an equal share

10. No expectation that any other participant or leader will be able to continually assume a greater share of your work, including carrying extra weight, or that a leader can continually focus a greater share of his/her energy and time on you
11. Refrain from any alcohol or drug use for the duration of the expedition
12. Support a physically, emotionally and mentally healthy learning environment for all. This is done in part by
 - a. Coming with an open mind and willingness to try new things
 - b. Displaying tolerance, respect and compassion towards all
 - c. Accepting differences
 - d. Maintaining a positive attitude, even when challenged physically, mentally, or emotionally
 - e. Taking personal responsibility for your belongings and behavior
 - f. Effectively communicating ideas and concerns on an individual and group level
 - g. Possessing a willingness to put the needs of the group before those of the individual
 - h. Tolerate changes in diet, group living, long days filled with mentally and physically challenging activities, and a routine that is likely much different than your routine at home

1) St. Mary's Glacier Expedition- Coed

In addition to the general Essential Eligibility Criteria required for all No Barriers Warriors programming listed in the general requirements, participants on our St. Mary's Glacier expeditions must be able to complete the following requirements without assistance from a personal aide or caregiver:

1. At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack. You must be able to meet the following travel requirements as it applies specifically to this expedition.
 - a. Travel a distance of ten miles over three days and two nights, with at least seven of these miles occurring in one day
 - b. Duration of travel ranges from less than one hour to more than seven hours in one day, and occurs on successive days at a minimum pace of two miles per hour
 - c. Ascend a 13,294ft peak, James Peak, if weather and time permit.
 - d. Carry a pack weight of 50lbs for portions of the trip. This weight includes group gear in addition to personal gear. Pack weights are generally 50lbs to get to camp and to exit camp, approximately two miles total. We carry lighter packs, generally 15lbs, for peak ascents, such as an ascent of James Peak, approximately seven miles at a minimum
 - e. Travel conditions may include, but are limited to, rough, rugged, uneven steep and sloping terrain, human made and animals made trails that can be as slim as two feet, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders, ascending, descending or traversing slopes covered in snow, rocks or vegetation and any and all travel can occur during periods of inclement weather
 - f. If conditions become adverse, travel without breaks for over an hour

2. Live in a physically demanding, remote backcountry environment for the uninterrupted period of course length, which consists of three days and two nights. Conditions of this environment may vary from below freezing to above 90 degrees depending on season and may include, but is not limited to, rain or freezing rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof. Elevations vary from 7,000ft to 14,000ft
3. Comfortable mentally, emotionally, and physically in a coed, remote backcountry environment
4. Learn and safely perform the fundamental camping skills of finding a campsite, setting up a shelter, and cooking with a camp stove
5. Wear all required safety gear such as an approved harness, approved helmet, mountaineering boots, crampons ice axe/tool, etc.
6. Grip a rope or ice axe firmly with one hand and negotiate upwards on a climb

2) Collegiate Peaks Expedition- Coed

In addition to the general Essential Eligibility Criteria required for all No Barriers Warriors programming listed in the general requirements, participants on our Collegiate Peaks expeditions must be able to complete the following requirements without assistance from a personal aide or caregiver:

1. At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack. You must be able to meet the following travel requirements as it applies specifically to this expedition
 - a. Travel a minimum distance of 25 miles over four days and three nights, with at least seven of these miles occurring in one day
 - b. Duration of travel ranges from less than one hour to more than seven hours in one day and occurs on successive days at a minimum pace of two miles per hour
 - c. Ascend a 14,000ft peak, if weather and time permit
 - d. Carry a pack weight of 50lbs throughout this expedition. This weight includes group gear in addition to personal gear. We carry lighter packs, generally 15lbs, for peak ascents, such as an ascent of a 14,000ft peak
 - e. Travel conditions may include, but are limited to, rough, rugged, uneven steep and sloping terrain, human made and animals made trails that can be as slim as two feet, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders, ascending, descending or traversing slopes covered in snow, rocks or vegetation and any and all travel can occur during periods of inclement weather
 - f. If conditions become adverse, travel without breaks for over an hour
2. Live in a physically demanding, remote backcountry environment for the uninterrupted period of course length, which consists of three days and two nights. Conditions of this environment may vary from below freezing to above 90 degrees depending on season and may include, but is not limited to, rain or freezing rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof. Elevations vary from 7,000ft to 14,000ft
3. Comfortable mentally, emotionally, and physically in a coed, remote backcountry environment
4. Learn and safely perform the fundamental camping skills of finding a campsite, setting up a shelter, and cooking with a camp stove
5. Tolerate being several hours or up to a day away from medical facilities. The remoteness for the Collegiate Peaks expedition is such that it may require at a minimum one day's travel, to reach the nearest, road, trailhead, town and advanced medical care

St. Mary's Glacier Expedition- Female Only

In addition to the general Essential Eligibility Criteria required for all No Barriers Warriors programming listed in the general requirements, participants on our St. Mary's Glacier expeditions must be able to complete the following requirements without assistance from a personal aide or caregiver:

1. At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack. You must be able to meet the following travel requirements as it applies specifically to this expedition.
 - a. Travel a distance of ten miles over three days, with at least seven of these miles occurring in one day
 - b. Duration of travel ranges from less than one hour to more than seven hours in one day, and occurs on successive days at a minimum pace of two miles per hour
 - c. Ascend a 13,294ft peak, James Peak, if weather and time permit.
 - d. Carry a pack weight of 50lbs for portions of the trip. This weight includes group gear in addition to personal gear. Pack weights are generally 50lbs to get to camp and to exit camp, approximately two miles total. We carry lighter packs, generally 15lbs, for peak ascents, such as an ascent of James Peak, approximately seven miles at a minimum
 - e. Travel conditions may include, but are limited to, rough, rugged, uneven steep and sloping terrain, human made and animals made trails that can be as slim as two feet, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders, ascending, descending or traversing slopes covered in snow, rocks or vegetation and any and all travel can occur during periods of inclement weather
 - f. If conditions become adverse, travel without breaks for over an hour
2. Live in a physically demanding, remote backcountry environment for the uninterrupted period of course length, which consists of three days and two nights. Conditions of this environment may vary from below freezing to above 90 degrees depending on season and may include, but is not limited to, rain or freezing rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof. Elevations vary from 7,000ft to 14,000ft
3. Comfortable mentally, emotionally, and physically in a female only, remote backcountry environment
4. Learn and safely perform the fundamental camping skills of finding a campsite, setting up a shelter, and cooking with a camp stove
5. Wear all required safety gear such as an approved harness, approved helmet, mountaineering boots, crampons ice axe/tool, etc.
6. Grip a rope or ice axe firmly with one hand and negotiate upwards on a climb

Collegiate Peaks Expedition- Female Only

In addition to the general Essential Eligibility Criteria required for all No Barriers Warriors programming listed in the general requirements, participants on our Collegiate Peaks expeditions must be able to complete the following requirements without assistance from a personal aide or caregiver:

1. At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack. You must be able to meet the following travel requirements as it applies specifically to this expedition
 - a. Travel a minimum distance of 25 miles over four days and three nights, with at least seven of these miles occurring in one day
 - b. Duration of travel ranges from less than one hour to more than seven hours in one day and occurs on successive days at a minimum pace of two miles per hour
 - c. Ascend a 14,000ft. peak, if weather and time permit
 - d. Carry a pack weight of 50lbs throughout this expedition. This weight includes group gear in addition to personal gear. We carry lighter packs, generally 15lbs, for peak ascents, such as an ascent of a 14,000ft peak
 - e. Travel conditions may include, but are limited to, rough, rugged, uneven steep and sloping terrain, human made and animals made trails that can be as slim as two feet, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders, ascending, descending or traversing slopes covered in snow, rocks or vegetation and any and all travel can occur during periods of inclement weather
 - f. If conditions become adverse, travel without breaks for over an hour
2. Live in a physically demanding, remote backcountry environment for the uninterrupted period of course length, which consists of three days and two nights. Conditions of this environment may vary from below freezing to above 90 degrees depending on season and may include, but is not limited to, rain or freezing rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof. Elevations vary from 7,000ft to 14,000ft
3. Comfortable mentally, emotionally, and physically in a female only, remote backcountry environment
4. Learn and safely perform the fundamental camping skills of finding a campsite, setting up a shelter, and cooking with a camp stove
5. Tolerate being several hours or up to a day away from medical facilities. The remoteness for the Collegiate Peaks expedition is such that it may require at a minimum 1 day's travel, to reach the nearest, road, trailhead, town and advanced medical care

St. Mary's Glacier Expedition- Male Only

In addition to the general Essential Eligibility Criteria required for all No Barriers Warriors programming listed in the general requirements, participants on our St. Mary's Glacier expeditions must be able to complete the following requirements without assistance from a personal aide or caregiver:

1. At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack. You must be able to meet the following travel requirements as it applies specifically to this expedition.
 - a. Travel a distance of ten miles over three days, with at least seven of these miles occurring in one day
 - b. Duration of travel ranges from less than one hour to more than seven hours in one day, and occurs on successive days at a minimum pace of two miles per hour
 - c. Ascend a 13,294 peak, James Peak, if weather and time permit.
 - d. Carry a pack weight of 50lbs for portions of the trip. This weight includes group gear in addition to personal gear. Pack weights are generally 50lbs to get to camp and to exit camp, approximately two miles total. We carry lighter packs,

- generally 15lbs, for peak ascents, such as an ascent of James Peak, approximately seven miles at a minimum
- e. Travel conditions may include, but are limited to, rough, rugged, uneven steep and sloping terrain, human made and animals made trails that can be as slim as two feet, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders, ascending, descending or traversing slopes covered in snow, rocks or vegetation and any and all travel can occur during periods of inclement weather
 - f. If conditions become adverse, travel without breaks for over an hour
2. Live in a physically demanding, remote backcountry environment for the uninterrupted period of course length, which consists of three days and two nights. Conditions of this environment may vary from below freezing to above 90 degrees depending on season and may include, but is not limited to, rain or freezing rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof. Elevations vary from 7,000ft to 14,000ft
 3. Comfortable mentally, emotionally, and physically in a male only, remote backcountry environment
 4. Learn and safely perform the fundamental camping skills of finding a campsite, setting up a shelter, and cooking with a camp stove
 5. Wear all required safety gear such as an approved harness, approved helmet, mountaineering boots, crampons ice axe/tool, etc.
 6. Grip a rope or ice axe firmly with one hand and negotiate upwards on a climb

Collegiate Peaks Expedition- Male Only

In addition to the general Essential Eligibility Criteria required for all No Barriers Warriors programming listed in the general requirements, participants on our Collegiate Peaks expeditions must be able to complete the following requirements without assistance from a personal aide or caregiver:

1. At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack. You must be able to meet the following travel requirements as it applies specifically to this expedition
 - a. Travel a minimum distance of 25 miles over four days and three nights, with at least 7 of these miles occurring in one day
 - b. Duration of travel ranges from less than one hour to more than seven hours in one day and occurs on successive days at a minimum pace of two miles per hour
 - c. Ascend a 14,000ft. peak, if weather and time permit
 - d. Carry a pack weight of 50lbs throughout this expedition. This weight includes group gear in addition to personal gear. We carry lighter packs, generally 15lbs, for peak ascents, such as an ascent of a 14,000ft peak
 - e. Travel conditions may include, but are limited to, rough, rugged, uneven steep and sloping terrain, human made and animals made trails that can be as slim as two feet, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders, ascending, descending or traversing slopes covered in snow, rocks or vegetation and any and all travel can occur during periods of inclement weather
 - f. If conditions become adverse, travel without breaks for over an hour
2. Live in a physically demanding, remote backcountry environment for the uninterrupted period of course length, which consists of three days and two nights. Conditions of this environment may vary from below freezing to above 90 degrees depending on season

and may include, but is not limited to, rain or freezing rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof. Elevations vary from 7,000ft to 14,000ft

3. Comfortable mentally, emotionally, and physically in a male only, remote backcountry environment
4. Learn and safely perform the fundamental camping skills of finding a campsite, setting up a shelter, and cooking with a camp stove
5. Tolerate being several hours or up to a day away from medical facilities. The remoteness for the Collegiate Peaks expedition is such that it may require at a minimum 1 day's travel, to reach the nearest, road, trailhead, town and advanced medical care