

Essential Eligibility Criteria

Gamble Rogers Memorial State Recreation Area at Flagler Beach **Hike the Hammock**

In order to participate in this program, one:

- Must have the ability to follow visual and/or verbal instructions independently or with the assistance of a companion.
- Must be able to traverse uneven or sandy terrain for up to one mile alone or with the assistance of another.
- Must be able to withstand exposure to the outdoors and insects for up to two hours.
- Must be able to carry enough consumable liquids for the duration of the hike.

