Essential Eligibility Criteria

Mike Roess Gold Head Branch State Park

**Headlamp Hike**

In order to participate in this program, one:

* Must have the ability to follow verbal and/or visual instructions independently or with the assistance of a companion.
* Must have the ability to withstand exposure to the outdoors in temperatures ranging from 40 to 90 degrees.
* Must have the ability to traverse uneven terrain either independently or with the assistance of a companion and/or with the use of adaptive equipment for a distance of 1 mile.

