

Essential Eligibility Criteria

Camp Helen State Park

First Day Hike

In order to participate in this program, one:

- Must have the ability to follow visual and/or verbal instruction independently or with the assistance of a companion.
- Must have the ability to withstand exposure to the outdoors for up to two hours.
- Must have the ability to traverse wet, sloped, and uneven terrain for up to two miles, independently or with the assistance of a companion.