

AGE APPROPRIATE / PROGRAM - SPECIFIC ACTIVITIES



**TRAIL LIFE USA**

Adventure › Character › Leadership

Woodlands Trail

Foxes (grades K-1)

Hawks (Grades 2-3)

Mountain Lions (Grades 4-5)

Navigators (Middle School)

Adventurers (High School thru Age 17)

Guidon (Co-Ed - College Ages 18-25)

	Foxes (grades K-1)	Hawks (Grades 2-3)	Mountain Lions (Grades 4-5)	Navigators (Middle School)	Adventurers (High School thru Age 17)	Guidon (Co-Ed - College Ages 18-25)
Archery (see Shooting Sports Guidebook)						
Camping (with parent)						
Cave Exploring Tours						
Community Events and Activities						
Enjoying Campfires						
Flat Water (slow river) Tubing						
Group Meetings						
Hiking						
Ice Skating - Indoor Public Facility						
Indoor or Artificial Rock Climbing / Challenge Courses						
Parade Floats / Hayrides						
Roller Skating / Skateboarding / Rollerblading						
Shooting Sports (see Shooting Sports Guidebook)						
Snorkeling						
Swimming						
Theme Park Activities						
Winter Sports Activities						
Bicycling						
Camping (w/o parent) and Backpacking						
Flat Water Canoeing (with adult in boat)						
Horseback Riding						
Skiing / Snowboarding / Snowshoeing						
Climbing Towers, Ziplines						
Fire Building and Cooking over a campfire						
Knife Handling						
Cave Exploring						
Equip Training (including EquipYouth 8th-12th grade)						
Flat Water Canoeing and Kayaking						
Flying (age 13 and older)						
Moving Water Kayaking and Canoeing						
National Summer Adventure						
Rafting						
SCUBA						
Waterskiing, Wakeboarding, Kneeboarding						
Outdoor Rock Climbing, Rappelling, and Mountaineering						
Wilderness Survival						
Freedom Award						