

Physical Hardships Table 2026

| CCS Trip | Health Concerns | Hiking & Climbing | Long Term Walking | Long Vehicle Rides | Unreliable Electricity & Refrigeration | Access to Health Care | Barrier Free Access |
|---------------------------|--|-------------------|-------------------|--------------------|--|-----------------------|---------------------|
| January 2026 Trips | | | | | | | |
| Costa Rica | AR, AS, EP, HP, KP, MS, PR (cloud forest & volcano trip) | 1 | 1 | 1 | 1 | Yes | Some |
| Cambodia | AS, DI, HP, EP, MS, OB, PR (long plane ride/hot, humid weather) | 3 | 3 | 5 | 3 | Some | No |
| Guatemala | AL, AR, AS, EP, HP, KP, MP, MS, PR | 3 | 3 | 3 | 3 | Yes | No |
| India | AR, AS, DI, EP, HP, KP, MS, LBS, OB, PR (long plane ride) | 3 | 4 | 3 | 2 | Some | No |
| May 2026 Trips | | | | | | | |
| England/Scotland | AR, EP, HP, KP, LBS, MS, OB, PR | 2 | 4 | 3 | 3 | Yes | Some |
| Guatemala | AL, AR, AS, EP, HP, KP, MP, MS, PR | 3 | 3 | 3 | 3 | Yes | No |
| Morocco | AL, CS, EP, KP, MS, OB (camel ride), PA, PR | 2 | 3-4 | 4 | 1-2 | Some | No |

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| KEY: | AL – High Altitude AR – Arthritis AS – Asthma CS – Car Sickness DI – Diabetes EP – Emotional Issues GA – Gallbladder Issues G – Gluten Intolerance HP – Heart issues KP – Knee Issues L – Lactose intolerance LBS – Low Blood Sugar MP – Muscle issues MS – motion sickness OB – Obesity/Overweight PA – Peanut Allergy PR – Pregnancy V – Vegetarian | 1-5 scale indicates degree of frequency this condition occurs on this trip with "5: being the most frequent and "1" being infrequent If a student has allergies to cats, dogs, or foods, he/she should let CCS trip faculty know. V-Vegetarians will find some country's cuisine very high in meat-based foods and thus should consider an alternative CCS trip destination. OB-Some airline regulations stipulate that travelers who are obese according to airline standards must purchase 2 tickets. Students must work with the CCS office on this issue as applicable upon enrollment and prior to the COR374 semester. | | |
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