



2016 SLC Questival Challenge List

All challenges must be verified by photo or video!

Easy=1, Moderate=3, Hard=6, Very Hard=9, Extreme=12

	Challenge	Points
adventure & fitness		
As a team do 15 seconds of 'foot fires' at The Gateway. Have a stranger film.	1	3
Run, walk or bike the City Creek Canyon trail to the Water Treatment Plant. Post a photo from the treatment plant.	2	6
Hold your breath underwater for as long as possible. Don't Die.	3	3
Do a '3 legged' 100 meter dash as a team. Designate a teammate or stranger as race announcer and narrator.	4	3
Make a half court basketball shot blindfolded.	5	6
Video of a team member slam dunking a basketball on a regulation hoop (if you're short get creative)	6	3
Make a field goal from the 15 yard line... wait for it... with your non-dominant foot.	7	3
Bowl a strike... then moonwalk backwards and yell Questival	8	3
Take a team photo from the highest vantage point you can access for free	9	3
Complete an entire fitness class (Zumba, Spin, etc.)	10	6
Do a 'track' stand for 15 seconds on a bike.	11	3
Make a canoe out of cardboard, see if it can float with a teammate in it!	12	6
Cross a slackline walking backwards (entire sequence, speed that video up if you must so we can see it all :)	13	6
Ride a unicycle.	14	3
Do 10 pull-ups in a row in a public place (entire team must do it together).	15	3
Go tandem longboarding.	16	3
Cool off in a natural waterfall.	17	6
Trail run for one mile. In formal attire.	18	3
Do a backflip off of a rope swing into a pond or lake.	19	6
Jump into a body of water with your clothes on. Bring a towel!	20	3
Perform your best pencil dive off a high dive into a pool (12' or higher).	21	6
Cartwheel for 25 consecutive yards while telling your teammates what you like about yourself.	22	3
Do a quick 750 meter swim, this is the same distance as in a 'sprint distance' triathlon. Congrats Swimmer Winner.	23	6
Climb one pitch outdoors.	24	6
Boulder one problem outdoors.	25	6
Mountain bike on a dirt trail for three miles. Track with an app. (screenshot)	26	3
Play fetch with a dog or cat or hamster or rabbit or horse or cow or deer or guinea pig or pig or suit wearing yuppie who you don't know	27	3
community & cultural		
#Adventure+GearExpo and proclaim your IZM - Find the IZM booth and proclaim your IZM (your outdoor addiction). #izmapparel.	28	3
#Adventure+GearExpo and snap a creative pic in the Mig Trailer. Tag @mig_trailers.	29	3
#Adventure+GearExpo and get a pic with your favorite Jeep... there will be lots from which to choose. #jeeplife	30	3
Take a team photo in front of the Utah state capitol building.	31	3
Find and photograph this statue with your team (tap this challenge then tap GO >) https://s3.amazonaws.com/gs-waymarking-images/aaac241d-507b-4aa6-a81a-ebeed7dfa4a3.JPG	32	3
Find and take a team photograph with this mural (tap this challenge then tap GO >) https://s3.amazonaws.com/gs-waymarking-images/18df566b-3221-4477-92da-7170ea9b65f7.JPG	33	3
Find and take a team photograph with this street art (tap this challenge then tap GO >) https://www.flickr.com/photos/theworkroom/625994	34	3
Find Petunia the Pig in Salt Lake City and take a team photo with her.	35	3
Visit 40.770228, -111.995147 and watch the planes take off and land.	36	3
Find and photograph a Utah State Quarter	37	3
Take a ride on UTA in the Free Fare Zone	38	3
Power up with Max Muscle Cottonwood! Get a \$3 snack on the run, then take a group selfie showing your best muscle pose Hashtag #MaxMuscleCottonwood #MounatinsideSpa (Location - 6556 S Big Cottonwood Canyon Rd, Salt Lake City, UT 84121)	39	3
Take a creative team photo with the the World's Largest Fishing Fly	40	3
Hug a picea pungens Engelm	41	3
Find this statue and share a 15 second video about something you learned (tap this challenge then tap GO >) https://s-media-cache-ak0.pinimg.com/736x/f6/50/6a/f6506af8193956b86e2d7846d1978ee1.jpg	42	3
Write a note with 10 things you love about Utah and leave it for someone else to find.	43	3
Take a drive down "Gravity Hill"	44	3

Team photo outside of the Utah Museum of Contemporary Art. Come back another time for a proper visit, it's only \$5.	45	3
Relax and do some tai chi at the International Peace Gardens	46	3
Sing the Utah state song	47	3
Take a picture with a California gull (state bird)	48	3
Take a photo with Calochortus nuttallii (the state flower)	49	3
Sing a song with your team as if you were the Mormon Tabernacle Choir	50	3
Visit This is the Place Heritage Park	51	3
Take a picture at Trolley Square	52	3
Visit Sri Sri Radha Krishna Temple	53	3
Take a picture of a buffalo at/on Antelope Island	54	3
Ride a ski lift... skiing down is optional. BUT SUPER FUN.	55	3
Take a picture in the elevator at Salt Lake City Public Library	56	3
Take a picture in front of the Allosaurus at Natural History Museum	57	3
Visit Golden Spike National Historic Site	58	3
Visit Utah Olympic Oval (Kearns)	59	3
Visit Utah Olympic Park (Park City)	60	3
Visit Historic Wheeler Farm	61	3
Shake hands with the mayor of any city in Utah	62	6
Visit a local ski resort and take a picture in front of resort sign	63	3
Take a picture with a current or former player from the Utah Jazz in person	64	6
Receive a kiss on the "A" statue at Utah State	65	3
Team photo at the Anderson Tower Monument	66	3
Creatively take a photo with your favorite piece of street art that you find during Questival	67	3
Do a humans of new york style post about someone you met at Questival.	68	6
Feed a meal from a street vendor to one of your teammates only using your elbows.	69	3
Do a funky rap with an octogenarian. #difficultylevelCRAZYTOWN	70	6
Find a little free library/tiny library. Borrow a book and leave a book. #readingisFUNDamental	71	6
Cotopaxi Questival book club: recommend your favorite book with brief explanation why.	72	3
festival		
Visit NothingButNets.net learn a fact about malarya then Visit the Nothing But Nets tent and make a 15 second video sharing your new found knowldege.	73	6
Donate your Summer Care Package at the IRC tent and take a picture of your team with your donation.	74	6
While you are at the IRC tent...learn a welcoming phrase in a refugee language and share a video of you repeating it. Tell us what the phrase is before/after you share it and the language it is. :)	75	3
Head to Bohemian Brewery tent and test your might in the Stein Hoisting contest. Best times compete on the main stage for strength glory... oh, and prizes.	76	3
Go to the Maverik climbing wall and take part in the #adventuresfirststop climbing challenge.	77	3
Swing over to the Lander tent to put your balance to the test on the "Slackline of Doom", okay... it's just a normal slackline. Prizes to be ha	78	3
Go to the Altra tent and learn ZERO.... drop. ;) Learn a new way to tie your shoes. #it'sfuntolearnnewthings	79	3
Get fueled at the Gnarly booth and take a photo with one of the cardboard cut-outs (you'll see what we are talking about)	80	3
Go to the Visit Salt Lake tent and learn about what they do. Submit a video of you talking about something you learned.	81	3
Venture Out to the Venture OUT! tent and take part in one of the obstacle races they are doing. Prizes to be had. #ventureout	82	3
Head over to the Power Practical tent and practically compete for some of their sweeeet gear	83	3
Visit the Acanela booth, take a photo in front of your favorite travel destination, and enter to win a spot on one of Acanela's upcoming expeditions! #acanelaexpeditions #acanela	84	3
Play Giant "Beer" Pong at the Festival with a teammate OR Play Llama "Cornhole" at the Festival with another team.	85	3
Take a selfie or a team picture with a llamas. Be nice and ask permission.They are Majestic.	86	3
Make a snapchat post at the festival and use The Questival geofilter. (Screenshot)	87	3
Take a team picture with the Cotopaxi van. (no climbing on the van.)	88	3
Complete the kickoff challenge that occurs at the check-in festival at 7:30 PM. #somagical	89	24
food		
Snack on the state vegetable of Utah.	90	3
Eat at a roadside diner, order the 13th thing on the menu.	91	6
Buy something from a local farmer's market.	92	3
#chef - Churn your own butter with a device of your choosing. *denim overalls and/or bonnet optional but recommended.	93	6
Play hard boiled egg roulette.	94	3
#chef - kiss or lick a real farm animal that people might otherwise eat (i.e. pig, cow, chicken, etc.) (ask permission, don't get bit).	95	3

#chef - Milk a farm animal (with permission of the owner) and drink the milk.	96	6
Hold a staring contest with stranger while casually eating a piece of fruit..... don't break eye contact 15 second minimum.	97	3
#chef - Make a smoothie using at least 5 different fruits and vegetables.	98	3
#chef Use kitchenware to perform a boyband song of your choosing, modern or classic. (for an example tap this challenge then tap GO >)	99	6
quirky		
Go to a busy pedestrian area in Downtown Salt Lake City, put on your headphones and karaoke your heart out to your favorite song, the whole song, BE LOUD and BE PROUD. #singanddancelikenooneiswatching	100	6
Visit your favorite Karaoke spot and sing a song by Miley Cyrus	101	3
Fly a paper airplane more than 50 feet	102	3
Spell "QUESTIVAL" using humans as the letters. If needed enlist the help of strangers. Questival participants do not count as strangers.	103	6
Make then fly a kite constructed with recycled materials.	104	6
Play an accordion	105	6
Make signs and cheer on a random park sporting event.	106	3
Select a teammate to run for president of the USA. Make a short video about their platform.	107	3
#keepmeweird - Walk across the street Zombie Style (using a cross walk)	108	1
#keepmeweird - Mail a potato to Daniel at this address 3045 SE Turner Creek Dr; Hillsboro, OR 97123 (Yes a potato and no box is needed)	109	3
Create your own llama tattoo.	110	1
Create a team logo or crest and draw it on your totem. Make a 15 second video explaining your logo.	111	3
Take a load off and do some urban hammocking in a creative place.	112	3
Go skating/rollerblading and hold a limbo contest.	113	6
Locate a group of 4-10 dogs and give them all a loving walk at the same time.	114	3
#keepmeweird Give a stranger a compliment in your best foreign accent, make them feel bueno.	115	3
Hold a door open for a stranger, sincerely compliment them as they come through the door.	116	3
#keepmeweird - Make a 15 second speech about llamas to strangers on an elevator.	117	3
Challenge a stranger to a bubble blowing contest.	118	3
Find a stranger who has the same middle name as you and provide proof.	119	3
Find and photograph a Canadian license plate.	120	9
Recreate a famous piece of art using a medium of your choice.	121	3
Create a 15 second Rube Goldberg machine.	122	6
Brush your teammate's teeth for them, turn the water off whilst brushing. (save water, what what!).	123	3
Hug a stranger for 15 seconds.	124	6
Trade a piece of clothing with a stranger for keeps.	125	3
Act out a favorite scene from a movie.	126	3
Get llama nail art.	127	1
Fit your whole team on a tandem bike and ride for 15 seconds.	128	3
#keepmeweird - Video a teammate throwing a doughnut hole as fast as they can at another teammate's face (Protect your eyes!).	129	1
Write a six-word story about Cotopaxi.	130	1
Give a team-member a mohawk.	131	1
Fit entire team in a phone booth.	132	3
Tell your best dad joke in 15 seconds or less.	133	1
Find a wedding party and get a picture with the bride/groom (Be respectful).	134	3
Entire team picture with real live mascot, sorry the Miguel the llama mascot does not count.	135	3
Photo of entire team on a spiral staircase.	136	1
Create your favorite disney characters outfit at a thrift store and try it on.	137	3
#teamedup - service & environment		
Send a net. Save a life. - Get a teammate or outsider to donate \$10 to Nothing But Nets. (Screenshot)	138	9
* Find a HOST meter and create a short video about what the Homeless Outreach Street Team is all about. The group that creates the best video could be featured on the HOST webpage. (Learn more tap this challenge then tap GO >) LINK http://www.slchost.org/	139	6
Write a reverse "thank you note" to one of the kids in our thank you card program - 7938 S 3500 E #700, Cottonwood Heights, UT 84121	140	6
Collect all of the garbage you create during your 24hr race and take a picture of it in the final hour and recycle what you can.	141	9
Pick up 100 pieces of trash at a local park and recycle what you can.	142	6
Collect 50 pieces of trash along a hiking trail and recycle what you can.	143	6
Do a load of laundry. Hang dry instead of using a dryer (energy saver, what what!).	144	3
Volunteer with the nonprofit of your choice.	145	6
Mail a postcard to your senator or representative.	146	3
Mail a postcard to a veteran.	147	3

Donate healthy canned food to the homeless shelter of your choice.	148	3
Donate a box of gently used clothing to Goodwill, Salvation Army, or other nonprofit serving those in need.	149	3
Perform a random act of kindness. Include a short text explanation in your comment. Do something meaningful and make it count!	150	3
Personally thank a current/former professor/teacher/coach for the impact they have had on your life.	151	3
Skype, Hangout, or FaceTime with a family member or significant other. Tell them you love them, and tell them about your day.	152	3
Perform a service project with another team.	153	3
Plant a tree.	154	3
Plant a flower in a place where it will be appreciated.	155	3
Create a 15 second informational video about the work of one of Cotopaxi's grantees	156	6
Pick weeds for a neighbor	157	1
Give flowers to a stranger you see on the street.	158	3
Share some stories with someone living in an elderly home. Tell us a little about it.	159	3
Donate blood while wearing dracula teeth	160	6
Visit a local museum and share 3 things you learned.	161	3
Celebrate a local teacher. Make their day brighter!	162	3
social media		
Follow Cotopaxi on Instagram - @cotopaxi. (screenshot)	163	1
Follow Cotopaxi on Twitter - @cotopaxi. (screenshot)	164	1
Like Cotopaxi on Facebook. (screenshot)	165	1
Like Cotopaxi Questival on Facebook. (screenshot)	166	1
Follow the Questival on Instagram - @CotopaxiQuestival. (screenshot)	167	1
Subscribe to Cotopaxi on YouTube. (screenshot)	168	1
Snap us a pic of your Questival adventures via Snapchat! Our username: @gearforgood. (screenshot)	169	1
Add a snap of your adventure to your Snapchat story (screenshot).	170	1
Take a picture with a current or former player from a professional sports franchise.	171	6
Get a celebrity with over 5,000 followers to tweet/retweet something with our hashtag and Twitter handle, @cotopaxi (prove with screenshot)	172	6
Get 50 likes on a single post and document (prove with screenshot).	173	1
Get 100 likes on a different single post and document (prove with screenshot).	174	3
Post a photo from Questival to your blog (Screenshot).	175	3
Get a major league athlete or celebrity to say "Cotopaxi makes Gear for Good."	176	12
survival & camping - MUST BE DONE IN NATURE!		
Camp overnight in a car. (Only one camp overnight challenge may be completed per team)	177	1
Camp overnight in a tent in the wilderness (no yard camping and only one camp overnight challenge may be completed per team)	178	6
Camp overnight in your handmade shelter in the wilderness (no yard camping and only one camp overnight challenge may be completed)	179	9
Cook a meal over a campfire.	180	6
Make a tin foil dinner over a campfire.	181	6
Start a fire without matches, a lighter, or starter fluid (fire must be contained inside a legal fire pit).	182	6
Make s'mores over a campfire add an extra ingredient and share your recipe in the caption.	183	3
Recite a Cotopaxi rap around a campfire.	184	3
Draw a picture of a llama w/ charcoal from your fire.	185	3
Video a 15 second scary story around a campfire.	186	3
Douse a fire.	187	3
Catch a fish outdoors in nature from a lake or stream. Not in a store or from an aquarium.	188	9
Catch a crawdad/crawfish.	189	6
Howl at the moon as a team at midnight.	190	3
Make a 15-sec video showing what to do with a heat stroke victim.	191	3
Make a 15-sec video showing how to treat a snake bite.	192	3
Make a raft out of wood and rope and float on it.	193	9
Scare one of your teammates while camping.	194	3
Eat a worm #doubledareyou.	195	6
Eat two crickets #doubledareyou.	196	6
Eat three beetles #doubledareyou.	197	6
Whittle yourself a utensil.	198	3
Carve a llama figurine out of wood and bring it to a Cotopaxi staff member. Figure must be approved.	199	6
Make a 15-sec video teaching an outdoor skill (backpacking, hiking, camping, cooking, etc).	200	6
Eat a meal made from plants and insects you gather in the wild.	201	6

Tie a bowline knot in a 15 second video.	202	3
15 second video on how to tie a figure eight	203	3
15 second video on how to tie a munter hitch	204	6
Filter water from a natural source and drink it.	205	6
Prepare and eat an MRE or Mountain House meal #CampEats.	206	6
Catch a lizard and give it a kiss.	207	6
Watch a sunrise. Take a break and enjoy the moment.	208	6
Watch a sunset. Take a break and enjoy the moment.	209	3
Skip a rock at least 7 times.	210	3
Take a photograph of 4 distinct bird types in the wild and name them (collage with totem).	211	3
teamwork (challenges for interaction between teams)		
Share a campsite with another team.	212	6
Share a meal with another team over a campfire.	213	6
Swap shoelaces with a member of a different team.	214	3
Challenge another team to a 50 yard wheelbarrow race.	215	3
Double dutch jump rope with two other teams.	216	3
Play a pickup game of your favorite sport with complete strangers. Other questival participants do not count as strangers for this one.	217	3
travel & hiking		
Take a Photo with a real live peacock.	218	6
Visit a town with a population below 500. Take a picture by the population sign.	219	3
Drink water from a freshwater spring.	220	3
Cross a state border. Take a picture at the border. Look as depressed as possible that you have crossed said border. #CharlieBrownteam	221	3
Cross the border into Canada or Mexico. Take a picture at the border.	222	6
Photo with Bristlecone Pine	223	6
Car karaoke as a team to your favorite song. Tag James Cordon.	224	3
#disconnect - Visit the spiral jetty	225	6
#disconnect - Visit Paul Bunyan's woodpile	226	6
Check out the "Sun Tunnels" by Nancy Holt	227	6
Take in the majesty that is Pando, one of the largest organisms on earth	228	6
#disconnect - Visit the ghost town at Grafton, UT	229	6
#disconnect - Team photo at Church Rock near Monticello, UT	230	6
Go sandboarding or sand sledding at Little Sahara	231	6
Visit "Metaphor: The Tree of Utah" and take a 15 second video giving your thoughts on the statue.	232	6
Find Wendover Will and take a picture posing like him.	233	6
Create a surreal team photo at the Bonneville Salt Flats	234	6
Sing the Cheers theme song outside of The Shooting Star Saloon (Utah's Oldest Saloon)	235	6
Visit Crystal Geyser in Green River, maybe if you're lucky you'll see it go off.	236	6
Take a picture at Newspaper Rock	237	6
Float in the Great Salt Lake	238	6
Visit a historic site/do a hike that is not on this list but should be.	239	3
Take a picture at the the PC - 1.5 mi. Easy	240	6
Hike the "Y" in Provo. Take a picture from Brigham Young's favorite letter #allegedly... towards the valley.	241	6
Take a picture at the Block U - 1.5 mi. Easy	242	6
Hike to "The Living Room" (3.2mi RT moderate) Keep an eye out for our snapchat filter.	243	6
Hike to the top of Ensign Peak (1mi RT Easy) Keep an eye out for our snapchat filter.	244	6
Visit the Canyon Country Discovery Center in Monticello, UT. It's a pretty RAD place... video yourself interacting with the interactive topography map	245	6
Take a picture at Bell Canyon Reservoir - 0.6 mi. Easy	246	3
Take a picture at Red Pine Lake - 6 mi. Difficult	247	9
Break your own personal land speed record on the Salt Flats (aka run super fast and film it)	248	6
Go to Iosepa, UT - The Ultimate Hawaiian Ghosttown	249	3
Take a picture of the rock formations at Dooley Knob - 1.5 mi. Easy	250	6
Take a picture at Rocky Mouth Falls - 0.5 mi. Easy	251	3
Take a picture at Horsetail Falls - 3.8 mi. Moderate	252	6
Take a picture at Stewart Falls - 3.5 mi. Easy	253	6
Take a dip in the Saratoga Hot Springs - 0.5 mi. Easy	254	3

