



**What to bring: Fall/Winter/Spring**

- 1. Ski hat**
- 2. Sweater**
- 3. Warm jacket**
- 4. Long pants**
- 5. Warm gloves**
- 6. Lunch and extra snacks**
- 7. Plastic water bottle**
- 8. Shoes: either**
  - a. hiking boots**
  - b. high top tennis shoes**
  - c. low top tennis shoes**
- 9. "ACKNOWLEDGE OF RISK AND MEDICAL DOCUMENT"**

**These documents must be signed by a parent or legal guardian if the participant is under the age of 18. Adult participants will be asked to sign these documents during the orientation part of our programs.**

**NOTE: ALL SHOES MUST BE ABLE TO BE TIED SECURELY TO YOUR FEET AND PROVIDE SUBSTANTIAL ANKLE SUPPORT.**

**PARTICIPANTS WEARING SLIP ON SHOES, FLIP FLOPS, OR LOOSE FITTING SHOES WILL NOT BE ADMITTED TO ANY CHALLENGE COURSE ACTIVITY.**



## **TEAM BUILDING CHALLENGE COURSE**

### **WHAT TO BRING: (SUMMER)**

1. Light jacket or sweater
2. Short sleeve shirt
- 3. Long pants are required for all high course events**
4. Shorts
5. Lunch and extra snacks
6. Plastic water bottle
7. Shoes: either
  - a. hiking boots
  - b. high top tennis shoes
  - c. low top tennis shoes

**NOTE: ALL SHOES MUST BE ABLE TO BE TIED SECURELY TO YOUR FEET AND PROVIDE SUBSTANTIAL ANKLE SUPPORT**

**PARTICIPANTS WEARING SLIP ON SHOES, FLIP FLOPS, OR LOOSE FITTING SHOES WILL NOT BE ABLE TO USE THE CHALLENGE COURSE**