Outdoor Adventure Challenge Course

What to bring/what not to bring List

**On program day, please have all participants eat breakfast and drink some water before coming out to the course.

**WHAT TO BRING:**

Necessary Items:
- Appropriate athletic attire
- Close-toed athletic shoes
- Inhaler/ EPI Pen (if necessary)

Optional Items:
- Sun Screen
- Bug Repellant
- Water Bottle
- Hat/Sunglasses
- Camera
- Rain Jacket
- Snacks

**WHAT NOT TO BRING:**

Unacceptable Items:
- Shirts with offensive messages
- Footwear without backing (i.e., flip-flops)
- Dangling Jewelry
- Tobacco and Alcohol products

Not Necessary Items: (leave these in the car if you can)
- MP3 players
- Cell phones
- Wallets/Purses
- Valuables

For Full Day Programs there will be a Lunch Break in the schedule, (lunch is not provided). You can have everyone bring their own lunch, go eat lunch somewhere or have it brought out to the course.

Thank you for your involvement in our program and we look forward to see you on your program day!!