

What to Bring for a Day on the Ropes Course

Necessary Items

- Participant Information and Release of Liability Form
- Loose comfortable clothes that you do not mind getting dirty and that are appropriate to the weather
- Lace-up tennis shoes or hiking boots (must be closed-toe)
- Sunscreen
- Water bottle
- A big smile and willingness to try something new!

Optional Items

- Hat
- Sunglasses
- Insect repellent (HIGHLY RECOMMENDED)
- Camera

Discouraged Items

- Cell phones
- Radios
- Jewelry (if worn, jewelry must be removed prior to certain activities)
- Sodas (If you are bringing a bagged lunch and/or snack, please avoid beverages with caffeine and/or carbonation)

Guidelines for the Ropes Course

- Agree and Respect the Full Value Contract
- Do not harm plants or animals
- Put trash in its proper place
- Be Safe and follow the directions of the facilitators

- HAVE FUN!