

## **Recommended Reminders for Challenge Courses**

In effort to provide quality challenge course programs and positive experience for groups we recommend doing and bringing the following:

1. Remind group members what time the course begins and where to meet.
2. Wear comfortable clothing that one can bend and stretch in.
3. Wear closed toed and closed heeled shoes.
4. Leave jewelry, cell phones, pagers, and other items at home or in the car.
5. Dress appropriate for the weather.

### **Do bring with you:**

- Bug Spray
- Sun Screen
- Water Bottle (we do provide cups and water)
- Snacks
- Lunch (if your course is long)
- Inhalers or other athletic supports if you use them
- Rain Jacket