

What to Bring to the Challenge Center

There is a good possibility that during a **Peak Adventures Challenge Center** program, you might spend time on the ground, swinging on ropes, running about on grass, or climbing trees and poles. Appropriate attire should include clothing and shoes that can get "scuffed " up a bit. On damp days, programs might be cancelled or moved to a different venue, but all participants should come prepared for outdoor weather.

Clothing

- Comfortable (*NO midrift shirts or "short" shorts!)
- Casual
- Durable
- Long pants or sweatpants are preferred when weather permits
- Layer clothing appropriate to the season

Shoes

- Low-heeled
- Close-toed (*NO sandals!)
- Suitable for all weather conditions (consider mud, rain, cold, etc.)

Glasses and Contact Lenses

- Take any precautions normal to participating in outdoor activities to protect the eyes and eyewear.
- Wearing a retaining strap will protect glasses.

Other Things to Bring

- Water bottle
- Lunch or snacks
- Positive attitudes, positive energy

Things to Leave Behind

- Tobacco products in any form
- Non-prescription drugs
- Gum or candy
- Negative attitudes, negative energy