



# CHALLENGE CENTER

The Challenge Center is located on the Sacramento State campus near the soccer fields and Yosemite Hall. Please refer to our parking map for parking information and directions.

## Clothing:

- Dress comfortably (NO midriff shirts or “short” shorts)
- Casual, durable, good for running around and getting dirty!
- Long pants or sweatshirts are preferred when weather permits
- Layer clothing appropriate to the season. We continue plans in rain or shine!

## Other things to bring:

- Your completed and signed waiver (2 pages)
- Reusable water bottle
- Lunch or snacks as needed
- Anything you need to be comfortable outside (sunglasses, sunscreen, hat, etc...)
- Positive attitudes, positive energy

## Do NOT bring:

- Alcohol
- Tobacco products
- Non-prescription drugs
- Gum or candy
- Electronics and valuables
- Negative attitudes, negative energy

## Shoes:

- Closed-toed, closed heeled shoes are REQUIRED. NO sandals or crocs!
- Suitable for all weather conditions

## Face Covering:

- Face coverings are required in any indoor space on campus including restrooms.

**YOU WILL NOT BE ABLE  
TO PARTICIPATE IF YOU HAVE NOT  
FILLED OUT A WAIVER OR HAVE  
UNSUITABLE SHOES**