

Clothing and Other Guidelines for the Challenge Course

We look forward to having you join us for a day on the Challenge Course! In preparing for your visit, here are some things to consider:

There is a good possibility that you will get dirty during the day. Please dress accordingly.

Clothing should be:

- Loose
- Comfortable
- Casual
- Durable
- Suitable for the weather (Dress more warmly than you think you need to during cold weather. Wear layers that can be removed or put back on according to changes in activity levels. There are no heaters on the Challenge Course.)
- Long pants or shorts? Long pants provide some protection against abrasions should you take a tumble. Shorts are obviously cooler in hot weather, but don't protect as well.

Shoes should be:

- Comfortable
- Appropriate for anticipated weather conditions.
- Running shoes or tennis shoes work well. Boots may provide more comfort if you are doing the high course, which involves walking on 5/8" cable.
- Shoes, regardless of style, must fit securely and provide good traction.
- *No sandals, flip-flops, or open toed shoes please. You will not be allowed to participate if your shoes are not suitable for the program.*

Things best left at home or in your vehicle:

- Jewelry, watches and non-prescription sunglasses. Prescription glasses can be worn but be sure to use a retention strap.
- Cell phones and pagers.
The above items are best left at home. We wouldn't want them lost or damaged.
- Also please leave your *cigarettes* at home or in your vehicle. There is no smoking on the Challenge Course.

We do provide water to keep you hydrated during your program. You may bring your own if you like. You may also bring a snack although we don't typically stop to take snack breaks. You may also choose to bring a camera if you like. Bond Park and the Challenge Course staff are not responsible for lost or damaged items. Please be respectful of those who do not want their picture taken.