



What should you bring to your Project Adventure Program?

What to Wear:

- Pair of sneakers or other comfortable shoes to run, walk, & climb in. **Must be closed toed** and secured by shoelace or Velcro (e.g. no crocs, slip on sneakers or sandals).
- Loose comfortable clothing that you can run, walk, & climb in.

Rain/cold weather gear (just in case...):

- **Waterproof** rain jacket with hood or poncho. Windbreakers usually are *not* waterproof.
- Plenty of layers – it will be chilly on the Challenge Course, and you will be outdoors all day. (you can always take layers off)
 - Warm sweater or sweat shirt
 - Hat
 - Gloves
 - Scarf

Miscellaneous items:

- Water bottle (at least 1 Liter)
- Sunblock/screen
- Insect repellent

Optional:

- Camera
- Sunglasses
- Sun hat or baseball cap