

### What to Wear

Depending on the weather, you will want to wear comfortable pants or shorts and tennis or athletic shoes. Challenge games and initiatives require a lot of movement, so it is important to dress appropriately. Do not wear jewelry as it can pose a safety hazard when climbing on the elements or participating in the games and initiatives.

### What to Bring

Bringing along sunscreen, bug repellent, and a hat or cap to keep the sun out of your eyes is a good idea. It is also important to keep hydrated, so a water bottle is a must! Lunch is not provided, so check with your school or company group on these particular arrangements. A signed waiver must be completed before you will be allowed to participate, so don't forget to bring these forms with you.

### What to Expect

After you arrive on the camp, we will spend the first part of the morning in warm-up exercises, icebreaker initiatives, and a few group games. The remainder of the day, each group will move through a schedule of challenges and initiatives, low elements, and one high element. The time together will provide you an opportunity to discover new things about yourself and about your team. Challenge courses become exciting places as you build trust with your group members and push yourself to take risks and learn along the way.

Challenge Course programs are designed to provide opportunities to:

- Build a sense of unity, and team identity
- Develop effective communication skills
- Practice decision making and problem solving skills
- Identify and strengthen leadership styles
- Promote self-confidence in individuals
- Encourage creativity and risk taking

The day's schedule will offer a variety of events that do not necessarily require you to be athletic to enjoy the challenges and be successful. At no time is any one forced to participate in any activity as the entire program is built around Challenge By Choice philosophy. At any time, participants may choose to only provide encouragement and support rather than physically participating in the challenge activity.

Looking forward to meeting you and getting to know.

Cindy Hatchell  
Challenge Adventure Director