

TEAMS & LEADERS

Advancing the practice of leadership

PACKING LIST

Below is a suggested list of items that participants find useful for a day at the Challenge Course. Please be prepared to be outdoors for most of the day- rain or shine.

- Sturdy Shoes-** light hiking boots, running shoes, cross-trainers or other outdoor shoes
- Rain Gear-** head to toe coverage is recommended
- Sunscreen**
- A Billed Cap**
- Camera and Film-** faster film speeds work best (400 speed or more)
- Small Backpack-** you may want to carry extra food, clothing, water bottle, etc.
- Extra Warm Clothes**
- Long Pants and/or Shorts-** shorts are perfectly fine for our programs, although many participants prefer to be in long pants for some of the activities. We encourage you to bring both so you have the option.

We will have water and snacks available for you at the Course.

See you at the course!