

We are excited that you are attending a workshop at the challenge course at USF Riv-erfront Park!

Please note:

- Dress appropriately for the weather
- Workshop will take place rain or shine
- In the case of thunder or lightening, we will halt activities
- Some activities have little or no shade

Always Bring or Wear:

- 2 liters of water
- Snacks (salty snacks are great for hot weather)
- Closed Toed Shoes (no sandals or flip flops, think tennis shoes or boots)
- Comfortable, athletic clothing (no excessively baggy pants or shorts)
- Signed Release of Liability, Waiver, and Medical Form
- Lunch (check with your contact on food)

Hot and Sunny Items:

- Sunscreen and lip balm
- Sunglasses
- Sun hat or ball cap
- T shirt
- Shorts

Rain in the forecast or late afternoon thunderstorms in the summer:

- Rain jacket or poncho

Chilly Days:

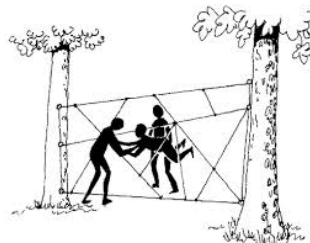
- Pants or jeans
- Fleece or jacket
- Hat
- Dress in layers

Your group is participating in the 3 hour teambuilding/low ropes that takes place on the ground. **There will be no climbing or using harnesses/helmets.** Some of the activities your group might participate in are:

Whale Watch



Spider Web



Islands

