

## ADVENTURE PURSUITS WHAT TO EXPECT

Campus Recreation Services  
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For starters, we want you to bring a positive and enthusiastic attitude and be prepared to learn and have fun! We ask that all participants share in setting goals, respecting each other, and creating a spirit of teamwork and cooperation. All participants will be encouraged to try to participate in all activities in some capacity. Each person is different but everyone can contribute in his or her own way to allow for group success with every activity. We believe in Challenge by Choice, we want you to challenge yourself and work right on the edge of your “comfort zone”, but at no time will you be forced into doing anything you are not comfortable with.

We are excited about working with your group! Here are a few things that your group will need to know prior to attending.

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### **Course Location**

Challenge Course is located in the Glen Woods. Groups will meet at Burdick Hall (unless otherwise discussed) and will be escorted down to the woods. There is a bus drop off in front of Burdick Hall and it is advisable that large groups be dropped off to avoid parking issues. There will be available parking at lot 22 off of Towsontown Blvd.

### **Rain or Shine**

Remember that we are an OUTDOOR facility, rain or shine! In most cases we will try to proceed with your program unless we feel that weather conditions will adversely affect your experience. Decisions will be made the day of the event, usually one hour prior to the starting time. The program coordinator will be in contact with your group leader to make the decision.

### **What do I wear?**

- Dress appropriately for the weather. We operate in most any weather conditions, including rain and snow. We recommend dressing in layers that are easy to remove if you get hot.
- Please wear clothing that allows for movement and flexibility. Loose comfortable clothing for the outdoors is recommended.
- If there is a chance of rain, don't forget your rain coat or rain poncho. We will go inside on rare occasions of heavy downpour or lightning. Otherwise, we will continue with our outside activities.
- Shoes that are comfortable for physical activity and can get dirty (no flip flops or open toes shoes).

### **What do I bring?**

- No matter what the weather, bring a water bottle to help prevent dehydration.
- If attending an all day course, please remember to bring a bag lunch (unless it is being provided).
- Bug repellent (20-30% concentration of DEET), sunscreen, sun glasses, and lightweight hat are important to have with you (you can get burned even when it's cloudy).
- Bring along any medication you might need for the day.

### **What not to bring?**

- Please do not bring good clothing that you would not want to get wet and/or dirty.
- Leave cell phone, IPODS, etc. at home or in your car.
- No rings, watches, earrings, etc. (for safety reasons).

We look forward to meeting you and working with your group. We hope you have a valuable, memorable, and fun experience with us on the Challenge Course!