

LEHIGH UNIVERSITY ROPES CHALLENGE COURSE

Proper Attire

All participants should be prepared for all types of weather *outside* on the challenge course. We plan on facilitating your Ropes Challenge Course experience in *most* weather conditions. If it is determined that the weather is a hindrance on the group performance, we will make other arrangements to complete the workshop.

Proper dress is extremely important on the Ropes Challenge Course.

LATE FALL, WINTER, AND EARLY SPRING

Please keep in mind that it can easily feel 5-10 degrees cooler on the Ropes Challenge Course due to the wind and exposure. Also, we will be outside on the Ropes Challenge Course for the entire duration of the workshop.

During the winter and spring months, we suggest you wear the following:

- Several layers of clothing, including a coat or jacket.
- Gloves and ski hat.
- Boots or sneakers along with wool/pile socks.

LATE SPRING, SUMMER, AND EARLY FALL

During the warmer months, we suggest you wear the following:

- Sunscreen, sunglasses, and a baseball hat or visor.
It is very important to protect yourself from the sun.
- Loose fitting shorts or jeans and T-shirts.
- Sneakers or boots. Please note that we cannot allow participants to wear sandals or any shoe that does not provide good ankle support or traction.
- Rain jacket, if needed.
- Water bottles. We always provide water on-site at our ropes challenge course.