

## ROPES COURSE DAYTRIP CHECKLIST



The ropes course is located in a shady area at an elevation of 4000 ft. During winter, late fall, and early spring the weather is cold. Snow & gusty winds are always a possibility! Dressing in layers is more effective than wearing one big bulky item. Avoid cotton if possible - it does not insulate when wet.

### PERSONAL ITEMS:

- Sunscreen & Chapstick
  - Sunglasses
- Snacks-we'll provide lunch!
- Water - A minimum of 2 liters.
- Daypack to hold all your stuff.

### HEAD:

- Shade hat - baseball or side brimmed
- Warm hat - balaclava, wool, polar fleece, or pile stocking cap.

### UPPER BODY:

- T-shirt-NO TANK TOPS!!!\*
  - Synthetic, Long Sleeve Top
    - Sweatshirt
    - Jacket or Pullover
  - Wind Breaker or Rain Jacket
- \*please make sure you can tuck in your shirt

### LOWER BODY:

- Synthetic, Long John Bottoms
  - Sweatpants
- Wind pants or Rain Pants

### HANDS:

- Mittens or Gloves

### FEET:

- Socks & Comfy Athletic Shoes