

ARC Team Challenge
Teambuilding Program
Personal Gear Checklist

- ★ Comfortable sneakers
 - ★ T-shirt
- ★ Sweatshirt or warm jacket
- ★ Comfortable/ flexible long pants
 - ★ Shade hat
 - ★ Sunglasses
 - ★ Sunscreen
- ★ Sturdy water bottle
 - ★ Great attitude!!