

Recommended Clothing for Adventures

RAFTING (WARM WEATHER):

Male – modest trunk style swim suit or board shorts.

Female – modest swim suit and shorts. The midriff should be covered and no low cut tops please.

Water sandals or shoes for water recreation.

T-shirts and Sunscreen are highly recommended.

Inexpensive sunglasses with strap. Safety strap for eye-glasses.

Flip-flops/shoes without backs are not acceptable as well as long pants, skirts, or culottes as they may be a safety hazard.



RAFTING (COOL WEATHER):

Layer with quick drying clothes like fleece and polyester. Avoid wearing cotton. (e.g. t-shirts or regular socks).

Wetsuits and paddling splash jackets (available for rent.) Modest shorts must be worn over wetsuit.

CAVING:

You will get dirty! Please bring a change of clothes as well as an extra pair of shoes to wear after exiting the cave.

You **MUST** wear long pants and long sleeves. Layered clothing is best due to the temperature of the cave – about 56 degrees year-round. Old work bibs (long) or coveralls are great if available.

Boots or shoes with good tread for hiking and walking in muddy areas. These shoes will get dirty and cannot be used for gym activities. **No open-toed shoes.**

Gloves, kneepads and/or elbow pads are recommended.

Safety strap for regular glasses. The wearing of contact lenses is not recommended for this activity.

PAINTBALL:

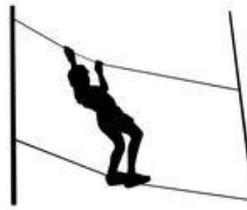
Long pants or cover-alls, sturdy shoes, and a long sleeve shirt or sweatshirt. Caps and gloves may also provide additional protection. Layered clothing provides cushion as well as prepares for changes in weather.

Use of personal paintball equipment, or paint is not permitted.



TEAMBUILDING, ROPES COURSE, RAPPELLING, HIKING:

Comfortable clothing - clothing which is too loose or baggy may be dangerous. Modest shorts (at least mid-thigh length) and t-shirts are appropriate.



Layers of clothing such as a sweatshirt over a t-shirt are recommended for changing weather conditions.

Wear comfortable hiking or athletic shoes with good tread. **No open toed shoes or flip-flops.**

Those with long hair must wear their hair pulled back for safety.

Safety strap for glasses.

Sunscreen is recommended.



Special Notes:

- All participants should bring any necessary medications with them (e.g. inhalers, required prescriptions, allergy medications, or epi-pen).
- Guests who wear contact lenses may want to consider wearing glasses on trips or carry a travel size solution kit for activities.