LSU
University Recreation

ADVENTURE EDUCATION’S CHALLENGE PROGRAM

PARTICIPANT INFORMATION

The Department of University Recreation asks that you follow all guidelines while participating in the challenge program.

WEAR APPROPRIATE CLOTHING/ATTIRE [CLOTHES TO PLAY AND GET DIRTY IN]

- Dress for the weather and dress in layers (i.e. t-shirt, sweatshirt, fleece, rain jacket).
- Closed toed shoes are required.
- Athletic shorts, or long pants if it is cold, that allows plenty of freedom and movement.
- Rain jacket. It may not be raining when you come--but it might later on.
- Hat, sunglasses, and sunscreen.

FOLLOW THESE REGULATIONS

- No loose jewelry (including watches, earrings, and necklaces).
- No large belt buckles.
- No gum, chewing tobacco, or smoking allowed on course.
- Keep off all elements until instructed by facilitator.
- Use elements only with approved spotters and safety systems.
- Follow all safety and spotting regulations.

RECOMMENDED FOR YOUR COMFORT

- Water bottle and snacks.
- Hat with a brim.
- Strap to hold eyeglasses or sunglasses.

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