

Check List for Challenge Course

(Items with * are most important)

*Special Medical Needs: Inhaler, Epi-pen, Insulin, etc.

*Waiver and Medical Forms

*Comfortable clothing: Shorts, sweatpants or jeans

*Tie up shoes: Tennis shoes or sneakers

Sunscreen

Bug Spray

Remove jewelry

No Cell phones

Optional Items:

Bandana

Hat or Visor

Camera