

Challenge Discovery - Team Odyssey Checklist

What should I wear?

Take a look at the weather!

- (REQUIRED)** Closed toe shoes - hiking shoes or sneakers are great!
- We will be active **outdoors** with **little to no shade cover**.
- Long shorts (or pants) - while wearing climbing harness
- Ball cap or sunglasses
- Comfortable clothing that you don't mind getting *dirty*
- Hair must fit a climbing helmet - style hair accordingly (braid, ponytail, etc...)

****While on-site with Challenge Discovery - we will provide:**

- Sunscreen, Bug Spray, Hand Sanitizer
- Water (for refillable bottles) and paper cups.
- Climbing Equipment (sit-harness, helmet, ropes)

Is the forecast looking wet and/or cold? (50 degrees or less) Consider bringing:

- Extra sweatshirt/s
- Warm coat
- Winter hat, gloves, or mittens
- Waterproof jacket/pants/footwear (if rain is forecasted)
- Change of clothes (if rain is forecasted etc...)

Other items and reminders:

- (REQUIRED)** Fill out the **Participant Agreement** before arrival (info. below)
- Eat breakfast & bring snacks or lunch
- Water bottle
- Medication (including prescriptions, epipens, etc...)
- DON'T BRING valuable items
- Remove all jewelry - especially large, hanging/dangling earrings and necklaces
- Communicate medical (or other) concerns to your group coordinator or Challenge Discovery (info@challengediscovery.com)

To find this information online, or to **fill out required forms** to participate:

VISIT - challengediscovery.com/participate/

Or use this QR CODE:

