

Laker Challenge Course Information for your Group

- **Make sure all waivers are signed before the workshop.**

Clothing

Clothing should be loose, comfortable, casual, and durable. Think athletic wear – Shorts and T-shirt are normal and appropriate in warm weather. Jeans or athletic pants and sweatshirts, fleece, or a short winter coat are good for cold weather. Long coats should be avoided. Casual long pants are also OK, like Jeans any time of year. If wearing shorts, recommendation is that they come down to or past mid-thigh for comfort and discreteness, avoid short shorts.

Jewelry

All jewelry will need to be removed prior to conducting high initiatives. It is best to not bring them. We do not have secure storage available. This includes watches, bracelets, necklaces, rings, earrings (small stud type OK), and face and body jewelry.

Footwear

Closed toed, tie on (with laces) shoes are **REQUIRED**. Sneakers are best.

If you do not have appropriate footwear you will not be allowed to participate. NO high heels, five finger shoes, flip-flops, crocs, or other type of sandal or slip-on footwear.

Cellphones/ MP3 players/ Other Electronics

Electronic devices are not allowed on the course. In case of emergency the course facilitators will be able to contact the necessary individuals.

Other Recommendations:

Several light layers of clothing are better than one heavy layer if cold.

Sunscreen

Insect repellent

Hat / gloves for cold weather

Rain Gear

A Fun, positive attitude!!

No Tobacco Products, Alcohol, or Illegal Drugs are allowed on the course premises.

Participants must abide by all policies regarding the use of the premises and follow instructions of the Staff.

Clayton State University reserves the right to refuse service to anyone and to take such action as may be necessary in the event the Organization or any participant is in violation of any of the forgoing guidelines and expectations.