

# What to Wear & Pack for Your Ropes Course Day

*Stay comfortable, safe, and ready for fun at CVTC!*

## What to Wear

**Closed-toe shoes only** → Tennis shoes, or hiking boots (no Crocs/sandals).

**Comfortable athletic clothing** → Think movement-friendly, outdoor-ready.  
Best choices: Basketball shorts, leggings, capris, t-shirts.

**Avoid:** wind shorts (they ride up with harnesses), jewelry, or restrictive clothing.

**Optional but helpful:** hats, sunglasses, DryFit/cooling material, other amenities you enjoy when outdoors.

## What to Bring

- **Personal water bottle** (hydration is key!)
- **Snacks** if you'd like (we often provide some)
- **Inhaler, EpiPen, or other personal medications**
- Favorite sunscreen & bug spray
- Light jacket or rain shell if the weather calls for it
- Fanny Pack or sling bag to carry personal belongings.

## Pro Tips for the Day

- Dress in layers — mornings can be cool, and afternoons warm.
- Expect shade trees but plan for sun.
- You don't need special gear — we'll provide ropes, harnesses, and helmets when needed.
- Challenge by Choice → You decide how high or how involved you want to go.

*Print this checklist or save it on your phone so you're ready for a safe, fun, and impactful day on the course.*

