

GRADE 10 CLASS TRIP - ROPES COURSE

For your comfort and safety:

We have found the following attire to allow for the greatest comfort and mobility. Please bring thinner or thicker layers depending on weather.

- **Necessity: Please bring your own water bottle.**
- **Tennis, running shoes, or light hiking boots.**
 - **Optional: Hat & Sunscreen**
- **Comfortable shirt that covers shoulders**
 - **Long sleeve shirt or sweatshirt in the event of chilly weather**
- **Long loose pants (loose enough to raise your knees comfortably).**
- **Knee length shorts can be worn, but, not shorter. Leggings are also comfortable on ropes courses.**
- **A safety strap for those with glasses.**
 - **A hair tie for those with long hair.**
 - **Rain gear if necessary**

Note: In cool, damp weather – wool or synthetic pile clothing (polar fleece, synchilla) provide the best insulation layers.

For your safety and the safety of others (and for the security of valuables), we suggest that you leave the following items at home or on the bus.

- Wallets
- Purses
- Watches
- Chewing gum
- Jewelry

Feel free to your bring your phone for photos... It's an experience to remember! However, do know that you may not have a cell phone signal in ropes course venue.

