

Preparing for a day with the UNI R.O.P.E.S. Program

As you prepare for your time on the ROPES course please be aware that we plan to be outside. Dressing in layers and anticipating the weather will add to your comfort and enjoyment. Please dress to be active in clothes and shoes that are comfortable and durable. Sun, wind, rain, heat, or cold can all be part of a day on the course – please be prepared.

What to wear:

Shoes: closed-toed with rubber soles. Tennis shoes are great!

Loose, casual, comfortable clothing that covers you and lets you move. T-shirts, longer shorts, and or long pants are all good choices depending on the weather and you.

Layer clothing for the weather and bring rain gear if it looks like rain.

What to bring:

Water bottle

Sunscreen

Hat

Bee sting kit (if you are allergic to bees), inhalers

What to leave at home or in the car:

Jewelry and valuables – please remove jewelry before arriving at the course. Rings, earrings and necklaces can be broken and or pose a hazard to you or a peer.

Gum or candy