

## 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 dressing in layers will add to your comfort and enjoyment. Please dress to be active in clothes and shoes that are comfortable and durable.

### **What to wear:**

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

Loose, casual, comfortable clothing that covers you and lets you move. Dress in layers, the gym is often chilly and we may be outside if the weather is nice – please be prepared.

### **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.

Please turn off cell phones/pagers

Gum or candy

### **What to bring:**

Warm Hat

Water bottle