

Tall Timbers Challenge Course Participant Checklist

This checklist will allow you to prepare for the Tall Timbers Challenge Course experience. Please read everything carefully and make sure that the appropriate items are completed by **you** and your **group members**.

As the group leader, you are the communication link between all potential participants in your group and Tall Timbers. For the best experience, please inform all potential participants of the necessary information.

Participant Check List

WHAT TO WEAR

- Comfortable clothing suited for the weather. (Ex: rain coat, long-sleeved shirt, etc...)
- Clothing you don't mind wearing outdoors
- Shorts/ pants suitable for wearing a waist harness
- Closed-toe shoes (no sandals, flip flops, Toms, Crocs)
- Remove dangling or large jewelry

WHAT TO BRING

- Appropriate weather gear (sunscreen, bug spray, etc...)
- Appropriate medications and items for dietary needs (ex: snacks for blood sugar)
- Water if you choose. We provide large Igloo coolers of water

DO NOT BRING

- Items that could be a distraction on the course

EXPECTATIONS

- Tall Timbers expects the experience to lead to a great day of growth and fun.
- Tall Timbers expects participants to wear clothing appropriate for a Christian campus.
- Tall Timbers expects participant language and statements to remain appropriate for a Christian campus.
- Tall Timbers expects the participant to choose how far they challenge themselves through the programs.
- Tall Timbers expects open communication in everything, so that we fully understand the stance of participants.

Please contact the camp office with any questions or concerns.

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