Helpful Hints and Recommended Clothing

Please come well prepared for your day at the OSU Challenge Course.

**Recommended Clothing:**
Wear comfortable clothing that does not restrict your ability to be active.

- Sneakers or comfortable closed toe shoes
- Extra socks (recommended for morning dew or rain)
- Walking shorts, long pants or sweats
- T-shirt or long sleeved shirt
- Glasses/sunglasses with a strap
- Hat and sunscreen, as needed

**Wet / Cold Weather Layers:**
Wearing layers allows you to remove and add clothing as needed. Minimize cotton clothing as it absorbs water and does not keep you warm if it gets wet.

- Wool, Pile or Fleece Sweater
- Warm hat
- Gloves
- Wool socks (we suggest bringing an extra pair also)
- Waterproof boots
- Raincoat, shell, or windbreaker

**Please leave the following items at home or in your vehicle:**
We are not responsible for the items you bring on to the course property.

- Jewelry (particularly rings, dangly earrings and necklaces)
- Belts with large buckles
- Wrist Watches
- Wallets and Purses

**Having Energy and Fun:**
- Eat prior to your program; it’s an activity that requires energy!
- You may want to bring snacks and/or lunch
- Cameras are optional, but welcome (a great way to remember your day!)

The Challenge Course staff goes to great lengths to provide you with a safe, exciting and rewarding experience. By bringing the recommended clothing and other items to your program, you will be well prepared to have a comfortable and enjoyable day.