

What to Bring: Group Challenges

Although **GO-AdventureSports** will provide all equipment and instruction, each participant should bring with them the items on the list below. It is very important that participants have these items in order to ensure a safe and comfortable day for everyone!

- Signed liability waiver and medical form
- Water
- Food that will not spoil
- Comfortable clothing (something you would exercise in)
- Comfortable, close-toed shoes
- Rain gear
- Sunscreen
- Bug-repellent

*Please note that, **unless there is lightening**, inclement weather will NOT discontinue activities-please come prepared!