

CAMP LEE CANYON CHALLENGE COURSE
CHECKLIST

1. In order to help adjust to the altitude at Camp Lee, be sure to drink lots of fluids in the days prior to your trip to Lee Canyon.
2. If participating in an all day activity, bring sack lunch and a beverage.
3. Drinking water is available, but you may bring additional bottled water.
4. All participants must have signed releases and medical form on file with the Clark County at least 2 weeks prior to activity.
5. Dress appropriately for the weather and the course experience:

Clothing: **Dress in Layers!**

Clothing should be loose enough to permit action, but not loose enough to get caught on the elements. Clothing should be comfortable and suitable for the weather.... e.g. rain gear, gloves and/or hats, if necessary. Shorts and all other attire must meet dress code requirements according to your organization or agency. You may want to bring sunscreen lotion as well. Don't wear your best clothes, they will get dirty!

Shoes: Tennis shoes or light hiking boots, please. No open sandals/shoes. All participants will keep shoes on and tied all time.

Tie back long hair. It is important that hair not interfere with wearing our helmets. Helmets are worn on the challenge course when participating on high elements. (Example, buns or other items worn on top of the head)

Jewelry & Accessories:

Leave all pens, combs, necklaces, bracelets, and earrings at home, Especially sharp objects. You may want to keep watches and rings at home as well. No large belt buckles and no scarves around the head or neck.

6. Gum or similar substances that could be accidentally swallowed are not allowed. No foreign objects like toothpicks or sticks will be placed in the mouth.
7. All organizational or agency staff/personnel will participate in and/or be supportive of all course activities. Staff will remain responsible for supervision of their group.
8. The course manager will determine cancellation due to inclement weather.
9. The challenge course facilitators will be responsible for all equipment on the course.
10. You may want to bring your camera.