



Tips for Proper Dress *Ropes Course Activities*

Hat: Baseball hats or sun visors are strongly recommended for additional sun protection. These also fit comfortably underneath our helmets!

Top: Avoid wearing COTTON. Cotton sucks body heat away from the body when it gets wet. Stick with technical clothing, like fleece, wool and Under Armour type materials work best. Long sleeves are recommended for those needing a little extra sun protection.



Sunglasses: You will be outdoors all day, working in the sun, looking up and around. If you wear sunglasses, we recommend using a 'keeper cord' to secure them to your body so they do not get dropped or misplaced.

Bottoms: We recommend wearing shorts that are a bit longer, to be comfortable wearing your climbing harness. Ladies, think mid-thigh shorts. Men, comfortable workout shorts are perfect.

Shoes: Closed toed shoes are required. Old tennis shoes work perfectly! You'll want shoes that are securely fastened to your feet for climbing, swinging, etc. No flip-flops please!

Still have questions? Give our friendly office staff a call at (530) 626-4187, we are more than happy to make specific gear recommendations, etc.