

HIGHER GROUND / CHALLENGE COURSE APPAREL

FOLLOWING IS A GUIDELINE OF APPAREL THAT IS APPROPRIATE FOR THE COMFORT AND SAFETY OF PARTICIPANTS ON THE ROPES/CHALLENGE COURSE AT ALPINE:

- Clothes should be layered (suggest three layers), such as t-shirts, sweatshirts and jackets.
 - Tennis shoes or hiking boots. In winter months, bring snow boots or water repellent boots.
 - In winter months, bring ear muffs/hats and a heavy jacket.
 - In spring and summer months, the appropriate clothing is pants (loose fitting) or shorts no shorter than 2” above the knee and a shirt that will remain tucked while climbing.
 - For hair longer than shoulder length, have a clip or rubber band to keep hair out of the way as you climb.
 - Large jewelry should not be worn while climbing.
 - Sunscreen for the spring/summer/fall months.
 - Ropes Course t-shirts and sweatshirts are available to participants at a cost of \$14.95/\$24.95.
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- **Inappropriate clothing** (any of the following will disqualify you from participation)
 - No midriff shirts
 - No short shorts
 - No open-toed shoes, sandals, etc.
 - No tight pants
 - No loose jewelry