

WELCOME TO THE CSUSB

Leadership Challenge Center

During your day with us you may be able to spend time climbing, swinging from ropes and playing in the grass so it is important that you dress appropriately. Clothing that can be scuffed up a little is a must. Below are some guidelines for your attire.

Clothing should be...

- ❖ Loose
- ❖ Comfortable
- ❖ Durable
- ❖ Long pants are preferred, but shorts are acceptable
- ❖ Suited for the weather
- ❖ Hats can help on hot days and keep the sun out of your eyes

Shoes must be...

- ❖ Low-heeled
- ❖ Comfortable for the aforementioned activities
- ❖ Close toed (No Sandals)
- ❖ Suitable for all weather Conditions (Consider mud, rain, cold, etc.)
- ❖ Have laces (or Velcro to keep them secure)
- ❖ Any person not wearing shoes that meet these standards might not be allowed to participate.

Glasses and Contact Lenses...

- ❖ Take any precautions normal to participating in outdoor activities to protect the eyes and eyewear.
- ❖ Wearing an eyeglass retaining strap will protect glasses

Other considerations...

- ❖ Jewelry, watches and non-prescription sunglasses are best left behind for the day, as they cannot be worn on the challenge course.
- ❖ Tobacco, gum, candy and non-prescriptions drugs and medications are not allowed on the course or during any other activities for safety reasons.
- ❖ Any participants suspected to be under the influence of any substance that may impair normal functioning will not be allowed to participate in the program.
- ❖ Bring your own water bottle and sunscreen.

If you have any further questions about your scheduled day with us please feel free to contact us and we will be glad to clarify or answer any questions.