

INFORMATION LETTER

Dear Participant,

Congratulations on your enrollment in the challenge course experience at Dagaz Acres Leadership Center! In preparing for the course here are some things to consider:

There is a good possibility you may get dirty during the day (we are in the woods!). Please wear clothing and shoes that you will not mind "scuffing up" a bit.

Clothing should be:

- Loose, comfortable and durable
- T-shirts and tops should be long enough to tuck into pants or shorts
- Shorts should reach mid-thigh or longer
- Long pants or sweats are preferred during cooler seasons
- In hot weather, shorts and shoes and socks may be preferred.
- Layered clothing (please wear layers suitable to the season that will allow you to be comfortable all day).

Shoes should be:

- Comfortable, such as sneakers or running shoes (NO SANDLES PLEASE!)
- Suitable for weather conditions (consider rain, mud, cold, etc...)

Jewelry should be:

- Left at home or locked safely in your vehicle
- For safety, please make sure any body piercings are protected or removed

Hair should be:

- Tied back or secured if it is long enough to get caught or tangled in equipment
- If a hairstyle hinders the secure fit of the helmet (high course) the individual will not be able to participate on the challenge course.

Glasses and Contact wearers:

- Take precautions that you would normally take when participating in outdoor activities to protect your eyes and eye wear.

Tobacco Products:

- Are not allowed at Dagaz Acres Leadership Course