

PEAK PERFORMANCE
FURMAN UNIVERSITY CHALLENGE ROPES COURSE
PARTICIPANT CLOTHING AND NEEDED ITEMS CHECK LIST

Clothing:

- Each participant should dress for the days activities with comfort in mind, realizing that the chances are pretty good that they will be getting dirty. Here are some guidelines to follow:

- Loose fitting clothes that allow for unrestricted movement.
- Shorts are acceptable, but realize the chance for scrapes. Umbro or other nylon gym shorts are not acceptable, because of the use of studebaker wrap rope seats.
- Keep the season in mind and bring warm layers if needed.
- Ponchos and/or rain coats.

- Each participant's footwear should be comfortable, low-heeled and suitable for the weather conditions.

- Shoes such as sneakers, running shoes or light hiking boots work well.
- No open-toed shoes, i.e., sandals.

- Jewelry and watches should be left in the car or other safe place. The staff will not allow them to be worn on the course.

- Glasses and contact lens wearers should take any precautions that they would normally take when participating in outdoor activities to protect eyes and eye wear. Wearing an eyeglass retaining strap will help protect your glasses.

- Sunscreen is recommended.

- Tobacco, gum and candy are not permitted on the Peak Performance site.

Food & Water:

- For full day PEAK Performance Programs, lunch and snacks are provided.
- For half day PEAK Performance Programs, snacks and drinks are provided.
- Water will be provided by the Peak Performance staff and will be accessible to participants at all times.

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FOR CAMPUS ORGANIZATIONS

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