



Riverfront Park Challenge Course Check List

In preparation for your participation in the USF Ropes Course challenge, please review the following checklist and strongly consider what you bring and wear. There is no question that it is going to be warm. The workshop will take place rain or shine. In the case of inclement weather, please report to the HSC auditorium for an alternate activity. Once we begin, if it begins to thunder or lightening, we will not continue the workshop. Be advised that some of the group activities are in the open with little or no shade.

Thing you should consider:

- 2 liters of water and/or your own water bottle
- Closed Toed Shoes (no sandals or flip flops, think tennis shoes)
- Comfortable, athletic clothing (T shirt and shorts)
- Hand towel (we will be sweaty)
- Sunscreen and lip balm
- Sunglasses
- Sun Hat or Ball Cap
- Bug spray
- Snacks (at your discretion)