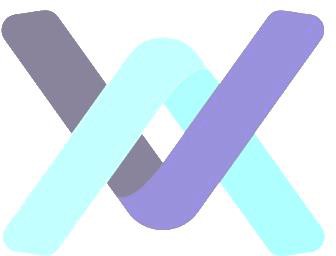


Dear Vertical Adventures Participant:

Welcome to Vertical Adventures! Our staff is looking forward to interacting with you. In preparation for your Vertical Adventures experience, please read and make note of the following information:

# WAIVERS

You must complete a Vertical Adventures Wavier prior to participation in any Vertical Adventures Program. Waivers for participants under the age of 18 must be signed by the participant’s parent/legal guardian. All waivers must be submitted to the Vertical Adventures staff prior to the start of the program.

# WEATHER

Vertical Adventures programs will take place in any non-severe weather conditions (rain, shine, snow, etc). Therefore, you should come prepared for any possible weather condition.

# ATTIRE

*Clothing* should be:

* weather appropriate
* loose
* comfortable
* casual
* durable
* layered (to accommodate weather changes that may occur throughout the day)

*Shoes* should be:

* closed-toed
* weather appropriate
* comfortable

*Hair* should be:

* out of face
* tied back in a low pony-tail for participants with long hair

*Jewelry, watches, and other accessories*:

* + are best left at home or in your vehicle, as you will be asked to remove such items before going on the ropes course.

# ELECTRONIC DEVICES

You are encouraged to leave electronic/personal devices (cell phones, I-pods, etc.) at home or in your vehicle, as you will be asked to remove such items before going on the course.

**101 Intramural Building | University Park, PA 16802 | T (814) 863-1579 | F (814) 863-2851 pennstatecampusrec.org**