



Challenge Course Survival Checklist

1. Bring your bottle of water or canteen. It is critical that we drink water throughout the day to stay hydrated regardless of how hot it is outside.
2. Loose comfortable clothing for the outdoors is recommended.
3. No open-toed shoes; sneakers or hiking boots are recommended.
4. Dress appropriately for the weather. We operate in most any weather conditions, including rain and snow. We recommend dressing in layers that are easy to remove if you get hot.
5. If there is a chance of rain, don't forget your rain coat or rain poncho. We will go inside on rare occasions of heavy downpour or lightning. Otherwise, we will continue with our outside activities.
6. Don't forget sunscreen and bug spray. You can get sunburned even on a cloudy day.
7. All sharp jewelry must be removed as well as pens, pencils, car keys, or any sharp objects in pockets.
8. We strongly recommend that valuable items not be brought along.
9. No smoking is allowed on the ULEAD Challenge Course except in the parking lot during a scheduled break. All course equipment must be removed.
10. No one may play on the ULEAD Challenge Course without proper instruction.
11. Bring along any medication you might need for the day.
12. All necessary challenge course equipment will be provided.
13. Due to the experiential nature of our course, program completion times are subject to change.
14. Cell phones and pagers must be turned off or placed on silent mode.
15. The **EMERGENCY CONTACT** number for the course is (405) 974-3101.
16. Participation is voluntary; though, you must stay with your group. We hope you bring along your willingness to play and learn.

Any questions concerning the Challenge Course Survival Checklist, the Health Background form, or the Informed Consent and Release from Liability form can be directed to Marcy Fleming at wellnesscenter@ucok.edu or (405) 974-3145.