

## What to Bring Checklist

- ❑ Old outdoor clothes (they will get DIRTY!)
- ❑ A pair of long pants (to protect you from itchy weeds and thistles), a belt, and sturdy shoes (such as sneakers; NOT flip-flops) for the low ropes course
- ❑ A sweater or sweatshirt or poncho (in case of cooler or rainy weather)
- ❑ Sunscreen
- ❑ Insect repellent
- ❑ Antihistamine (e.g., Benadryl) if you get allergies when in the woods
- ❑ Your signed Health and Release Form (Note: this is different from the Health History and Physical Exam forms all new Wartburg students complete) and Hold Harmless Agreement (if not turned in previously)

**What NOT to bring**: Because part of the purpose of this activity is to get to know *new* people, we request that you **leave cell phones in your residence hall room**. Instead of chatting with old friends and family, please make an effort to connect with folks with whom you are sharing this experience. The faculty and staff will have phones in case of emergencies.