

GIRL SCOUTS OF MIDDLE TENNESSEE

OUTDOOR PROGRAMS: WHAT TO WEAR AND BRING

WHAT TO WEAR:

TEAM ADVENTURE, HIGH ROPES, RAPPEL, ARCHERY, TREE CLIMBING, ROCK CLIMBING AND OBSTACLE COURSE:

- Long pants - no capris or shorts (shorts may be worn at archery only)
- T-shirt, long enough to tuck into pants. No tank tops.
- Sturdy, closed-toe shoes and socks, including adults (even if not participating)
- Pull long hair back and secure with a ponytail holder.
- Watches, rings, dangling earrings, large belts and necklaces must be taken off.
- Eye glasses must be secured.

CANOEING AND KAYAKING:

- Shirt and shorts (pants when cool) must be worn - swimsuits may be worn underneath.
- Laced sneakers or other non-slip footwear designed for water sports with a heel strap, i.e. aqua socks; water sandals - *no flip flops, bare feet or Crocs.*
- A hat, sunglasses and sunscreen as needed
- Extra clothing - you may get wet!

HORSE PROGRAMS:

- Long pants - no capris or shorts
- Shirt with sleeves (short or long) long enough to tuck into pants
- Hair tied back for long hair (pony tails should be low to accommodate helmet).
- Helmets and boots are provided, but if riders bring their own, they must meet the following standards:
 - Personal boots must have smooth sole (no lugs) and distinct 1/2 inch or bigger heel.
 - Personal helmets must be equestrian helmets with the ASTM/SEI label.
- All participants should bring a bandana.
- A water bottle
- Money for trading cards (\$.25 each)

Lovin' and Groomin' and Pony Ready participants may wear shorts. Boots will not be required, but participants must have closed-toe shoes.

For more information, please contact Carol Coats at (615) 947-3214 or ccoats@gsmidtn.org.

WHAT TO BRING:

- Outdoor Program Permission Slip - participants must have this form completed and signed by their parent/guardian to participate in adventure program activities. Facilitators will not allow girls or adults to participate in programs without a completed form.
- Health History forms - you must bring a copy of every girl and adult's health history to all programs. Facilitators will ask if you have this form with you at the program site and ask if there are any health issues that might influence the performance of the participant.
- A first aider and first-aid kit - you are responsible for providing a first-aider and a complete first-aid kit.
- Water bottle - All participants should bring a water bottle to program activities.

OPTIONAL:

- Snacks
- Hat - to protect your head from the sun and from ticks
- Insect Repellent - apply before you arrive at program site
- Sunscreen - apply before you arrive at program site
- Rain Poncho - no umbrellas
- Toilet paper - not always available in camp restrooms and latrines.