

GIRL SCOUTS OF MIDDLE TENNESSEE OUTDOOR PROGRAMS: BE PREPARED

HOW TO PREPARE FOR YOUR ADVENTURE.

ARCHERY. FLYING SQUIRREL. HIGH CHALLENGE. OBSTACLE. RAPPELLING. ROCK CLIMBING. TREE CLIMBING. ZIP LINE.

- Long pants (shorts can be worn at archery)
- T-shirt, long enough to tuck into pants. No tank tops.
- Sturdy, closed-toe shoes and socks, including adults.
- 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.
- Water bottle

CANOEING. KAYAKING.

- 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.*
- Bring hat, sunglasses and sunscreen.
- Extra clothing - you may get wet!
- Towel
- Water bottle

HORSE PROGRAMS:

- Long pants - *no capris or shorts*
- Shirt with sleeves (short or long) long enough to tuck into pants
- Long hair must be pulled back (*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:
 - 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 ELSE MUST YOU BRING?

- Health History Record and Program Permission Slip - 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. All 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.

- Every troop/group is responsible for providing a first-aider and a complete first-aid kit.

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.