

## How to Prepare for Any Adventure!

- Health History Record and General Permission Form - 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.
- First Aid - Every troop/group is responsible for providing a first-aider and a complete first-aid kit.



### Archery, Flying Squirrel, High Challenge, Obstacle, Rappelling, Rock Climbing, Tree Climbing, and Zip Line

- T-shirt, long enough to tuck into pants
- Long pants (shorts can be worn at archery)
- Sturdy, closed-toe shoes and socks, including adults
- Pull long hair back and secure with a ponytail holder
- NO watches, rings, dangling earrings, large belts, or necklaces; eye glasses must be secured
- Water bottle



### Horse Programs (*For more information, please contact Ashley Gary at [AGary@gsmidtn.org](mailto:AGary@gsmidtn.org)*)

- T-shirt with sleeves (short or long), long enough to tuck into pants
- Long pants; no capris (shorts can be worn at Lovin' and Groomin' and Pony Ready programs)
- Long hair must be pulled back (pony tails should be low to accommodate helmet)
- Boots (closed-toe shoes may be worn in place of boots at Lovin' and Groomin' and Pony Ready programs)
- 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
  - Water bottle



### Canoeing, Kayaking, and Other Water Activities

- Laced sneakers or other non-slip footwear designed for water sports with a heel strap; no flip flops or bare feet
- Hat, sunglasses, and sunscreen
- Extra clothing and towel - you may get wet!
- Water bottle



### 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