Preparing for your experience…

LUREC CHALLENGE COURSE

We are excited to work with your group! Here are a few recommendations we’ve compiled to assist participants to prepare for their challenge course experience.

• HOW TO DRESS FOR THE CHALLENGE COURSE

  o Close-toed shoes are mandatory on the challenge course. Please bring one additional pair of comfortable indoors shoes for use.
  o Clothing that allows for movement and flexibility is highly recommended. Longer shorts, light weight pants, and long sleeve shirts work the best.
  o Dress for the weather – remember you will be outside for an extended time. What you might wear outside for an hour is not the same as an entire day. To anticipate inclement weather, please bring a rain jacket. During warmer months, please bring a sun hat and sunscreen.
  o If you are scheduled during fall and spring months, please bring several layers of warm clothing including warm jacket or fleece, wind jacket, gloves and hat.
  o Please do not wear any jewelry, including watches, earrings, rings, etc. These items can easily be caught in equipment and cause injury.

• ITEMS TO BRING TO THE COURSE OR LEAVE AT HOME

  o Please bring two refillable 32 oz water bottles. Water can be re-filled inside the Retreat Center, and is essential component to staying hydrated on the challenge course.
  o We recommend bringing bug spray for your group, especially during summer months.
  o We also recommend each participant bringing a small backpack for carrying extra layers, water bottles and personal items while on the course.
  o Please leave cell phones inside the retreat center or at home.

• HOW TO DRESS IN THE RETREAT CENTER

  o For groups staying overnight, meals and evenings will be spent in the Retreat Center. We recommend a change of clothing and footwear following each day out on the course. Dress is generally casual, and prepare for cooler temperatures indoors.
    ▪ Bedding and towels will be provided in each participant’s room.
  o For day groups, meals at LUREC are casual. Please bring an extra change of shoes to wear in the Retreat Center. Participants may also appreciate a change in field clothes for indoor retreat programming.

• WAIVERS AND MEDICAL FORMS

  o In order to maximize your group’s time on the challenge course, please return waivers and medical forms to challenge course staff a minimum of 48 hours prior to your visit to LUREC.

Please don’t hesitate to contact the Outdoor Experiential Education staff with questions and concerns as you prepare for your challenge course experience.

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