We are excited to have you participate in a LUREC challenge course program. Here are a few recommendations to help you prepare for the experience.

**HOW TO DRESS FOR THE CHALLENGE COURSE**
- Closed-toe shoes are mandatory on the challenge course (no flip flops, sports sandals...)
- Clothing that allows for movement and flexibility is highly recommended. Shorts (shorts that fully cover your thighs are more comfortable when wearing a harness), pants, T-shirts or long sleeve shirts work well
- Dress for the weather – remember you will be outside for an extended time.
  - A rain jacket if there is even a chance of rain
  - A sun hat and sunscreen
  - Several layers of warm clothing - warm jacket or fleece, wind jacket, gloves and hat during fall and spring months
- Please do not wear any jewelry, including watches, earrings, rings, etc. These items can easily be caught in equipment and cause injury so you will be required to remove or tape over them prior to participating

**ITEMS TO BRING TO THE COURSE OR LEAVE AT HOME**
- Water bottle (refillable)
- Bug spray – during the spring and summer months
- Small backpack for carrying extra layers, water bottles and personal items

**HOW TO DRESS INSIDE THE RETREAT CAMPUS**
- Meals and evenings (overnight programs) will be spent inside the Retreat Campus. We recommend a change of clothing and footwear.
- Bedding, towels, pillows, etc. are provided (please do not bring personal bedding)

Please don’t hesitate to contact us with questions or concerns as you prepare for your challenge course experience. We look forward to seeing you at LUREC!