

**Clothing and Equipment Advice**  
**Challenge Course and Rock Climbing Programs**

(Revised August 2008)

Dear Parents and Scouts,

Here are some quick notes about getting ready to participate in a Challenge Course or Rock Climbing experience - listen to the advice from your unit's Instructor. During the training program they participated in they were given detailed instructions about: food, clothing (for all seasons), water, emergency procedures, medical history review procedures, and unit preparation before the weekend and of course how to have a FUN, SAFE EXPERIENCE. If the Instructor is from another unit, they will be invited to come to a meeting to discuss preparations for this activity.

**GENERAL THINGS TO KNOW:**

- Medical History form: every participant (Scout or Adult) must have at least a Class 1 Medical History form when the unit checks in at camp. The front of your summer camp physical form is that Medical History; this is a medical history, not a doctor's exam. Each form must be signed by parent or adult participant. The unit's Instructor can not check out gear until everyone has this form (available on council website) and the Instructor shows the forms to the Camp Ranger. Instructors have received training about how to review these records confidentially. Most units carry this annually updated set of records whenever they go on a trip.
- Meals: Instructors will tell units to plan easy and quick breakfasts so that units do not waste time in camp with complicated meals when they could be on the Challenge Course or rock climbing. Lunches are trail/brown bag type meals and ready to go when units leave the campsite on Saturday or Sunday morning. Dinners should also be quick and easy; you will be tired when you return to camp at the end of a busy and challenging day.
- Water: Everyone should carry plenty of water for themselves, summer or winter. One water bottle is not enough. Every participant should have their own day pack to carry their own food, water and clothing. Everybody has a day pack - they are also called school book bags or backpacks.
- DON'T BRING THE FOLLOWING: Please don't bring the disposable water bottles or juice boxes - they create all kinds of trash because folks peel labels off the bottles and the wrapping on those juice boxes straws always blow away. Any outdoor person worth their salt has real canteens or water bottles. Please be sensitive to the outdoors and our environment!! **NO DISPOSABLE WATER BOTTLES OR JUICE BOXES in the outdoors.**
- Clothing: Most Instructors will tell you to wear long pants and other clothing to protect against scrapes on the Challenge Courses or climbing. Appropriate clothing is needed for colder weather; Instructors may not let you participate if you don't have the right amount of warm clothing and hats or protective long pants/shirts. In cold weather layering of clothes is important!
- Rain gear: A nylon windbreaker is not a rain jacket or poncho!! Rain gear, including a hat, is a must.

**REMEMBER: FOLLOW THE ADVICE OF YOUR UNIT'S INSTRUCTOR.** They have participated in a very strenuous and thorough training program and know what to expect.