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## ***Suggested Equipment List***

### ***Ropes Challenge Course***

- Supportive athletic shoes or light boots that can be tied snugly work best on the course
- A refillable water bottle. Water is available at the course and we encourage people to reduce, reuse and recycle their plastic bottles
- Long comfortable pants (shorts are OK as long as you're okay with minor scrapes)
- Sweatshirt or light jacket for morning and evening chill
- Rainwear if weather is threatening
- Warm hat and gloves for early and late season chill
- Sunscreen and bug repellent
- Bag lunches or group lunch in a cooler plus small portable snacks

### ***Ropes Challenge Course Overnights***

- Extra warm clothes for night wear
- Sleeping bag and pad to match seasonal demands. It gets cold at 7500 feet!
- Personal eating equipment (bowl, cup and spoon)
- Check with your group leader regarding dinner and breakfast arrangements

### ***Rock Climbing Trips***

- Essentially the same as for the Ropes Challenge Course
- Personal daypack
- Water is not available at climbing sites. Bring at least one liter of water.
- Project Discovery will provide all harnesses, helmets, ropes and hardware.

### ***Water Based Challenges***

- Water capable shoes (Keens, Teva and Chacos are all great, but wet athletic shoes work too)
- Shorts or a swimsuit plus a rashguard top work well.
- Drinking water may not available at activity sites. Bring at least one liter of water.
- Sunscreen, sunglasses and a brimmed hat for sun protection
- Project Discovery will provide PFDs or you may bring your own

### ***Canyoneering Trips***

- All of the above guidelines are a good start as canyoneering includes a bit of everything
- Pack light as you'll be carrying all of your equipment and a portion of the group equipment
- For overnight trips you need a light sleeping bag but no tent
- Complete details will be provided by Project Discovery and your group leaders as most of our canyoneering trips are custom built to your group's needs.