



## ***Venture Shoe Requirement***

- **Closed toe shoes REQUIRED** for all of Venture activities (*except water based activities.*)
  - Sneakers, boots and other closed toe shoe are appropriate but **NOT** Teva, flip-flops, or other types of open toed shoes / sandals.
  - If a participant comes in something other than shoes, that individual will NOT be able to participate.

## ***Recommendations:***

- Clothing - something comfortable for being athletic and / or moving around physically.
- *We emphasize* to please bring / wear proper clothing for the expected and unexpected weather condition(s) (*Several light layers of clothing are better than one heavy layer.*)
- If wearing shorts, recommendation is that they come down to or past mid thigh for comfort and discreteness from the safety harness.
- Personal water bottle and personal snacks (*Venture will provide water and paper cups*)

## ***Other Recommendations:***

- Bug spray / sunscreen lotion
- Hat / gloves for cold weather
- Rain Gear
- Camera
- Fun, positive attitude!! ☺