

Dear participant,

Thank you for choosing Pacific Adventure Learning for your team-building session. I look forward to your arrival and participation.

The UBC Ropes Course is an entirely outdoor, forested facility located between Thunderbird Stadium and 16<sup>th</sup> Ave. We offer a variety of great programming but no matter which program you are participating in, I have outlined some key items that will make your experience a fantastic one at our facility.

We allow all members of the team to be as active in each activity as they choose to be. Our *Challenge by Choice* philosophy allows each team member to choose their individual challenge for each activity – we fully understand that not everyone has the same comfort level for various challenges. Peer pressure will not be tolerated to coerce people into doing something they do not choose to do. However we will ask for permission to encourage all team members.

Please be sure to bring the following things to the course:

1. Signed waiver — signed by guardian if under 19
2. Snack/food and a water bottle — to help keep energy levels high
3. An extra sweater or jacket — It's always 5°C cooler in the shade of the trees
4. Closed toe shoes like runners — No sandals/flip flops

Optional items

5. Raincoat/poncho (not umbrellas) for wet days— we run rain or shine
6. Gloves—hanging on to ropes can occasionally cause rope burn or blisters. Mountain bike, weight lifting, or batting gloves are the best. Something with grip, but that fits snugly.
7. Camera – it's great to have lasting memories of the day, but realize that taking photos will not always be possible as you will need to be an active participant in the program. Also please realize outdoor adventure sports can be very tough on a camera

Please **DO NOT** bring the following items to the course:

1. CD/MP3 players etc — you are here to communicate with your team
2. Sandals/flip flops — shoes that cover your entire foot are essential
3. Valuables — we are a private fenced facility, but we do not have a safe to keep things of importance/value
4. Alcohol, Tobacco, Narcotics, etc...
5. Pets

Thank you again for choosing us.

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