



What to Wear at the Ropes Course

Clothing:

You will be wearing a harness that goes over your clothes, you'll want to wear comfortable and suitable clothing to make the most out of your experience.

Tops: Something that's Comfortable and Allows You to Move

At the ropes course you'll want to wear a top that's comfortable and provides you with a good range of motion. Keep in mind that you may have a harness that goes around your chest and back, and you don't want a shirt to ride up or get bunched up under the harness. A good choice would be a shirt that you can tuck in or one that stays put.

Bottoms: Something that's Longer and Moves Easily

Like tops, you'll want to wear a bottom that's comfortable and allows for a good range of movement. The harness fits around your waist and legs, and your weight will rest on the leg loops. We suggest wearing long pants, capris, leggings or longer shorts. Above all, make sure that your bottoms will be comfortable and allow for movement.

Shoes: Closed-toed shoes are required

Your experience will include climbing through a course consisting of bridges, ropes and other adventures. Make sure your footwear is secure, as you don't want to lose a shoe on your adventure.

Accessories:

Jewelry and glasses must be well-fitted and secured. You will not be able to wear a hat because you will be wearing a helmet. If you have long hair, tie it back and out of the way.

Skin Protection:

The sun can be deceiving. You may think you're protected by the trees' shade, but the sun has a way of peeking through. Apply sunscreen as needed

Weather:

Check the weather before you come to the ropes course. The last thing you want to do is be unprepared and not enjoy your day!