

HOW TO PREPARE FOR YOUR WINTHROP UNIVERSITY OUTDOOR EDUCATION CENTER EXPERIENCE

1. Wear soft sole shoes/sneakers
2. Remove jewelry. Cheap jewelry breaks and the good stuff seems to get lost, plus jewelry can cause injuries such as minor cuts/abrasions. Helmets may become entangled with dangly earrings causing injury, and harness straps may become entangled with bellybutton rings, which can also cause injury.
3. Wear loose-fitting pants – tight pants tend to restrict movement.

WARM WEATHER

You can wear shorts but make sure that they are long shorts. Short shorts and running shorts may cause embarrassment during some activities. T-shirts also tend to be more comfortable and appropriate than tank-tops.

COLD WEATHER

Wear extra layers of clothes, such as T-shirts, flannel shirts, sweaters, fleeces, jackets, etc. Remember, it is better to play it safe and dress warm – you can always remove layers if it warms up! Also, wear something on your head to keep the heat in (wool cap).

JUST DRESS WARM!!!

All participants at the OEC must sign a Waiver Release Form. If a participant is under the age of 18, a parent or guardian must sign the form on behalf of the minor. Attached is a copy of the release form that can be duplicated as needed!

**BRING AN OPEN MIND!
BRING A SMILE!
BE READY TO HAVE FUN!**

Thank You! We are looking forward to having you!