



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 16th 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 initiative– we fully understand that not everyone has the same comfort level for various challenges. Peer pressure will not be tolerated to coerce anyone at anytime. However, we do ask for permission to encourage all team members.

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

1. Signed consent form- signed by guardian if under 19 years of age
2. Signed medical history form- signed by guardian is under 19 years of age
3. Snack/food and water bottle- to help keep up energy levels (**NO tree nuts or peanuts**)
4. Extra jacket/sweater- it's always 5 degrees cooler in the forest
5. Closed toe shoes (ie. Runners)- no sandals/flip flops

optional items

1. Raincoat/poncho (not umbrellas) for wet days- we run rain or shine
2. 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.
3. 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. Cell phones/MP3 players, electronics etc..
2. Sandals/flip flops- shoes that cover your entire foot is essential
3. Valuables- we are a fenced in facility but do not have any place to lock things of importance/value
4. Alcohol, tobacco, narcotics etc....
5. pets

Thank you again for choosing us. For more information or to see some ropes course photos, please check out www.palropescourse.com

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