

What to Bring

1. Required Paperwork

Two forms (Participant Agreement & Health Form) are required for participation and should be submitted prior to the day of your event. If a participant is under the age of 18, a parent or guardian signature is required. You can download them at stoweheights.org/forms

2. Closed-Toe Shoes

Preferably tennis shoes. Keens are acceptable, but NO Crocs, NO Chaco's, soccer sandals, ballet flats, and no flip flops. There is too high of a risk to trip, losing a shoe while climbing, or puncturing an exposed foot with a stick while walking.

3. Filled Water Bottle

Bring 2 or 3 on particularly warm days. Participants are often surprised at how thirsty they become while on the course. It is important to arrive hydrated and stay hydrated.

4. Personal Medications

Inhalers, EpiPens, allergy, or other meds are always helpful to have on hand and acknowledge on your waiver. If you are under 18 coming with a group, this should be addressed with the responsible adult chaperone/leader of your group. Stowe Heights supplies a first aid kit, however, does not supply inhalers & EpiPens.

5. Comfortable Layered Clothing

Be ready for a variety of temperatures and conditions. Modest shorts (inseam to mid-thigh or knee) if not long breathable pants or leggings that work better under a harness.

6. Hats or Visors (optional)

While the trees do provide a reprieve from the sun, you're still exposed to it. Wearing a hat or visor can be helpful and it fits well underneath a helmet.

7. Sunscreen and/or Bug Spray

Sunscreen of at least 30 SPF is recommended.

8. Lunch and/or Snacks

Should be discussed with your group leader in situations where it is included.