

Recommended Clothing for Adventures

RAFTING (WARM WEATHER):

Male – modest trunk style swim suit. No bikini or low cut suits. T-shirts recommended.

Long pants are inappropriate as they may be a safety hazard.

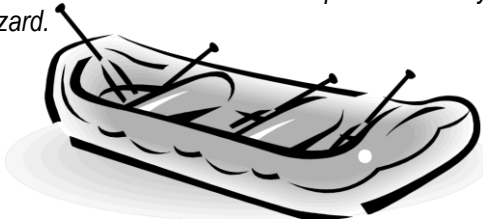
Female – modest one-piece swim suit. No bikinis. Ladies should wear modest shorts and a dark t-shirt over swimsuit.

Long pants, skirts, or culottes are inappropriate as they may be a safety hazard.

Sunscreen is highly recommended.

Inexpensive sunglasses with strap. Safety strap for regular glasses.

Water sandals or shoes for water recreation. *Flip-flops / shoes without backs are not acceptable and may be a safety hazard.*



RAFTING (COOL WEATHER):

Use the above list with the following additions:

Wool, neoprene, or other polyester garments. Avoid wearing cotton as much as possible (e.g. t-shirts or regular socks).

Wetsuit and/or splash jacket with water gloves if available. Modest shorts must be worn over wetsuit. (Alpine Adventures has a limited number of wetsuits and splash jackets available for rent.)

CAVING:

Old rugged clothing such as jeans and sweatshirt. Old work bibs (long) or coveralls are great if available.

You **MUST** wear long pants and sturdy shoes or boots. Long sleeves recommended. Layered clothing is best due to the temperature of the cave – about 56 degrees year-round.

Boots or shoes with good tread for hiking and walking in muddy areas. **No open-toed shoes.** These shoes will get dirty and cannot be used for gym activities.

You will get very dirty! Bring an extra pair of clothes and shoes to change into after caving.

CAVING (cont'd)

Kneepads and/or elbow pads are recommended for crawling. Old gloves may also be worn.

Safety strap for regular glasses. The wearing of contact lenses is not recommended for this activity.

PAINTBALL:

Wear long pants or cover-alls, sturdy shoes, and a long sleeve shirt or sweatshirt. Caps and gloves may also provide additional protection. Layered clothing provides cushion as well as prepares for changes in weather.

Sunscreen is recommended.

Use of personal paintball equipment is not permitted.

TEAMBUILDING, ROPES COURSE, RAPPELLING, HIKING:

Comfortable clothing - clothing which is too loose or baggy may be dangerous. Modest shorts (at least mid-thigh length) and t-shirts are appropriate.

Layers of clothing such as a sweatshirt over a t-shirt are recommended for changing weather conditions.

Wear comfortable hiking or athletic shoes with good tread. **No open toed shoes or flip-flops.**

Those with long hair must wear their hair pulled back for safety.

Safety strap for glasses.

Sunscreen is recommended.



Special Notes:

- All participants should have any necessary medications with them on activities (e.g. inhalers, allergy medications, or Epi-pens).
- Guests that wear contact lenses may want to consider wearing glasses on trips or carry a travel size solution kit for activities.