

# HOW TO PREPARE FOR YOUR WINTHROP UNIVERSITY OUTDOOR EDUCATION CENTER EXPERIENCE

1. Wear soft sole shoes such as sneakers.
2. Remove jewelry. Cheap jewelry breaks and the good stuff seem to get lost, plus jewelry can cause injuries such as minor cuts.
3. Wear loose fitting pants – tight pants tend to restrict movement.

## WARM WEATHER

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

## COLD WEATHER

Wear extra layers of clothes, such as a T-shirt, flannel shirt, sweater, or jacket. It is easier to remove layers than to freeze not having enough layers. Wear something on your head to keep the heat in (woolen cap).

**JUST DRESS WARM!!!**

All participants in the OEC must sign a Waiver Release Form. If the participant is under 18 years of age, the parent or guardian must sign the form. Attached is a copy of the form that can be duplicated as needed.

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