

# Frequently Asked Questions

## What should I wear?

### You should wear:

- A good sturdy and comfortable shoe (sneakers or boots) with good traction.
- Loose comfortable clothing that is suitable to the season and that you do not mind getting dirty.
  - Athletic pants or shorts, or loose fitting Jeans. (Please no short shorts)
  - T-shirts, Long sleeve shirt
  - Jacket or Rain Jacket (we do continue in the rain)
  - Hat, Gloves, and Winter Jacket if it is cold outside
- It is always a good idea to bring an extra change of clothes.

### Please do not wear:

- Open toed or open heeled shoe or any kind of sandal. This includes Crocs, Clogs, flip-flops, Teva's, and Birkenstocks. (You will not be allowed to participate without the correct footwear.)
- Clothes that you do not want to get dirty.
- Jewelry or other items that may be dangerous for you and others in your group.

Remember we will be outside and the temperature may fluctuate quite a bit. Dress in layers so that you can be comfortable all day long!

## What should I wear while CANOEING at Life Adventure Center?

Comfortable clothing/bathing suit that can get wet and water shoes, these shoes should stay on your feet while in the water (i.e. Teva Sport Sandals, Keens, WaterSocks, old tennis-shoes).

Personal Flotation Devices/ Lifejackets (PFD) will be provided and worn at all times while on or in the water.

Make sure to bring and wear plenty of SUNSCREEN! It is a good idea to bring a change of clothes also.

## What if the weather is bad?

Bad weather? We rarely have it. It is very possible that we will be outside in the rain. Your adventure will not be canceled because of rain; it will just become more fun...that is, if you are prepared with a rain jacket! The only weather that would require us to cancel or reschedule your experience would be lightning, high winds or any other weather that would make it unsafe.

## What about lunch?

There are 2 options. You can bring all of your own food and beverage for your day at LAC. OR, you can ask your groups coordinator to talk to LAC about our Meal Options! Please be sure to ask your group coordinator what they have planned for the day.

## How safe are these Team-building activities?

Your safety is our primary concern. Our facilitators have been trained in the standards and procedures that make these activities safe. Our safety policy is congruent with and adheres to a strict industry standard and includes regular examination of all practices.

## What is Vaulting?

Vaulting is a unique equestrian sport that combines dance and gymnastics on the back of a moving horse. Vaulting is appropriate for all levels of experience, including those with none at all! You will develop skills as you learn and move at your own pace.

## What if I feel scared or nervous?

“Challenge by Choice” is a principle we take seriously. In all of our activities each participant is allowed the choice to choose their own level of challenge. Each person gets to choose to participate in whatever way challenges them.

Direct any other questions to the person coordinating for your group, and s/he can pass them on to Life Adventure Center. You can also check out our website at [www.lifeadventurecenter.org](http://www.lifeadventurecenter.org) or call us (859) 873 – 3271.