



Clothing Guidelines

Group Leaders, please see that all participants receive a copy of this letter.

Dear Participant,

For the physical and emotional safety of our guests, the following clothing guidelines are required in order to participate in the Eagle Crest Adventures Challenge Program. Guests not in compliance with these requirements may be prevented from participating. In some cases, guests may purchase a t-shirt in the Activities Center in order to meet requirements.

1. Close-toed shoes must be worn. Sandals, flip flops and other open-toed shoes are not allowed - no exceptions.
2. Jeans are *preferred* on the course. Shorts must reach mid-thigh. Skirts and dresses are not appropriate. Please NO "sagging" pants as they WILL limit what your group can do on the course.
3. *Full-cut* shirts are required. No tank tops. No belly shirts. No cleavage.
4. As a general rule, jewelry may interfere with course elements. We ask that dangling jewelry and hoops not be worn. Participants are responsible for notifying facilitators or other piercing that cannot be removed and may cause injury on course elements.
5. Be mindful of the weather, and dress appropriately for cold/wet days on the courses.
6. Basic rule of thumb: All participants should be fully covered from shoulder to mid-thigh and dressed in a manner appropriate for an Adventure Challenge Course.
7. Lastly, we highly recommend bug spray (Ticks are commonly found on the course. You want a product containing at least 15% DEET) and sunscreen (SPF 30 or higher).

Your compliance with these guidelines will help your group focus on team building, and not on fashion or body parts. Challenge Course staff reserve the right to block participation due to inappropriate, offensive, or revealing attire. If you have any questions about these guidelines, feel free to call us at 217-854-4820 ext 4207.

Sincerely,
Eagle Crest Adventures
Program Staff