

TEAM BUILDING PACKING LIST

CLOTHING

- Close-toed flexible shoes that will not easily fall off your feet (tennis shoes, hiking boots, etc.)
- Long hair tied back (you will be wearing a helmet)
- Longer flexible pants/shorts
- Cold weather gear (hats, gloves, earmuffs, winter coats, wool socks, scarves, etc.)
- Rain gear (rain jacket, poncho, etc.)
- Look at the weather a couple of days before to be amply prepared for your TB adventure

OTHER

- Water bottle
- Waiver
- Sunscreen/bug spray
- Lunch (if True Friends is not providing it)
- A way to block the sun (sunglasses, hat, etc.)