



LAKE GENEVA  
**CANOPY TOURS**  
& OUTDOOR ADVENTURE CENTER

## PROGRAM PARTICIPANT CHECKLIST

# HOW TO PREPARE FOR YOUR TEAM BUILDING EXPERIENCE

In order to help ensure your enjoyment and safety during your upcoming Lake Geneva Canopy Tours team building, zip-line tour or high ropes course experience please review the following information.

- DRESS FOR THE WEATHER AND ACTIVITY**  
Please dress for the weather that is forecast for the day of your program, wear clothing that allows you to move freely and can get a bit dirty.
- WEAR CLOSED-TOED SHOES**  
Closed shoes are required for all of our activities. Please no sandals or other open footwear.
- PREPARE FOR YOUR ADVENTURE**  
If you will be participating in the high ropes course or zip-line tour you will be wearing a full-body harness. Harnesses are most comfortable to wear with pants or longer shorts and shirts with sleeves (vs. tank tops) as this provides for clothing fitting under the webbing of the harness. Skirts or dresses should be avoided as these may interfere with proper fitting of a harness and be uncomfortable.
- DRESS FOR THE WEATHER**  
While we will move indoors during severe weather, we remain outdoors if light rain, snow, etc., is present so please bring extra layers, a rain jacket... if such conditions are present.
- BRING A WATER BOTTLE**  
Feel free to bring a water bottle with you. There will be opportunities to refill it during your program.
- BRING SUNSCREEN & INSECT REPELLENT**  
We recommend that everyone use sunscreen during programs and you may bring/use insect repellent if you wish.

- PREPARE YOUR JEWELRY & LONG HAIR**  
Please do not wear loose jewelry or dangling earrings as these present a hazard during activities. Long hair should be pulled back into a ponytail.
- SIGN YOUR WAIVER**  
Everyone attending a LGCT activity must complete a waiver form (even if you are attending as an observer/chaperone). Your group leaders should provide you with an email that includes a link to our digital waiver or a paper copy of the form.
- TELL YOUR GROUP LEADER ABOUT MEDICAL, HEALTH OR MOBILITY CONCERNS**  
We customize each program to fit the interests and needs of program participants and are able to accommodate many concerns. However, we need to know about your health conditions and/or concerns prior to your program in order to plan appropriately. If you have a condition or concern you would like to discuss with us, please contact the Team Building Coordinator at 262 248-9271.
- KEEP IN MIND OUR ZIPLINING REQUIREMENTS**  
For our zip-line tour all participants must be at least 7 years old and weigh between 65 and 250 pounds.

#### **HAVE QUESTIONS?**

Please do not hesitate to contact us at 262 248-9271