



Spencer Butte Challenge Course

City of Eugene • River House Outdoor Program • 301 North Adams Street • Phone: (541) 682-5329 • Fax: (541) 682-6319

PARTICIPANT PREPARATION INFORMATION

In order to ensure that participants are prepared for their day at the Challenge Course, please provide each person with a copy of this page.

Clothing

1. Wear old comfortable clothing that you won't mind getting dirty.
2. Spencer Butte is COLD! If it is 70 degrees in the valley, it is commonly only 50 degrees at the Challenge Course. Wear layers to keep you comfortable throughout the day (there will be alternating times of high and low physical activity). Remember to wear layers on your legs as well as your upper body (one pair of pants and four shirts probably won't keep you warm enough). Hats, gloves and rain gear are strongly recommended. Cotton clothing is strongly discouraged. No umbrellas please. If you use hair products that are oily or may stain, please bring a plastic cap to wear under our safety helmets to protect the integrity of the helmet materials.
3. Shoes - If it is a wet day, wear something that will keep your feet warm and dry. If it is a dry day, wear sneakers, boots or shoes that protect your toes. No slip-ons or open toed sandals please.

Food & Beverage

1. Unless otherwise indicated by the person organizing the day, you are responsible for providing your own food and beverages. A large lunch is strongly encouraged. Also, to keep your energy level steady throughout the day we recommend bringing some quick snacks (granola bars, fruit) that you can eat between events.
2. Keeping hydrated keeps you warm and energized! A large cooler of water will be available on the Challenge Course to replenish empty drink containers. **Please bring your own water bottle** or container as we do not provide cups. Also, please no glass containers on the course.
3. Please be prepared to take your garbage off of the Challenge Course at the end of the day.
4. If it is a very cold day a hot drink in a thermos is recommended!

Personal Preparedness

1. Please bring any personal medications that you require. ***If you are allergic to insect bites or bee stings, bring your Bee Sting Kit.***
2. There are portable toilets at Spencer Butte. However, there is no running water. Please bring any items necessary for your own personal hygiene.
3. We strongly recommend you leave items of value at home. Vehicles that have valuables in sight are often burglarized.
4. Although the Challenge Course is in the trees, some sun does sneak through. Sun screen is a good idea, particularly in the summer.
5. You may want to bring a camera.
6. ***Before you can participate in the activities of the day - you must turn in a completed and signed copy of the Assumption of Risk & Liability Release Agreement and Health Form.***

**If you have any questions about preparing for the day, call the
River House Outdoor Program M-F 12:00 - 4:00 @ 682-5329**