

CHECKLIST

TO FULLY ENJOY YOUR ARBRASKA EXPERIENCE

Meeting place and time

Meet in front of the ground floor of the Horizon Pavilion, 20 minutes before the departure time indicated on your confirmation.

Clothing

Close-fitting and weather-appropriate sportswear

Closed-toe shoes (no sandals)

Gloves

Additional items

Identity card to validate your equipment loan

Water bottle that can be attached to your gear

Mosquito repellent

IMPORTANT

Safety equipment is provided (helmet, harness, lanyard, carabiner).

Tie back long hair.

Avoid wearing jewelry, sunglasses, or a sweater around your waist.

For safety reasons, the wearing of headphones is prohibited on the circuits.

Maximum measurements for harnesses are 46 inches for waist circumference and 26 inches for thigh circumference.

Leaving the site with the equipment and returning to complete the activity later is not permitted.

Participants must not have heart problems, epilepsy or fear of heights.

Participants must not be pregnant.

Wearing a mask is mandatory in certain situations, especially when the physical distance of 2 meters cannot be respected. Please bring one with you to your activity.