



CHALLENGE CENTER

The Challenge Center is located on the Sacramento State campus near the soccer fields and Yosemite Hall. Please refer to our parking map for parking information and directions.

Clothing:

- Dress comfortably (NO midriff shirts or "short" shorts)
- Casual, durable, good for running around and getting dirty!
- Long pants or sweatshirts are preferred when weather permits
- Layer clothing appropriate to the season. We continue plans in rain or shine!

Other things to bring:

- Your completed and signed waiver (2 pages)
- Reusable water bottle
- Lunch or snacks as needed
- Anything you need to be comfortable outside (sunglasses, sunscreen, hat, etc...)
- Positive attitudes, positive energy

Do NOT bring:

- Alcohol
- Tobacco products
- Non-prescription drugs
- Gum or candy
- Electronics and valuables
- Negative attitudes, negative energy

Shoes:

- Closed-toed, closed heeled shoes are REQUIRED. NO sandals or crocs!
- Suitable for all weather conditions

**YOU WILL NOT BE ABLE
TO PARTICIPATE IF YOU HAVE NOT
FILLED OUT A WAIVER OR HAVE
UNSUITABLE SHOES**