

# **DARTMOUTH OUTDOOR PROGRAMS CHALLENGE COURSES**

## **Leadership and Team Building in the Outdoors Storrs Pond Recreation Area**

At the Dartmouth Team Challenge Course, you will be working in small groups to complete a variety of problem-solving initiatives. Each group will be working with an experienced facilitator who will be your guide through the course. We expect it will be fun for you, as well as challenging, and provide you with an opportunity to learn more about yourself and the people in your group.

The Outdoor Programs Office conducts all its events within the framework of "Challenge By Choice." There will be a variety of possible ways to participate in each activity such as helping to brainstorm solutions, observing and facilitating, and helping to physically execute the challenge. You will not be required to do anything which makes you feel uncomfortable, but we ask for your full participation at whatever level of challenge you choose for yourself.

Expect to be physically active and outside for the entire event, whatever the weather brings. We do not have an indoor ropes course. We may end a program early if there are severe thunderstorms. A clothing/equipment list is included, to which everyone should pay close attention.

Expect to walk about 1/3 mile to the course. If your group is doing the "traditional" Challenge Course, that is located on the top of Oak Hill. The walk is steep in places. The other courses are uphill of Storrs Pond, but not at the top of the hill. We go at a pace which can accommodate everyone. The views are excellent!

We are able to offer transportation directly to the course in cases of medical necessity, if requested ahead of time.

### **WHERE TO MEET:**

Please meet your ropes course facilitator at the large upper parking lot, opposite the Storrs Pond ticket shed. We will walk with you about one third mile to the course.

### **WHAT TO BRING:**

- Long pants—synthetic material is best to protect legs from scratches and sunburn
- Shirt and sweater for protection from sun, wind and cold
- Footwear—running shoes or hiking shoes. **NO OPEN TOED FOOTWEAR**
- Windbreaker/raingear depending on the weather
- Insect repellent and sunscreen
- Snacks and water. There is no water available at the site.

### **WHAT *NOT* TO BRING:**

- Valuables, wallet, money, any jewelry.