



What To Bring...

<p>Ropes Course</p>	<ul style="list-style-type: none"> • Signed “Assumption of Risk and Responsibility Form – Ropes Course”. Every participant must have completed form in order to participate. • Closed toe shoes (boots in winter) • Water bottle (no running water available) • Snack (we can provide upon request) • Hat, sunscreen, bug repellent (summer months) • Dress warm during colder times of year; dress appropriate for rainy days • Participants with physical/mental limitations? No worries, we have a role for everyone! However, please speak to us so we can plan accordingly. • Enthusiasm to work as a team and have fun in the great outdoors!
<p>Rock Wall Climbing</p>	<ul style="list-style-type: none"> • Signed “Assumption of Risk and Responsibility Form – General”, <u>and</u> signed Municipality of Sioux Lookout “Release, Waiver and Assumption of Risk” form. Every participant must have completed forms in order to participate. • Closed toe shoes • Water bottle (no running water available) • Snack (we can provide upon request) • Hat, sunscreen, bug repellent (summer months) • Scared of heights? No worries, we have no expectations for how high you climb, just that you participate to the best of your ability!
<p>Equine Programming</p>	<ul style="list-style-type: none"> • Signed “Assumption of Risk and Responsibility Form – General”, <u>and</u> signed “Cedar Bay Stable Liability Form”. Every participant must have completed forms in order to participate. • Boots or closed toe shoes • Water bottle (no running water available) • Snack (we can provide upon request) • Hat, sunscreen, bug repellent (summer months) • Scared of horses? No worries, our only expectation is that you participate to the best of your ability and challenge yourself.
<p>General Workshops</p>	<ul style="list-style-type: none"> • Signed “Assumption of Risk and Responsibility Form – General”. New VU uses interactive and challenging initiatives to teach various professional skills. Signed form necessary only upon request. • For outdoor education workshops wear appropriate clothing according to the weather (check the weather before leaving home!) • New VU facilitators often provide pens and booklets, however feel free to bring your own learning tools

**CONTACT US WITH ANY QUESTIONS REGARDING YOUR NEW VU EXPERIENCE!
807-737-0019**