

## **C.O.P.E. INSTRUCTOR TRAINING**

### **Challenging Outdoor Personal Experience**

#### **WHAT TO BRING**

BSA Annual Health and Medical Form

Hold Harmless Agreement

Sleeping Bag or sheets and blanket

Toiletries

Clothing for the weekend

Bandana

Leather palmed gloves

Bug Spray (skin so soft is the best)

Water bottle

Positive attitude and a smile

Sturdy foot gear. No open shoes or sandals. Socks must be worn.

Baseball type hat recommended

Please no jewelry, watches or necklaces. This includes body pairings. Please remove them or cover them with a band aid

Rain gear

\*\*\* No Cameras during Program

\*\* Releases and Medical forms must be SIGNED and completed

The challenge course is located in a beautiful camp. Please don't litter and respect the property. The above gear will make your experience the best that it can be, so please take the time to prepare properly.