

Minnesota State University, Mankato  
Adventure Education Program



**Dear Participant:**

Congratulations! You are scheduled for an Adventure Education Program Event at Minnesota State University, Mankato. You will have some unique opportunities to challenge and support yourself and your group members. We hope that you have a great program, including learning new things about yourself and having a lot of fun.

Here is some information that can help you prepare for the day:

**What to expect from an “adventure-based challenge program”:**

*Adventure-based* means taking calculated risks (physically, mentally and/or emotionally). Risks used to challenge you may include: honesty, team-building, decision-making, speaking up in a group, playing with free-abandonment, trust, and thinking in new and different ways.

*Challenges* are the activities used to challenge you to take calculated risks as a group member or an individual. Depending on what your group leader scheduled, these activities will be “low” close to the ground, or “high” in the air while attached to a safety (belay) rope, or a combination program of “low” and “high” challenges.

**What to wear:**

*Loose, comfortable clothing* in which you can easily move.

*Shoes with closed-toes, soft soles and no high heels* (no open shoes or sandals).

*Layers*, so that you can adjust to the temperature (bring one more layer than you think you will need!).

*Rain gear*, and/or clothes appropriate to the weather conditions (hats, gloves, etc.).

**What to bring:**

- **Water—There is no water on site!** Bring at least two quarts of liquid to drink for yourself (water or sports drinks---*NO alcoholic beverages!*) In addition, your group may want to bring an extra container of hot drinks if you are coming on a cold day.  
**Food**—You may bring food as it applies to your group’s schedule (check with your group leader).
- **Sunscreen and insect repellent**—We have very little shade and sometimes plenty of mosquitoes.
- **Your Medical and Liability Release Forms!** Your group leader has been sent liability release and medical forms to give to you in advance of attending the Adventure Education Program. Be sure you read and sign them. **You will be unable to participate without these signed forms!** You are encouraged to consult your medical professionals if you have any questions about your participation. Please, consult your physician if you are pregnant or think you may be pregnant, and/or if you have any heart conditions. The forms can also be found digitally at <http://www.mnsu.edu/adventure/forms/>

We look forward to seeing you soon!

A handwritten signature in black ink, appearing to read "Sam Steiger".

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