



Preparing for your Cayuga Nature Center Visit

The following information will help maximize your benefit from and enjoyment of the Cayuga Nature Center experience.

CLOTHING:

Weather in Ithaca is highly variable and programs such as TEAM Challenge are held rain, shine, or snow! With this in mind please bring more and warmer clothing than you would think you will need for the day of your program. Wear loose-fitting clothing that you won't mind getting dirty. Wear comfortable sneakers or light boots with good traction. Sandals, dress shoes or high heels are not allowed! For fall, winter or spring programs, bring or wear a wool hat, gloves, rain gear, an extra jacket or sweater, and long underwear if there is any change of cold weather in the forecast. Many activities including TEAM Challenge activities are outside continually for a mixture of active physical activities and more passive discussion times, so it is important to dress warmly enough for the discussion times.

ALSO BRING WITH YOU:

- *extra clothing, rain gear
- *a full water bottle
- *snacks
- *a day pack or fanny pack (to carry the above listed items)
- *a sense of adventure!

WHAT TO EXPECT:

Expect to have fun and to come away with a greater knowledge of yourself and your group. Expect to be encouraged, but never forced, to challenge and expand your own sense of what is possible, for yourself and for your group. Expect to be valued as an important, even essential, resource for your group's success. Expect to be physically and mentally engaged in moving toward group and individual goals. We emphasize that activities are "physically engaging", rather than physically demanding. For example, although we call TEAM Challenge a "ropes course", success in no way depends upon group members all being "Tarzans". Activities are designed to draw on a variety of strengths within a group: communication skills, support, flexible leadership, creativity, teamwork, and perseverance, among others.