



## Canopy Climbing Checklist

\_\_\_ If you have a **CURRENT ONGOING MEDICAL CONDITION** that could be affected or exacerbated by the physical activity of tree climbing, please check with your doctor and gain his/her approval to participate.

\_\_\_ Vertical Voyages Waiver Form(s). Minors must have form signed by parent or legal guardian.

\_\_\_ Be excited, energetic, and well rested prior to your climb.

\_\_\_ Plenty of water.

\_\_\_ Dress for the weather:

Cold Weather: dress in layers. Synthetic long underwear, insulating layer and wind/water jacket. gloves and warm hat.

Hot/Warm Weather: light colored t-shirt. **NO SHORT-SHORTS**. Longer shorts or capris are okay.

Footwear: Close-toed shoes. **No Flip-flops.**

\_\_\_ Please have hair pulled back. Glasses attached are recommended. No dangly earrings or necklaces.

\_\_\_ Camera.

\_\_\_ Snacks are nice to have after the climb. You may wish to bring a folded chair or camp chair if you are coming only to watch.

\_\_\_ Park in the designated parking area and walk to the trees.

Safety equipment provided by VERTICAL VOYAGES™

1. Tree Climbing Saddle 2. Climbing Helmet 3. Climbing Gloves

### **REMEMBER:**

***INFORM YOUR INSTRUCTOR OF BEE ALLERGIES AND/OR RELEVANT MEDICAL CONDITIONS. TREE CLIMBING CAN BE STRENUOUS FOR SOME INDIVIDUALS.***