



What to Bring – Adventure Instruction Programs

The NEXTeams Companies staff will provide all group gear. Participants are responsible for their own personal gear, and should bring the items on the list below.

It is very important that participants have these items in order to ensure a safe and comfortable day for everyone!

- ☐ Signed liability waiver and medical form
- ☐ Water
- ☐ Food that will not spoil
- ☐ Comfortable clothing that is appropriate for time of year (hat, jacket, shorts, etc.)
- ☐ Sturdy, close-toed shoes
- ☐ Rain gear
- ☐ Sunscreen
- ☐ Bug-repellent
- ☐ Small pack for your belongings

Please note that, **unless there is lightning, inclement weather will NOT discontinue activities- please come prepared!

The waiver must be complete and unedited, both front and back, prior to participation. If you have any further questions or concerns, please feel free to contact our office at (240) 603-4150.

Thank you,

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