



What do I Wear

Most of the On Belay day is spent outside in fields or in the woods. Consider the weather on the program day and dress appropriately, your all day comfort and over all enjoyment depend on it. New England weather can change rapidly so consider the factors you might encounter during your day with On Belay including; strong sun, wind, shade and rain.

We suggest the follow:

Hot Weather

- Shorts or pants and tee shirt. Bring a light weight long sleeve shirt to protect you from bug bites and to wear in the shade.
- Sneakers are great. Closed toed shoes are a MUST! This means no sandals please, your toes will thank you.
- A hat or sunglasses are a good idea to protect you from the sun
- Pack your rain gear. A 20 % chance of rain in New England could mean sunny skies all day or showers on and off, being wet is no fun at all.

Cool and Cold Weather

- Layers, Layers, Layers. Spring and Fall can be expecially deceiving times for weather so layer up. You can always shed layers if you are hot, if you don't have them you might find yourself quite chilly!

- Bring a hat and gloves, a great deal of body heat is lost through your head and fingers.
- Footwear should be boots or shoes with warm socks to keep feet dry and toasty.
- Rain gear again goes without saying, you don't want to spend the day in damp clothes.
- Remember wool, fleece and synthetics dry quickly and insulate well. Cotton tends to take a long time to dry – this includes jeans. If it is a rainy day, opt for synthetics over cotton.

What do I bring.....

- Any medication you might need (inhaler, bee sting kit etc)
- Sunglasses
- Sun screen and bug spray
- Please avoid wearing jewelry, baggy clothes anything that could get caught, snag or rip while you are doing activities.

What On Belay Provides....

- Breakfast – buffet style including; fruit, juice, muffins, yogurt.
- Lunch
- Snacks
- Water bottles (1 for each participant)
- An amazing day of challenge by choice activities with the coolest group leaders around!