

Ropes Course

UNC Outdoor Education Center

Things to Know

Parking

For Weekday Programs:

During the week the upper parking lot requires a permit to park there. Groups are allowed to park down by the pavilion (**Follow the long driveway down and around the tennis courts to the right**) however space is limited and can only serve about 15 vehicles. **For larger groups, carpooling is highly recommended!!**

For Weekend Programs:

On weekends, the upper parking lot is open to the public on a first come, first serve basis.

Buses:

If your group is large enough to necessitate buses, there is plenty of room for the bus to turn around once they drop the participants off in the upper parking lot. Most groups have their driver stay with the bus during the program, but in our experiences, bus parking in the upper parking lot is not enforced during the week.

What to Wear

Clothing:

Loose casual clothing that you feel comfortable playing in - gym clothes or athletic wear. It is important to dress for the weather:

Cool: Layers for warmth - wool or fleece (avoid cotton)

Rain: Change of clothes suggested and/or rain gear

Warm: Shorts and T-shirts or light pants to protect from abrasions

Shoes: **Closed toe**, low heeled, sturdy, comfortable and durable sneakers or hiking boots.

(Please Note: No Sandals, flip-flops, Birkenstocks, etc.)

Socks: Necessary. Wear a weight that is comfortable for the weather.

Glasses or Sunglasses: A retaining strap such as chums® or croakies® is recommended.

Allergies and Asthma:

Allergies: If any participant has a history of anaphylactic shock induced by exposure to any natural issue likely encountered in a natural setting (Bees, Wasps, Poison Ivy etc.), they must bring their epinephrine injector with them to the challenge course.

Asthmatics: If any participant has a history of any kind of asthma that requires the use of any type of inhaler, that participant must bring their inhaler with them to the challenge course.

What Not to Bring

(if you bring these items, please leave them in the car/bus or bring a bag you can put them in during our time on the course)

Jewelry
Watches
Anything in pockets (billfolds, etc.)
Beepers
Cell Phones
Walkman/Headphones
Knives, etc.

REMINDERS:

- Please give yourselves enough time to get to the center so the groups can start promptly at the scheduled time.
- During the summer months it can be extremely hot on our course, we will provide water jugs and cups, but you may want to also bring your own water bottle to help keep hydrated.
- If you have any questions please call us at (919)843-4632.