



Junior Warrior Day Instructions

PARENTS' INSTRUCTIONS:

PLEASE ENSURE THAT YOUR CHILD PACKS A SNACK WITH A LARGE WATER BOTTLE AS THE EVENT WILL INCLUDE NUMEROUS PHYSICAL ACTIVITIES. ADDITIONALLY, ALL CHILDREN SHOULD HAVE BUG SPRAY AND SUN BLOCK APPLIED PRIOR TO ARRIVAL AS WE WILL BE TRAINING IN THE OUTDOORS. THE GEAR LIST WILL COVER THESE AND OTHER REQUIREMENTS. AS YOUR CHILD PACKS HIS OR HER OWN GEAR EXPLAIN TO THEM HOW PREPARING FOR THIS DAY IS VERY MUCH LIKE PACKING FOR A LONG TRIP OR DEPLOYMENT. WE WILL ALSO NEED A SIGNED HOLD HARMLESS AGREEMENT IN ORDER FOR YOUR CHILD TO PARTICIPATE. THE EVENT WILL INCLUDE HIKING, OBSTACLE COURSES, EXERCISE, CRAWLING IN THE DIRT, POSSIBLY GETTING WET, AND OTHER OUTDOOR ACTIVITIES. IF YOUR CHILD IS ALLERGIC TO BEES OR HAS SEVERE ASTHMA OR ALLERGIES, THEY WILL BE ALLOWED TO PARTICIPATE ONLY IF A PARENT IS PRESENT WITH APPROPRIATE MEDICATIONS.

KIDS' INSTRUCTIONS:

KIDS - THIS IS IMPORTANT SO PLEASE READ THESE INSTRUCTIONS CAREFULLY: YOU ARE GETTING READY TO GO ON AN ADVENTURE THAT WILL REQUIRE YOU TO GET SWEATY, GET DIRTY AND POSSIBLY GET WET. THIS ADVENTURE WILL REQUIRE THAT YOU BE PART OF A TEAM, AND ALSO THAT YOU PACK CORRECTLY JUST LIKE MOM OR DAD WHEN THEY DEPLOY.

To Wear:

- Long Pants
- T-Shirt
- Your Cover (i.e. Hat)
- Sneakers or hiking shoes

To Pack:

- Book bag or small pack with shoulder straps
- Extra socks
- Extra T-shirt
- Dry clothing- 1 full set
- Rain Gear
- Snack
- Large water bottle
- Sunscreen