We are looking forward to having you as our guest at Triangle Training Center! At TTC we design and deliver customized experiential programs that enhance self-awareness, leadership development and team cohesiveness. Your program’s design will depend upon your group’s unique needs, goals and/or learning objectives. Activities and initiatives are interactive and can be mild to moderately active. Our programs are created for all levels of fitness. There are many ways to participate in our activities (ranging from verbal support to in-depth physical challenge) and you will have an opportunity to choose your level of participation.

**WHAT TO WEAR**

**CLOTHING:** Wear loose casual clothing that you feel comfortable moving in; gym clothes or athletic wear. It is very important to dress for the weather:
- **Cool/Cold:** Layers for warmth (wool or fleece); avoid cotton; bring gloves, a hat, scarf, jacket. It is good to have too much gear rather than not enough!
- **Rain:** A change of clothes suggested and/or rain gear. *(we have some basic rain ponchos)*
- **Warm:** Shorts and T-shirts or light pants to protect from abrasions.

**SHOES:** Footwear is very important and must be low heeled, closed toed, sturdy, comfortable and durable (Sneakers or Hiking Boots are excellent choices)! *Anyone wearing inappropriate footwear will NOT be permitted to participate.*

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

**GLASSES/SUNGLASSES:** A retaining strap, such as chums, is recommended.

**SPECIAL GEAR:** If you have joint or back problems, you may consider supportive gear such as a brace or wrap.

**WHAT TO BRING/WHAT NOT TO BRING**

We provide participants with bug spray, sunscreen and cups for water. *Feel free to bring a camera (there will be plenty of memories to capture), a bottled drink and a snack if you are apt to need one.* We ask participants to remove the following items before participating in our activities:
- Jewelry *(rings, earrings, bracelets, necklaces)*
- Watches
- Anything in Pockets *(i.e. keys, billfolds)*
- Beepers
- Cellular Phones
- Walkman/Headphones
- Knives and Firearms

**NOTE:** Any participant bringing alcohol or illegal drugs of any kind will be removed from the Center. This behavior may result in the program being cancelled entirely.