



Introduction:

Synergy Learning Systems will help to conduct an outdoor team building program with your group. The time will be spent outdoors working together on leadership and team development tasks. Discussions will also occur about the process by which you—as an individual and group member—assessed and met the challenges, brainstormed possible solutions, and implemented your strategies.

The tasks include some physical objectives that a group seeks to achieve. The activities are fun and challenging. They are structured to allow *each individual* to participate in whatever he or she chooses. Participants will be moving about, but the activities do not require physical conditioning, nor are they necessarily physically exhausting.

What to Bring & Wear:

- **Close-toed, flat-bottomed shoes are REQUIRED.** For example, tennis, running, and hiking shoes are all appropriate
- Pants or shorts that allow you to move around and that you don't mind getting a little dirty.
- T-shirt
- Sun hat or cap with bill
- Sunscreen (we provide sunscreen, but if you have a specific type that you prefer, please bring it)
- If allergic to bees, please bring your bee sting kit!

Although we recommend comfortable clothes, we do not recommend the following:

- Open-toed shoes such as sandals, flip flops, etc.
- Skirts/dresses
- High heels