



Equipment and Requirements

No Barriers Festival 2009 at Shake-A-Leg Miami

Equipment

The majority of technical equipment will be provided – such as lifejackets, helmets, LEKI poles, handcycles, climbing harness, scuba gear, etc., however you are welcome to bring your own.

Water-based activities

Recommended -- If you don't have these things, don't worry, but if you can bring them – great!

- Bathing Suit and swim goggles
- Water shoes or shoes and socks you don't mind getting wet and that won't fall off
 - No flip flops
- Quick drying non-cotton pants or shorts
- Your own towel
- **Sun hat, sun glasses, sunscreen**
- Camera

Land-based Activities

Recommended -- If you don't have these things, don't worry, but if you can bring them – great!

- Appropriate clothing for activity – (i.e. for cycling, no loose clothing or hanging jewelry)
- Closed-toe shoes, good for walking
- Water bottle
- **Sun hat, sun glasses, sunscreen**
- Camera
- Bug Repellant (only needed if you plan on attending the Everglades – Shark Valley Excursion on Sunday June 7)

Requirements

- Some events may require you to breathe independently and/or hold your head upright independently.
- In the unlikely event of capsizing, you must be able to keep yourself in a floating position with your face out of the water. You will be wearing a PFD.
- You must be registered for NO BARRIERS FESTIVAL 2009 at Shake-A-Leg Miami.
- You must submit appropriate **signed Release and Health forms** when you sign up for Clinic.
- Therapeutic Horseback Riding requires a doctor's release – **you must have this completed prior to your arrive at the festival.**

No Barriers, Shake-A-Leg and their clinic partners reserve the right to determine suitability for all activities on a case by case basis.