



# ADVENTURE CHECKLIST!

## **STURDY SHOES/HIKING BOOTS**

Sturdy shoes and hiking boots are extremely important when traversing volcanic terrain. Maintaining good footing is essential to prevent cuts and bruises that falling on volcanic rock can produce.

## **SUNSCREEN AND HAT**

Hawai'i is located at the same line of latitude as the Sahara Desert. Regardless of temperature and cloud cover, the Hawaiian sun can cause severe sunburns if you're not properly protected with sunscreen and a hat.

## **CAMERA AND/OR VIDEO CAMERA**

Cameras and video cameras are not required, however, there are countless reasons on why you should bring one. You'll never know what can happen on an active volcano.

## **EXTRA FOOD/SNACKS**

Sandwiches, fruit, and drinks will be provided on every tour. However, if you and your group require anything else, please bring it along.

## **PANTS/LIGHT JACKET**

From tropical, to desert, to sub-arctic climates, we will be traversing a great deal of different environments. We recommend bringing these along to help adjust to the different temperatures you'll experience.

## **A SENSE OF ADVENTURE**

Touring an active volcano generally isn't for someone who prefers to stay in their comfort zone and not experience new things. Always have a sense of adventure and be prepared for anything.

## **SIGNED RELEASE FORM**

Before commencing on the tour, you must provide a signed release form. We will do everything in our power to ensure your safety, however, we **WILL** be walking on an active volcano with unpredictable terrain. You must be willing to tour with us at your own risk!