



Backpacking Trips Equipment List / What to Bring

We are delighted to have you on a backpack trip with Journey Quest! The weather can change quickly in the mountains, **so it is important to pack light** while still being prepared for whatever may come. Below is a list of equipment and clothing we recommend for an extended combo trip with Journey Quest:

Clothing	Equipment	Miscellaneous
<input type="checkbox"/> Light <i>Waterproof</i> Rain Gear (Such as Frogg Toggs. Jacket & Pants or a quality Nylon Poncho) <input type="checkbox"/> Lightweight fleece jacket or hoodie (Synthetic or wool, not cotton) <input type="checkbox"/> 2 T-Shirts (preferably quick-drying synthetic, not cotton) * <input type="checkbox"/> 2 Pair Underwear <input type="checkbox"/> 1 Pair of Shorts <input type="checkbox"/> 1 Pair of Lightweight Pants (preferably not cotton) <input type="checkbox"/> 2-3 Pair Wool-Blend Hiking Socks <input type="checkbox"/> Trail Shoes or Lightweight Hiking Boots (Be sure to break them in.) <input type="checkbox"/> <i>Optional:</i> Lightweight camp shoes or sandals <input type="checkbox"/> Change of Clothes for Travel * Available in our store	<input type="checkbox"/> High Quality Backpack (55-75L capacity. Available for check-out from Journey Quest) <input type="checkbox"/> Sleeping Pad (Available for check-out from Journey Quest) <input type="checkbox"/> Sleeping Bag (synthetic or down fill, rated to 20-40 degrees) <input type="checkbox"/> 2-3 Water Bottles * (2-3 liters total, Nalgene or Gatorade bottles are great). <input type="checkbox"/> Headlamp or Small Flashlight <input type="checkbox"/> Sunglasses * <input type="checkbox"/> Eyeglass Retainers * (Such as Chums or Croakies) <input type="checkbox"/> Brimmed Hat <input type="checkbox"/> Lightweight Warm Hat / Beanie* <input type="checkbox"/> Lightweight Gloves <input type="checkbox"/> <i>Optional:</i> Lightweight Backpacking Chair (Crazy Creek) <input type="checkbox"/> <i>Optional:</i> Camera (in water resistant case, w/spare battery.)	<input type="checkbox"/> Bible, Pen, and Journal (In heavy duty ziplock bag) <input type="checkbox"/> Small Bottle of Sunscreen (SPF 30 or higher) * <input type="checkbox"/> Lip Balm (SPF 15 or higher) * <input type="checkbox"/> Small Bottle of Insect Repellent * <input type="checkbox"/> Toiletries (Tooth brush, toothpaste, deodorant) <input type="checkbox"/> Medications you are taking <input type="checkbox"/> <i>Optional:</i> Spending Money for Souvenirs or Snacks Please Do Not Bring: <ul style="list-style-type: none"> ▪ Phones, iPods, or MP3 Players ▪ Drugs or Alcoholic Beverages ▪ Knives or weapons ▪ Books or magazines ▪ Massive Amounts of Junk Food (You know who you are...) ** Don't bring anything that will be ruined if it gets wet! **

Code of Conduct:

Bring along a good attitude and expect to be challenged! The mountains rugged; the rivers rough, but they are very rewarding. To make your trip as enjoyable as possible for you and the other participants, we ask the following of each participant:

- For your personal and group safety, all participants must follow safety rules set forth by the guides.
- We ask all participants to refrain from using tobacco, alcohol, or illegal drugs while on a trip with Journey Quest. Failure to comply with this policy is grounds for dismissal.
- Please refrain from using inappropriate language and course joking. We find it detracts from the experience and is offensive to most participants.
- We ask that you show proper respect to the other participants and guides. This includes listening without interruption, encouraging those who are struggling, and helping each other.
- We also ask that you show proper respect to members of the opposite sex. This includes dressing modestly and respecting privacy and personal space.
- Journey Quest is a Christian ministry and the trip will include devotionals, worship times, and Bible Studies / Discussions. We expect all to participate in these activities.

Failure to abide by these may result in disciplinary action or, in some cases, dismissal from the trip.