



Extended Combo Trips

Equipment List / What to Bring

We are delighted to have you on an extended combo trip with Journey Quest! The weather can change quickly in the mountains and river valleys, **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
<ul style="list-style-type: none"> <input type="checkbox"/> Waterproof Rain Gear <i>(Jacket & Pants or Poncho. Frogg Toggs is light & inexpensive.)</i> <input type="checkbox"/> Warm Jacket <i>(doubles as pillow)</i> <input type="checkbox"/> Light Fleece Shirt or Hoodie <i>(preferably not made of cotton)</i> <input type="checkbox"/> Modest Swim Suit <i>(No bikinis or speedos please)</i> <input type="checkbox"/> 1 Pair of Shorts <input type="checkbox"/> 1 Pair of Lightweight Pants <i>(preferably not cotton)</i> <input type="checkbox"/> 2 Pair Wool-Blend Hiking Socks <input type="checkbox"/> 2-3 T-Shirts <i>(preferably quick-drying synthetic, not cotton) *</i> <input type="checkbox"/> 3-4 Pair Underwear <input type="checkbox"/> Brimmed Hat * <input type="checkbox"/> Warm Hat / Beanie * <input type="checkbox"/> Lightweight Gloves <p style="text-align: center;">** Don't bring anything that will be ruined if it gets wet! **</p> <p style="text-align: center;">* Available in our store</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Small Daypack or Backpack <input type="checkbox"/> Sleeping Bag <i>(20-40 degree rated, synthetic fill, not down)</i> <input type="checkbox"/> Sleeping Pad <i>(such as blue foam or Ridge-Rest, 20-24in width).</i> <input type="checkbox"/> 2-3 Water Bottles * <i>(2-3 Liters total. Nalgene or Gatorade bottles work great)</i> <input type="checkbox"/> Sport Sandals or Water Shoes <i>(full-straps, not flip flops)</i> <input type="checkbox"/> Trail Shoes or Hiking Boots <i>(Be sure to break them in.)</i> <input type="checkbox"/> Headlamp or Small Flashlight <input type="checkbox"/> Sunglasses * <input type="checkbox"/> Eyeglass Retainers * <i>(Such as Chums or Croakies)</i> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Optional:</i> Folding Camp Chair or Crazy Creek Chair <input type="checkbox"/> <i>Optional:</i> Camera <i>(waterproof or in waterproof case. Some helmets have GoPro mounts.)</i> 	<ul style="list-style-type: none"> <input type="checkbox"/> Bible, Pen, and Journal <i>(In heavy duty ziplock bag)</i> <input type="checkbox"/> Sunscreen <i>(SPF 30 or higher) *</i> <input type="checkbox"/> Lip Balm <i>(SPF 15 or higher) *</i> <input type="checkbox"/> Insect Repellant * <input type="checkbox"/> Toiletries <i>(Tooth brush, toothpaste, deodorant)</i> <input type="checkbox"/> Lightweight Towel <input type="checkbox"/> Medications you are taking <p style="margin-top: 10px;"><input type="checkbox"/> <i>Optional:</i> Spending Money for Souvenirs or Snacks</p>
		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 <i>(You know who you are...)</i> ▪ Hard-sided suitcases don't work well in tents. <i>(Use soft bags or duffles instead.)</i>

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.