



Extended River Trips Equipment List / What to Bring

We are delighted to have you on an extended river 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 jacket (<i>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"/> 2 Modest Swim Suits (<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 of Socks <input type="checkbox"/> 2 T-Shirts (<i>preferably quick-drying synthetic, not cotton</i>) <input type="checkbox"/> 2-3 Pair Underwear <input type="checkbox"/> Brimmed hat <input type="checkbox"/> Change of Clothes for Travel <input type="checkbox"/> Towel <p style="text-align: center;">** Don't bring anything that will be ruined if it gets wet! **</p> <p>* Available in our store</p>	<ul style="list-style-type: none"> <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+ 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"/> Hiking or Trail Shoes (<i>something you don't mind getting wet</i>) <input type="checkbox"/> Headlamp or Small Flashlight <input type="checkbox"/> Sunglasses * <input type="checkbox"/> Eyeglass Retainers * (<i>Such as Chums or Croakies</i>) <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"/> Sun screen (<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"/> Medications you are taking <input type="checkbox"/> <i>Optional:</i> Spending Money for Souvenirs or Snacks <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Please Do Not Bring:</p> <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>) </div>

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.