



Quest

PACKING LIST

WHAT TO BRING TO QUEST

We want you to be well-prepared for Quest but also would like to avoid causing inconvenience by asking you to bring too much. This list comprises the bare minimum of what you should bring with you. Each item is explained and some also show a photo as an example of what to bring. Don't feel like you need to spend a lot of money; as a matter of fact, most of these items can be found around your home or purchased inexpensively over the internet.

CLOTHING ITEMS



- ❑ **Khaki slacks (one pairs)**
Khaki slacks are necessary for weekly church services and occasionally for classes and/or special events. Acceptable colors range from "tan" to "light brown." Either pleated or flat front styles are fine. Cargo pockets are not allowed.



- ❑ **Outdoor Khaki Pants (three pairs) ***
Worn for most daily activities, these pants should be khaki-colored and durable. BDUs (such as are worn in the ALERT Cadet uniform) are acceptable. Most students bring some form of a khaki-colored cargo pocket pant. Activities will include playing sports, hiking, doing obstacle courses etc. These pants may be ripped, stained, or otherwise mutilated. Because of the nature of Quest, a minimum of three pairs will be necessary.

Khaki BDUs can be purchased through the ALERT Store, or khaki-colored pants can be purchased at your local retailer.

- ❑ **Dark T-shirt (three shirts)**
T-shirts should be predominately dark colored, with no stripes, tie-dye, designs or large logos. Small, unobtrusive brand logos are allowed, but no designs or writing is allowed, even if it is Christian. The only shirts with logos or writing that are allowed are shirts from the International ALERT Academy, such as ALERT Cadets, Family Camp, ALERT, or Quest.

- ❑ **White T-shirt (one shirt)**
White T-shirts are for Sundays to wear underneath the dress shirts. One T-shirt should suffice, since it will only be worn on Sunday. As long as the shirt will not imprint through the dress shirt, light colors other than white may be used.

- ❑ **Dress Shirt (one shirt)**
The dress shirt is to be worn just for church on Sundays. Long sleeved shirts are required. The shirts should button up and match the tie reasonably well. Polos or sports shirts are not acceptable as dress shirts.



Shoes

Three pairs of shoes are needed since there are occasions when a pair will get wet or muddy and you will need another pair.



- ❑ **Casual Shoes**
The casual shoes should be any comfortable, clean, and neat looking shoes. They should look better than cross-trainers and will be worn with dress clothes on Sunday and with the daily uniform to classes on most regular days. They should also be comfortable since you will generally do a great deal of walking every day.

- ❑ **Quality Running Shoes ***
Quest includes a moderate amount of running, and comfortable running shoes are needed for that. Sneakers will not work due to the amount of running, but cross-trainers will work fine.



If you have orthopedic needs such as custom in-soles, arch supports, roll prevention, etc. you should look into getting higher quality shoes from a running store.

Brands such as New Balance, Nike, Asics, and Adidas are all good quality brands that will work well for Quest's purposes.



Hiking Boots/Shoes *

The most popular style of hiking boot is a light hiker with a durable sole and a low top. These style shoes provide a good balance of characteristics for Quest. Large boots like combat boots are fairly uncomfortable for the variety of activities that Quest does, but will work in a pinch.

Both hiking boots and running shoes are necessary because there are occasions when one pair of shoes will get wet or muddy, and a second will be needed to complete certain events or activities.

Shower Shoes/Flip Flops

Shower shoes/flip flops are necessary for in the dorms. We require everyone to wear something on their feet whenever they shower.

Dark Colored Exercise Shorts (two pairs) *

Exercise shorts should be dark colors such as black, navy, dark green, etc. The shorts should be comfortable and modestly long. If the shorts reach past the knees, the most likely will be uncomfortable for exercise.

Look for gym trunks/exercise shorts without logos or designs. However, small brand logos are permitted.

Quality Athletic Socks (10 pairs) *

You will want socks that will be comfortable for hiking, exercising, and wearing all day. Due to the kinds of activities we will be doing, ten pairs are needed.

Swim Trunks (one pair)

Swim trunks should be modest without any sensual images/nudity on them. Most guys find board shorts to be the best style. Exercise shorts may be worn, but swim trunks work better for swimming.

Sleepwear

Sweats, shorts, and pajamas all work fine. You must be clothed though. Plan for temperatures between 68 and 75 degrees F.

Underwear (7-10 pair)

Whatever kind of underwear you normally wear will work, and due to the various activities involved in Quest, seven to ten pairs will be needed.



Belt *

Belts are required, however, whatever kind of belt you normally wear will work. BDU belts are acceptable, provided they fit all your pants. Most non-BDU belt loops are too small to accommodate BDU belts.

Lightweight Jacket *

Comfortable jacket or hooded sweatshirt are required since temperatures in Texas can get as low as 50 degrees F during July.

Sunglasses

The sun in Texas is really bright during the summer, and sunglasses are recommended. Mirrored or overly gaudy sunglasses are not allowed.

Tie

Ties are required for use on Sundays. One tie is enough, but you are welcome to bring more. The ties should be conservative without flashy designs or objectionable objects/patterns.

Dorm Gear

Stationary/Postage Stamps

Stationary and postage stamps are necessary since students will be required to write home each week. Quest students have no computer access, so paper and stamps are necessary. A sufficient supply to write home at least once a week should be brought.

White/Silver & Black Laundry Pens *

Everything that you bring to Quest must be marked with your name. Students frequently lose objects, and without their being marked, they are difficult to return. Also, all clothing must be marked in case the clothes must be mixed with other students in order to wash them. Sharpie markers will work as long as they are permanent and wash-proof. Because so much of the clothing used at Quest is dark, a white marker is also necessary.

Alarm Clock

Alarm clocks are necessary for wakeup in the morning. There are outlets available, so the clock can be either battery or plug powered. Cell phones are not kept in the student's rooms, so their alarms will not work. Watch alarms will work as long as they wake you up.

Towels and Washcloth

Two towels are necessary since with the humidity levels in the summer, towels do not dry off fast enough. Washcloths are necessary even if you do not use them to shower. The towels should be big enough to dry off modestly.

Flashlight/Batteries *

A flashlight is needed; any kind (headlamp, penlight, maglite, etc.) will work, so do not feel like you need to spend a lot of money on one. Bring two sets of batteries, one in the flashlight, and another in a Ziploc bag.

Flat Twin Sheets (2)

Two flat twin sheets are necessary for the beds because the mattresses at ALERT are not all standard sizes. Many are longer than normal, and fitted sheets will not fit them. Sheets are necessary; you may not just use a sleeping bag. Any color or pattern is acceptable, and ALERT will provide the blankets.

Pillow and Pillow Case

If you do not normally use a pillow, feel free to skip this item.

Laundry Bag

The laundry bag needs to be big enough to hold four to five days worth of laundry. Pillowcases work fine, but because of space constraints, clothes hampers will not work.

Laundry Detergent

Either solid or liquid will work fine, bleaches or fabric softeners are not needed. Either H.E. or regular detergent will work, and washers and dryers are provided. You will not need to pay for the washers and dryers.

Clothes Hangars

Ten to fifteen clothes hangars should be enough; due to space constraints most clothes will need to be hung up. Plastic is preferred over metal.

Phone Card *

Even if you have a cell phone, a phone card is needed because coverage at ALERT is very poor, and your particular phone may not have coverage. Cards are needed for local as well as long distance calls. All brands of phone cards should work; at least 250 minutes is necessary.

Camping/Outdoor Gear

Rain Poncho *

Rain ponchos, waterproof jackets, or raincoats will all work provided they are not too bulky. Raincoats are necessary due to the amount of outdoor activities you will be doing and the possibility of inclement weather.

Small First Aid Kit *

The first aid kit should contain at least:

- 3x adhesive bandages
- 1x sheet of moleskin
- 1x safety pin
- 1x tweezers
- Small tube of triple antibiotic ointment
- All in a ziploc bag.



Many companies sell pre-assembled first aid kits, and these work great provided they are small enough to carry around with you in a daypack. You will need a first aid kit to treat minor cuts and scrapes.

Note: The first aid kit pictured is not the same one you buy at the ALERT store. It has additional items added.



Day Pack/Small Backpack *

The backpack must contain between 2100 and 3000 cu.in. of room and be durable enough to carry a moderate amount of stuff comfortably (Bible, notebook, water bottle, rain poncho etc.). Because of the amount of walking required, it should be comfortable for up to 20 lbs.

Lightweight Sleeping Bag *

Your sleeping bag should come with a temperature rating of at least +20 deg F, since the nights in TX can get chilly.

Mess Kit With Utensils *

Your mess kit should include at least a plate and a spoon. Complete mess kits are fine, as are complete utensil sets. However, the kit must include at least a plate and spoon.



Sunscreen *

Sunscreen should be waterproof and between 15-30 SPF. Spray on sunscreen is fine, as long as it is waterproof.

Insect Repellent *

Mosquitoes can get pretty bad during Quest, and insect repellent becomes a healthy necessity. Natural insect repellent will work, as will the stuff the ALERT store sells. Approximately one to two ounces should be plenty.

Whistle *

Your whistle should be a loud outdoor/safety whistle, or a referee whistle.



Pocket Knife *

Your pocket knife will be used to cut paracord, tree limbs, rope, fabric, food, and more. The ideal pocket knife would be folding, with a locking mechanism, a sharp blade, and a length between 2.5 and 4 inches.

Utility Gloves *

You will need work gloves for outdoor work projects and rappelling. They must be durable, and should have leather palms.



32 Ounce Water Bottles (2) *

Any durable 32 oz, 1 quart, or 1 liter bottle should work, provided that it will last all summer. At least two will be needed, and can be purchased at most stores. Nalgene or other polycarbonate bottles are recommended. Glass bottles are not allowed.



Class Gear

Bible

Your Bible should be small and easy to carry, yet with large enough print so as to be easy to read. While Scripture memory is done in the King James Version, other versions are acceptable for your own personal use. We advise against bringing study Bibles for Quest, and New Testaments are not sufficient. It needs to be the entire Bible, in a portable size.

Notebook/Notebook Paper

Paper will be needed to take notes in class and for completing assignments. Standard pads of lined paper, composition books, spiral bound books, and legal pads will all work fine.

Pens

Two to three pens of a dark color should suffice.

Pencils

Two to three pencils are needed, in case your pen runs out of ink, and for some assignments.

Toiletries

Toothbrush/Toothpaste

Dental Floss

Deodorant/Anti-perspirant (stick)

You should bring enough deodorant to last the four weeks, but it needs to be stick, as body sprays are not effective.

Shampoo

If your hair is longer than about 1/2 inch, you will need both body wash and shampoo.

Body Wash

We recommend using liquid body wash instead of bars of soap, because we have found that most Quest students don't know how to properly use a soap bar to get clean. Using your shampoo will also not work.

Shaving Supplies (if needed)

If you shave at home or are developing facial hair (including "peach fuzz"), you will need to shave at Quest. Electric razors are fine, otherwise bring a disposable razor, an extra razor cartridge and enough shaving cream for four weeks

Optional

❑ Cell Phone

If you have a cell phone, it may be helpful to bring. Usage will be restricted to scheduled times, and abuse of your cell phone may result in your privilege to use it being revoked. Coverage at ALERT is very spotty, however, you may find good reception in some areas.

❑ Paracord *

50 feet or so of paracord should be plenty, and may be useful for utility purposes.



❑ Spending Money

Quest students don't need any extra money; plenty of food and all their needs are taken care of by us. However, many students enjoy buying snacks and beverages from the ALERT store occasionally. The ALERT store also stocks unique outdoor gear, books, and clothing. We recommend bringing no more than \$50 cash because of the possibility of it being stolen or lost.

Shopping Made Easy

Items marked with a (*) are available from the ALERT store. You can order easily by phone or online. On our store website, you can find a list of suggested items to make finding the perfect equipment even easier.

The ALERT store is open Monday through Friday from 10 am to 5 pm. You can order by phone at (903) 636-2000. You can also order online at

<http://www.theALERTstore.com>.

When you order, be sure to mention that it is for Quest and they can deliver the order when you arrive at Quest.

Getting Gear Here

If you are planning to fly in but don't have enough space in your luggage, consider shipping extra gear here ahead of you. We recommend UPS or FedEx as typically providing the best prices. Use this shipping address (it is a business address):

[your name] — Quest Student
 International ALERT Academy
 One Academy Blvd.
 Big Sandy, TX 75755

If you are flying home, we provide shipping services for extra gear. You must come with money to pay for postage (usually no more than about \$20). Before leaving, we will work with you to pack your gear up, label it, and ship it by UPS.



PACKING CHECKLIST

CLOTHING ITEMS:

- Khaki slacks
- Outdoor Khaki Pants (3p)
- Dark T-shirt (3p)
- White T-shirt
- Button-up Dress Shirt
- Casual Shoes
- Running Shoes
- Hiking Boots/Shoes
- Shower Shoes/Flip Flops
- Dark Colored Exercise Shorts (2p)
- Quality Athletic Socks (7-10p)
- Swim Trunks
- Sleepwear
- Belt
- Lightweight Jacket
- Sunglasses
- Underwear (7-10p)
- Tie

Dorm Gear

- Stationary/Postage Stamps
- White/Silver & Black Laundry Pens
- Alarm Clock
- Towels and Washcloth
- Flashlight/Batteries
- Flat Twin Sheet (2)
- Pillow and Pillow Case
- Laundry Bag
- Laundry Detergent
- Clothes Hangars
- Phone Card

Camping/Outdoor Gear

- Rain Poncho
- Small First Aid Kit
- Day Pack/Small Backpack
- Lightweight Sleeping Bag
- Mess Kit with utensils
- Sunscreen
- Insect Repellent
- Whistle
- Pocket Knife
- Utility Gloves
- 32 Ounce Water Bottles (2)

Class Gear

- Bible
- Notebook/Notebook Paper
- Pens
- Pencils

Toiletries

- Toothbrush/Toothpaste
- Dental Floss
- Deodorant (stick)
- Shampoo
- Body Wash
- Shaving Supplies (if needed)

Optional

- Cell Phone
- Paracord
- Spending Money