



PACKING LIST

Clothes

- 5 pairs of long pants – not tight fitting
 - 2 must be tan
 - May bring cargo shorts in addition to 5 pairs of pants
- 5-6 sets of workout clothes
- 10 dark colored t-shirts - No objectionable text or graphics
- Swim trunks
- 12 pairs of socks
- 12 pairs of underwear
- Belt
- Dress clothes
 - Slacks
 - Button up shirt with a collar
 - Undershirt
 - Tie (optional)

Shoes

- Running shoes
- Shower shoes
- Dress Shoes
- Junk shoes (for work projects and mud)

Toiletries (4-week supply)

- Shampoo
- Body Wash
- Deodorant
- Toothbrush
- Toothpaste
- Shaving supplies if you grow facial hair
- Personal Hand sanitizer

Everyday Items

- Bible
- Pens and pencils
- Paper, envelopes, and postage stamps for writing home
- 2 Water bottles (at least 24 ounces each)
- 3 1-gallon Ziploc style bags
- Small backpack for everyday use (not drawstring)

In order to travel lighter, you have the option to mail your supplies in advance. Be sure to address your package as follows:

Quest—Attn: (your first and last name)
One Academy Blvd.
Big Sandy, TX 75755

If you have questions about the packing list, please contact the Quest staff by email or phone. quest@alertacademy.com or 903-636-9291

Linens and Laundry

- Pillow and pillow case
- 2 sets of twin sheets
- Towels & Washcloths. 2-3 sets.
- 10 Clothes hangers
- Laundry bag
- White and black Laundry pens
- Laundry detergent (enough for 8 loads)

Outdoor Gear

- Lightweight sleeping bag (outdoor use)
- Mess Kit (preferably metal)
 - Personal size pan
 - Fork, knife, spoon
 - Cup (optional)
 - Plate (optional)
- Rain poncho/Light weight Jacket
- Leather palmed gloves
- Whistle
- Compass
- Pocket knife
- Flashlight & batteries
- Sunscreen
- Insect repellent
- Sunglasses
- Hat (baseball or boonie style)
- Small first aid kit (bandages, antibiotic ointment, etc.)
- 50 Feet of 550 Paracord
- Fire starting kit
- Safety glasses
- Emergency blanket

Optional Items

- Small camping equipment
 - Personal tent
 - Hammock
 - Hatchet or machete
- Spending money
- Camera
- Laundry bag for socks
- Personal snacks (not to sell to other students)
- Water bladder (such as Camelbak or Platypus)
- Dry sack

Please mark all clothing items with a laundry pen before arrival (first initial and last name).

Do not bring magazines, recorded music, music players (such as CD players, iPods or mp3 players), or computers.

Please do not bring excessive cash or anything of great value. ALERT cannot be responsible for lost or stolen items.