

Clothes

- 5 pairs of long pants – not tight fitting
 - 2 must be tan
 - May bring cargo shorts in addition to 5 pairs of long 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

Shoes

- Running shoes
- Shower shoes
- Dress Shoes
- Hiking shoes
- A second pair of running shoes

Toiletries (4-week supply)

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

Everyday Items

- Bible
- Pens and pencils
- Paper, envelopes, and postage stamps for writing home
- A watch with a stopwatch function
- 2 Water bottles (at least 24 ounces each)
- 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

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)
- Shelter (tent with rain fly or hammock with rain fly)
- Mess Kit (you only need 1 personal sized pan and a cup.)
- Rain poncho/Light weight Jacket
- Leather gloves
- Whistle
- Compass
- Pocket knife
- Flashlight & batteries
- Sunscreen
- Insect repellent
- Sunglasses (not mirrored)
- Hat
- Small first aid kit (bandages, antibiotic ointment, etc.)
- Airsoft gun and ammo

Optional Items

- Eye protection
- Small camping equipment
- Spending money
- Camera

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.

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