

Clothes

- 4 pairs of long tan pants – not tight fitting
 - May bring cargo shorts in addition to 4 pairs of pants
- 4 pairs of PT shorts
- 8 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)

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/safety glasses
- Hat (baseball or boonie style)
- Small first aid kit (bandages, antibiotic ointment, etc.)
- Fire starting kit/lighter

Everyday Items

- Bible
- Pens and pencils
- 2 Water bottles (at least 24 ounces each)
- Small backpack for everyday use (not drawstring)

Toiletries (4-week supply)

- Shampoo
- Body wash/soap
- Deodorant
- Toothbrush & Toothpaste
- Shaving supplies if you grow facial hair
- Personal hand sanitizer

Linens and Laundry

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

Optional Items

- Personal tent or hammock
- Hatchet or machete
- Sleeping pad
- Spending money
- Paper, envelopes, and postage stamps for writing home
- Camera
- Laundry bag for socks
- Personal snacks
- Water bladder (such as Camelbak or Platypus)
- 50 Feet of 550 Paracord
- Dry sack

If you have any questions about the packing list, please contact the office by email or phone: office@questmanhood.com or 903-636-9291

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

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

Do not bring books, magazines, or electronic devices, or be prepared to turn them in for the duration of the program.

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

Quest – Attn: (Your first and last name)
One Academy Blvd
Big Sandy, TX 75755