

## Heroic Journey - Packing List:

- [ ] (3) pairs of long pants (for hiking and daily activities)
- [ ] (1) pair of Jeans (that you can ruin)
- [ ] (2) pairs of shorts
- [ ] (1) outfit to workout in (we will be doing a community workout together)
- [ ] (2) baseball caps (one you like, one you can lose when we go whitewater rafting/horseback riding)
- [ ] Swim trunks
- [ ] Sweatshirt (2) – for cold evenings and mornings
- [ ] Hiking boots, tennis shoes, sandals (**required for whitewater rafting—must be closed toed and have heel straps**)
- [ ] (6) underwear, (6) t-shirts, (6) pairs of socks
- [ ] Toiletries (toothbrush, toothpaste, deodorant, etc.) ONLY shampoo and body wash are provided.
- [ ] (1) towel
- [ ] **Backpack** for hiking (for carrying your food, water, etc.)
- [ ] Bug spray (with a high percentage of Deet)
- [ ] Sunscreen lotion
- [ ] Under Armour (or similar athletic wear) – for cold weather **and for white water rafting**
- [ ] Rain jacket
- [ ] **Bible, TNF Journal, and pen(s)** (don't ignore this! You won't have access to laptops, phones, etc.)
- [ ] Any books you want to read while traveling
- [ ] Sunglasses **and strap to hold them on while rafting/horseback riding**
- [ ] \$100 spending cash (for snacks, souvenirs, family gifts, etc.)
- [ ] Favorite snack to share with everyone (please bring with you)
- [ ] Camera (since you won't have access to your phone)
- [ ] Trash bag for dirty clothes
- [ ] Water bottle (TNF one, if applicable)
- [ ] Work gloves

### **Also, please note:**

- **NO ELECTRONICS ONCE ON SITE (Phones, tablets, laptops, etc. Digital cameras and phones in airplane mode for photography**

are allowed.)

- NO GUNS, TOBACCO, ALCOHOL, OR DRUGS (I know, it's a man trip but . . .)
- NOTIFY US OF ANY ALLERGIES
- NOTIFY US OF ANY PHYSICAL/MEDICAL CONDITIONS THAT COULD KEEP YOU FROM PARTICIPATING
- NOTIFY US OF ANY LAST MINUTE ITINERARY CHANGES