

SLAQer Faith Adventure Gear & Food Checklist

8 Essentials (Including this checklist)

- ☐ Bible (Quest for a better story)
- ☐ Journal (You will get a SLAQ Journal)
- ☐ Waiver/Release Form (In your acceptance packet)
- ☐ This Checklist (on the Faith Adventure website)

Do not Bring

- ☐ A smart phone or any gaming devices
- ☐ A normal beach towel
- ☐ A bike that has not been ridden in a long time
- ☐ A lot of stuff (practice your minimalism)

Daytime gear in Daypack: Items are to be accessible all throughout the day for all participants.

- ☐ Lunch & Snacks
- ☐ Daytime Hygiene Kit (Wet wipes, feminine hygiene etc.)
- ☐ Personal first aid items (Medication, Band aids etc)
- ☐ Whistle
- ☐ knife/multi tool
- ☐ Headlamp
- ☐ Sun screen
- ☐ Bug/[Tick spray](#)
- ☐ 1.5 liters of water
- ☐ Rain Jacket

Sleeping Roll (on Back of Bike)

- ☐ 1-2 person tent (or access)
- ☐ Camp matt
- ☐ Sleeping bag/blanket (or in bucket)
- ☐ 6x8 - 8x10 tarp

Camping Gear: Items are delineated in buckets for "Packers." Same items are necessary for "Campers" but everything must go in a [15 Gallon tote](#).

Bike Bucket #1 (day use)

- ☐ Paracord (strong rope, not too big)
- ☐ Eating utensils
 - ☐ Bowl
 - ☐ fork/spoon
 - ☐ Cup
- ☐ First aid

- ☐ Quality shoes (that can get wet)
- ☐ Bike in good working order
 - *Hybrid/trail/commuter/mountain and most road bikes are all okay. Just no super skinny tires!
- ☐ Extra tube for your kind of tire
- ☐ Bike Lock & Helmet

- ☐ Camp towel
- ☐ Food/snacks
- *if cooking your own meals
 - ☐ butane/propane canister
 - ☐ Sm burner attachment
 - ☐ 1-2 person cooking set

Bike Bucket #2 (mostly night use)

- ☐ Pack sheet
- ☐ Mesh laundry bag
- ☐ Tent pegs (for Tarp)
- ☐ Night Time Hygiene Bag
 - ☐ Tooth brush
 - ☐ Tooth paste
 - ☐ Soap/Shampoo
 - ☐ etc.
- ☐ Clothing (lightweight quick dry is best)
 - ☐ Long underwear for night time
 - ☐ Pants (pant/shorts combo is best)
 - ☐ Long Sleeve (hoodie for cold nights)
 - ☐ Shorts
 - ☐ T-shirts

Optional

- ☐ Hammock (w/ Straps)
- ☐ Water Filtration

Venturers/Sojourners Extra Items

- ☐ Two gear cages & 10 liter dry sack (provided by SLAQ)
- ☐ [Butane Fuel & Burner](#)
- ☐ 3-5 days worth of food (Can be purchased in towns along the trail)
- ☐ Bike repair tools (including pump, patch kits, lube etc.)

Leaders/Venturers/Sojourners

- ☐ Medium First Aid Kit

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☐ Water Filtration

☐ Smartphone battery pack or Satellite phone

Food Summary: All participants pack their own lunches and snacks for each full day. Also plan to have something to eat on travel day, and have some cash to pick up drive through (potentially) on the way back.

Breakfast & Dinner will be provided by SLAQ in the following format, if a participant wants different food for their breakfast or dinner they will need to provide it themselves.

Breakfast: SLAQ will provide an oatmeal buffet with the following items for use

1. Quick oats
2. Raisins or other dried fruit
3. Honey
4. Peanut butter
5. Sweetened flaked coconut
6. Chopped nuts
7. Fruit Jam

Dinner: Each night SLAQ will provide rice and a selection of vegetarian curries (very tasty!). There will also be the option of smoked sausage. If participants want a different topping for their rice, or a totally separate dinner they are free to bring and prepare that on their own.

Desert via Smores: Available every night!

Drinks: Hot water and a selection of coffee & tea will be set out each morning. Gatorade powder as well as tea and hot chocolate will be available in the evenings.

Lunch & Snacks must be supplied by the participants themselves. Each camper needs to pack 5 lunches, and each packer needs to pack 6 lunches.
The following are some recommendations.

Lunch

1. Use soft tortillas instead of bread to make wraps instead of sandwiches (This is a debated recommendation, but know your bread will smoosh)
2. Dairy products (such as cheese or sour cream) will go bad after the second or third day (sooner if the weather is hot)
3. Avoid cans and especially glass jars: you can now get a lot of good wrap fillers such as refried beans, salsa, flavored tuna or chicken in soft packaging.
4. Normally you do not want to have to cook during lunch break

Snacks: good snacks are a great reward for your energy exertion. Don't skimp on the snacks!

- Meat sticks & Jerky provide a great energy boost
- Lara bars or granola bars are great
- Fruit snacks are fun as well
- Chocolate tends to melt, but cowtails & M&M's don't
- Crackers are bulky but provide a nice salt snack

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- When in doubt, more trail mix!!!!