

QUEST – OUTDOOR EQUIPMENT LIST

It is important that each QUEST student be properly equipped for the outdoor component of the program. Failure to have proper equipment can result in discomfort as well as illness or injury. The following equipment list has been divided into required and recommended items. The guidelines provide descriptions and suggestions of equipment that will be suitable for the outdoor pursuits of the QUEST program.

In the first week, students will be fully oriented to all the gear needed for the program. Instructors will walk through the following list, give examples of the range of quality that can be purchased, and personally help students needing to purchase all, or any remaining items on the list. Students can feel free to use the list to purchase gear in advance, but for those new to these activities and unsure of what to purchase, please understand that there will be time at the start of the year for Quest instructors to personally guide students towards the right equipment once they have arrived.

Note: Local arrangements have been made at Valhalla Pure in Abbotsford, B.C. for QUEST students to purchase a selection of equipment or clothing at up to a 10% discount. The staff are familiar with the program and helpful in assisting both novice and experienced outdoor enthusiasts.

Students may not be allowed to participate in certain outdoor activities if they do not have all the required equipment (recommended items are optional).

Required Equipment:

- Hiking Boots – Multi-day backpacking; leather or waterproof synthetic
- Back Pack – Internal frame, 60-90 liter capacity
- Drybag – Personal & group food storage, 15-20 liter capacity
- Sleeping Bag – Three seasons mummy bag (-7 to -18 C), less than 2 Kgs
- Sleeping Pad – Foam or Inflatable style
- Water Bottle – Nalgene or similar (hydration pack also acceptable), 1 liter minimum
- Eating Utensils – Mug, bowl, spoon, fork (plastic/metal)
- Hat – Brimmed hat preferable
- Rubber boots – With non-marking soles
- Matches or Lighter in a waterproof container/bag
- Light & batteries – head lamp (preferred), or other lightweight flashlight
- Whistle – No moving parts, attached to cord
- Knife – single or multi-blade; multi-tools are also useful, but not required
- Cord or rope (10 meters) – 3 or 4 mm (1/8 inch) nylon cord
- Sunglasses – Minimum 90% UVA and UVB protection
- Sunscreen & lip protection – Waterproof
- Hand Sanitizer
- Bible, Journal and Pen – Seal in waterproof bag

Recommended Equipment:

- Day pack – 20-30 liter, book bag style is fine
- Pack cover – Waterproof for a big pack
- Pack towel – Small and quick-dry (soft polyester, rayon microfiber, etc.)
- Walking shoes – Comfortable runners or sandals, good tread
- Insect repellent – "Deet" is effective but can be harmful for some fabrics commonly used in outdoor adventure equipment (20%-50% max.)
- Personal Hygiene supplies – Toothbrush & paste, hairbrush & elastics, toilet paper, feminine hygiene products etc.

Required Clothing:

****Note: NO COTTON.** Cotton clothing retains too much moisture, making it dangerous in the backcountry. Students may choose to bring along cotton clothes (shirts, shorts, etc.) in addition to these items for hot days, but they must also have non-cotton options for trips.**

****Note:** The concept of “layering” will be explained more fully when students arrive and will be employed throughout the year. If you have questions, please call us or talk to a knowledgeable staff member at your local outdoor gear store.**

- Layer 1: Underwear & Base – Any clothes that will have direct contact with skin need to be made from moisture “wicking” materials (polypropylene, polyester, lycra, merino wool, etc.) that will get moisture away from your skin. Potential items include underwear and sports bras, long underwear, shirts, and hiking pants.
- Layer 2: Insulation/Warmth – Clothes that have good insulation properties and do not retain moisture (fleece, wool, down, etc.). Potential items include jackets, sweaters, and long underwear.
- Layer 3: Rain & Wind – Jackets and pants that are waterproof and preferably breathable. They should be lightweight and loose fitting so they can go over your base and warmth layers.
- Socks -- Polyester liner, wool or blended hiking sock
- Gloves or Mittens – Two pairs are nice for winter trips. Fleece or wool.
- Toque/Warm hat – Fleece or wool.

Recommended Clothing:

- Shorts – Quick drying
- Swimsuit – Quick drying

Equipment Rental Packages:

The QUEST program has purchased a limited number of backpacks, sleeping bags, sleeping pads and headlamps for the students to rent for the year. This will be a first call, first served basis. Please contact your admissions counsellor to rent a package.

- **Rental Package Prices** Total Package – \$130
 - Backpack only – \$50
 - Sleeping pad only – \$30
 - Sleeping bag only – \$35
 - Headlamp only – \$15

What About Equipment for Personal Recreation?

Although the QUEST program will provide tents, stoves, fuel, and cookware for use on all scheduled group trips, students are encouraged to bring their own tents and cooking equipment for personal trips. Students are welcome to bring any personal equipment that they might be using during their stay at Columbia Bible College. Bikes, skis, snowboards, and golf clubs are some of the items that students will be able to use.