

# STEP PACKING LIST

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## What to bring to STEP

We want you to be well-prepared for STEP but also would like to avoid causing inconvenience by asking you to bring too much. This list covers everything you really need to have with you. Each item is explained to help you better understand what to bring. Do not feel like you need to spend a lot of money; as a matter of fact, most of these items can be found around your home or purchased inexpensively over the internet.

## Class/Activity Uniform

- 3 Khaki Skirts**  
Khaki skirts will be worn for some classes, meals, and nice occasions. The hem and any slits must fall below the knee when sitting. Full skirts will be more appropriate for outdoor activities than slimmer fit.
- 2 STEP Polo Shirts\***  
We will provide the students with two STEP polo shirts. Additional ones may be purchased through the ALERT store.
- 2 Additional Navy Polos**  
The uniform polo shirts are navy blue. It is helpful to have additional polo shirts if you do not wish to purchase additional STEP polo shirts.
- 3 Pairs Khaki Pants**  
Khaki pants are worn for outdoor classes and activities. They should be loose-fitting and full-length.
- Comfortable Shoes**  
You will be doing a lot of walking during STEP. Comfortable shoes should offer support and not cause blisters when walking long distances.

## Exercise Uniform

- 2 Pairs Dark-colored, Loose Exercise/Wind Pants**  
Exercise pants (or wind pants) should be loose and not made of a clingy material. They need to be full-length and of a darker color.
- 3-5 T-shirts**  
T-shirts are worn for exercise. When wet, you should not be able to see through them. T-shirts cannot have designs or writing on them except for shirts from the International ALERT Academy, such as STEP or Family Camp.
- Undergarments (suitable for active exercise)**  
These undergarments will be worn for exercise and should not cause chaffing.
- Quality Running Shoes**  
STEP includes a moderate amount of running, and comfortable running shoes are needed for that. Running shoes should provide support and not cause blisters. Brands such as New Balance, Nike, Asics, and Adidas are all good quality brands that will work well for STEP's purposes.

## Water Uniform

- One-piece Swimsuit**  
Your swimsuit needs to be one piece. It will be worn under a t-shirt and shorts at all times.
- Dark-colored T-shirt**  
The dark-colored t-shirt will be worn over your swimsuit at all times. You should not be able to see through it when wet. No writing or designs can be on it, unless it is a shirt from the International ALERT Academy, such as a STEP or Family Camp shirt.
- Shorts**  
Shorts must be no shorter than 3 inches above the knee. They will be worn over your swimsuit at all times. You should not be able to see through them when wet.
- Lake Shoes**  
You are required to wear shoes when walking to or around the lake to prevent cuts and splinters. Either water shoes or flip flops will work.

## Additional Clothing Items

- Sunday Attire**  
Sunday attire should be nice looking and modest. It can either be a dress or a blouse and skirt. Hemlines and slits must fall below the knee when sitting and tops should have modest necklines and sleeves.
- Dress Shoes**  
Dress shoes will be worn on Sundays and for nice occasions.
- Sweatshirt**  
Texas mornings and air conditioned buildings may be a little cool and at times a sweatshirt is appreciated. Please make sure that there is no offensive writing or designs on your sweatshirt.
- Quality Sport Socks**  
You will want socks that are comfortable for walking, exercising and wearing all day. Socks of a good quality will also help prevent blisters.
- Undergarments**  
Whatever you normally wear is fine.
- Sleepwear**  
Your sleepwear should be modest so as not to offend those around you.
- Rain Poncho**  
Rain ponchos, waterproof jackets, or raincoats all work as long as they are not too bulky. Rain protection is necessary since we do outdoor activities and it does rain during STEP.
- Hat**  
Hats are recommended to provide shade, some relief from the sun, and prevent sunburns. Any style or color hat should be fine.

- Sunglasses**  
The sun in Texas is bright during the summer, and sunglasses are recommended. Mirrored or overly gaudy sunglasses are not allowed.
- Wrist Watch**  
You will want a watch during STEP to ensure that you are on time. Any watch that keeps accurate time will work.

## **Class/Activity Gear**

- Bible\***  
The King James version is preferred since you will be memorizing that version of the Bible. Other versions are accepted for personal study.
- Notebook/Notebook Paper**  
Paper will be needed for note taking. Standard pads of lined paper, composition books, spiral bound books, and legal pads will all work fine.
- Pens/Pencils\***  
Pens and/or pencils are needed for writing. Bring more than one in case you lose one or it runs out of ink/lead.
- 2 Canteens/Water Containers\***  
Any durable water bottle should work, provided that it will last all month. At least two will be needed. Nalgens or other polycarbonate bottles are recommended and can be purchased at most stores.
- Small Backpack/Day Pack\***  
Your backpack should be big enough to carry a moderate amount of stuff (Bible, notebook, water bottle, rain poncho etc.). It should also be comfortable to carry when walking for a distance.
- Flashlight and Batteries\***  
A flashlight is needed; any kind (headlamp, maglight, ect.) will work, so do not feel like you need to spend a lot of money on one. Bring an extra set of batteries in a Ziploc bag.
- Flat-base Map Compass\***  
The compass does not have to be fancy. A simple flat-base map compass can be found at most outdoor stores, Walmart or Target.
- Utility Gloves**  
You will need utility gloves for rope work and outdoor work projects. They must be durable. Leather palms are recommended.
- Whistle\***  
Your whistle should be a loud outdoor/safety whistle, or a referee whistle.
- Lightweight Sleeping Bag\***  
Sleeping bags are primarily for outdoor use and should be lightweight as Texas is normally warm during the summer. Your sleeping bag may also be used as a blanket in the dorm.
- Mess Kit\***  
Your mess kit should at least include a plate, skillet and cutlery. Complete mess kits are recommended.

## **Personal Necessities**

- Alarm Clock**  
Alarm clocks are necessary for wake up in the morning. There are outlets available, so the clock can be either battery or plug powered. Alarm clocks should be just alarm clocks and not have music players or radios built into them. Watch alarms will work as long as they wake you up.
- Blanket**  
Your blanket will be used in the dorm. It should be light-weight. Your sleeping bag can be used instead of a blanket.
- Pillow and Pillowcase**  
Whatever you normally use is fine.
- 2 Flat Twin Sheets**  
Two flat twin sheets are necessary for the beds because the mattresses at ALERT are not all standard size. Many are longer than normal, and fitted sheets will not fit them. Any color or pattern is acceptable.
- Towels & Washcloths**  
Towels and Washcloths are necessary as ALERT does not provide any. You will need at least one bath towel and one washcloth.
- Toiletries (4-week supply)**  
You will need enough toiletries to last the entire four weeks as there is not an opportunity to purchase more during the program. You need to at least have, deodorant, toothpaste, a toothbrush, shampoo, soap, and sanitary napkins with you.
- Sunscreen \***  
Sunscreen should be waterproof. Spray on sunscreen is fine, as long as it is waterproof.
- Insect Repellent\***  
Mosquitoes can get quite bad during STEP, and insect repellent becomes a healthy necessity. Natural insect repellents will work, as will the stuff the ALERT store or other stores sell.
- Clothes Hangers**  
Clothes hangers are not provided so you will need to bring enough to hang your clothes.
- Laundry Bag**  
The laundry bag needs to be big enough to hold four or five days worth of laundry.
- Small Mesh Bag**  
Mesh Bags are used to launder socks so that they do not get lost or mixed up with other student's clothing.
- White/Silver and Black Laundry Pens\***  
Everything you bring to STEP must be marked with your name. Students often lose objects and without their being marked, they are difficult to return. Also, all clothing must be marked in case the clothes must be mixed with other students in order to wash them. Sharpie markers will work as long as they are permanent and wash-proof. Because some of the clothing is dark, a white or silver marker is also necessary.

**Laundry Detergent\***

Either solid or liquid will work fine, bleaches or fabric softeners are not needed. Either H.E. or regular detergent will work. You will need enough laundry detergent for six to eight loads.

**Twenty 3x5 Cards on Ring Binder**

3x5 cards are used to write your memory verses on, making it easier to take them with you and study them. Please have the cards on a ring so you will not lose them.

**Small First Aid Kit \***

The first aid kit will need to at least contain, band-aids, antibiotic ointment, alcohol pads and moleskin (to prevent and treat blisters). Many companies sell pre-assembled first aid kits, and these work great provided they are small enough to carry around with you in a backpack.

**Sewing Kits\***

Your sewing kit should be small and include safety pins, black and khaki thread, and needles.

**Pocket Knife\***

Any pocket knife should work. The ideal pocket knife would be folding, with a locking mechanism, a sharp blade, and a length between 2.5 and 4 inches.

**Stationary and Postage Stamps**

Stationary and postage stamps are needed to write letters home and to friends. We recommend that you bring a sufficient supply to write home at least once a week.

**Phone Card\***

Phone cards are needed for all local and long distances calls. All brands of phone cards should work. Make sure your phone card has enough minutes to last you the entire four weeks.

## Optional

**Travel Iron**

If you want you can bring a travel iron with you. Irons are provided in the dorm so it is not necessary to bring one.

**Camera\***

If you wish to capture your STEP experience on film, you can bring a camera. Digital or disposable cameras are fine.

**Musical Instruments**

If you play an instrument, please bring it. Throughout STEP there will be opportunities to play in group settings and bless others with your music.

**Spending Money**

STEP students do not need any extra money. However, many students enjoy buying snacks and beverages from the ALERT store. The ALERT store also stocks unique outdoor gear, books, and clothing.

## Making Shopping Easy

For your convenience, items marked with an asterisk (\*) are available from the ALERT store. You can order easily by phone or online. On our store website, you can find a list of suggested items to make finding the perfect equipment even easier.

The ALERT store is open Monday through Friday from 10 am to 5 pm. You can order by phone at (903) 636-2000 ext. 2421 or online at: <http://www.thealertstore.com>

Any items ordered through the ALERT store will be delivered to you upon your arrival.

## Additional Information

In order to travel "lighter", you have the option to mail your supplies in advance to the following address: STEP (your name), One Academy Blvd. Big Sandy, TX, 75755. Please be sure to include your name and address in or on the package.

**IMPORTANT:** Please mark **ALL** clothing items with a laundry pen before arrival.

**Do not bring** cell phones, airsoft guns, magazines, books, music, music players, radios (including alarm clock radios), or computers.

**On a cautionary note:** Please do not bring excessive cash or anything of great value. The International ALERT Academy cannot be held responsible for lost or stolen items.

# STEP PACKING CHECKLIST

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- 2 Navy Polos
- 3 Pairs Khaki Pants
- Comfortable Shoes

## Exercise Uniform

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- 3-5 T-shirts
- Undergarments (suitable for active exercises)
- Quality Running Shoes

## Water Uniform

- One-piece Swimsuit
- Dark-colored T-shirt
- Shorts
- Lake Shoes

## Other Clothing Items

- Sunday Attire: Dress or Blouse and Skirt
- Dress Shoes
- Sweatshirt
- Quality Sport Socks
- Undergarments
- Sleepwear
- Rain Poncho
- Hat
- Sunglasses
- Wrist Watch

## Class/Activity Gear

- Bible
- Notebook/Notebook Paper
- Pens/Pencils

- 2 Canteens/Water Containers
- Small Backpack/Day Pack
- Flashlight and Batteries
- Flat-base Map Compass
- Utility Gloves
- Whistle
- Lightweight Sleeping Bag
- Mess Kit

## Personal Necessities

- Alarm Clock
- Blanket
- Pillow and Pillowcase
- 2 Flat Twin Sheets
- Towels & Washcloths
- Toiletries (4-week supply)
- Sunscreen
- Insect Repellent
- Clothes Hangars
- Laundry Bag
- Small Mesh Bag
- White/Silver and Black Laundry Pens
- Laundry Detergent
- Twenty 3 x 5 Cards on Ring Binder
- Small First Aid Kit
- Sewing Kit
- Pocket Knife
- Stationery and Postage Stamps
- Phone Card

## Optional

- Travel Iron
- Camera
- Musical Instruments
- Spending money