

2008 STEP PACKING LIST

A Note of Explanation:

Two navy polo shirts will be provided. Additional shirts with STEP logo may be ordered in advance.

During your training at STEP, you will be requested to wear **loose-fitting, full-length** pants for specific activities, as they will be more modest apparel than skirts.

Full skirts will be more appropriate for outdoor activities than slimmer fit, and **hemlines and any slits** should **remain below knees when sitting.**

Sunday apparel should have sleeves, be modest at the neckline and hemline below knee-length when sitting.

Water uniform will be worn together (i.e. swimsuit under T-shirt and shorts).

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

Do not bring cell phones, 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.

Class/Activity Uniform

- 3–4 Khaki Skirts (below knee when sitting)
- 3–5 Navy Polo Shirts (2 will be provided)
- Comfortable Shoes
- 3 Pairs Khaki Pants (outdoor wear, loose fit)
- Sweatshirt

Exercise Uniform

- 2 Pairs Dark-colored, Loose, Exercise/Wind Pants
- 3–5 Dark-colored T-shirts (no designs/writing)
- Undergarments (suitable for active exercises)
- Quality Running Shoes

Water Uniform

- One-piece Swimsuit
- Dark-colored T-shirt
- Shorts (no shorter than 3" above knee)
- Lake Shoes

Other Clothing Items

- Sunday attire: Dress or Blouse and Skirt
- Saturday attire: Casual Dress or Top and Skirt
- Quality Sport Socks (to prevent blisters)
- Undergarments
- Sleepwear
- Lightweight Jacket (optional)
- Hiking Boots/Shoes
- Rain Poncho
- Shower Shoes
- Dress Shoes

Class/Activity Gear

- Bible (KJV preferred)*
- Notebook paper, Pen, Pencil
- Twenty 3 x 5 cards on ring binder
- Lightweight Sleeping Bag (outdoor use; can also be used in dorm in place of blanket)*
- Hat (for sun protection)
- Mess Kit (includes cutlery, plate, skillet, etc.)*
- 2 Canteens/Water Containers*
- Small, Metal Closeable Container (e.g. Altoid tin)
- Small Backpack/Day Pack*
- Flat-base Map Compass*
- Utility Gloves for rope work
- Whistle*
- Sunscreen* and Insect Repellent*
- Sunglasses (not mirrored)

Personal Necessities

- Alarm Clock
- Blanket (lightweight; dorm use)
- Pillow and Pillowcase
- 2 Flat Twin Sheets
- Towels & Washcloths
- Toiletries (4-week supply)
- Laundry Bag (for soiled laundry)
- Mesh Bag (to launder socks)
- White and Black Laundry Pens*
- Laundry Detergent (small)*
- Travel Iron (optional)
- Clothes Hangars
- Small First Aid Kit (Band-Aids, antibiotic ointment, alcohol pads, moleskin)*
- Sewing Kit (small; include safety pins)*
- Pocket Knife* (Do not put in carry-on)
- Flashlight and Batteries*
- Camera (optional)*
- Stationery and Postage Stamps
- Musical Instruments (if played)
- Spending money
- Phone Card*

*Items marked with an asterisk are available at our online store: www.thealertstore.com.

Note: Any items ordered through ShopALERT will be available to pick up upon your arrival. In order to travel "lighter", you have the option to mail your supplies in advance to the address below. Please be sure to include your name and address in or on the package.

STEP • One Academy Blvd. • Big Sandy, TX, 75755