



www.goingthedistance.org

- GTD DAY TRIP SUMMARY -

GTD's Day Trip Program is made up of half day and full day getaways that are designed to revitalize your spirit. During our time together we will pursue a day of adventure while playing in God's playground - the great outdoors. Never underestimate the importance of play, fun, & recreation. Day Trips are a great way to involve new people, get some needed diversion, and have a whole lot of God-awesome fun!!

Review the checklist below and pack according to your specific activity.



CHECKLIST

FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR

MANDATORY 4 ALL ACTIVITIES

- 2 Water Bottles
- Energy Bars / Snacks
- Sunglasses
- Sun Screen / Lip Balm
- 1 Plastic Bag (for wet/dirty clothes)
- Eyeglasses / Contacts (if applicable)
- Any Necessary Meds (if applicable)
- SIGNED WAIVER(S)

OPTIONAL GEAR

- Camera
- Extra Money (T-shirts/Hats available)
- Wet Wipes (very handy!)
- Toothbrush & Paste
- Deodorant

GENERAL CLOTHING

Suggested for Day Trips with basic activities that don't require specialty clothing. Dress by weather forecast.

- Activity Shorts
- Activity Shirt
- Sweatshirt / Jacket
- Active Wear Pants / Jeans
- Activity Shoes
- Sandals / Flops
- Shade Hat
- Swimsuit & Towel
- Socks
- Underwear

SPECIALTY CLOTHING

If you are doing any of the following activities then pack accordingly.

CANOEING & INNER TUBING
(Clothing will get wet): Swimsuit, Shorts, T-Shirt, Sandals/Flops, Hat, Towel, Zip Lock Bags, Change of Clothes

ADVENTURE RACING (Takes place in the forest. Exposed skin may get scratched): Sturdy Tennis Shoes or Hiking Boots, Activity Shorts or Activity Pants, Activity Shirt, Hat, Change of Clothes

CAVING (Clothing will get filthy): Bring Old Jeans, Thick Non-White T-Shirt, Work Gloves, Sturdy Old Tennis Shoes or Hiking Boots, Change of Clothes

PAINTBALL (It's messy; Thicker clothes soften the impact): Bring Old Jeans, Sweatshirt or Thick T-Shirt, Old Jacket, Tennis Shoes or Hiking Boots, Optional Gloves / Neck 'Wrap'

DONT BRING

- Don't Bring: Jewelry
- Don't Bring: Valuables

EMERGENCY #: GTD: 727.692.5296



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