George Fox University

Preparation Guide
Welcome to your Summer Prep Guide

This summer preparation guide has been specifically designed to prepare you for a year of service as an RA as well as a life-long contributor to the world and its people.

Throughout the summer, please contact the Student Life Office with any questions or concerns at (503) 554-2310.

You can mail your paper work to Student Life, Box #6148, 414 N. Meridian St., Newberg OR. 97132, or fax it to (503) 554-2339.

Please see the Walkabout website for more information: http://www.georgefox.edu/offices/student-life/residence-life/walkabout.html
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Welcome to Walkabout

Walkabout Mission:
GFU Walkabout exists to provide student leaders with adventure based experiences designed to inspire participants to exceed self expectations, to value and care for the wilderness, and to learn the principles and practice the disciplines of leadership within the context of a challenging and supportive community.

Walkabout Objectives:
- Students will develop a better understanding of their spiritual, physical, emotional, and mental limits and strengths through experiencing safe yet challenging elements in community and solitude.
- Leaders will gain a better appreciation for God’s creation and what their responsibility is in being effective stewards of the creation.
- Participants will become better rounded leaders by leading their peers and receiving constructive feedback on things they can improve.
- Students will learn wilderness skills that will enable them to invest more fully within the group and gain confidence in their abilities to learn and master unfamiliar tasks.
- Participants will gain a better understanding of what it means to participate in Sabbath and rest and the value of solitude.
Preparation for Walkabout:

We anticipate that this experience will be a defining week in your college experience. We believe in this experience and hope that it will stretch you to the point where you must rely not only on yourself but others and God, and in this time you will glimpse community in its purest form.

The goal of this packet is to help better prepare you for Walkabout. Our desire is that you would start thinking now about how you are going to prepare yourself for the wilderness and next year as a student leader. However, only reading through the information and ideas in this packet alone, will not suffice. You must decide for yourself whether or not you will just (1) just try really hard or (2) begin training to be prepared for what God has in store.

Paul says in I Corinthians 9:24, 26:

*Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. . .therefore I do not run like one running aimlessly; I do not fight like one beating the air.*
Remember that, in the wilderness, whatever you take in comes out with you. The more stuff you bring, the heavier your pack will be. Don’t forget we will provide you with a backpack, sleeping bag, sleeping mat, tarp, food, cooking supplies, experienced guides, fun, support, and much more. You’ll need what is on this list. Don’t be afraid to ask questions. Give us a call.

Be smart. Plan ahead. Be prepared.

Required Clothing / Equipment Checklist

Base Layers:

___ 2 short sleeve t-shirts. Polyester or light weight synthetic is best. Cotton okay.
___ 1 pair of nylon short. Quick drying with pockets.
___ 2-3 sports bras. Quick drying fabric or what is most comfortable.
___ 2-5 pair of underwear. Cotton okay.
___ 1 set (top and bottom) mid-weight long underwear (silk, synthetic, but not just ordinary cotton).

Insulation layers:

___ 1 fleece jacket (200/300 weight polar fleece or wool surplus).
___ 1 pair of fleece pants or wool surplus pants.
___ 1 fleece or wool hat.
___ 1 fleece or wool (not ski or leather) gloves or mittens.
___ 1 long sleeve wool or synthetic shirt.

Wind & Water Layer:

___ 1 set (top & bottom) raingear, WATERPROOF not water resistant.
___ 1 pair lightweight nylon hiking pants.

Footwear:

___ 1 pair medium weight backpacking boots.
___ 1 pair camp shoes, light weight running shoes or sandals (no flip-flops).
___ 2-4 pair wool or synthetic socks.
__ 2 pair of liner socks or knee high nylons (thin sock to prevent blisters).

**Accessories:**
__ 1 sunhat, wide brim best, baseball hat okay.
__ 1 pair sunglasses with 100% UV protection with retainer strap.
__ 1 headlamp, a light worn on your head to keep hands free, flash lights are next best alternative.
__ two extra sets of batteries for head lamp or flashlight

**Personal items**
__ Medications (please share all medication that you are taking, with your Guide)
__ 1 toothbrush, small toothpaste.
__ 1 bottle sunscreen, SPF 30 or better.
__ 1 tube lip balm with sunscreen SPF 25 or better.
__ 1 tube or plastic bottle of insect repellant (no aerosol cans).
__ 1 small plastic bottle of hand sanitizer.
__ **No** shampoo, conditioner, deodorant, perfume/ cologne, soap
__ Feminine supplies (ample supply in Ziploc bags and small package of wet wipes).
__ 1 prescription eyewear (if you wear glasses).— contacts ok if you bring extra set of glasses with case.
__ 1 spoon (not plastic).
__ 1 small Bible
__ Journal (provided)
__ 1 pen
__ Small plastic bowl

**Optional Items:**
__ Camera, pocketknife (with blade less than 4 inches), fanny pack, or small day pack, ski poles to help with hiking in terrain,
__ 1or 2 protein bars
__ **No matches or lighters**
Clothing and Equipment cont…

**Cotton:** We encourage you to have as few cotton items as possible. Cotton’s absorption of moisture is high and its ability to keep you warm is low. The phrase “cotton kills” has validity. Or at least to “kill “your ability to stay warm and dry.

**Wool** is a great material as it does not absorb moisture in the same way as cotton; it has the ability to insulate even when wet. If you are allergic to wool, substitute synthetic fibers which can assist in retaining heat and depending on the fabric assist in wicking away moisture. Check Goodwill, Salvation Army, Army Surplus, and thrift stores for these type of items before you invest in new items.

**Water proof gear:** Your wind and water layer needs to be ready to take on the variety of unexpected weather conditions on Walkabout, such as wind, rain, light rain, heavy rain, and light snow. Also made of synthetic materials, rain gear needs to repel rain and block wind. Rain gear can be very expensive. You DO NOT have to spend $300 on a new jacket. See if someone will loan you one or find an inexpensive alternative. Ponchos are provided.

**Glasses and/ or Contact lenses:** Bring your glasses and if you have one, an extra pair in a protective case. Contacts can be tricky to use in the woods and require extra solution and hand sanitizer. Contacts may easily lost in outdoor conditions. They may also cause eye trouble due to change climate, altitude and activities.
Gear Websites

Web deals on outdoor gear:

http://www.nextadventure.net/ -Located in Portland, OR. This store has a great used gear basement.


http://www.campmor.com -Deals on closeout clothing and gear.

http://www.sierratradingpost.com/ -Deals on closeout clothing and gear.

http://www.geartrade.com -The ebay of backpacking equipment.


http://www.usoutdoorstore.com/ -Located in Portland, OR. If you can go to their retail store to check out deals in the attic. They also have an on-line outlet store.

http://www.moosejaw.com -Another gear outlet store.
This is one area many have underestimated in their preparation for Walkabout. **Boots are an essential component for happy feet.** Not to mention a more enjoyable Walkabout experience.

Picking a boot that is best suited for you, and **breaking it in well in advance will be essential.**

You are going to need a boot that is durable and will provide you with the best support. There are three different types of height you can get in a boot. The above ankle boot (high-top boot) will give you the ankle support you need for big packs in big country. The ankle high boot (mid-cut boot) works fine for moderate loads and most on-trail use. The below ankle boot (standard tennis shoe cut) are best for light hiking. Some people prefer the below ankle boot for heavier use, but you risk blisters and twisted ankles from insufficient support.

You don’t have to spend hundreds of dollars or even a hundred at that. If you take some time and do your shopping right, you should be able to pick up a decent pair of hiking boots for $60 to $90. As you budget for Walkabout, we recommend that you invest your money in boots as opposed to a costly jacket or specialized hiking shorts. Please don’t be afraid to call or contact your AC as a resource for what to buy and where to buy it.

**To Make Sure the Boots Fits When Buying:**

- **Shop later in the day.** Wait until the afternoon or evening, when your feet are slightly swollen (like after a day on the trail).

- **Bring your socks.** To get a precise fit, be sure you try on boots with the socks you will wear hiking. If you forget them, stores have a bin of try-on socks.

- **Measure your feet.** Even if you’ve been a perfect “10” all your life, have your feet measured again with a Brannock Device. Many people are surprised to find that their size has changed.

- Buying a boot that FITS is the most important consideration.
• **Walk around.** If you find a pair you like, lace them up, and stroll around the store for a while— the longer the better. If the store has an incline ramp, stomp up and down on it a few times to see if your heel lifts on the uphill or your toes jam on the downhill.

• **Kick some tires.** Find a solid post or wall and gently kick it a few times to see if your toes hit the front of the boot. If they do, try a different lacing technique, and then kick again. If your toes still hit the front of the boot, try a bigger size, or a different model.

**On-line foot guides:** On-line footwear guides


http://www.rei.com/rei/gearshop/sizefinder/foot_sizechart.html - REI has also has a great on-line guide to helping find the right boot

**Additional Points About Your Feet:**

• **Break your boots in, well in advance.** Recommended time for breaking a boot in would be at least 4-6 weeks in advance. Start out slow by wearing them around the house, running errands, for a couple weeks. Then plan a couple hikes or more rigorous walking.

• **Get the right kind of socks.** In your recommended clothing and equipment checklist you are asked to purchase 2 polypropylene liner socks. These socks are to be worn under your thicker hiking socks. The liner sock helps allow your foot to breathe better and stay dryer. This decreases your chances of developing blisters. Your thicker wool hiking sock will help keep your feet warmer, but also allow moisture to leave. Note: Be careful not to have such thick socks that you have no movement in your boot.

• **Knee-high nylons are a cheap alternative to liner sock and do the same thing.** You probably want to bring a few pairs in case of tears or holes.

• You definitely want to water–proof your boots. Try using SNO-SEAL on your *leather boots* and shoes to protect from rain and water. Especially if you’re not sure they are waterproof. http://www.atsko.com/products/waterproofing/sno-seal.html

• **Make your feet happy.** Get to know them!
Dealing with your period in the woods

It may sound like a bummer, but it doesn't have to be. Here are a few suggestions for making yourself as comfortable and prepared as possible.

1. **Be Prepared.** Even if you are not expecting to have your period during the trip, bring adequate supplies anyway. The change in diet, the strenuous exercise, and spending a lot of time with other women can all affect your cycle. This is even true if you are on the pill. Your leaders will not have extra supplies, nor will you have access to a store, so come equipped! Also, remember that you'll be carrying out any used products.

2. **The Backcountry Period Kit.** We suggest the following system for dealing with feminine hygiene in the woods.

   Equipment:
   - 1 small, dark colored, opaque bag (brown paper bag) or stuff sack
   - 3 small ziplock bags
   - 1 travel pack of baby wipes (for cleaning purposes)
   - a generous supply of tampons (tampons are much easier to deal with than pads, but if you have to use pads, go ahead).
   - Crushed up Aspirin in the ziplock marked for garbage to manage odor
Directions:
1. Take the tampons (or pads) out of the box and put them all into one ziplock bag. (Why carry around a useless cardboard box all week? The ziplock will also protect your supply from the rain.)

2. Put the travel pack of baby wipes inside a second ziplock bag. (Keep those vital cleaning supplies moist & protected from the elements.)

3. Keep the third ziplock bag empty to use as a mini-garbage for used supplies -- all dirty baby wipes, used tampons, and tampon wrappers should go into the garbage ziplock. (Kind to the environment and to the group garbage!) If you are a pad user, you may need bigger and/or multiple ziplocks. If you are concerned about odor, you can put a used tea bag in the garbage ziplock after breakfast on the trail.

4. Put all three bags inside the opaque bag. Voila: you have a self-contained period kit! (Oh, so neat and discreet.) On the trail, you should keep this in an accessible part of your pack.
“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” Mark 1:35

What is solitude?
Solitude is the one place where we can gain freedom from the forces of society that seek to shape and mold us. In solitude (and silence) you become aware of what is actually occurring in your heart because you separate yourself from things that drown this out (people, technology, work, music, books, etc). When you don’t have incessant external stimuli, you have time to hear yourself and God. Solitude helps us to discover who we are, and expand our creativity which is needed if we want to be effective leaders for God.

**Mother Teresa** of Calcutta spoke on *Solitude*:

“We need to find God and he cannot be found in noise and restlessness. God is a friend of silence. See how nature – trees, flowers, grass – grow in silence. See the stars, the moon, the sun, how they move in silence. Is not our mission to give God to the poor? Not a dead God, but a living, loving, God. The more we receive in silent prayer, the more we can give in our active life. We need silence to be able to touch souls. The essential thing is not what we say, but what God says to us and through us. All our words will be useless unless they come from within. Words which do not give the Light of Christ increase the darkness….

Silence of the heart is necessary so you can hear God everywhere - in the closing of the door, in the person who needs you, in the birds that sing, in the flowers, in the animals. If we are careful of silence it will be easy to pray. There is so much talk, so much repetition, so much carrying on of tales in words and in writing. Our prayer life suffers so much because our hearts are not silent. I shall keep the silence of my heart with greater care, so that in the silence of my heart I will hear his words of comfort and from the fullness of my heart I comfort Jesus in the distressing disguise of the poor.”

**Henry Nouwen** has this to say on the topic:

“It is this most basic human loneliness that threatens us and is so hard to face. Too often we will do everything possible to avoid the confrontation with the experience of being alone, and sometimes we are able to create the most ingenious devices to prevent ourselves from being reminded of this condition. Our culture has become most sophisticated in the avoidance of pain, not only our physical pain but our emotional and mental pain as well…we panic when there is nothing or nobody left to distract us.
[We have] the false expectation that we are called to take each other’s loneliness away…[but] No friend or lover, no husband or wife, no community or commune will be able to put to rest our deepest cravings for unity and wholeness [only God can]…Instead of running away from our loneliness and trying to forget or deny it, we have to protect it and turn it into a fruitful solitude.

The movement from loneliness to solitude is a movement that…creates the inner space where a compassionate solidarity with our fellow human beings becomes possible…Once God has touched us in the midst of our struggles and has created in us the burning desire to be forever united with him, we will find the courage and confidence to prepare his way and to invite all who share our life to wait with us during this short time for the day of complete joy.”


“For it is not physical solitude that actually separates one from other people, not physical isolation, but spiritual isolation. It is not the desert island not the stony wilderness that cuts you from the people you love. It is the wilderness in the mind, the desert wastes in the heart through which one wanders lost and a stranger. When one is a stranger to oneself then one is estranged from others too. If one is out of touch with oneself, then one cannot touch others… Only when one is connected to one’s own core is one connected to others, I am beginning to discover. And for me, the core, the inner spring, can best be re-found through solitude.”

Anne Morrow Lindbergh, *Gift from the Sea*

**How to begin the journey into solitude:**

Begin by finding a quiet place to spend at least 15 minutes at the beginning or end of the day to be silent before the Lord. Increase this time to 30 min or an hour as you feel led. A couple of suggestions for this time are:

1. Take a simple prayer, sentence, verse, or word, and slowly repeat it (i.e. The Lords prayer, the Jesus Prayer, or any word that reminds you of God’s love). Place it in the center of your mind by slowly repeating it for the entire time. This may seem pointless or irrelevant, but by doing this, you will be able to come back to this quiet place where God is present as you get into the hectic pace of your daily life.

   A. Reviewing the Day with God

   Be still for a moment and quiet your mind.

   Acknowledge that Jesus is present. Invite Him to teach you. Go back in your mind to when you first woke up. Watch that scene, as if on video. This may lead you to pray for patience, greater love, courage, forgiveness.

   Continue through the day, going from scene to scene. As you reflect on them, some scenes may fill you with gratitude, others with regret. Speak directly to the Lord about this. You may also be led to pray for some of the people you were interacting with during the day.

   Quiet your heart and still your mind. Stop the chatter and noise going on in your heart. Don’t journal or even talk to God right now. Just be silent and listen. Listen for God’s presence and His whisper.

   End with a prayer of thanksgiving for God’s mercy and love.

   Whatever format you follow, realize that your mind will wander. You will get distracted and start thinking of what you need to do that day or week, who you need to call, and a million other things. Don’t get discouraged. When you realize that you are distracted, just redirect your mind toward God. The door is always open for you to return to him.

   We also recommend that you commit to one day each month this summer to conduct a daylong retreat of extended solitude.

   B. Extended Solitude Exercise

   Find a place where you can be uninterrupted and alone, such as a park or a retreat center.

   Spend a brief time the night before to get ready to ask God to bless the day and to tell Him you want to devote the day to Him. This day is your gift to God, but even more, it is a gift God wants to give you. What do you need from the Lord? A sense of healing and forgiveness? Conviction for an apathetic heart? Compassion? A renewed sense of mission? Ask Him for this.

   Arrange the day around listening to God. The following format is adapted from Gladion Carney’s book, *The Spiritual Formation Toolkit*.

   C. Sample Schedule

   8:00—9:00  Prepare your mind and heart, take a walk, or do whatever will help you set aside concerns over tasks and responsibilities. Try to arrange your morning so you can remain in silence from the time you awaken.

   9:00—11:00 Read and meditate on Scripture, taking time to stop and reflect when God seems to be speaking to you through the text. Focus on the ways God has cared for, loved, and delivered His people.

   11:00—12:00 Write down responses to what you have read. Speak to God about them.

   12:00—1:00 Eat lunch and take a walk, reflecting on the morning.

   1:00—2:00 Take a nap.

   2:00—3:00 Reflect on God’s goodness and His love for you. You may want to write down ways in which God has taken care of you. Reflect on experiences you have had in which God has cared for, loved, and delivered you.

   3:00—4:00 Write down any thoughts that arise as a result of this day. You may want to do this in the form of a letter to God.
Fasting:

“Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.” Joel 1:14

**What is Fasting?**

In his book *The Spirit of the Disciplines*, Dallas Willard says:

“In fasting, we abstain in some significant way from food and possibly from drink as well. This discipline teaches us a lot about ourselves very quickly. It will certainly prove humiliating to us, as it reveals to us how much our peace depends upon the pleasures of eating. It may also bring to mind how we are using food pleasure to assuage the discomforts caused in our bodies by faithless and unwise living and attitudes – lack of self-worth, meaningless work, purposeless existence, or lack of rest or exercise. If nothing else, though, it will certainly demonstrate how powerful and clever our body is in getting its own way against our strongest resolves.

Fasting confirms our utter dependence upon God by finding in him a source of sustenance beyond food. Through it, we learn by experience that God’s word to us is a life substance, that it is not food (‘bread’) alone that gives life, but also the words that proceed from the mouth of God. We learn that we too have meat to eat that the world does not know about. Fasting unto our Lord is therefore feasting – feasting on him and on doing his will.

Actually, fasting is one of the more important ways of practicing that self-denial required of everyone who would follow Christ. In fasting, we learn how to suffer happily as we feast on God. And it is a good lesson, because in our lives we will suffer, no matter what else happens to us.”

Look up some different ways and reasons that God’s people fasted in the following passages:

- II Chronicles 20:1-4
- I Samuel 7:2-6
- Esther 4:15 – 17
- Acts 14:23
Reflecting on Fasting:
Take some time to reflect on the questions below and set some goals for yourself in regards to fasting.

- How do I feel about fasting? (scared, anxious, indifferent, hungry!)
- How and when will I be practicing the discipline of fasting over the next three months?
- How will I overcome any “spiritual pride” that may come from fasting? (Look up Matt. 6:16-18)
- As I fast, what am I asking God for? (healing, guidance, deliverance, etc.)
- Why should I fast?
- How long do fasts last?
A fast could be as short as missing one meal or can last up to 40 days before starvation begins. Humans can go for long periods without food but can only go without water for up to 3 days.

A few helpful hints:
- Ease into it.
- Keep yourself well hydrated. Drink lots of water. You may want to keep a bottle with you while you fast.
- Enter and break the fast by eating simple carbohydrates: Fruits, juices, and vegetables. Stay away from heavy foods that are high in protein and fat.
- Give yourself a focus while you fast. Keep some important passages of scripture with you. Keep a journal. Create a prayer list for your fast.
- Know that if you are doing a multi day fast your body will start to purify itself. This can be uncomfortable at first. If you are a coffee or coke drinker you will go through mild withdrawal symptoms (headaches).
**Spiritual Disciplines**

“These are the words of the Lord: “Stop at the crossroads; look for the ancient paths; ask, ‘Where is that way that leads to what is good?’ Then take that way, and you will find rest for yourselves.” Jeremiah 6:16

By now you have probably realized Walkabout preparation will require you to practice a fair amount of physical discipline this summer! Walkabout will challenge you physically, mentally, relationally, and spiritually. We want you to be prepared for what is ahead.

As implied above, during Walkabout, you will spend 24 hours on Solo; in this time you will have the opportunity to practice many spiritual disciplines including fasting, solitude and silence. You might be wondering what spiritual disciplines are and why it is important that we practice them.

“A spiritual discipline is creating space for God to be active” or the “human effort to create open space to listen to the voice of the one who calls us the beloved.”

Henri Nouwen; *The Disciplines of the Beloved*

“We begin by insisting that askesis [Greek for spiritual discipline] is not a spiritual technology at our beck and call but is rather immersion in an environment in which our capacities are reduced to nothing or nearly nothing and we are at the mercy of God to shape his will in us.”

Eugene Peterson; *Under the Unpredictable Plant*

A spiritual discipline is not an end in itself but rather a means to an end – God himself. Therefore, we practice disciplines with the knowledge that God is the initiator and we are the responders…. Spiritual disciplines are some of God’s greatest gifts to us.

Spiritual disciplines include: prayer, worship, meditation, fasting, solitude, silence, service, fellowship, accountability, journaling, study, and many more. You likely practice and enjoy many of these disciplines in your own life. The purpose of Walkabout and Solo is not to force you to do spiritual disciplines but rather give you an opportunity to see the benefits that they can have. Through practicing them, you can experience growth in your relationship with God, yourself and others and discover what true rest really means in a world that doesn’t accommodate or encourage this very often.
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