

# **COWBOY QUEST EXPEDITION BEHAVIOR EXPECTATIONS**

Expedition Behavior (EB) is defined as being the best expedition member that you can be. We consider this trip to be a small expedition. Given the unique nature of our programming, it is imperative that all members of our groups commit to working together to co-create quality experiences. The success of this trip depends on you. The issue that will most effect the outcome of this trip is how the group interacts, cooperates, problem solves, and supports each other. We are not a guide service. Our goal is to facilitate positive group experiences where each group member is expected to contribute to a safe learning environment. This means safety in ALL aspects: physical, emotional, psychological and spiritual and both individual and group safety.

**Here are some of things that we will expect from you on this trip:**

- **Serve the mission and the goals of the group**
- **Be as concerned for others as you are for yourself**
- **Treat everyone with dignity and respect**
- **Avoid using foul language**
- **Support leadership and growth in everyone**
- **Respect the cultures you come into contact with**
- **Be kind and open hearted**
- **Do your share and stay organized**
- **Help out without being asked to do so**
- **Listen to your trip leaders**
- **Find a healthy balance: work hard, play, reflect and rest**
- **Resolve conflict in a productive manner**
- **Do not put yourself in unnecessary risk**

**If you do not understand what is expected of you, please ask questions.**

# OUTDOOR ADVENTURE

## Cowboy Quest Summer 2019 Canoeing Packing List

### CLOTHING

- 3 short sleeve Shirts (moisture wicking)
- 1 long sleeve Shirt (moisture wicking)
- 2 pair of Shorts (moisture wicking)
- 1 pair of Pants (moisture wicking)
- Underwear and socks for 4 days
- Rain jacket
- Hat with a bill

### FOOT WEAR

- River shoes
- 2 pair wool or synthetic hiking socks
- Camp shoes
- 1 pair cotton socks

### ACCESORIES

- Watch
- Sunglasses
- Head lamp
- Journal
- Mosquito Head net
- 2 Water Bottle (32oz) Nalgene

### PERSONAL CARE

- 1 sunscreen (travel size)
- Toothbrush (travel size)
- Toothpaste (travel size)
- 1 lib balm w/ SPF
- Unscented lotion (travel size)
- Feminine products (as needed)
- Finger nail clippers
- Prescription Drugs (as needed)

### OUTDOOR ADVENTURE PROVIDES

- Tents
- Stoves
- Cookware
- Water Filters
- Food
- First Aid
- All other group gear
- Sleeping bag
- Sleeping pad

### CULINARY NEEDS

- 1 small bowl
- 1 spoon or fork
- 1 cup/mug

### REMEMBER

It will be summer and likely hot. Prepare to dress in layers to protect yourself from insects and plants.

Start exercising now to prepare your body for a week on the river.

Don't go broke buying new gear.

### NOTES

All OSU Policies and Procedures apply to this trip. Fees do not provide food during travel to and from a trip destination, so bring some money if you want to buy a treat.

# DISCOVER ADVENTURE