



extreme missionary adventures

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I'm writing this in response to several people who have asked about clothing, equipment and such that I use in Honduras. I want to start out by making a couple of statements. The first thing is that you do not need a lot of special hiking equipment or clothing to join us on an Extreme Missionary Adventure. The only three items I strongly recommend is a small backpack (the key word here is small), a good pair of ankle high hiking boots and a lightweight hat (not a cap-you need to cover your ears and neck).

The next thing is that I am a 100% dedicated cotton clothing user. Up until a couple of years ago every piece of clothing I owned was 100% cotton. But cotton does not work well in a tropical environment. It is very warm and humid in Honduras so I and most other people sweat a lot. If it's not hot and humid then it's raining so you are getting wet either way. When cotton gets wet down there it takes days for it to dry out. So I now only take synthetic clothes (all of them- socks, underwear, shirt & pants) to use when we are hiking. Cotton clothing is fine for the days we are traveling and around town. Now let me get into some specific recommendations.

On the backpack, unless you are going on one of the really aggressive trips where we are hiking several hours a day for several days then a book bag type backpack is fine. If you are going on one of the aggressive trips then you may want to borrow or invest in a little better pack but it still does not need to be very big. I recommend a pack with about 2,000 cubic inches of space; good, padded shoulder straps; a padded waist belt; and two water bottle pockets that are accessible without having to get into the pack. **Do not bring a large backpack!** If you bring a pack bigger than this you are going to stuff it full of stuff you don't need and it is going to get real heavy after a day or two. I am currently using a Kelty Blanca 2000 that works great.

You may also want to bring a small waist or fanny pack that you can wear in front to keep your camera and snacks handy. You can wear this with or without your backpack.

You will need to bring a 12 to 20 ounce reusable cup. I use one of the heavy duty ones you get at convenience stores with a sipper lid. These hold up well. If you are not a coffee drinker you will want to bring one anyway to mix up your Tang, Gatorade and lemonade to go with your meals on the trail.

On the clothing you can use what you have – the lighter weight the better. If you are going to buy anything I highly recommend you check out Sierra Trading Post at www.sierratradingpost.com or 1-800-713-4534. They have all kinds of hiking clothing and gear at great discounts. They handle a lot of closeouts on name brand stuff at 25 to 75% off. They are also a Christian business and are not afraid to show it!

Good socks can make all the difference in the world on a long hike. If you are going to buy any clothes then get good socks first – Smart wool or one of the synthetic blends of hiking sock will run about \$15 per pair but they are worth it (you can get them at Sierra for about \$7)! The next item would be a couple of pairs of nylon hiking pants with zip-off legs. These are lightweight and comfortable, they dry fast and at night you can just zip off the legs and get in your sleeping bag. If you really want to splurge get some of the performance underwear that wicks moisture away from your body.

The sun is very intense in Honduras. I wear long sleeve, synthetic hiking shirts anytime I am hiking. If you are not going to wear long sleeve then bring some good heavy sunscreen and use it! The long sleeve shirts are actually cooler. Whichever you decide to wear bring synthetic if possible. The cotton ones will get wet and stay wet all week long.

That about covers it for the clothing and gear. Again, you do not have to have all of this. However, if you are going on one of our more aggressive trips you will be a lot more comfortable. If you have any questions please email me at rpierce@xmaonline.com or call 1-318-728-6346.