



Phase 4 – Filling Up Your Pack (Part II)

Companions

1. Who is taking this journey with you because of their essential role in your life (such as a spouse, significant other, or children), and what do you anticipate it will be like to journey with them through this?
2. What conversations, if any, might you need to have with these people in your life about this invitation? List below any decisions, topics, questions, concerns, or enthusiasms you anticipate will be part of these conversations.

Snowsuit	Tent	Pillow
Sleeping bag	Blankets	Lodging reservations
Currency	Water	Snacks
Dehydrated food	Cooking range	Pots/pans
Water bottle	Water Purifier	Energy drinks
Walking stick	Knife	First aid kit
Sunscreen	Lantern	Rope
Books	Journey	Camera
Phone	Watch	Granola bars



Drawing Activity for Children: You might ask your child/children "Besides food and clothes, what else would you take on a long trip? Who else would you want to go with you"