



École biblique DÉFI

Un an pour impacter *ta vie* !

The 3 phases of the program:

Phase 1: Preparing Together ahead of time

In order to get the most out of this program, it is important to be well prepared! Early in June, you will receive an email from one of the instructors with a challenge to tackle. You will have 10 days to complete this challenge and send some feedback to the trainer who will then send you the next challenge. We encourage you to fully engage in these different challenges as they will help you nurture your faith and put it into action...in every sense of the word!

Phase 2: LEAD - 18 days in the outdoors

This phase will be built on the experiences of participating in a small group in the great outdoors. The activities will be diverse and will challenge you as a whole person. During this program, the different aspects of your life will be involved in order to reveal your character and your gifts. You will encounter physical, intellectual, spiritual, social and emotional challenges.

You will be challenged in your abilities and strengths through experiences, living together, serving others, traveling together and studying the word. During these three weeks, you will get to know yourself, each other and God in a meaningful way. Everything in the program will contribute to this growth, experience, and closeness to God.

In order for members to fully benefit from LEAD, we choose not to reveal the content of the program in advance! Each day, you will receive the information you need for the day. This allows you to focus on each day, each activity, each experience and live it in the present. We earnestly desire to learn to follow Christ each and every day of our lives.

Phase 3: Get involved locally

All of this is only the beginning! What are you going to do with what you have witnessed? What you have experienced? What you've learned? With the slightly different person you have become? Remember what God has done in you, in front of you, and through you, and continue to follow Him, obey Him, serve Him, and be involved in His work and in the local community He's placed you in.

Don't let this training become just another experience on your trophy shelf. Its purpose is to be a stepping stone for your life, your service, your leadership, your involvement in the Kingdom of God wherever you are, here and elsewhere!



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Gear list

You will be need to bring with you the following to participate in LEAD :

Equipment :

- Large backpack (approx. 50 – 60 liters, padded hip-belt, with rainproof cover that fits over entire pack)
- If available: small backpack (day pack, approx. 25 – 30 liters)
- Sleeping bag (comfort zone 0°C and less)
- Foam or air insulated sleeping pad (light weight)
- Head lamp or small flashlight with extra batteries
- Pocket knife (small)
- Water bottle or Camelback (2 liter minimum)
- English Bible (small, translation, not paraphrase), Notebook and Writing Materials
- Sunglasses (100% UV rating recommended) and sunscreen
- Band-Aids and moleskin
- Personal toiletries
- Any required personal medication
- A camera is recommended (note that mobile phones are not permitted while we are on tour and so can't be used as your camera)

Clothing :

- Hiking boots (these must have strong ankle support and Vibram™ or equivalent soles.
Note: Boots need to cover and support your ankle (over the ankle boot) "Day Hikers" or Hi Tecs™ are not adequate. If you are bringing boots, you should wear them before you come to "break them in" as well as your feet.)
- Waterproof rainwear (jacket, cap or hood, pants(optional))
- Underwear
- Multiple Pairs of Socks (including wool socks)
- Swimsuit
- T-shirts (a few of fast drying materials i.e. wool or nylon)
- Long-sleeved shirts
- Shorts
- Hiking pants (not jeans)
- Hat (for sun protection)
- Warm mid-layer sweater (preferably fleece)
- Wool or fleece mittens or gloves
- Warm beanie (eg. wool or fleece)
- Running shoes
- Towels
- A set of more proper clothes for our return to the Chalet

Optional:

- Portable musical instruments
- Bandanna
- A couple of heavy-duty garbage bags and a 1/2 dozen large ZipLoc™ freezer bags – excellent for watertight packing