

## WAQ Program Information

Warrior Adventure Quest (WAQ) is an Army training tool designed to introduce Soldiers to activities that serve as alternatives to dangerous behaviors often associated with accidents involving Soldiers in all phases of the train ready continuum. Participation is at no cost to the Soldier or their Unit. Activities are funded by the Warrior Adventure Quest Program. WAQ combines MWR Outdoor Recreation high adventure activities e.g. (paintball, deep sea fishing, bungee, water skiing, zip lines, white water rafting, rock wall climbing, luge, Korean Archery Adventure, Snow Skiing and Snowboarding) with a leader-led after action debriefing (L-LAAD) tool developed by Army Medical Department (AMEDD) center and school. The activity is to happen during a duty day and be the Soldiers place of duty.

**Eligibility:** Soldiers are allowed to go through the program once every two years or upon transfer to a new duty station. We are seeking platoon sized groups for the day to complete the activity.

### PROGRAM ACTIVITIES

- White Water Rafting
- Ziplining
- Korean Archery
- Luge
- Water Skiing and Wakeboarding
- Rock Wall Climbing
- Bungee Jumping
- Downhill skiing and snowboarding
- Paintball
- Deep Sea Fishing
- Always adding new activities!



OUTDOOR RECREATION

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RECREATION