

## **4M Packing List**

### **72 Hr. Xtreme Character Challenge**

There is some required equipment for the Xtreme Character Challenge. Please bring the following items. Nothing more, nothing less.

If you do not own some items, we encourage you to borrow the needed equipment as much as possible. Your backpack has a maximum weight of 40lbs TOTAL – including water, sleeping bag, tent, clothing, etc. Ensure that you have approximately 2 liters of water with you for the first night. 4M will provide all other food and drinks on the trail. You will carry your backpack with you throughout the weekend, which includes 40-50 km of hiking.

#### **Transport**

- Backpack (minimum 55+ litre)
- Waterproof cover (garbage bag, or bona fide backpack cover)

#### **Documents (waterproof packed)**

- ID / driver's license
- Insurance card / documents
- Copy of liability form from 4M
- I.C.E. (in case of emergency) home number or other contact person

#### **Clothes** (check local temperatures for the XCC location and adjust your pack seasonally)

- NO COTTON OR JEANS
- Pants for hiking
- Long sleeve shirt (or light wool top) and short sleeve shirt
- Sweater/fleece jacket
- Long underwear/thermal layer
- Rain and windproof jacket and pants (Gore-Tex recommended)
- Gloves, hat, toque, and sunglasses
- Wool socks x3
- Underwear x3
- Swim shorts (you WILL get wet)

#### **Shoes**

- Full Ankle Hiking boots (Waterproof treated or Gore tex. "Broken into" boots, not new)
- Water shoes/tennis shoes, (must lace-up or strap on (no slip ons) they will get wet)

#### **Sleeping**

- Sleeping bag (-10C or better recommended)
- Sleeping mat
- Waterproof bag / stuff sack (may use garbage bag) for sleeping bag
- Tent / Hammock/ bivy. (Due to Covid restrictions, you may only share with others from your household).

## Cooking and Food

4M will provide all food. If you have a *medically* restricted diet, please contact 4M to make appropriate arrangements.

- 2 Liters of water for the first night
- Water bottles (1 liter bottles x2, or CamelBak/Hydration pack)
- Aluminum or stainless cup/mug (must be able to boil water in it)
- Fork, spoon, knife (or spork)

## Hygiene and Care

- Toiletries (Wilderness/environmentally friendly only)
- Towel
- Toilet paper
- Blister patch / Moleskin
- Aspirin / Ibuprofen / Imodium
- Vaseline (Lip balm), Talcum powder
- Mosquito repellent
- Sunscreen
- 4M will provide shovels for sanitation

## Other

- Flashlight (headlamp style recommended)
- Bible (water proof packed – ie. in Ziploc plastic bag)
- Small pad of paper and pen
- Hiking poles (recommended)
- Gaiters (recommended)
- Bear spray (recommended)