

4M Packing List

72 Hr. Xtreme Character Challenge

The 72-hour Extreme Character Challenge has some **required equipment, nothing more, nothing less. If you do not have some items, we encourage you to borrow the needed equipment.**

Your backpack has a maximum weight of 35-40 lbs (this means total weight: sleeping bag, tent, clothes, water, etc.). You will need to make sure that you have approx. 2 liters of water for the first night. You will carry your backpack with you throughout weekend, which includes approx. 25-30 miles of hiking. 4M will supply all food and drinks on the trail.

***Firearms are not allowed on an XCC under any circumstance.**

Documents (waterproof packed)

- ID / drivers license
- Insurance card / documents
- 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)

- Pants for hiking
- Swim suit/shorts (**you will get wet**)
- Long sleeve shirt and short sleeve shirt
- (Thermo) underwear
- Sweater/fleece jacket
- Gloves, hat, cap
- Rain and wind proof coat & trousers or Poncho
- Sunglasses

Shoes

- Water shoes/tennis shoes, (**must lace-up or strap on** (no slip-ons), **they will get wet**)
- Hiking boots
- Socks (wicking/wool recommended)– 3 pairs

Transport

- Backpack (minimum 45 liter) and waterproof cover (trash bag, poncho or backpack cover)

Sleeping

- Sleeping bag
- Waterproof bag (trash bag) for sleeping bag
- Sleeping mat (optional)
- Tent per 2 persons (portable) or hammock. Please check with someone on your team to share a tent.

Cooking and food

- Mug/aluminum cup (must be able to boil water)
- Knife, spoon, fork (or spork)
- Water bottles (2- 32oz. reusable bottles or hydration pack)
- Bring 2 liters of water for the first night
- **4M will provide all food / do not bring any with you unless needed for medical reasons (restrictive diet, allergies, etc.)**

Hygiene and care

- Toiletries (wilderness / environment friendly only)
- Towel
- Toilet paper
- Blister patch
- Aspirin / Imodium
- Vaseline (chapstick), talcum powder, Body Glide, Hike Goo (to prevent blisters and chaffing)
- **4M will provide shovels for sanitation**

Other

- Flashlight (headlamp style recommended)
- Bible (in a Ziploc bag, quart size, to keep Bible dry)
- Hiking poles / sticks (optional)