

Packing List

Arise Life Challenge Weekend

Your mobile phone and watch will be stowed away in an emergency bag at the beginning of the weekend and will not be available for normal use. Please also leave your camera at home - we will photograph the weekend. It is important to us that you be as little as possible distracted and able to delve into the challenge and all it has to offer. Pack your daypack as described below. The rest of your gear needs to fit in your large backpack.

TRANSPORTATION

- A sturdy hiking backpack, at least 50 Liters
- Your gear needs to completely fit into this backpack

DAYPACK approximately 20 to 25 Liters

- Water Bottle
 - Plastic bag to be used for sitting during outings
 - Hiking socks
 - Jacket and Sweater
- (lunch will be provided on site and must also be transported in your daypack)

IMPORTANT DOCUMENTS

- Important documents need to be stored in a water-tight bag
- Identification
- Insurance card
- Telephone number of Emergency Contact
(to be carried on a piece of paper in your daypack)

SLEEPING GEAR

- Warm sleeping bag
 - Thermarest pad
 - Tent – no bivouacking, no pop-up tents
- Each group consists of 2-3 women

MISCELLANEOUS

- Headlamp
- Bible
- Pens, pencils, notebook
- Toiletries, toilet paper, articles for feminine hygiene
- Personal medication
- Small towel, washcloth
- Hot water bottle or handwarmer
- Sunglasses and sunscreen
- Newspaper for stuffing into wet shoes or thin plastic bags
(for keeping socks dry in wet shoes)

FOOTWEAR

- Robust, waterproof hiking boots
- Flip flops or light, comfortable footwear
(for between hikes, to give your feet a chance to breath)

CLOTHING

- Weather-appropriate clothing.
- For cold, rainy weather dress in layers and stow your clothing in a water-tight bag.
- Hiking pants
 - T-shirt
 - Shirt with long sleeves
 - Sweater or fleece jacket
 - Windbreaker
 - Underwear, socks
 - Pyjamas
 - Gloves, hat or stocking cap
(depending on the weather)
 - Bag for dirty laundry

COOKING AND MEALTIMES

- Plates and cups
(non-breakable and heat resistant)
 - Knife, spoon and fork
- Hint: spork
- Pocket knife
 - Garbage bags for personal trash

PER GROUP (6-8 persons)

Adjust the amount of equipment needed according to the size of your group!

- Picnic blanket per 2 persons
 - Gas cooker per 2 persons
 - Camping cooking pots (1-2 liters) per 2 persons
 - Lighter
 - Sponge/scourer
- NO conventional detergent, please!

FOR RAINY WEATHER

- Rain jacket and rain pants
- Waterproof backpack covers for both backpacks
- Hint: waterproof bag for your sleeping bag