

Q&A

Questions and Answer about LCW

Answers to frequently asked questions

- ***Which items are packed in the big backpack and which ones in the small daypack?***

Daypack: Water bottles, Lunch (provided on site), Clothing (according to the weather, if desired your trekking poles, note with emergency number (ICE) ...

Big backpack: entire remaining equipment such as tent, sleeping mat, sleeping bag, clothes, documents, cooking equipment and dinnerware (see packing list).

- ***If I manage to get everything in the small backpack, is it possible to only use the small daypack?***

The big backpack is used to transport your camping equipment, but you need your daypack for day hikes and other activities.

- ***How far will I have to carry my large backpack?***

From your home to the appointed meeting place, plus a few meters to the transport car.

- ***So, you don't need a 20 Liters daypack if you only have to carry lunch + water in it, right?***

If you feel you need less space, then less is ok too. But remember that depending on the weather you may still need to pack extra clothes, such as a windbreaker, rain jacket or rain pants.

- ***So, do we just have to carry the small daypack while hiking? Does the tent, cooker, etc., remain on site and we walk from there?***

Exactly, for the daytime activities you only need your daypack.

- ***Do I really need rain pants?***

If it's raining, we strongly recommend wearing rain pants, because once you're wet, it's unpleasant and cold. In nice weather, rain pants will not be needed.

- ***I don't have any hiking boots. Are sneakers or trainers sufficient?***

We recommend good hiking boots that protect you from the wet and cold.

- ***What is the purpose of a handwarmer or a hot water bottle?***

Either will work as long as it provides some warmth for you during rainy, cold weather.

- ***Do we have the opportunity to replenish our drinking water at the LCW or do we have to bring enough for three days?***

Drinking water will be made available during the LCW.

- ***What capacity should my water bottle be?***

We recommend bottles that hold 0.5 to 0.75 Liters of water.

- ***Since registering for LCW I've become pregnant. Can I still take part in the Life Challenge Weekend?***

First of all: CONGRATULATIONS! Participation in the LCW is still possible, but you have to decide for yourself and your baby what activities you will take part in, and which ones you will excuse yourself from. You can, however, decide on the spot.