

# LEADERSHIP CHALLENGE PACK LIST

We travel with only one Backpack/Daypack! We suggest keeping your pack under 20 lbs, 3 liters of water not included. At the start of the event, the weight is supplemented with a food bag that will go inside your Backpack. Other items, i.e., camera, telephone, watches, etc., are not needed and may make your pack unnecessarily heavier. **So we will collect these items and keep them in a safe place with our logistics team for the duration of the event.**

**THE FOLLOWING IS WHAT IS NEEDED... NO MORE AND NO LESS.**

## DOCUMENTS

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*(waterproof packed)*

- Passport / Driver License
- Tickets/travel details
- Insurance policy
- I.C.E. (in case of emergency) home number or other contact person

## CLOTHES

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*IMPORTANT—local temperatures for the location and adjust your pack accordingly.*

- Outdoor Hiking Pants (tip: zip-off)
- Sweater/fleece jacket
- Shorts
- Swim trunks
- Long sleeve shirt
- T-Shirts
- Extra Underwear
- Thermal Underwear (Night)
- Gloves
- Headgear (Hat, Beanie, etc)
- Sunglasses
- Rain Jacket

## SHOES

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- Sturdy walking shoes or Hiking Boots/Shoes
- 3 pairs of (walking) socks
- Flip Flops/Sandals
- Water shoes (that you can tie) / gym shoes (they get wet)

## TRANSPORT

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- Good backpack, max 50 liters
- Waterproof rain cover for your backpack

## SLEEPING

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*(Place these items in a separate bag inside your backpack)*

- 40 Deg or Less - Sleeping bag
- Sleeping Mat

## COOKING AND EATING

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- Plate/food bowl
- Water bottle (1 ALREADY FULL- 32oz. reusable bottle or hydration pack)
- Metal Mug
- Good Knife, Spoon, Fork (Or Spork)
- Scouring Pad
- 4M will provide all food / do not bring any with you unless needed for medical reasons (restrictive diet, allergies, etc.)

## OTHER

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- Headlamp and possibly a flashlight
- Small travel bible in a waterproof/ziploc bag
- Toiletries as desired (medicines / tissues)
- Chapstick
- Dude Wipes (Biodegradable Wipes)
- BathTowel
- Bottle of sunscreen
- Ibuprofen (or other mild painkillers)
- Anti-tick agent, tick remover (possibly anti-mosquito)