

MARRIAGE CHALLENGE PACK LIST

When you arrive at the registration parking lot, you will have one large backpack (or duffel bag) AND a smaller daypack. Arrive ready to hike with bags packed and water bottles full. There are no restroom facilities at the meeting location. You will leave your car at this location.

PLEASE NOTE

- Items on packing list marked with * should be in your daypack upon arrival.
- All other items go in your large backpack or duffel.
- Keep packing simple.
- You'll carry your daypack all weekend, including 8–12 miles of hiking.

LOGISTICS

- 4MUS will transport your large backpacks/duffel to the campsite (place your tent inside if possible).
- Borrow gear if needed. We don't want the Marriage Challenge to be a financial challenge.
- You will turn in your Cell Phone at registration to stay focused on each other.
- Leave jewelry and valuables at home.
- Bring a watch for timekeeping. Please turn all notifications off.
- Cars are parked off-site and unsupervised—do not leave valuables inside.
- **Firearms, tobacco products, alcohol, and cameras are not allowed under any circumstance.**

ALL ITEMS ON THE PACK LIST ARE PER PERSON UNLESS OTHERWISE NOTED.

LUGGAGE

- Daypack (20-25 liters)
- Backpack or duffel bag (70-90 liters) - (not a suitcase)

DOCUMENTS

(waterproof packed)

- ID and/or drivers license*
- Insurance card/documents*
- I.C.E. (in case of emergency) contact person*

CLOTHES

IMPORTANT—Check local temperatures and adjust your pack accordingly

- 2 pair pants and/or shorts for hiking
- 2-3 long and/or short sleeve shirts
- Sweatshirt and/or jacket*
- Personal undergarments
- Rain and windproof jacket/pants or poncho*
- Modest swimsuit and/or shorts and towel (optional - Michigan only)

SHOES

- Hiking or tennis shoes adequate for sand and/or trail hiking
- Socks (wicking/wool recommended) – 3-4 pairs (1-pair in daypack)*
- Hiking sandals (optional)
- Flip flops for campground area (optional)

SLEEPING

- One sleeping bag, sleeping mat, and small camping pillow
- Tent **per couple** with rainfly (2-4 person tent recommended. 6 person tent is the max)

COOKING AND FOOD

- Mug and/or aluminum cup with lid for hot liquids
- Water bottle or hydration pack to hold 2 liters of water (arrive with water FULL on Friday)*
- 4M will provide all food (If you have a restricted diet/allergies, you must alert 4M and may need to bring supplemental food for yourself)

HYGIENE AND CARE

- Toiletries and towel
- Toilet paper, sanitizer, and hand wipes (we will not always be around the campground restrooms)*
- Personal or pain meds as needed*
- Items to prevent blisters*
- Sunscreen and chapstick*
- Sunglasses and/or hat*
- Tick spray and/or bug spray (recommend: Picaridin insect lotion)*

OTHER

- Headlamp (recommended) or flashlight*
- Portable folding lightweight easy to carry chair (recommended) or a sitting pad or towel - must be transportable with daypack*
- Small Bible and pen (in Ziploc to keep dry)*
- Watch (with notifications turned off)