



# XTREME CHARACTER CHALLENGE

# PACK LIST

The Xtreme 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. 20-25 miles of hiking.

**4M WILL SUPPLY ALL FOOD AND DRINKS ON THE TRAIL. \*FIREARMS ARE NOT ALLOWED ON AN XCC UNDER ANY CIRCUMSTANCE.**

## DOCUMENTS

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(waterproof packed)

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

## CLOTHES

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(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

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- 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

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

## SLEEPING

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- 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

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- 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

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- 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

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- Flashlight (headlamp style recommended)
- Bible / Journal / Pen (in a waterproof bag)
- Hiking poles / sticks (optional)