

# Arise

## ARISE Challenge USA

# PACKING LIST

The ARISE Challenge has some required equipment, nothing more, nothing less. DO NOT overpack. If you do not have some items, we encourage you to borrow the needed equipment.

You will carry your daypack throughout the weekend, which includes approx. 15 miles of hiking.

Items marked with an asterisk (\*) must already be in your daypack the first night.

Items without an asterisk (\*) pack in a duffle bag or another backpack (not a suitcase).

ARISE will supply all food and drinks on the trail.

Firearms and knives are not allowed on an ARISE Challenge under any circumstance.

### DOCUMENTS

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**(waterproof packed)**

- ID / driver's license\*
- Insurance card\*

### CLOTHES

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**IMPORTANT - check local temperatures for the location and adjust your pack accordingly. This list includes what you wear Friday night. We recommend layering.**

- Pants for hiking - 2
- Long sleeve shirt and/or short sleeve shirt - 2
- Sweatshirt / fleece jacket / coat\*
- Rain and wind proof coat & pants or poncho\*
- Gloves, Stocking Cap \*
- Thermal underwear (weather dependent)
- Sunglasses/hat (optional)\*
- Personal undergarments

### SHOES

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- Hiking shoes (not tennis shoes) - required
- One extra pair of hiking or tennis shoes
- Socks (wicking / wool recommended) - 2-3 pairs

### TRANSPORT

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- Daypack (20-24 liter) and waterproof cover (trash bag, poncho, or backpack cover)\*
- Duffle bag or another backpack (Not a suitcase)

### SLEEPING

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- Sleeping bag, sleeping mat and small camping pillow
- Waterproof bag (or trash bag) for sleeping items
- Tent or hammock. You will work with your team regarding tent sharing.

### COOKING AND FOOD

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- Water bottles (2 - 32oz. reusable bottles or 2-3L hydration pack)\*
- Bring bottles or hydration pack full of water for the first night\*
- ARISE will provide all food / do not bring any with you unless needed for medical reasons (alert ARISE to medical needs)

### HYGIENE AND CARE

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**(No makeup allowed / needed on the ARISE Challenge)**

- Toiletries (there are no shower facilities)
- Toilet Paper / Feminine Products / Hand Sanitizer / Ziplocs\*
- Sunscreen / Bug Spray / Chapstick\*
- Personal Meds / Pain Meds as needed\*
- Items to prevent blisters and chaffing\*

### OTHER

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- Headlamp\*
- Bible and pen (in a Ziploc bag to keep Bible dry)\*
- Hiking Poles (optional)\*