

EQUIPMENT LIST

The challenge requires **exactly this equipment**.
Stick to the list and bring only what is specified!

Equipment: your total kit should ideally weigh 15 kg, not counting the 3 litres of water that you must bring and carry yourself. At the start of the challenge you will be issued food and additional equipment, so make sure you are able to carry a load of 18+ kg over a long period!

Non-essential items (phones, tablets, etc.) will be collected by the organisers at the start of the challenge and held for the whole weekend, so that you can give the challenge 100% of your attention (or better yet, leave them at home!).

Equipment tip: borrow or rent the things you do not own! Buying new equipment can mean extra expense.

FOR THE HIKE

- [ ] Backpack (min. 50 litres)
- [ ] Waterproof cape / poncho / rain gear
- [ ] Waterproof backpack cover (or all of the pack's contents packed in waterproof bags)
- [ ] Boots suitable for hiking
- [ ] Hiking socks (at least 3 pairs)
- [ ] Hiking trousers

DOCUMENTS

- [ ] Passport / ID card
- [ ] Participant declaration (sent via email)
- [ ] Phone number of a contact person to call in case of an accident

CLOTHING

- [ ] Long-sleeved shirt
- [ ] Sweater / jacket
- [ ] Thermal underwear
- [ ] Change of underwear
- [ ] Scarf / neck gaiter
- [ ] Gloves
- [ ] Hat
- [ ] Windproof and waterproof clothing
- [ ] Sports kit (shorts, T-shirt)
- [ ] Sports shoes

PERSONAL ITEMS

- [ ] Sleeping bag (warm)
- [ ] Sleeping mat (thermally insulating)
- [ ] Tent (preferably one for 2 or 3 people; a one-person tent is also fine)
- [ ] Trekking poles (optional)
- [ ] Headlamp (with spare batteries)
- [ ] Bible (optional)

PERSONAL COOKING GEAR

- [ ] Cooking pot (for boiling water and eating)
- [ ] Mug
- [ ] Knife, spoon
- [ ] 2 x 1.5 L water bottles (full)
- [ ] 1 gas stove (shared between 2 people)
- [ ] 1 gas canister (shared between 2 people)

TOILETRIES

- [ ] Personal toiletries
- [ ] Personal medication
- [ ] Toilet paper
- [ ] Blister plasters / tape
- [ ] Earplugs
- [ ] Tick / mosquito repellent
- [ ] Sunglasses (optional)