



ARISE CHALLENGE PACKING LIST

These are required items you need for the ARISE Challenge. Bring ONLY the following items, nothing more, nothing less. DO NOT overpack. If you do not own some items, we encourage you to borrow the needed gear as much as possible. ARISE will provide all food and drinks. There is no electricity or flush toilets.

You will be carrying your daypack throughout the weekend. All items listed below without an asterisk (*) must be packed in your larger bag/pack/duffle bag.

Items marked with an asterisk (*) must be pre-packed in your daypack along with 2 Liters of water for the first night of hiking (Friday night).

Transport

- * Daypack (20 L minimum pack size) See link for example: [Daypack](#)
- * Waterproof pack cover (garbage bag or bona fide backpack cover)
- Duffel bag or another larger pack (not a suitcase) for basecamp gear such as tent, sleeping bag, etc.

Clothes

Arrive dressed to participate. Check [local temperatures for the ARISE location](#) and adjust your packing appropriately. Thrift stores are great stores to look for outdoor clothing!

- Pants for hiking (designed for outdoor activity – NO cotton or jeans)
- Shorts for hiking - *optional* (designed for outdoor activity - quick dry)
- Shirt for hiking – long or short sleeve (quick dry/wicking recommended)
- Thermal underwear top and bottom
- * Warm Layer – fleece sweater or puffy (down) jacket
- * Gloves, toque
- * Buff /Neck Gaiter
- * Waterproof breathable Wind/Rain Jacket and Pants (ie. Gore-Tex)
- * Sun hat / ball cap
- Socks (wicking/wool) - 3 pairs
 - * Keep 1 spare pair of socks in your day pack
- Underwear – 3 pair

Hiking Footwear

- Hiking boots (waterproof treated or Gore-Tex; "broken in" boots - not brand new)

Sleeping

- Sleeping bag (rated to –7 C)
- Waterproof bag/stuff sack for sleeping bag (may use a garbage bag)

- Sleeping pad
- Tent for yourself (small 1-3 person tent - no tent sharing)

Cooking and Food

- * Water bottles (2 x 1-Liter reusable bottles or hydration pack)
 - *filled with 2 Liters of water for the first night
- * Mug – durable, must be able to hold hot liquids
- * Spoon and fork (or spork)
- Arise will provide all food; do not bring any food with you unless you have dietary restrictions, medical reasons (Indicate restrictions on your registration form so crew can contact you prior to the weekend)

Hygiene and Personal Care

NO makeup allowed on Arise Challenge

- Toiletries (environmentally friendly only)
- * Toilet paper (1 roll max)
- * Blister kit (moleskin, athletic tape, etc.)
- * Personal medication (prescriptions/aspirin/ibuprofen, etc.)
- * Sunscreen
- * Lip balm
- * Mosquito/Bug Repellent
- * Chaffing ointment - to prevent blisters and chaffing if required: Vaseline, talcum powder, Body Glide, Hike Goo, etc. (Optional)
- * Arise will provide each team with a shovel for toileting while on trail

Other

- * Small complete Bible in a Ziploc bag
- * Pencil/Pen
- * Sunglasses
- * Headlamp (new batteries + spare batteries)
- * Bear Spray – 3 trekkers from each team must bring and carry bear spray.
 - Recommended: Each trekker bring and carry their own bear spray - if you have it, bring it! If you can borrow it, borrow it! To be packed in your day pack so you have it at all times.
 - NOTE: All Arise crew members will be carrying bear spray.
- * Hiking poles (recommended)

Documents (waterproof packed in the Ziploc bag with your Bible)

- * ID/Driver's license
- * Health Card copy
- * Emergency Contact Information