

# What do I need for my Character Weekend?

You need the following equipment during a Character Weekend. Don't forget anything, and don't bring any more than what is listed below.



## Transport

- Hiking backpack (min. 50 litres)
- Waterproof cover



## Documents

(Packed in a waterproof bag/waterproof cover)

- Medical Aid card
- ICE numbers



## Sleeping

- 2-person tent (portable)
- Sleeping bag (Warm: 0 to -5°C)
- Sleeping mat (iso)



## Shoes

- Hiking boots \ Shoes
- Socks (3 pairs)



## Other

- Toiletries as you need (NB. 'poop' shovel, medicines / toilet-paper)
- Flashing / Headlight
- Bible (required)
- Sunblock
- 10 meter parachute chord per team



## Clothes

- Clothes cap
- Trousers, outdoor / survival
- Long sleeve shirt
- Gloves
- Hat,
- Water and wind proof coat
- Sunglasses
- Fleece scarf
- Thermal underwear
- Sweater / fleece jacket



## Cooking and Food

- Mess tin (vark pan)
- Knife, spoon, fork
- Camping gas stove (2 people can share)
- Scourer (for cleaning)
- Water bottle
- 3 litres of water

### Equipment Guidelines:

Your backpack should weigh only 15kg, not including 3 litres of water (which you must also bring and carry with you). At the start of the weekend, you will be given an extra 5kg of food and equipment. So, ensure you can carry a +20kg load over extended distances!

Other (unnecessary) kits, like cameras, phones, etc., will be held for you so that you're not distracted during the weekend (so don't even bring them!). For each team, two mobile phones are available in a sealed emergency package per team (only in case of emergency). Make sure that these phones are charged correctly.

### Equipment Tip:

Try to borrow items you don't already have. Since participants usually only use them once, borrowing could be more cost-effective. Alternatively, you can hire a complete kit from the 4M Team.