

GEAR LIST

Authentic Man Quest has some required equipment that you will need to complete this challenge. If you do not have some items, we encourage you to borrow the needed equipment.

You will need to make sure that you have a minimum of 2 liters of water for the first day. You will carry your backpack with you throughout the hike (3 days).

FIREARMS ARE NOT ALLOWED UNDER ANY CIRCUMSTANCES. IF WE FIND THAT YOU HAVE A FIREARM, YOU WILL BE REMOVED FROM QUEST.

BACKPACKING GEAR

- Backpack (minimum 45 liter) and waterproof cover (trash bag, poncho, or backpack cover)
- Bear Canister([LINK](#)) or Bear Sack([LINK](#))
- Sleeping bag
- Waterproof bag (trash bag) for sleeping bag
- Waterproof bag (trash bag) for clothing
- Sleeping mat (optional)
- Tent per 2 persons (portable) or hammock. Please check with someone on your team to share a tent.
- Headlamp or flashlight
- Bible (in a Ziploc bag, quart size, to keep Bible dry)
- Trekking poles (optional)
- Pillow (optional)
- Bear Spray (optional)
- Camp Chair (optional)
- Duct tape strips (optional)

CLOTHING/FOOTWEAR

- Pants for hiking
- Long sleeve shirts and short sleeve shirts
- Underwear
- Sweater or fleece jacket
- Gloves, hat, cap
- Rain and wind proof coat & trousers or Poncho
- Sunglasses (optional)
- Hiking boots
- Socks (wicking/wool recommended)– 3 pairs

COOKING AND FOOD

- Mug/aluminum cup (must be able to boil water)
- Knife, spoon, fork (or spork)
- Water bottles (2- 32oz. reusable bottles or hydration pack)
- Water filtration system to get water from the streams
- Bring a minimum of 2 liters of water for the first day
- LIFE Ministry will provide all food. Do not bring any other food with you.

HYGIENE AND CARE

- Toiletries (wilderness / environment friendly only)
- Towel
- Toilet paper
- Blister patch
- Mini First Aid Kit
- Biodegradable Wet Wipes
- Aspirin
- Hike Goo (to prevent blisters and chaffing)
- Insect repellent (optional)
- shovels for sanitation ([LINK](#))

DOCUMENTS(waterproof packed)

- ID / drivers license
- Insurance card / documents
- In Case of Emergency Contact Person Information