

# Gear Information Guide

## Impact: Southwest

### General Considerations

*The correct equipment and clothing will make your experience more comfortable and enjoyable.*

#### **The Four Corners Region**

Altitudes in the southwest can range from 4,000 to over 10,000 feet above sea level. Temperatures can range from 45 to 100 degrees F in a single 24-hour period. Some service sites will be located in desert conditions, so we dress to protect ourselves from the sun and heat. Rain is infrequent, though it may rain hard during brief storms. Some sites may be located in the mountains where rain is more frequent and evening temperatures are much cooler. Even though you may not experience these extremes, you must be prepared for all types of weather.

#### **Advice for Packing**

- Do not over pack. Except for a few personal items and travel clothes, you do not need to bring more than what is listed. **If you bring too much clothing it will be left at the Deer Hill Basecamp when you go to your service site.**
- Do not bring your most expensive and flashy items. You are going to a very rural area and will not need them.
- Keep in mind that service work and adventure activities are hard on clothing. The clothes you bring will receive rough treatment and may become torn or permanently stained.
- Please choose clothing that is comfortable, durable and somewhat conservative. **No tank-tops or short-shorts.** These types of clothing might offend Native American Elders.
- Pack light. Choose items that are lightweight and compact.
- All personal clothing and gear should be labeled with the participants name.

#### **Advice for Buying a Sleeping Bag**

Please buy a synthetic-filled sleeping bag (e.g. Hillofil, Quallofil, Polarguard HV) instead of down or cotton filled bags. Synthetic filled sleeping bags will still keep you warm if they get wet, whereas a down or cotton bag will not. Take into account the "stuffability" of the bag. How easily is it compressed and how big is it once it is in its stuff sack? You do not want a bulky bag that is difficult to get in to your duffle bag.

#### **Rain Gear**

While we don't expect lots of rain we must be prepared for rain. Please bring a good quality, waterproof rain jacket and pants. "Waterproof and breathable" fabrics (such as Gortex) are comfortable because they "breathe" better; however they are more expensive.

#### **Rain Jacket recommendations:**

- All rain jackets must have a hood and come down below the waist.
- Multi-layered rain jackets work well and usually include an exterior, waterproof/coated nylon and an internal lining of polyurethane or equivalent.
- Underarm zippers (pit zips) are great for added ventilation.
- Make sure the rain jacket is large enough to be worn over several warm layers.

#### DEER HILL STORE INFO

After the teens arrive and check in at the Deer Hill Base Camp, they will have an opportunity to shop at the Deer Hill store for any items that are needed or wanted. Deer Hill does require specific items that are on the packing list for safety reasons and the store is where these necessary items can be purchased. There are also other outdoor items that are available that are not required that the participants can buy. It is recommended to come prepared with the complete packing list in order to eliminate any confusion at the store. Items will need to be paid for on site. **You can find the store inventory list with the other Pre-Trip forms and resources.**

· \* Please note: if DHE and/or BBYO (Impact: SW) trip leaders decide that a participant has insufficient or inappropriate gear to safely participate in the Program, they may outfit participants with additional or replacement items from the DHE Outfitting Store. The (participant or family) agrees to pay for these items at the time of delivery by Amex, Visa or Mastercard.