

# Impact: Southwest Packing List

Please follow our packing recommendations and do not bring more items than those on this list.

Note: These are the items you will take with you on the service and wilderness sections. You will need comfortable, casual clothes for travel days (jeans, hoodies, etc.). Bring what you think you will need, but try not to overpack. Space is limited.

Items that are available for rental or purchase at the Deer Hill store are marked with an \*asterisk. Items available for purchase only are marked with a \*\*double asterisk. See the Gear Information Guide and Store Information Pricelist for more information

## Packing and Storage

- \_\_\_ **\*2 medium duffel bags** - To keep your gear and clothing organized. Put your clothing in one bag and your sleeping gear in the other. Duffel bags work better than suitcases.
- \_\_\_ **\*\*3 - 4 Zip-lock bags, gallon-size** - These are handy for keeping cameras, books, and toiletries protected.
- \_\_\_ **Dirty laundry bag** - A small cotton or nylon bag for storing your dirty clothing throughout the program.
- \_\_\_ **\*Daypack** - For day hikes; a small, lightweight school-type backpack.

## Upper Body Layers

- \_\_\_ **1-2 long-sleeve sun/work shirts** - Light colored and lightweight cotton is preferable. Outdoor stores sell shirts with built-in SPF protection – these would be great for your sun/work shirt.
- \_\_\_ **\*\*3-4 T-shirts**
- \_\_\_ **\*\*Thermal underwear top** - This will be a base layer for cooler weather. A synthetic fabric, such as polypropylene, Capilene, Thermax, or equivalent (NOT cotton).
- \_\_\_ **\*1-2 insulating upper body layers (or equivalent) depending upon your personal tolerance for cool weather** - Wool or synthetic. **Absolutely no cotton!!** All layers must be able to be worn together (e.g. a fleece jacket over a vest or two light, fleece jackets).
- \_\_\_ **\*Rain jacket** – See our rain jacket recommendations on the Gear Information Guide.
- \_\_\_ **One set of clothing for Shabbat (for girls, a nice pair of pants or a skirt; for boys, a nice shirt and pants)**

## Lower Body Layers

- \_\_\_ **2 pair of comfortable sun/work pants** - Bring one pair of lightweight pants that will protect you from the sun and that you can work in and one pair for travel.
- \_\_\_ **\*\*Thermal underwear bottoms** - A synthetic fabric, such as polypropylene, Capilene, Thermax, or equivalent (NOT cotton).
- \_\_\_ **1 pair of sweat pants**
- \_\_\_ **2 pairs of shorts** - Bring shorts you can hike in. Nylon shorts are lightweight and dry quickly.
- \_\_\_ **5-6 pairs of underwear**
- \_\_\_ **Swimsuit**
- \_\_\_ **\*Rain pants** - must be waterproof
- \_\_\_ **One set of clothing for Shabbat** (see above)

## Extremities

- \_\_\_ **\*\*Sun hat** - A lightweight, light-colored hat to keep the sun off your face. Consider a full-brimmed hat if you sunburn easily. NO VISORS - your head must be covered!
- \_\_\_ **Warm hat** - A lightweight fleece or wool hat is necessary for chilly nights.
- \_\_\_ **\*\*1 pair of work gloves** - A lightweight fabric glove with leather palms is inexpensive and durable.

## Foot Wear

- \_\_\_ **Camp shoes** – Sneakers, tennis shoes or strap-on sandals are fine. Flip-flops do not work.
- \_\_\_ **Work boots or shoes** - Shoes that you don't mind getting wet and permanently dirty. They must have a sturdy sole and attach securely to your foot.
- \_\_\_ **\*\*4-6 pairs of socks** – Bring both cotton socks and wool or synthetic socks.

## Sleeping

- \_\_\_ **\*Ground cloth** - A 7' x 5' sheet of lightweight nylon or durable plastic for use under your sleeping bag.
- \_\_\_ **\*Sleeping bag** - We recommend a two or three-season synthetic mummy bag with a hood that contains approximately 20 oz. of fill, rated to around 35° F.
- \_\_\_ **\*Sleeping pad** - Essential for insulation and padding. It should be closed cell foam, at least 3/8" thick. Inflatable camping pads like Therma-Rest pads work well. (Bring a repair kit with inflatable pads.)
- \_\_\_ **Sleep sarong** - A cotton sheet for warm nights when you don't need a sleeping bag.
- \_\_\_ **Small pillow**

\_\_\_ **\*\*Headlamp** - small flashlights work too, headlamps recommended. **REMEMBER** extra batteries.

### Toiletries

\_\_\_ **Toiletries**- Travel and sample sizes work best for packing light. Items include: toothbrush and toothpaste, a lightweight brush or comb, and feminine hygiene products. No cosmetics, please.

\_\_\_ **\*\*Sunscreen** - We recommend SPF 30 or higher. Bring at least 8 oz. or more.

\_\_\_ **\*\*Insect repellent** - We suggest a maximum of 30% Deet or an all-natural repellent like Natrapel.

\_\_\_ **\*\*Lip balm** - Must have sunscreen in it.

\_\_\_ **Towel**- Medium-size bath towel.

### Other Items

\_\_\_ **\*\*Water bottle** - At least one-quart capacity.

\_\_\_ **\*\*Insulated Mug** – For drinks and hot drinks.

\_\_\_ **\*\*Sunglasses**

\_\_\_ **\*\*Sunglass retainer strap**

\_\_\_ **Extra eyeglasses and/or contact lenses** - Whether you use contacts or glasses, we recommend you bring a spare. Be sure to bring all necessary cleaning and wetting solutions, and cases for your contacts.

\_\_\_ **\*\*1-2 bandannas**

\_\_\_ **2 Trash compactor bags** - To line your duffel bags, so your clothing doesn't get wet.

\_\_\_ **Spending money** – There are trading posts where you may want to purchase a small souvenir or jewelry. We recommend \$50-\$100

\_\_\_ **Medications** - Be sure to bring any medications you take. Our staff will collect these and supervise the taking of all medications. The only exceptions to this are inhalers for asthma and epi-pens. Be sure to indicate the names and doses of medications on your Health History Form. Pack all medications in your carry-on luggage.

### Optional Items

\_\_\_ **Siddur, kippah, talit prayer shawl, tefillin** (optional)

\_\_\_ **Belt** - (optional)

\_\_\_ **\*\*1 pair warm gloves** - (optional) Lightweight gloves for the mountains.

\_\_\_ **Watch** (optional)

\_\_\_ **\*\*Camera** - (optional) Inexpensive point-and-shoots or digital cameras. **Do not bring an expensive camera.**

\_\_\_ **Film/Memory Cards** (optional)

\_\_\_ **Check your camera batteries** - Dead batteries = no photos!

\_\_\_ **Musical Instruments** -(optional) Guitars, recorders and the like are entertaining and fun. No pianos, please.

\_\_\_ **\*\*Camp chair** - (optional) Must be lightweight and packable.

\_\_\_ **Notebook** - (optional) We strongly recommend keeping a journal.

\_\_\_ **Pen, pencil, stationery, stamps** (optional)

\_\_\_ **A good book** (optional)

\_\_\_ **Wet wipes** - (optional) A small supply of these are nice to have for wiping off hands and faces without water. Use one of your Zip-lock bags to dispose of these.

\_\_\_ **Moisturizing lotion**- (optional) Bring about 8 oz.

### **What not to bring:**

Drugs, alcohol, tobacco products

Electronic devices such as iPods or cell phones

*Some participants may want to travel with an iPod or cell phone. We will collect and store these devices at Basecamp until the end of the program*

· \* 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.