

## Packing List

### Camp Pemigewassett

Please pack or plan to acquire from the Deer Hill Expeditions (DHE) Store the number of each item indicated below. If the item is available for rental or purchase in the Deer Hill Store, it is indicated as such in the DHE Store Availability column.

Our leaders will assist you in packing for each section of the program.

ITEM	QUANTITY REQUIRED	DHE STORE AVAILABILITY
<b>CLOTHING</b>		
Shirts		
T-shirt, short sleeved cotton	6	Purchase
Long sleeve, lightweight, light colored, cotton shirt for sun protection (e.g. men's business shirt)	2	Purchase
Cotton Sweatshirt, something comfortable for travel days	1	Purchase
Synthetic T-shirt, short sleeved	2	Not Available
Warm Upper Body Layers (All Warm Upper Body Layers must fit when worn together)		
Warm Upper Body Layer 1: Vest, wool, fleece, or synthetic (no down, no cotton)	1	Rental
Warm Upper Body Layer 2: Jacket/Sweater, fleece or wool (no down, no cotton)	1	Rental
Warm Upper Body Layer 3: Jacket, heavy weight fleece or synthetic, soft shell (no down, no cotton)	1	Rental
Base layers		
Synthetic Long Underwear Top, medium weight	1	Purchase
Synthetic Long Underwear Bottom, medium weight	1	Purchase
Rain Gear		
Rain Jacket: MUST BE WATERPROOF	1	Rental
Rain Pants: MUST BE WATERPROOF	1	Rental
Pants		
Work Pants: denim or canvas jeans, (e.g. Carhartts, Dickies, etc.)	1	Not Available
Casual Pants: comfortable (cotton ok)	1	Not Available
Lightweight Nylon Pants, for hiking and sun protection (no cotton)	1	Not Available
Warm Pants: fleece or wool (no cotton)	1	Rental
Other Clothing		
Underwear	9	Not Available
Sports Bras	3	Not Available
Swimsuit (nylon shorts ok)	1	Not Available

Nylon Shorts	3	Not Available
Cotton Socks, for Basecamp and Service	2	Not Available
Synthetic Socks or wool (no cotton)	5	Purchase
<b>FOOTWEAR</b>		
Boots *See gear guide for information on boots	1	Not Available
Camp Shoes, closed toe (e.g. old sneakers)	1	Not Available
River shoes, shoes or sandals with heel straps (e.g. Chacos, Tevas, Keens, old sneakers) NO Flip-flops or Crocs	1	Not Available
<b>BEDDING</b>		
Pillow, for basecamp	1	Not Available
Canyon Sleeping Bag, *See gear guide for information on Canyon sleeping bags	1	Rental
Mountain Sleeping Bag *See gear guide for information on Mountain sleeping bags	1	Rental
Compression Sack, free with DHE sleeping bag	1	Rental
Sleeping Pad (closed cell foam, 3/8" - 1/2")	1	Rental
<b>LUGGAGE</b>		
Backpack: *See gear guide for information on backpacks	1	Rental
Daypack, school backpack size	1	Rental
Duffel Bag, medium size	1	Rental
<b>ACCESSORIES</b>		
Heads and Hands		
Warm Hat, wool or fleece	1	Purchase
Sun Hat, baseball, truckers, or full brimmed to protect back of neck and ears	1	Purchase
Sunglasses	1	Purchase
Sunglass Retainer Strap	1	Purchase
Warm Gloves, fleece or wool.	1	Purchase
Work Gloves (with leather/suede palms)	1	Purchase
Headlamp	1	Purchase
Batteries for Headlamp (AA or AAA)		Purchase
Extra Glasses/Contact Lenses (if applicable)		Not Available
Mosquito Head Net	1	Purchase
Bandanas	2	Purchase
Hygiene, Personal Care		
Cotton Towel, for beach or bath	1	Purchase
Toothbrush	1	Purchase
Toothpaste (1 - 3 ounce size)	1	Purchase
Soap (1 - 3 ounce size)	1	Purchase
Lip Balm	1	Purchase

Menstruation Products (please bring more of these than you think that you will need, if applicable)		Not Available
Insect Repellent (1 - 3 ounce size)	1	Purchase
Sunscreen (1 - 3 ounce size)	1	Purchase
Lotion (1 - 3 ounce size)	1	Purchase
<b>Backcountry Dining</b>		
Cup	1	Purchase
Bowl, with lid	1	Purchase
Spoon	1	Purchase
<b>Other Items</b>		
Watch with alarm, important as you will not have your phone to use as a clock.	1	Not Available
Water Bottles, sturdy, non-crushable, secure lid, minimum 1 liter/1 quart each	2	Purchase
Ziploc bags, gallon size	6	Purchase
Trash Compactor Bags: Heavier than regular trash bag. About 3-5 mils thick	3	Purchase
Notebook/Journal	1	Purchase
Pen, Pencil	1	Purchase
Laundry Bag	1	Not Available
<b>MONEY</b>		
Spending Money \$75-\$150		
Return Travel Money, to cover baggage fees, unaccompanied minor fees, etc. See Travel Information section for more detail.		
Copy of Insurance Card, 2-sided copy, for your child to carry		
<b>OPTIONAL</b>		
Book		Purchase
Camera (Disposable film cameras are available at our store)		Purchase
Crazy Creek Chair		Purchase
Extra Batteries/ SD card for Camera		Not Available
Gaiters, calf length.		Purchase
Moleskin and athletic tape (suggested, if you are prone to blisters)		Not Available
Neck Gaiter or Buff		Not Available
Pocket Knife, palm size or smaller <b>NOTE: Please inform field staff if you bring a pocket knife.</b>		Not Available
Postage Stamps		Purchase
Sarong or Cotton Sheet		Not Available
Toiletries: small brush, hand sanitizer, nail clippers, dental floss, and small shampoo/conditioner		Not Available

Please Note: Out of respect to our Native American service hosts, please dress more conservatively than is common in the United States. Leggings, exposed bra straps, sleeveless shirts and short shorts are not appropriate.

## Deer Hill Outfitting Store Pricelist 2019

### Items Available for Rental

ITEM	RENTAL COST
Backpack	\$5/day; \$80 maximum/program
Daypack	\$10/program
Duffel Bag	\$7/program
Fleece Jacket	\$20/program
Fleece Pants	\$25/program
Fleece Vest	\$10/program
Rain Jacket	\$25/program
Rain Pants	\$20/program
Sleeping Bag	\$5/day; \$90 maximum/program
Sleeping Pad, Foam	\$6/program
Stuff Sack	\$3/program
Stuff Sack, Compression	\$6/program (free w/sleeping bag rental)

### Items Available for Purchase

ITEM	PRICE	ITEM	PRICE
Bandana	\$ 2.50	Mug/Cup	\$ 10.00
Baseball Cap	\$ 15.00	Notebook	\$ 2.00
Batteries, AA/AAA	\$ 1.00	Pen/Pencil	\$ 0.50
Book, SW Circle Quest	\$ 12.00	Soap, Dr Bronner Castile 2oz	\$ 4.50
Bowl, with lid	\$ 5.00	Socks, Liner	\$ 3.50
Bucket	\$ 35.00	Socks, Wool	\$ 10.00
Camera	\$ 10.00	Spoon/Spork	\$ 3.00
Carabiner, Accessory	\$ 4.50	Sunglasses	\$ 12.00
Chair, Crazy Creek	\$ 45.00	Sunglass Retainer	\$ 5.00
Compactor Bag, Plastic	\$ 1.00	Sunscreen, 4oz	\$ 7.00
Day Pack, Osprey	\$ 50.00	Sweatshirt, Hooded	\$ 40.00
Gaiters, Calf Length	\$ 18.00	Tank Top	\$ 22.00
Gloves, Liner	\$ 10.00	Toothbrush	\$ 2.00
Gloves, Wool	\$ 13.00	Toothbrush cover	\$ 1.00
Gloves, Work	\$ 5.00	Toothpaste	\$ 2.00
Headlamp	\$ 24.00	T-Shirt, Long sleeve	\$ 25.00
Headnet	\$ 3.00	T-Shirt, Short sleeve	\$ 20.00
Insect Repellent	\$ 8.00	Vacuum bottle	\$ 22.50
Lip Balm	\$ 3.00	Warm Hat	\$ 18.00
Long Underwear, Bottom	\$ 25.00	Water bottle, Nalgene	\$ 10.00
Long Underwear, Top	\$ 25.00	Water bottle, Stainless Steel	\$ 15.00
Lotion	\$ 2.00	Ziploc bag	\$ 0.50
Map	\$ 10.00		