

# Recommended Packing List for Desert Volunteering

## Desert apparel:

*Bring multiple clothing items, especially shirts, socks and underwear. You will not be able to do laundry when out at camp.*

- Hiking boots
- Sturdy pants and light long-sleeved shirt for desert hiking, if you do not wish to get scratched up by brush or sunburnt
- Wool socks
- Sweater/fleece/warm layer
- Jacket or coat (waterproof is preferable)
- Several t-shirts and bottom layers (shorts or lightweight pants)
- Sun hat (baseball cap is fine)
- Camp shoes (i.e. old lightweight sneakers or flip flops)

*If coming between November-March, please also include:*

- Long underwear top and bottom
- Warm hat
- Gloves
- Extra warm mid-layer like down/synthetic vest or jacket
- Winter jacket and snowpants

## Camp equipment:

- Sleeping bag (*Please ensure sleeping bag and liner are at least 20 degrees Fahrenheit compatible if coming between November and March.*)
- Sleeping pad
- Camping backpack for going out on patrols (*Backpacking backpacks with padding and support are ideal, as generally we fill our packs with gallons of water and canned beans when going out on patrols. You may bring a regular school backpack too, but it will not be as comfortable.*)
- Tent with rainfly
- Water bottles (*To keep healthy, most people should be drinking at least a gallon of water per day while in the desert. Please bring enough water containers to carry at least two liters.*)
- Sunscreen
- Lip balm
- Flashlight or headlamp plus extra set of batteries
- Toiletries (*Include menstrual supplies if your menstrual cycle may occur while participating in desert aid program. Note that camp uses composting bucket toilets without convenient access to running water near the toilet.*)

- Personal medications as needed
- Pocket knife
- Bandana
- Sunglasses
- Plastic bags to waterproof your belongings
- Extra set of clothes for when you are in town on rest days
- Cell phone and charger
- Government-issued identification (*Visiting Mexico is not part of our volunteer programming, but there are opportunities to do so if you wish to during your rest days – bring your passport if you think you may wish to go into Mexico while here.*)

**Optional:**

- Notebook and pen or pencil
- Camera/other recording devices (*Always ask for consent before taking photographs or recordings of other volunteers. Consent is a very important part of our work, a value we take seriously, and must be applied in all situations. **No More Deaths has a strict policy against taking pictures of, recording and/or interviewing patients at the camp or out in the field.** We will review this policy during the training. If you have any questions about this, please ask a facilitator or the Volunteer Coordinator for further clarification.*)

**DO NOT** bring drugs, alcohol or guns to camp. This includes marijuana. It is not decriminalized in Arizona. If you enter camp with drugs, alcohol or weapons, you will be asked to leave.

You **DO NOT** have to bring any camp cookware – we have a fully stocked outdoor kitchen at camp.

Additionally, donations of clothing, underwear, hats, socks, sneakers or hiking boots, backpacks, canned food with pop-tops, blankets, and medical supplies such as moleskin, gauze, and disinfectant for travelers in the desert are always needed and welcome. **Please get in touch with the Logistics Coordinator ([logistics.nmd@gmail.com](mailto:logistics.nmd@gmail.com)) if you are planning to bring large quantities of donations for camp.**