

- **Sabattis Will Supply:**
  - Fresh and trail food (staying away from high-sodium dehydrated food)
  - Water purification – filter and iodine
  - One large water jug
  - Pots and pans
  - Standard first aid kit (supplement with your own personalized kit)
  - Bear bags
  - Ropes and lines for bear bags
  
- **Recommended Clothing/Equipment:**
  - Tents
  - Backpack (preferred over duffel bags)
  - Waterproof backpack cover
  - Day pack (not required but may be useful for day hikes)
  - Gallon Ziploc bags to pack clothes inside of backpack.
  - Dry bags are a good idea especially for any electronic equipment.
  - Garbage bags
  - Sleeping bag, 20 degree (compression sack for sleeping bag is helpful)
  - Insect repellent (and head net or bug shirt)
  - Two canteens or water bottles (Camelback is okay)
  - Flashlight or headlamp (extra batteries)
  - Personal mess kit (minimally a Frisbee, spoon, and chopsticks)
  - Pocket knife
  - Extra rope
  - Sunscreen and lip balm
  - Full-brimmed hat
  - Bandanna
  - Quick drying clothes and underwear (e.g. nylon, polyester)
  - Zip off pants (provides flexibility depending on weather)
  - Warm jacket made of fleece or wool (material should keep you warm even if wet)
  - Windproof layer (windbreaker)
  - Rain jacket and pants (poncho not recommended for canoeing)
  - Sunglasses with head strap
  - Sandal or water shoe that can be worn in or out of water Ex. *Crocs*
  - Good-fitting hiking boots with ankle support
  - Socks (including comfort layer to help prevent blisters)
  - Personal first aid kit (Scoutmaster is responsible for prescription meds) – Guide will keep medical journal
  - Bathing suit
  - Fire starters (waterproof matches or lighter)
  - Toilet paper