

## Suggested Personal Equipment Check-List for Sabattis Treks

- |  |  |                          |   |
|--|--|--------------------------|---|
| <input type="checkbox"/>   | Frame backpack or dry pack if canoeing   | <input type="checkbox"/> | 1 pair gloves for paddling and portages   |
| <b>Clothing:</b> (all clothing should be stored in large zipbloc bags) |  | <input type="checkbox"/> | 1 eating dish (plastic or light weight metal)   |
| <input type="checkbox"/>   | 1 pair long pants (no cotton or denim – zip offs work great)   | <input type="checkbox"/> | 1 spoon and fork  |
| <input type="checkbox"/>   | 1 pair shorts  | <input type="checkbox"/> | 2 Canteens (at least 1 quart size – Nalgene style)  |
| <input type="checkbox"/>   | 1 long sleeve fleece (wool ok, fleece better)<br>NO COTTON SWEATSHIRTS                                   | <input type="checkbox"/> | 1 small toilet kit—NO smellables!   |
| <input type="checkbox"/>   | 3 pairs underwear  | <input type="checkbox"/> | ½ roll toilet tissue  |
| <input type="checkbox"/>   | 1 wool or synthetic hat (warm hat)   | <input type="checkbox"/> | 1 small towel (dish towel or synthetic)   |
| <input type="checkbox"/>   | 2 T-shirts (Poly-cotton or synthetic preferred)  | <input type="checkbox"/> | 1 small wash cloth  |
| <input type="checkbox"/>   | 1 swim suit  | <input type="checkbox"/> | 50 feet of ¼” cord (parachute cord is good too—and lighter)   |
| <input type="checkbox"/>   | Hat to keep the sun off  | <input type="checkbox"/> | Sun block (especially if you are canoeing)  |
| <input type="checkbox"/>   | <u>Sturdy</u> rain gear (With a zipper and sleeves – no ponchos)   | <input type="checkbox"/> | Pocketknife   |
| <b>Foot gear:</b>  |  | <input type="checkbox"/> | Matches and/or lighter  |
| <input type="checkbox"/>   | 1 pair of ankle supported boots for trail and portages – boots need to be “broken” in prior to the trek. | <input type="checkbox"/> | Bug repellent   |
| <input type="checkbox"/>   | 1 pair wet shoes for canoeists (canvas sneakers, aquasocks, or sandals)                                  | <input type="checkbox"/> | 3 large garbage bags (Lawn/contractor bags are sturdiest) to cover pack   |
| <input type="checkbox"/>   | 1 pair lightweight moccasins or sneakers (for around wilderness camp)                                    | <input type="checkbox"/> | Sleeping bag (good to a temperature of +35 degrees) in waterproof stuff sack or garbage bag (waterproof the seams if necessary) |
| <input type="checkbox"/>   | 3 pairs socks (light weight wool or wicking synthetic is best)   | <input type="checkbox"/> | Sleeping Pad  |
|  |  | <input type="checkbox"/> | 1 small flashlight with new batteries   |
|  |  | <input type="checkbox"/> | Eyeglass Strap (if needed)  |
|  |  | <input type="checkbox"/> | Camera  |

Two-man tents may be necessary on treks because lean-tos are not available (even if they are along the route). You may want to bring your own. Sabattis Adventure Camp does not have enough tents to supply every trekker each week. Please do not bring one man tents as the newest state regulations limit the number of tents at a campsite as well as the number of people in a group. (In the High Peaks the maximum numbers are 8 campers and three tents. Along the canoe route the maximum is 12 people.)

Cotton clothing takes forever to dry. Synthetics and wool are highly recommended. Blue jeans should be avoided. The best clothing for treks are loose-fitting, lightweight synthetic or a cotton/synthetic blend.

Do *not* bring soap of any kind on the trail or canoe route. This includes “biodegradable” soaps as well. Please, no glass containers.

Being on trek is intended as an experience where you “disconnect” from electronics and extraneous noise. Therefore, MP3 Players, video games, radios, Scout cell phones, etc... will be left in base camp. You will be just fine without them.

**Personal Equipment for Sabattis Base Camp in addition to your Trek equipment**

*Equipment will be left at Basecamp*

- Class A Uniform for Opening and Closing days
- Bathing towel for showers
- Ditty bag for showering