



## Equipment

### Personal Equipment – Trek

- Comfortable backpack (dry bags with shoulder straps are not recommended)

### Clothing (store clothing in large Ziploc bags)

- 1 pair long pants (no cotton or denim – zip offs work great)
- 1 pair shorts
- 1 long sleeve fleece (wool ok, fleece better) no cotton sweatshirts
- 3 pairs underwear
- 1 wool or synthetic hat (warm hat)
- 2 T-shirts (Poly-cotton or synthetic preferred)
- 1 swim suit
- Hat to keep the sun off
- Sturdy rain gear (With a zipper and sleeves – no ponchos)

### Footwear

- 1 pair of ankle supported boots for trail and portages – boots need to be “broken” in prior to the trek.
- 1 pair wet shoes for canoeists (canvas sneakers, aquasocks, or sandals)
- 1 pair lightweight moccasins or sneakers (for around wilderness camp)
- 3 pairs socks (light weight wool or wicking synthetic is best)

- Cotton clothing takes a long time to dry. Synthetics and wool are highly recommended. Blue jeans should be avoided.
- The best clothing for treks is 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.
- Do not bring firewood to the Adirondacks. This is a New York State regulation!

### Notes on Footwear

We don't beach our boats! Please plan to get your feet wet with each load/unload. Our Kevlar canoes are amazingly strong only when floating, not resting on the bottom! The budget footwear choice is old sneakers that have exceeded their life span. They have good sturdy ankle support and a sole to protect you from those hidden rocks underwater and on the portage trail. Water socks may not provide any support at all and leave you with feet full of sand or mud. Open-toed sandals like Teva's or Chaco's work well but be wary of toe stubs and underwater rocks. These are great for in camp use with a nice comfy pair of socks at the end of the day! The high-end choice is a pair of water shoes like Keen's, the Teva Dozer or Salomon Tech Amphibian. But the Keen or Teva or Salomon style sandals from Walmart work really well! The bottom line is to bring a pair of shoes that can get wet, dry quickly and are easily paired with some wool/synthetic socks for around camp and day hikes.

### Other Gear

- 1 pair gloves for paddling and portages
- 1 eating dish (plastic or light weight metal)
- 1 spoon and fork
- 2 water bottles (at least 1 quart – Nalgene style)
- 1 small toilet kit—No smellables!
- ½ roll toilet tissue
- 1 small towel (dish towel or synthetic)
- 1 small wash cloth
- 50 feet of ¼” cord (parachute cord is good too—and lighter)
- Sun block (especially if you are canoeing)
- Pocketknife
- Matches and/or lighter
- Bug repellent
- 3 large garbage bags (Lawn/contractor bags are sturdiest) to cover pack
- Sleeping bag (good to a temperature of +35 degrees) in waterproof stuff sack or garbage bag (waterproof the seams if necessary)
- Sleeping Pad
- 1 small flashlight or headlamp with new batteries
- Eyeglass Strap (if needed)
- Camera
- Money for the Trading Post



## Personal Equipment – Sabattis Base Camp

In addition to your trek equipment - can be left at base camp

- BSA "Class A" Uniform for opening and closing ceremonies
- Bathing towel for showers
- Soap, razor, or other showering materials
- Pair of clean clothes for after trek

## Crew Gear – Provided by Sabattis

- Kevlar Canoes
- PFDs
- Paddles
- Food
- First Aid Kit
- Adirondack Paddler's Map or Adirondack Canoe Map \*
- Dining fly
- Bear bag line and carabineer
- Backpacking stoves (see note below)
- Fuel bottles (with fuel)
- Cooking pots, pans and utensils
- Water jugs
- Water purification bleach (see notes below)
- Water Purification filter – (damage deposit required)
- Camp trowel

## Crew Gear – Provided by Crew

### Crew gear recommended for base camp:

- 1 Clothes line to dry out gear/equipment if needed

### Crew gear for trek (optional – see below)

- Tents
- Tarp
- Backpacking stoves (see below)
- Water purification filter (see below)
- Water purification tablets (see below)
- Bear/food bags (see below)

\* It is recommended to purchase some of these maps in advance to help plan for your trek.

## Should We Bring Some of Our Own Crew Gear?

**Tents** are advisable because lean-tos are not always available. We do our best to leave the smallest footprint possible in the woods. Please do not bring 11 bivy sacks, solo tents or hammocks. Scouts should plan to sleep two or three people per tent while on trek. Your Voyageur will be looking for this during Sunday prep. We have some tents to loan out for the week – please ask in advance.

**Tarps** - If you have one you love bring it! We have tarps available and will provide them if you need them. Avoid the big plastic blue ones.

**Cooking stoves** are something that would be nice for you to bring from home. If the Scouts are familiar with the operation of stoves used on troop outings this will be extremely helpful on the trek. There will be a lot fewer burned meals or fouled SAC stoves midweek if you are using gear you know! If you bring canister type stoves, be sure to bring enough fuel for the trek. If necessary, we will provide one MSR Whisperlite white gas stove and one JetBoil stove (subject to fuel availability) with fuel. We will also provide any white gas you may need for the trek for your stoves or ours.

**Bear Bags and Lines** - We will provide one length of rope and two carabineers for the purpose of hanging food at night. We encourage you to bring bags to carry your food. We have a limited number of food/bear bags to lend. Additional lengths of rope and carabineers are not provided beyond the first set. The food typically consumes a 50 gallon drum on day one. We encourage you to practice packing your backpacks and leaving empty space to accommodate some of this load. Bringing a duffel bag or dry bag to hold the food is also common, but remember that someone has to carry that food bag on any portages.

Please contact us with any other gear questions. Remind everyone to leave room in their packs for group gear and food! Fewer portage trips equal happier Scouts!