

# Things to consider purchasing/bringing to ABS:

## Essential!

Hat

Flashlight or headlamp

1 L water bottle

Sunscreen

Sturdy shoes (hiking boots or tennis shoes)

Wristwatch

## Optional

Insect repellent

Mask, snorkel, fins, wetsuit

Pocket knife

Dry bag

Field guides

GPS

Binoculars

Camera

Cell phone or calling card