

Zone 1

Youngster Corey
Lass Mariam
Youngster Oscar

Sentret Lv. 3, Nidoran ♂ Lv. 3
Taillow Lv. 3, Nidoran ♀ Lv. 4
Mareep Lv. 4, Lillipup Lv. 4

Zone 2

Bug Catcher Arnold
Youngster Dexter
Bug Catcher Jeremiah
Youngster Arthur

Caterpie Lv. 4, Kricketot Lv. 5
Pidgey Lv. 5, Shroomish Lv. 5
Wurmple Lv. 5, Scatterbug Lv. 6
Buneary Lv. 6, Poochyena Lv. 6

Zone 3

Lass Jemma
Youngster Boris
Lass Annabelle

Azurill Lv. 6, Pachirisu Lv. 7
Hoppip Lv. 7, Pidove Lv. 7, Bidoof Lv. 7
Zigzagoon Lv. 7, Ralts Lv. 8, Seedot Lv. 8

Leviathan Remi

Marill Lv. 9
Aqua Jet, Rollout, Defense Curl, Tail Whip

Zone 4

Youngster Ralph
Twins Chloe & Kaya
Lass Lucia
Bug Catcher Fred

Hoothoot Lv. 8, Ledyba Lv. 8, Grubbin Lv. 9
Mankey Lv. 9, Spritzee Lv. 9
Weedle Lv. 9, Houndour Lv. 9
Silcoon Lv. 9, Kakuna Lv. 9, Spewpa Lv. 9

Zone 5

Lass Rebecca
Picnicker Caitlyn
Camper Ryan

Sunkern Lv. 9, Yungoos Lv. 9, Surskit Lv. 9
Lotad Lv. 9, Ekan Lv. 9, Bunnelby Lv. 9
Buizel Lv. 10, Nincada Lv. 10, Audino Lv. 10

Leviathan Declan

Butterfree Lv. 11
Gust, Confusion, Stun Spore, Poison Powder
Dustox Lv. 11
Struggle Bug, Poison Powder, Confusion, Gust

Zone 6

Camper Frank
Lass Melanie
Picnicker Constance
Rich Boy Ronan

Wishiwashi Lv. 10, Budew Lv. 10, Alolan Rattata Lv. 11
Igglybuff Lv. 10, Flabébé Lv. 10, Fletchling Lv. 10, Magikarp Lv. 10
Shinx Lv. 10, Tympole Lv. 10, Cutiefly Lv. 11
Girafarig Lv. 11

Leviathan Rita

Jigglypuff Lv. 12
Disarming Voice, Play Nice, Disable, Rollout
Roselia Lv. 12
Mega Drain, Stun Spore, Growth, Leech Seed

Zone 7

Picnicker Millie
Lady Paige
Camper Jamal

Skiddo Lv. 12, Axew Lv. 12, Vullaby Lv. 12
Onix Lv. 12, Cleffa Lv. 12, Stantler Lv. 12
Starly Lv. 12, Whismur Lv. 12, Kricketune Lv. 12

Zone 8

Hiker Emiliano
Camper Marcus
Hiker Jayden
Picnicker Anita
Hiker Neil

Tyrogue Lv. 13, Mawile Lv. 13
Sandshrew Lv. 12, Woobat Lv. 12, Aron Lv. 12
Machop Lv. 12, Alolan Geodude Lv. 12, Dunsparce Lv. 12
Farfetch'd Lv. 13
Clefairy Lv. 13, Beldum Lv. 13

Leviathan

Wild Regirock Lv. 15
Rock Tomb, Recover, Bulldoze, Curse

Zone 9

Note: You battle all of the Winstrates in a row, without being given an opportunity to heal

Winstrate Ari	Pikipek Lv. 12, Bounsweet Lv. 12
Winstrate Bertha	Pansage Lv. 12, Pansear Lv. 12, Panpour Lv. 12
Winstrate Cassandra	Aipom Lv. 13, Tympole Lv. 13
Winstrate Dominic	Oranguru Lv. 14
Winstrate Erica	Drowzee Lv. 14, Vivillon Lv. 14, Passimian Lv. 14

Zone 10

Picnicker Pearlie	Hoothoot Lv. 14, Sandile Lv. 14, Flaaffy Lv. 15
Camper Kyle	Tailow Lv. 14, Darumaka Lv. 14, Nuzleaf Lv. 15
Pokéfan Alana	Diglett Lv. 14, Patrat Lv. 14, Luxio Lv. 15
Camper Dewey	Helioptile Lv. 14, Maractus Lv. 14, Chatot Lv. 15
Hiker Conrad	Woobat Lv. 14, Skorupi Lv. 14, Bibarel Lv. 15
Leviathan Adamina	Dwebble Lv. 15 Rock Blast, Fury Cutter, Rock Polish, Stealth Rock Furret Lv. 15 Retaliate, Agility, Coil, Thief Lombre Lv. 15 Mega Drain, Bubble Beam, Fake Out, Mist Pachirisu Lv. 16 Spark, Covet, Charm Nuzzle