

# KROKA EXPEDITIONS 2011 SUMMER PACKING LIST (updated June 2011)

✓	ITEMS	Qty	Details and Suggestions	Where available
	Long sleeve lightweight shirt	1	<i>Light color, cotton. For sun and bug protection. Please no offensive words or graphics. Button down shirts work well too.</i>	Kroka store
	Short-sleeve Shirt	2	<i>Lightweight, light color cotton. Free of offensive words or graphics, please.</i>	Kroka store
	Lightweight Pants	1	<i>Quick-drying and loose-fitting. For sun and insect protection.</i>	
	Lightweight Shorts	1	<i>Quick-drying.</i>	
	Wool Socks	2 pr	<i>Wool or synthetic, NO COTTON!</i>	Kroka store
	Long Underwear	2 pr	<i>Two long-sleeve tops and one bottom. For rainy days and water use. Wool or synthetic fabrics please - NO COTTON!</i>	Kroka store
	Sweater or Fleece	1	<i>Lightweight wool or polar fleece. No cotton sweatshirts or heavy sweaters!</i>	
	Rain Coat	1	<i>Must be WATERPROOF, not water resistant!</i>	
	Rain Pants	1	<i>Must be WATERPROOF, not water resistant!</i>	
	Swimsuit	1	<i>Girls bring an extra pair of shorts</i>	
	Bandana	1	<i>For many uses.</i>	
	Sun hat	1	<i>Sun hat with visor, wide brim all around is the best, caps will do.</i>	Kroka store
	Wool or fleece hat	1	<i>Nights or rainy days can be cold!</i>	
	Underwear		<i>Bring as many as feels appropriate for you. On longer expeditions, there will be time to wash clothing.</i>	
<b>SHOES AND PERSONAL GEAR:</b>				
	Lightweight Sneakers or moccasins	1 pr	<i>For dry-land use. Lightweight, compact, soft and flat, that do not damage the earth. Looking for moccasins? try Howard's Leather (800) 427-4038 <a href="http://www.howardsleather.com">www.howardsleather.com</a></i>	
	Sandals	1 pr	<i>Durable closed-toed sandals that stay securely on your feet and can be used in and out of the water (like Keen brand)</i>	
	Rubber Rain Boots	1 pr	<i>For rainy days and farm chores</i>	
	Sleeping Bag	1	<i>Compact and summer weight (rated to 30 – 40 degrees)</i>	Borrow
	Sleeping Pad	1	<i>Lightweight, compact pad</i>	Borrow
	Nylon Stuff Sacks	2	<i>One for sleeping bag, one for all clothes.</i>	Kroka store
	Flashlight or Headlamp	1	<i>Small flashlight or headlamp with ONE set of batteries</i>	Kroka store
	Water Bottle	1	<i>Simple, wide-mouth, non-leaking bottle. Please no complex tubes, spouts, or nozzles!</i>	Kroka store
	Knife	1	<i>Non-serrated, soft steel blade, made for woodcarving. It must have a LOCKING BLADE. It is best to purchase this at the Kroka camp store.</i>	Kroka store
	Toothbrush	1	<i>Please bring your toothbrush in a case or container</i>	
	** Journal and pencil **	1	<i>** For students ages 13 and older. Pack in a zip lock bag.</i>	Kroka store
	** Feminine Supplies **		<i>If appropriate, bring an ample supply of tampons/pads in a zip lock bag.</i>	

### OPTIONAL ITEMS:

If you would like, feel free to pack natural **sun block** (try Badger Balm products available at our camp store), a **small towel** for swimming (please no large towels for they are very difficult to manage), a **small musical instrument** (we can usually provide a waterproof bag), a **hair brush or comb**, or a **comfort item** such as a stuffed animal, a pillow or blanket.

### IMPORTANT NOTES:

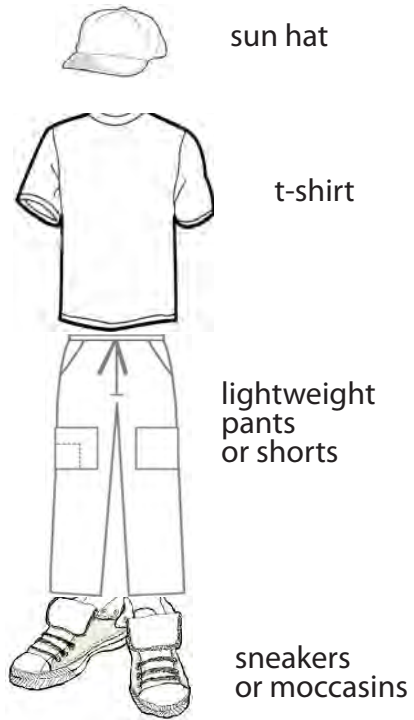
**DO NOT PACK ITEMS THAT ARE NOT LISTED**, unless you have special needs that have been previously discussed with Kroka staff. Any extra items you bring will be put in storage and returned to you at the end of the trip. Sorting through piles of unnecessary clothes at the trip start is frustrating and takes time and energy away from the trip. Please note that **all specialized gear, not mentioned on this list will be provided by Kroka**. This includes backpacks, paddles, life jackets, helmets, etc. \*\*\*\* Some items on this list are available for loan from Kroka and are marked "borrow" on the list. Many items are also available at the **Kroka Camp Store**, which supports our scholarship fund. All items are of superior quality and made responsibly and often locally. \*\*\*\*\* If possible, pack **light-colored garments** because they are much more comfortable in the hot sun. **If you wear glasses**, please make sure they have a safety strap. **What about toothpaste, sunscreen, and bug repellent?** We provide these items – all-natural products that will be held and dispensed by the trip instructors as needed. If your child requires a special product, please do send it with them.



# Summer Packing Guide

Note: This is a helpful illustration, not a complete packing list. Please refer to the original list to make sure you have each item!

## What do I wear?



sun hat

t-shirt

lightweight pants or shorts

sneakers or moccasins

*Dress for simplicity, safety, and comfort! A baseball cap or full-brim sun hat is important. Long sleeves help for protection from sun and bugs. Lighter colors work best. Please no offensive words or graphics. Button down shirts work well too.*

## How do I pack?

**Clothing & Personal Gear:**  
Sweater / Fleece  
Long Underwear  
Shirts  
Socks  
Pants  
Bathing Suit  
Underwear  
Warm Hat  
Toothbrush  
Notebook  
Flashlight  
Knife

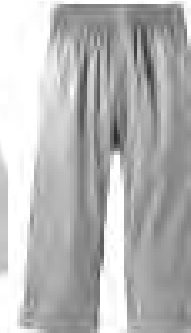
Water Bottle



Sandals or Water Shoes



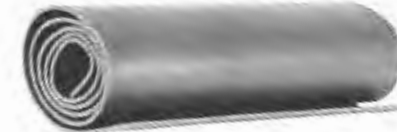
Raincoat



Rainpants



Rubber Boots



Mattress Pad

Sleeping Bag



Nylon Stuff Sacks

\$10--\$15, available at Kroka Camp Store



Any Duffel Bag

or backpack or tote bag or even plastic bag (borrow, don't buy!)