

KROKA EXPEDITIONS 2008 SUMMER PACKING LIST

NOTE: All specialized gear, not mentioned on this list will be provided. This includes backpacks, paddles, life jackets, helmets, etc. Some items on this list are available for loan from Kroka and are marked as such on the list. Some items are available at Kroka camp store and are marked as well. Other items are available for sale at Summers' Backcountry Outfitters in Keene, NH. Summers' has everything that Kroka campers need in stock. When you buy your gear at Summers' you will be supporting a local business, coming to the program with the right equipment, receiving a special Kroka Discount, and supporting Kroka Scholarship fund! You can call Summers' at 603-357-5107 or email sbcadmin@summersbc.com

✓ ITEMS	Qty	Details and Suggestions	Available from
CLOTHING			
Long sleeve lightweight shirt	1	Light color, cotton. For sun and bug protection. Button down types work well	
Short-sleeve Shirt	2	Lightweight, light color cotton.	Kroka store
Lightweight Pants	1	Quick-drying and loose-fitting. For sun and insect protection.	
Lightweight Shorts	1	Quick-drying.	Summers'
Wool Socks	2 pr	Wool or synthetic, NO COTTON!	Summers'
Long Underwear	2 pr	Two Long sleeved tops and one bottom. For rainy days and water use. Wool, silk, or synthetic- NO COTTON!	Summers'
Sweater	1	Lightweight wool or polar fleece. No cotton sweatshirts.	Summers'
Rain Coat	1	MUST BE WATERPROOF, not water resistant!	Borrow-limited or Summers'
Wind Pants	1	Unlined nylon wind pants. On some trips these will be your only pants	Summers'
Swimsuit	1	Girls also bring a pair of shorts	
Bandana	1	For many uses.	Summers'
Sun hat	1	With visor, wide brim all around is the best	Summers'
Underwear		Boys: one pair for every 4 days of the trip; girls: one pair for every two days of the trip.	
SHOES AND PERSONAL GEAR			
Lightweight Shoes	1 pr	For off-water use. Lightweight, compact, soft and flat, that do not damage the earth.	
River shoes	1 pr	Durable paddling shoes that stay securely on your feet. No open toed sandals! For non paddling programs they can be old sneakers.	Summers'
Moccasins	1 pr	For wearing at camp and in fragile areas. (603) 363-4325 (see parent handbook for details)	Howard's Leather Store
Sleeping Bag	1	Compact	Borrow or Summers'
Sleeping Pad	1	Closed cell foam, lightweight, compact pad	Borrow or Summers'
Nylon Stuff Sack	2	One for sleeping bag, one for all clothes. (see enclosed pattern)	Summers' or Make your own
Book for Pleasure Reading	1	Pack in a zip lock bag.(Please choose a book appropriate for your reflective nature experience)	Borrow from Kroka library
Water Bottle	1	Wide-mouth, non-leaking bottle. NO STRAWS.	Summers'
Knife	1	NON-SERRATED blade. Soft steel. Must have LOCKING BLADE. DO NOT BUY OUTSIDE OF KROKA. IT MIGHT NOT BE THE RIGHT KNIFE.	Kroka store
Toothbrush	1		
Feminine Supplies		If appropriate, bring an ample supply of tampons/pads in a zip lock bag.	
OPTIONAL ITEMS			
Journal and writing utensil	1	Pack in a zip lock bag with book.	
Flashlight/Headlight	1	Small flashlight or headlight with a set of fresh batteries	Summers'
Sunblock	1	Natural ingredients and animal cruelty-free.	
Instrument	1	We can provide a waterproof bag for instruments as big as a guitar.	

SPECIAL NOTES

- If you wear glasses, please make sure they have a safety strap.
- Wear and pack light-colored garments when possible. Mosquitoes and black flies love dark colors.
- *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.*