

QTY	CLOTHING		Where to get it?	Notes:
1	Bathing Suit	Required	Bring from Home	
1	Long sleeve lightweight shirt	Required	Bring from Home	Lightweight button-down cotton or quick-dry shirt for sun and bug protection. A worn-out white office shirt works best for this!
1	Long Underwear Set	Required	Bring from Home Purchase from Kroka	Long underwear top and bottom. No silk, cotton, or cotton blends. Wool preferred, synthetic acceptable.
1	Pants, Quick Dry	Required	Bring from Home	Pair of lightweight nylon pants. Loose fitting. For sun and insect protection. Example: Patagonia GI III
1	Rain Coat and Rain Pants	Required	Bring from Home Rent from Kroka	Rain coat with hood. Must be WATERPROOF, not water resistant!
2	Shirts, Short Sleeve	Required	Bring from Home Purchase from Kroka	Light color short sleeve cotton tee shirts. Please, no offensive logos or designs.
1	Shorts	Required	Bring from Home	Pair of quick drying lightweight shorts
1	Sun Hat	Required	Bring from Home Purchase from Kroka	If you sunburn easily, this must be a wide-brimmed hat. Otherwise, a ball cap will suffice.
1	Sweater	Required	Bring from Home Purchase from Kroka	One lightweight wool or polar fleece. <b>No Cotton Sweatshirts.</b>
	Underwear	Required	Bring from Home Purchase from Kroka	Bring as many as feels appropriate for you. On longer expeditions, there will be time to wash clothing.
1	Winter Hat	Required	Bring from Home Purchase from Kroka	Comfortable, lightweight winter hat for cold nights and sleeping. No Fur Hats.
2	Wool Socks	Required	Bring from Home Purchase from Kroka	Wool, various thicknesses,
QTY	EQUIPMENT		Where to get it?	Notes:
1	Carabiner	Required	Bring from Home Purchase from Kroka	Durable climbing quality carabiner. For attaching to your water bottle. Must hold up to the stress of adventure sports!
1	Day Pack	Required	Bring from Home	Small backpack for carrying daily items such as water bottle and rain gear.
1	Headlamp	Required	Bring from Home Purchase from Kroka	Headlamp with batteries. No spare batteries needed. We sell and recommend the Petzl Tikka R+ USB rechargeable headlamp.
1	Knife	Required	Bring from Home Purchase from Kroka	Non-serrated, soft steel blade, made for woodcarving. It must have a locking blade. We recommend Opinel brand made in France and Mora brand made in Sweden
1	Sleeping Bag	Required	Bring from Home Rent from Kroka	Compact and summer weight, rated 15-30 degrees.
1	Sleeping Pad	Required	Bring from Home Rent from Kroka Purchase from Kroka	Lightweight, compact.
1	Stuff Sack, Nylon	Required	Bring from Home Purchase from Kroka	One for all clothing
1	Water Bottle	Required	Bring from Home Purchase from Kroka	Wide mouth, 32 oz, non-leaking, with carabiner attached. Please no complex tubes, spouts, or nozzles!

QTY		FOOTWEAR		Where to get it?	Notes:
1	<b>Rubber Rain Boots</b>			Bring from Home Borrow from Kroka	For wet weather and farm chores. Tall, flexible and light weight.
1	<b>Sandals</b>	Required		Bring from Home	Must be durable strapped tightly to top, front and back of foot. Example: Chaco, Teva, or Keen brands.
1	<b>Sneakers</b>	Required		Bring from Home	For climbing and hiking programs we recommend approach shoes such as Fiver Ten Guide shoes or La Sportiva brand. For base camp and water trips, sneakers are appropriate.
QTY		PERSONAL		Where to get it?	Notes:
1	<b>Bandana</b>	Required		Bring from Home Purchase from Kroka	For many uses.
1	<b>Feminine Supplies</b>	Required		Bring from Home	If you have begun menstruating, bring an ample supply of what you will need for your whole time here in a ziplock bag. See note at end of list.
1	<b>Hairbrush</b>	Required		Bring from Home	Compact Hairbrush or comb.
1	<b>Journal and pencil</b>	Required		Bring from Home Purchase from Kroka	For students ages 13 and older. Pack in a zip lock bag.
1	<b>Toothbrush</b>	Required		Bring from Home Purchase from Kroka	Bring in a container that protects the bristles. Toothpaste provided. No electric toothbrushes please!

**WHERE TO GET IT?** If you do not own a particular item, see if you can borrow it from friends or family or perhaps find something at a local thrift store or yard sale. If that doesn't work, some items are available for purchase or loan from our Kroka Camp store. Sales from the camp store support our scholarship fund, and all items we sell have been extensively researched and tested to be of the highest quality possible, with a preference for locally and responsibly manufactured products.

**HOW DO I RESERVE ITEMS TO RENT, BORROW, OR PURCHASE FROM KROKA?** Please contact our Office Manager, Linda Fuerderer at 603-835-9087 or email [office@kroka.org](mailto:office@kroka.org) at least **TWO WEEKS PRIOR** to the start of your program.

**OPTIONAL ITEMS:** 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), or a comfort item such as a stuffed animal, a pillow, or blanket (these are only appropriate for base camp programs, and can not be brought on expeditions!).

**PLEASE 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 items at the trip start and takes time energy away from the trip. Please note that all specialized gear not mentioned on this list will be provided by Kroka. This includes expedition backpacks, paddles, life jackets, helmets, etc. **What about toothpaste, sunscreen, and bug repellent?** We provide these items too! – 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.

If you wear glasses, please make sure they have a safety strap.  
Please **LABEL** all items with the student's name.

**PLEASE DO NOT NOT BRING ANY ELECTRONIC DEVICES**, including cell phones, music players, watches, computers and cameras.

**IF POSSIBLE, WE ENCOURAGE YOU TO TRY ONE OF THESE ALTERNATIVE FEMININE SUPPLIES:** Cloth pads, Menstrual sponges, Moon cup/Diva cup. These are available in natural health stores and co-ops as well as online. These environmentally friendly products not only lower our ecological impact but connect us with a very special and important process as women. We encourage young women to embrace their menstrual cycle, even in harsh, outdoor and adventurous activities, when it might seem like a bother. We discourage taking measures that unnaturally stop your cycle during these times. We hope to create a supportive environment during the program so you can embrace these natural processes while at Kroka.

PLEASE NOTE THAT ADDITIONAL SPECIALTY ITEMS ARE REQUIRED FOR CERTAIN PROGRAMS. PLEASE REFER TO YOUR PACKING EMAIL TO SEE IF YOUR PROGRAM HAS AN ADDITIONAL PACKING LIST!!!