

QTY		CLOTHING	Where to get it?	Notes:
1		Jacket	Required Bring from Home	Insulated jacket with hood.
2		Long Underwear Bottoms	Required Bring from Home Borrow from Kroka Purchase from Kroka	Wool or synthetic. The Kroka Store carries machine washable 200 weight merino wool blend by Woolpower, made in Sweden and Ibex, made in Vermont.
2		Long Underwear Top	Required Bring from Home Borrow from Kroka Purchase from Kroka	Wool or synthetic. The Kroka Store carries machine washable 200 weight merino wool blend by Woolpower, made in Sweden and Ibex, made in Vermont.
2		Mittens and Gloves	Required Bring from Home	Fleece or wool, one pair MUST be mittens with water repellent covers.
1		Rain Coat and Rain Pants	Required Bring from Home Rent from Kroka	Rain coat with hood. Must be WATERPROOF, not water resistant!
1		Scarf, Neck Warmer or Balaclava	Required Bring from Home	Wool or Fleece.
2		Sweater	Required Bring from Home Purchase from Kroka	One lightweight wool or polar fleece. No Cotton Sweatshirts.
1		T-shirt	Required Bring from Home	1 Short sleeve cotton shirt. No offensive graphics, Please.
1		Travel Clothing	Required Bring from Home	For groups traveling long distances to Kroka, students may bring one set of comfortable clothes for traveling.
2-4		Underwear	Required Bring from Home Purchase from Kroka	Bring as many as feels appropriate for you.
1		Wind or Snow Pants	Required Bring from Home	
2		Winter Hat	Required Bring from Home Purchase from Kroka	Comfortable, lightweight x-country ski hat. One lightweight and one mid-weight Good options is available at the Kroka store. No Fur Hats.
6		Wool Socks	Required Bring from Home Purchase from Kroka	Wool, various thicknesses, Kroka Store offers 200 and 400 weight merino wool blend made in Sweden by Woolpower and in Vermont by Darned Tough.
QTY		EQUIPMENT	Where to get it?	Notes:
1		Backpack, Large	Optional Bring from Home Borrow from Kroka	Large expedition size pack, 75 to 85 liter capacity. Bring if you have one.
1		Headlamp	Required Bring from Home Purchase from Kroka	Headlamp with batteries. No spare batteries needed. USB rechargeable headlamps are now available in the Kroka store.
2		Nylon Stuff Sacks	Required Bring from Home Borrow from Kroka Purchase from Kroka	One for sleeping bag, one for all clothes.
1		Sleeping Bag	Required Bring from Home Rent from Kroka	Winter bag, or summer bag. If you bring a summer bag, we will give you a second bag to double up for warmth.
1		Sleeping Pad	Required Bring from Home Rent from Kroka Purchase from Kroka	Lightweight, compact.
1		Snowshoes	Optional Bring from Home Borrow from Kroka	Bring your own if you have them!
1		Sun Glasses	Optional Bring from Home	

QTY		FOOTWEAR		Where to get it?	Notes:
1	Gaiters	Required	Bring from Home Borrow from Kroka	Knee High Waterproof - example of where to find - Outdoor research or Mountain Hardware, etc.	
1	Warm Slippers or Down Booties	Required	Bring from Home	For wearing inside the tent.	
QTY		PERSONAL		Where to get it?	Notes:
1	Bandana		Bring from Home Purchase from Kroka	For many uses.	
	Hairbrush		Bring from Home	Compact Hairbrush or comb.	
1	Instrument	Optional	Bring from Home	Let's play music! We can provide a dry bag for instruments up to the size of a banjo.	
1	Menstrual Supplies	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.	
1	Toothbrush	Required	Bring from Home Purchase from Kroka	Please bring in a container. Toothpaste provided. No electric toothbrushes please!	
QTY		SUPPLIES		Where to get it?	Notes:
1	Journal and 2 writing utensils	Required	Bring from Home	In plastic bag.	

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 at least **TWO WEEKS PRIOR** to the start of your program.

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.

Please **LABEL** all items with the student's name. We will do our best to get lost and found items back to you at the end of the program but we cannot return items that are not labeled!

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