

QTY	CLOTHING		Where to get it?	Notes:
1	Bathing Suit	Required	Bring from Home	
2-3	Bra - Sports	Required	Bring from Home	Quick-dry, not cotton
1	Buff	Required	Bring from Home	Wool or synthetic
1	Dress Clothes	Required	Bring from Home	Nice set of clothing for presentations, contra dances, etc. Long sleeve, button-down shirt, dress pants. Female students may choose to substitute a skirt for pants. No jeans or work pants.
1	Gloves, Biking w/fingers	Required	Bring from Home	
1	Gloves, Leather Work	Required	Bring from Home	Inexpensive leather work gloves. Rigorous use during the semester will likely wear them out.
1	Gloves, Mountaineering	Required	Bring from Home	Outer waterproof shell & fleece liner. Example: "Mountain Hardware Hydra"
1	Jacket	Required	Bring from Home	Lightweight, warm, mountaineering style down or synthetic jacket with a hood. Example: Patagonia hooded down sweater.
2	Long underwear bottoms	Required	Bring from Home Purchase from Kroka \$89	Wool long underwear bottoms. The Kroka Store carries machine washable 200 weight merino wool blend by Woolpower, made in Sweden and Ibex, made in Vermont
1	Long underwear top-long sleeve	Required	Bring from Home Borrow from Kroka Purchase from Kroka \$88	Wool long sleeved top. The Kroka Store carries machine washable 200 weight merino wool blend by Woolpower, made in Sweden and Ibex, made in Vermont
1	Pants, Quick Dry	Required	Bring from Home	Pair of lightweight, light-colored, synthetic, quick-dry pants. For sun and insect protection.
1	Pants, Work	Required	Bring from Home	Carhartt type rugged pants
1	Rain Pants	Required	Bring from Home	Waterproof and breathable. Example: Patagonia Super Cell Pants
1	Shirt - Short Sleeve Woolpower Tee	Required	Bring from Home Purchase from Kroka \$87	Short-sleeve wool top. The Kroka Store offers the Woolpower Lite machine washable merino wool blend.
1	Shirt, Long Sleeve	Required	Bring from Home	Lightweight, long sleeve cotton shirt for sun and bug protection. Used, office button-up collared shirts work well.
3	Shirts, Short Sleeve	Required	Bring from Home Purchase from Kroka \$16	Light color, short sleeve cotton tee shirts. Please, no offensive logos or designs. (Kroka will provide an additional T-shirt)
1	Shorts	Required	Bring from Home	Pair of quick drying shorts.
1	Shorts, Bicycle (Padded)	Required	Bring from Home	Required
2	Socks, Cotton	Required	Bring from Home	All purpose, try to avoid white.
1	Sun Hat	Required	Bring from Home Purchase from Kroka \$18	If you sunburn easily, this must be a wide-brim hat. Otherwise, a ball cap will suffice.

2	<b>Sweater</b>	Required	Bring from Home Purchase from Kroka \$125	Lightweight wool or polar fleece. <b>No Cotton Sweatshirts.</b> Kroka store offers <b>400 weight Merino Wool made in Sweden w/Kroka logo</b>
1	<b>Team Jacket</b>	Provided		<i>Patagonia Torrentshell pull over waterproof/breathable jacket</i>
4-8	<b>Underwear</b>	Required	Bring from Home Purchase from Kroka	At least 1 should be wool. Kroka store offers Ibx Merino Wool underwear
1	<b>Winter Hat</b>	Required	Bring from Home Purchase from Kroka \$45	Comfortable, lightweight hat. Good options is available at the Kroka store. <b>No Fur Hats.</b>
6 pr	<b>Wool Socks</b>	Required	Bring from Home Purchase from Kroka \$19	Wool, various thickness. Kroka Store offers 200 and 400 weight merino wool blend made in Sweden by Woolpower and in Vermont by Darned Tough.
<b>QTY</b>	<b>EQUIPMENT</b>		<b>Where to get it?</b>	<b>Notes:</b>
1	<b>Backpack, Large</b>	Provided		<i>-Madden Mountaineering-a time tested classic pack-purchase for \$25 OR rent Osprey packs for \$50</i>
1 set	<b>Bicycle Panniers</b>	Provided		<i>Bring them if you already own a set, otherwise they will be provided.</i>
1	<b>Carabiner</b>	Required	Bring from Home Purchase from Kroka \$7.95	Durable climbing quality carabiner. For attaching to your water bottle.
1	<b>Crazy Creek</b>	Optional	<i>Bring from Home</i>	<i>Soft compact folding camp chair</i>
1	<b>Duffel Bag</b>	Required	Bring from Home	Large for air travel ( 100L or larger in volume )
1	<b>HeadLamp - Tikka R +</b>	Required	Bring from Home Purchase from Kroka \$74.95	Quality European made, USB rechargeable- saves batteries!
1	<b>Helmet</b>	Required	Bring from Home	Multi-Sport Helmet: BERN Macon EPS
1	<b>Hydration pack/Camelback</b>	Optional	<i>Bring from Home</i>	<i>If you own one bring it.</i>
1	<b>Match Container</b>	Required	Bring from Home Purchase from Kroka \$3	A screw top pill bottle works great for this.
1	<b>Mountain Bike</b>	Required	Bring from Home Rent from Kroka \$150	Mountain bike with front suspension (NOT full suspension). Triple crank is preferable with a 26" frame, not needed as much with a 29" frame. Tire width 1.5 - 2", with a little bit of knob. Rear rack to accommodate panniers.
1	<b>Nylon Storm Sack</b>	Provided		<i>Waterproof Stuff Sack, 20L size.</i>
1	<b>Sleeping bag</b>	Required	Bring from Home Purchase from Kroka	Synthetic or down, rated 0 to 15 degrees, (depending on how warm you sleep) lightweight and compact with stuff sack. Call Kroka to order the right bag for you.
1	<b>Sleeping Over Bag</b>	Provided		<i>Rent from Kroka for \$25</i>
1	<b>Sleeping Pad, Regular</b>	Required	Bring from Home Purchase from Kroka \$95+	Lightweight, compact inflatable pad. Kroka Store carries Thermarest Neoair and Prolite +
1	<b>Stuff Sack, Nylon</b>	Required	Bring from Home Borrow from Kroka Purchase from Kroka \$12	One for sleeping bag, one for all clothes. Make your own stuff sack! See published resource page on website for pattern.

1	<b>Sunglasses, Mountaineering</b>	Required	Bring from Home	Multi sport sunglasses with a good filter, safety strap, and case
1	<b>Water Bottle</b>	Required	Bring from Home Purchase from Kroka \$11-25	Wide mouth, 32 oz non-leaking. Please no complex tubes, spouts, or nozzles! Kroka store carries wide mouth plastic BPA free Nalgene and a stainless steel model. Both feature the Kroka graphics and are made in the USA.
<b>QTY</b>	<b>FOOTWEAR</b>		<b>Where to get it?</b>	<b>Notes:</b>
1	<b>Boots Mountaineering</b>	Provided		<i>Recommended Scarpa, Charmoz. Rent from Kroka for \$50</i>
1	<b>Rubber Boots</b>	Required	Bring from Home Rent from Kroka	Available in Ecuador for \$12 but if you have a pair bring them. Also, if you have wide feet you should bring a pair. Ecuadorian boots are narrow. Do not bring insulated or neoprene.
1	<b>Running Shoes</b>	Required	Bring from Home	
1	<b>Sandals</b>	Required	Bring from Home	Must be specialty paddling sandals strapped tightly to top, front and back of foot. Chacos with toe loop (any Z-2 Model) are a good option.
<b>QTY</b>	<b>PERSONAL</b>		<b>Where to get it?</b>	<b>Notes:</b>
2	<b>Bandana</b>	Required	Bring from Home Purchase from Kroka \$4	Kroka store has US made bandanas
1	<b>Feminine Supplies</b>	Required	Bring from Home	Bring an ample 3.5 month supply of pads//tampons in a ziplock bag. Also please see the note about good options at the end of the packing list.
1	<b>Hairbrush</b>	Required	Bring from Home	Compact Hairbrush or comb.
1	<b>Instrument</b>	Optional	Bring from Home	<i>Let's play music! We can provide a dry bag for instruments up to the size of a banjo or travel guitar</i>
1	<b>Knitting Needles and wool</b>	Required	Bring from Home	Size 5-8, either five double-pointed needles or round. Enough yarn for at least one hat.
1	<b>Letter writing supplies</b>	Required	Bring from Home	Paper, stamps (US only) and envelopes to send letters to friends and family. Enough for writing letters once every two weeks!
1	<b>Passport</b>	Required	Bring from Home	Has to be valid for 6 months or longer from the day of arrival to Ecuador.
1	<b>Sarong or small bath towel</b>	Required	Bring from Home	For bathing
1	<b>Toothbrush and case</b>	Required	Bring from Home Purchase from Kroka \$3	Bring a spare, as they occasionally go missing. Case must protect bristles only. No electric toothbrushes.
<b>QTY</b>	<b>SUPPLIES</b>		<b>Where to get it?</b>	<b>Notes:</b>
1	<b>3 Ring Binder</b>	Required	Bring from Home	Standard size 3 ring binder 1 1/2 inch thick
1	<b>Clipboard</b>	Required	Bring from Home	Standard size
1	<b>Colored pencils</b>	Required	Bring from Home	Set of 12
1	<b>Drawing pencils</b>	Required	Bring from Home	Set of 12 Drawing pencils, black and white, graphite.

2	<b>Eraser</b>	Required	Bring from Home	Drawing pencil quality.
1	<b>Folders</b>	Required	Bring from Home	Duo-tang paper folders with pockets.
2	<b>Journal</b>	Provided		
1	<b>Pen/Pencil Bag</b>	Required	Bring from Home	You can make your own.
5	<b>Pencils</b>	Required	Bring from Home	For writing and sketching.
5	<b>Pens</b>	Required	Bring from Home	2 felt tip pens and 3 ball point pens
1	<b>Ruler</b>	Required	Bring from Home	
1	<b>Scissors</b>	Required	Bring from Home	
1	<b>Watercolors</b>	Optional	Bring from Home	If you paint with watercolors, bring watercolor supplies

EVERYTHING YOU BRING MUST BE LABELED with your name in an obvious, unique, and beautiful way. Imagine waiting for dinner to begin, but having to wait until all of the 14-student laundry was sorted and claimed. Labels help this process go quickly and smoothly. Recommended ideas: using embroidery floss, colored threads, or cloth labels.

Kroka Camp Store: Please consider supporting The Kroka Store. All profit from Store sales goes to support future student scholarships. All items are of superior quality and made responsibly and often locally.

Kroka rentals: Are inexpensive and will save you on buying unnecessary gear. Our rental items are selected specifically for the semester.

How to save on your equipment purchases: Borrow from friends, purchase from second hand stores, used equipment online, and outdoor retailers closeouts.

We encourage you to try the following alternatives in feminine supplies. These are available in natural health stores and co-ops as well as online:

- Cloth pads
- Menstrual sponge
- Moon cup/Diva cup

These are all environmentally friendly products which 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 put your cycle off during these months. We hope to create a supportive environment during the program so you can embrace these natural processes during semester.

Packing list questions should be directed to misha ([misha@kroka.org](mailto:misha@kroka.org)) or Emily Hughes ([emily.hughes@kroka.org](mailto:emily.hughes@kroka.org)).