

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	<i>Backpack, Large</i>	Optional	Bring from Home Borrow from Kroka	<i>Large expedition size pack, 75 to 85 liter capacity. Bring if you have one.</i>
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	<i>Snowshoes</i>	Optional	Bring from Home Borrow from Kroka	<i>Bring your own if you have them!</i>
1	<i>Sun Glasses</i>	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.
1	Feminine 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.
	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	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.

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), a hair brush or comb, or a comfort item such as a stuffed animal, a pillow, or blanket.

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.

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.