

# KROKA EXPEDITIONS

# 2014 SUMMER PACKING LIST

QTY	CLOTHING		Where to get it?	Notes:
1	Bathing Suit	Required	Bring from Home	Girls bring an extra pair of shorts in addition to bathing suit.
1	Long sleeve lightweight shirt	Required	Bring from Home	Light weight, button down cotton shirt for sun and bug protection. (Please no offensive words or graphics.)
1	Long Underwear Set	Required	Bring from Home Purchase from Kroka	One medium-weight long-sleeve top and bottom, for rainy days and water use. Wool or synthetic, not cotton!
1	Pants, Quick Dry	Required	Bring from Home	Pair of lightweight nylon pants. Loose fitting. For sun and insect protection. Can be zip off.
1	Rain Coat and Rain Pants	Required	Bring from Home	Rain coat with hood. Must be WATERPROOF, not water resistant!
2	Shirts, Short Sleeve	Required	Bring from Home Purchase from Kroka	2 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	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. Good options are available at the Kroka store. No Fur Hats.
2	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	Carabiner	Required	Bring from Home Purchase from Kroka	For attaching to your water bottle.
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.
1	Knife	Required	Bring from Home Purchase from Kroka	Non-serrated, soft steel blade, made for woodcarving. It must have a locking blade. It is best to purchase this at the Kroka camp store.
1	Nylon Stuff Sack	Required	Bring from Home Borrow from Kroka Purchase from Kroka	One for all clothes.
1	Sleeping Bag	Required	Bring from Home Rent from Kroka	Compact and summer weight (rated 30-40 degrees).
1	Sleeping Pad	Required	Bring from Home Rent from Kroka Purchase from Kroka	Lightweight, compact.
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! Kroka store carries wide mouth Nalgene and a stainless steel model. Both feature the Kroka graphics and are made in the USA.

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QTY		FOOTWEAR		Where to get it?	Notes:
1	Rubber Rain Boots	Required	Bring from Home Rent from Kroka	For rainy days and farm chores. Boots may be unnecessary for much of the summer, but in case of cold rainy weather they are a life saver! Please don't be upset if they go unused - we are thinking of your comfort and safety!	
1	Sandals	Required	Bring from Home		
1	Sneakers	Required	Bring from Home		
QTY		PERSONAL		Where to get it?	Notes:
1	Bandana	Required	Bring from Home Purchase from Kroka	For many uses.	
1	Feminine Supplies	Required	Bring from Home	If appropriate. Bring an ample supply in a plastic bag.	
1	Journal and pencil	Required	Bring from Home	For students ages 13 and older. Pack in a zip lock bag.	
1	Toothbrush	Required	Bring from Home	Please bring in a container. 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 summer program registrar Michelle Lowe (call 603-835-9087 or email registrar@kroka.org) at least **TWO WEEKS PRIOR** to the start of your program.

**OPTIONAL ITEMS:** If you would like, feel free to pack natural sun block (try Badger Balm products available at our camp store), 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 is frustrating and takes time and energy away from the trip. Please note that all specialized gear, not mentioned on this list will be provided by Kroka. This includes 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.

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

If possible, pack light-colored garments because they are much more comfortable in the hot sun.

If you wear glasses, please make sure they have a safety strap.

Please **LABEL** all items with the student's name.