



KROKA EXPEDITIONS ~ SUMMER 2022 PACKING LIST

CLOTHING

	Item	Required?	NOTES
1	Bathing Suit	REQUIRED	For whitewater programs please bring an extra bathing suit
2	T-Shirt	REQUIRED	Light-color cotton tee shirts. No logos or designs. Available at the Kroka Store
1	Long-Sleeve Shirt	REQUIRED	A lightweight button-down or quick-dry shirt for sun and bug protection. A worn-out white office shirt works best for this!
1	Quick-Dry Pants	REQUIRED	Pair of lightweight nylon pants. Loose-fitting, for sun and bug protection
1	Shorts	REQUIRED	Pair of quick drying lightweight shorts
1	Rain Coat	REQUIRED	Rain coat with hood. Must be WATERPROOF, not water resistant!
1	Rain Pants	REQUIRED	Must be WATERPROOF, not water resistant!
1	Long Underwear	REQUIRED	Long underwear top and bottom. No silk, cotton, or cotton blends. Wool is best, synthetics/poly-pro is appropriate
1	Sweater	REQUIRED	One lightweight wool or polar fleece. No cotton sweatshirts!
	Underwear	REQUIRED	Bring as many as feel appropriate for you
2	Wool Socks	REQUIRED	Wool, various thicknesses. Available at Kroka store
1	Sun Hat	REQUIRED	For ocean programs this must be a wide-brimmed hat. Available at Kroka store
1	Warm Hat	REQUIRED	Comfortable, lightweight winter hat for cold nights. Available at Kroka store
2	Cloth Face Masks	REQUIRED	Reusable, not disposable! To be used on start/end days and for travel

EQUIPMENT

1	Carabiner	REQUIRED	Durable climbing-style carabiner for attaching water bottle. Must stand up to the stress of adventure sports! Available at Kroka store
1	Day Pack	REQUIRED	Small backpack for carrying bottle and rain gear
1	Headlamp	REQUIRED	Headlamp with batteries. We recommend a USB-chargeable headlamp such as Petzl Tikka Core. Available at Kroka store
1	Knife	REQUIRED	Non-serrated, soft steel blade, made for woodcarving. It must have a locking blade. We recommend Opinel brand knives made in France, and Mora brand knives made in Sweden. Both models are available at Kroka store upon arrival
1	Sleeping Bag	REQUIRED	Compact and lightweight, rated to 15-30 degrees
1	Sleeping Pad	REQUIRED	Lightweight, compact, inflatable or foam pad
1	Nylon Stuff Sack	REQUIRED	10-20 liters for storing clothing. Available at Kroka store
1	Water Bottle	REQUIRED	Wide mouth, 32-oz non-leaking, with attachment for carabiner. Please no complex tubes, spouts, and nozzles! Available at Kroka store upon arrival

FOOTWEAR

1	RUBBER BOOTS	REQUIRED	For wet weather and farm chores. Tall, flexible, lightweight
1	Sandals	REQUIRED	Must be durable and strapped tightly to top, front, and back of foot.
1	Sneakers	REQUIRED	Lightweight sneakers for hiking and daily use.

PERSONAL

1	Bandana	REQUIRED	For many uses. Kroka store carries these, available upon arrival
1	Toothbrush	REQUIRED	With case. No electric toothbrushes please!
1	Hairbrush/Comb	OPTIONAL	
1	Journal and Pencil	REQUIRED	For students ages 13 or older. Pack in Ziploc bag. Available at Kroka store upon arrival
	Menstrual Supplies		If you have begun menstruating, bring an ample supply of what you will need for your whole time here in a Ziploc bag. We encourage you to try one of these alternative supplies: cloth pads, menstrual sponges, moon cup/Diva cup. These environmentally friendly products help connect us to a very special and important process. We hope to create a supportive environment during the program so you can embrace these natural processes while at Kroka, even during outdoor and adventurous activities!

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PACKING FOR YOUR KROKA PROGRAM: The gear list is very simple. It is our intention to bring less so we can experience more, and we try to provide all the items that people don't commonly own. If you have a choice, pack old things rather than new – there's less chance of upset if you rip them or get them wet and muddy, not to mention losing them! With all of the above in mind, it is important to prepare well and follow the gear list precisely. If you need to buy new gear, we encourage you to purchase items that are made with respect for the Earth, and by people who are treated fairly. And consider the old adage, "use it up, wear it out, make do, or do without!"

In addition to the packing list, you may also bring a small towel for swimming (please no large towels as they are difficult to manage), a small musical instrument, or a comfort item such as a stuffed animal, pillow, or blanket (these are appropriate for base camp programs only and cannot be brought on expedition).

Please label all items with the student's first and last name. If you wear **glasses**, please bring a safety strap.

Please DO NOT bring any electronic devices including cell phones, tablets, watches, computers, cameras, headphones, or any items that light up or make noise.

Please bring **exactly the items on the packing list and nothing more!** We have honed this list over the years to precisely what is needed. Any extra items that are not on the list will be put into storage and returned at the end of the trip. Sorting through piles of unnecessary items takes time away from the experience.

FREQUENTLY ASKED QUESTIONS:

Q: Do I need a backpack? If you own your own backpacking pack that is comfortable and fits you well, bring it! If not, we will supply Osprey brand backpacks for all trips traveling overnight on foot, free of charge.

Q: What about hiking boots? We hike in sneakers which are more comfortable, lighter, and easier to dry out when wet. If you're thinking of purchasing shoes for your program, we recommend "approach shoes" which are sturdier than sneakers, have less aggressive tread and cause less damage to trails. Be sure your shoes are broken in!

Q: Is one pair of shorts and two t-shirts really enough? For a weeklong program in the summer, this is ample clothing! For programs longer than one week students will have a chance to wash clothing. Remember: less is more.

Q: Will I use everything on the packing list? No. Chances are you will use most items, but weather in New England varies from 40 degree nights to 90 degree days, rain, sun, bugs, and more. Everything on the list is essential, but you may not use every item on every trip.

Q: What about deodorant, shampoo, soap, lotion, toothpaste, sunscreen, and bug spray? We will supply natural, scent-free hygiene products for the group that are shared among students. In this way we learn to practice sharing, and we keep smelly, oily products out of ponds and streams.

Q: Can I rent or purchase equipment from Kroka? Some commonly used items are available to rent for modest prices. Rental items are washed and dried between student uses.

ITEM	2022 RENTAL PRICE
RUBBER BOOTS	\$5/week
SLEEPING BAG	\$10/week
SLEEPING PAD	\$5/week
RAIN PANTS	\$10/week
RAIN COAT	\$10/week
WATER SHOES	\$5/week
MOUNTAIN BIKE	\$250/week or \$350 for 2-weeks