



KROKA EXPEDITIONS ~ FALL PACKING LIST

CLOTHING			
	Item	Required?	NOTES
1	Bathing Suit	REQUIRED	Please bring modest, comfortable, swimwear.
1	T-Shirt	REQUIRED	Light-color cotton tee shirts. Please avoid any offensive or sensitive graphics.
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	Athletic Pants	REQUIRED	Pair of lightweight pants that you could bike in if it is cold, or could wear for bug protection.
1	Shorts	REQUIRED	Pair of quick drying lightweight shorts
1	Bike-shorts	OPTIONAL	If you are more comfortable in padded bike shorts, you can bring these in addition to other shorts.
1	Rain Coat	REQUIRED	Rain coat with hood. 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. For cold-weather days and sleeping
1	Sweater	REQUIRED	One lightweight wool or polar fleece. No cotton sweatshirts!
	Underwear	REQUIRED	Bring as many as feel appropriate for you
2	Socks	REQUIRED	At least one pair should be wool.
1	Warm Hat	REQUIRED	Comfortable, lightweight winter hat for cold nights
1	Cloth Face Mask	REQUIRED	Reusable, not disposable! For use as needed in indoor spaces and/or for travel
EQUIPMENT			
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.
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 (for base camp trips you may substitute a cloth bag)
1	Water Bottle	REQUIRED	Wide mouth, 32-oz non-leaking, with attachment for carabiner. Please no complex tubes, spouts, and nozzles!
1	Bike Water Bottle	REQUIRED	A water bottle that will fit in a cage on your bike. Typically soft plastic and 12 - 16 ounces.
1	Mountain Bike	REQUIRED	This item can be rented from Kroka.
FOOTWEAR			
1	Sneakers	REQUIRED	Lightweight sneakers for biking.
PERSONAL			
1	Bandana	REQUIRED	For many uses.
1	Toothbrush	REQUIRED	With case. No electric toothbrushes please!
1	Hairbrush/Comb	OPTIONAL	
1	Journal and Pencil	OPTIONAL	Pack in a Ziploc bag.



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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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- - - SEE OTHER SIDE FOR IMPORTANT PACKING LIST NOTES - - -

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!"

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.

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.



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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. Rentals must be reserved at least one week prior to your program.

ITEM	2021 RENTAL PRICE
RUBBER BOOTS	\$5/week
SLEEPING BAG	\$10/week
SLEEPING PAD	\$5/week
RAIN PANTS	\$10/week
RAIN COAT	\$10/week