

KROKA EXPEDITIONS

CALIFORNIA BACKPACKING

QTY		CLOTHING	Where to get it?	Notes:
1		Bathing Suit	Required Bring from Home	
2		Lightweight Jacket	Required Bring from Home	Lightweight puffy jacket, down or synthetic. No Cotton Sweatshirts.
1		Long Underwear Set	Required Bring from Home	One medium-weight long-sleeve top and bottom. For rainy days and cold weather. Must be wool or synthetic, not cotton!
2		Pants, Quick Dry	Required Bring from Home	Pair of lightweight nylon pants. Loose fitting. For sun and insect protection. Can be zip off.
1		<i>Pants, Work</i>	Optional <i>Bring from Home</i>	<i>For groups doing service at Frey Farm we recommend bringing a sturdy pair of work pants.</i>
1		Rain Coat and Rain Pants	Required Bring from Home Rent from Kroka	Rain coat with hood. Must be WATERPROOF, not water resistant!
1		Shirt, Long Sleeve	Required Bring from Home	Lightweight, long sleeve cotton shirt for sun and bug protection. Button-up collared shirts work well.
2		Shirts, Short Sleeve	Required Bring from Home	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	If you sunburn easily, this must be a wide-brimmed hat. Otherwise, a ball cap will suffice.
1		Travel Clothing	Required Bring from Home	For groups traveling long distances, students may bring one set of comfortable clothes for traveling.
		Underwear	Required Bring from Home	Bring what you need. We recommend girls bring one pair per two days; boys, bring one pair per four days
1		Winter Hat	Required Bring from Home	Warm hat for colder weather
3		Wool Socks	Required Bring from Home	Wool, various thicknesses
QTY		EQUIPMENT	Where to get it?	Notes:
1		Backpack	Required Bring from Home Rent from Kroka	Comfortable expedition backpack. 60-70 liters depending on body size.
1		Headlamp	Required Bring from Home	Headlamp with batteries.
2		Nylon Stuff Sacks	Required Bring from Home	One for sleeping bag, one for all clothes.
1		Sleeping Bag	Required Bring from Home Rent from Kroka	3 season bag rated to 30 degrees. Synthetic or down, lightweight and compact.
1		Sleeping Pad	Required Bring from Home Rent from Kroka	Lightweight, compact.
		<i>Sun Glasses</i>	Optional <i>Bring from Home</i>	<i>With case. Please do not bring expensive glasses.</i>

1	Water Bottle	Required	Bring from Home	Wide mouth, 32 oz, non-leaking, with carabiner attached. Please no complex tubes, spouts, or nozzles!
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QTY	FOOTWEAR	Where to get it?		Notes:
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1	Hiking Shoes	Required	Bring from Home	Durable, sturdy sneakers or lightweight hiking boots suited for rugged terrain. MUST BE BROKEN IN!!!
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1	<i>Rubber Boots</i>	Optional	<i>Bring from Home</i>	<i>For groups doing service at Frey Farm, a pair of rubber boots are helpful for farm chores and garden work!</i>
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1	Sneakers	Required	Bring from Home	For camp use. Lightweight, compact sneakers that pack easily.
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QTY	PERSONAL	Where to get it?		Notes:
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1	Bandana	Required	Bring from Home	For many uses.
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1	Feminine Supplies	Required	Bring from Home	If appropriate. Bring an ample supply in a plastic bag.
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1	<i>Hairbrush</i>	Optional	<i>Bring from Home</i>	<i>Compact Hairbrush or comb.</i>
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1	<i>Instrument</i>	Optional	<i>Bring from Home</i>	<i>Small, portable. Let's play music!</i>
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1	Toothbrush and case	Required	Bring from Home	It is a good idea to bring a spare, as they occasionally go missing. No electric toothbrushes.
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QTY	SUPPLIES	Where to get it?		Notes:
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1	Journal	Required	Bring from Home	Must be lightweight, small and have a soft cover.
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2	Writing utencil	Required	Bring from Home	Good to have 2 in case you lose one.
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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 loan from Kroka.

HOW DO I RESERVE ITEMS TO RENT FROM KROKA? Please contact your class teacher at least **TWO WEEKS PRIOR** to the start of your program. They have a gear rental form from Kroka. You can also contact Leah Lamdin with questions and/or needs: leah.lamdin@kroka.org.

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. This includes expedition 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 a student requires a special product, please do send it with them.

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.

PLEASE MAKE SURE YOUR HIKING SHOES ARE BROKEN IN! The Lost Coast Trail is rough and rugged and blisters are challenging and uncomfortable. If you are buying new shoes for this trip, you must walk at least 5–10 miles in them before the trip! Practice hiking with your backpack and shoes on trails to prepare your body for the journey ahead.

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

Note on feminine supplies: There are many alternative menstrual products that do not produce waste, such as cloth pads, menstrual sponges, and Moon/Diva cups. 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 also 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 hope to create a supportive environment during the program so you can embrace these natural processes while at Kroka.