

## 2026 Winter Semester Packing List

Hello Winter Semester Students and Families,

Choosing what to bring on an expedition can be a daunting and exciting task. We have created this packing list to ensure that everyone can warm, dry, and clean throughout the semester while keeping in mind the financial and ecological implications of new gear and clothing. As you begin to acquire gear for Semester, please reach out to Jae ([jae@kroka.org](mailto:jae@kroka.org) or (603) 835-9087 with any questions and photos of the items you are considering. Remember that the best piece of gear is often the one you already own!

At Kroka we value the reuse and resale of outdoor gear when possible and appropriate. Please consider scouring Wornwear, GearTrade, Poshmark, Ebay, ThreadUp, and Outdoor Gear Exchange for gently used clothing and gear. And finally, start hitting the thrift stores! They are a great place to find wool and many of the items on this packing list, but it may take a couple trips of sifting and digging to find the gold. **Before you buy something new, send us a photo of what you have, or what you're thinking of purchasing.**

As consumers we vote with our spending habits. Sometimes our choices are limited due to budget constrictions, but when possible please reduce your footprint by choosing socially and environmentally responsible companies. (For example: when choosing clothing, we prefer Patagonia and Wool Power, because they are two of the most responsible manufacturers.)

During semester programs laundry is done communally. You must be able to tell all of your items apart from every other student's. Your job before semester is to choose a unique color of embroidery thread and embroider a simple, unique mark or loop on every item of clothing, including socks and underwear. Please email Jae with your color choice to make sure it is unique to you or if you would like embroidery tips.

Each item on the list is marked as an item that you can:

\* **BRING** (You need to acquire—*buy or borrow*—this item on your own. Need help or advice? Feel free to call us!)

\* **BRING OR PURCHASE FROM KROKA** (you need to acquire this on your own OR you can **purchase** it from Kroka in advance)

\* **BRING OR RENT FROM KROKA** (you need to acquire this on your own OR you can **rent** it from Kroka in advance)

\* **BRING OR BORROW FROM KROKA** (bring it if you have it; do NOT purchase this; you can borrow this item from Kroka if you do not already own it)

\* **REQUIRED PURCHASE THROUGH KROKA** (no need for you to do anything; we will automatically add this item to your invoice)

\* **REQUIRED RENTAL THROUGH KROKA** (no need for you to do anything; we will automatically add this item to your invoice)

\* **OPTIONAL** (this item is optional for you to bring if you want).

For items that you can **PURCHASE** or **RENT** from Kroka, use the SHOP button on your portal to place your order or contact our store manager Linda, at 603-835-9087 or [office@kroka.org](mailto:office@kroka.org). Please let us know your purchase and rental requests as early as possible so we can make sure we have them for you on day 1!

Thank you!

## Clothing

### **— Short-sleeve shirts (2) *BRING***

2 cotton short sleeve shirts that will get very well worn. Please choose graphics and logos mindfully!

### **— Lightweight long-sleeve sun-shirt (1) *BRING***

For the spring expedition sun and bug protection. Light colors are best. Button-up collared shirts and cotton work fine.

### **— Long-sleeve wool/thermal shirt (2) *BRING OR PURCHASE FROM KROKA***

1 lightweight wool thermal baselayer; 1 heavyweight thermal or fine gauge wool sweater that is comfortable directly on skin. These can be fiber blends but must NOT contain cotton. The more wool the better (and less stinky). Some recommended brands: [Ridge](#), [Minus 33](#), & merino wool crew necks from your thrift store. Kroka Store offerings will be updated soon!

### **— Sweaters (2) *BRING OR PURCHASE FROM KROKA***

One packable for expedition; one optional for basecamp. Expedition mid-weight fleece, lightweight wool sweater, or button-down wool shirt is appropriate. Kroka Store offerings will be updated soon!

### **— Insulated Jacket (1) *BRING***

Warm, mountaineering-style down or synthetic with hood, and some bum covering. Should fit OVER your sweater and layers. This is more than a down sweater! If you run cold, add a down or wool vest. If you have something that you think may work, send us a photo! Examples: [DAS parka](#) or the [Fitz Roy Down Hoody](#).

### **— Shorts (1) *BRING***

Quick-dry, synthetic shorts for running, biking, etc.

### **— Long underwear wool/thermal bottoms (2) *BRING OR PURCHASE FROM KROKA***

1 mid-weight (200), and 1 light-weight (100). 1 must be wool; 1 can be fleece or synthetic, but NOT thin spandex leggings. Wool is still best & least stinky!! Refer to wool tops for brand recommendations. Kroka Store offerings will be updated soon!

### **— Work Pants (1) *BRING***

Durable and able to layer over thin long-underwear.. Examples: old jeans or overalls that can get beat up, [Dovetails](#), Carharts, or [Patagonia Canvas Double Knee Pants](#)

### **— Exercise Pants (1) *BRING***

Thin pants to wear for running, skiing, and biking. Best if they can be layered with your long-underwear for colder days.

### **— Expedition Pants (1) *BRING***

These should be 3-season pants with some amount of wind-proofing. They will be worn in winter and spring, so make sure you can wear them over at least one pair of long-underwear. If you are buying summer/light weight quick-dry pants, you may need to wear 2 pairs of long-underwear underneath. Examples: Patagonia [Women's Terraviva Peak Pants](#), and [Men's Terraviva Trail Pants](#).

### **— Rain or shell pants (1) *BRING***

Must be waterproof, packable and durable. Example: [Patagonia Torrentshell Pants](#). Snow pants are not part of the winter equipment layering system: no insulated shells please.

— **Ski Skirt, Puffy Shorts, or extra pair of fleece-lined pants (1) OPTIONAL**

Useful for preventing non-freezing cold injury in female-bodied people. Example: [Patagonia Women's DAS Light Skirt](#).

— **Dress clothes (1) BRING**

A nice **all-season** set of clothing for events, presentations, contra dances, and other more formal dress up occasions. Button-down shirt, dress pants, cardigans, dress or skirt, nice shoes. No jeans or work pants.

— **Bathing Suit (1) BRING**

Shorts and sports bras can double as bathing suits, as appropriate.

— **Wool Socks (6) BRING OR PURCHASE FROM KROKA**

Wool, various thicknesses. A good mix is 1 pair of very thick for sleeping, 3-4 pair of "regular" thickness for everyday use, and 1-2 pair of thinner socks for the late spring. Example: [Darn Tough](#), available from Kroka's Camp Store

— **Liner Socks (2) OPTIONAL**

These thin socks help prevent blisters when layered under another pair of socks. Wool, synthetic, and silk varieties are available. Example: [REI COOLMAX EcoMade](#)

— **Underwear (4-8) BRING**

Eight pairs recommended for menstruating bodies. At least half need to be wool or quick dry (but wool is still better and still less stinky). *Underwear and socks are our most important hygiene supports!*

— **Sports Bra (2-3) BRING**

If applicable. Quick-dry, wool or synthetic.

— **Sun hat (1) BRING OR PURCHASE FROM KROKA**

If you sunburn easily, it should be wide-brimmed. Otherwise, a baseball cap will suffice. Kroka camp store carries a US-made cotton baseball cap.

— **Winter hat (2) BRING**

One mid-weight, warm hat; one lightweight. Wool or synthetic. Should be able to layer both together. Kroka store sells Patagonia's [Overlook Merino](#) hat with the Kroka logo as a light-weight option.

— **Neck warmer (1) BRING**

Wool neck warmer. Example: [Buff Merino Wool Neckwarmer](#)

— **Insulated leather work gloves (1) BRING**

These are used rigorously, so it is important that they are in good condition or that you bring a replacement pair for the spring. Example: [Kinko lined winter leather gloves](#). These can be worn with glove liners (below).

— **Glove liners (1) BRING**

Thin, lightweight wool/fleece/nylon glove for ski practice.

— **Mittens (1) BRING OR PURCHASE FROM KROKA**

Knitted wool or wool blend mittens. These will be used with mitten shells (provided) on expedition. Handknits are great! So are repurposed sweater mittens (*think Bernie Sanders' iconic mittens*). Kroka Store offers [Vermont Teddy Bear's wool mittens](#).

— **Indoor Slippers (1) OPTIONAL**

For chilly yurt floors while we're at basecamp.

— **Running Shoes (1) *BRING***

Shoes for running, biking, and fitness training at Kroka.

— **Water Sport Sandals (1) *BRING***

Must be secure on your feet, with closed toes preferred. Example: Chacos, Keens, or Crocs. Old sneakers also work. These will be used for flat-water paddling and as "camp shoes". In addition, you may bring neoprene water shoes and/or socks for early spring and white-water paddling if you already own them.

— **Lightweight rubber boots (1) *BRING***

For wet weather on spring expeditions and spring farm chores. Knee-high, flexible, lightweight, & compact. Please no boots with neoprene uppers; fully waterproof boots, such as Xtratuf, with a neoprene liner are fine. Example: Kamik [Miranda](#).

— **Kamik, Icebreaker, Forester, Tundra, or Baffin Storm or Hunter (1) *BRING***

You MUST have one of the models listed above. The Kamik SnoBuster and Tundra Jr are "children's" boots, but are the same type of boot as the men's version, and will fit students with smaller feet. As of Fall 2025, Kamik makes Women's Boots that also come in smaller sizes! Please call or email Rebecca or Jae with questions about boots.

— **Steger Mukluks Wool Boot Liners (1) *OPTIONAL***

As a replacement for the synthetic liners in your Kamik or Baffin boots, you may order a pair of wool liners.

— **Padded Bike Shorts (1) *OPTIONAL***

— **Biking Gloves (1) *OPTIONAL***

## Gear

### — Cycling Helmet (1) BRING

No prior accidents, no cracks, and less than 7 years old. Must fit your head.

### — Sleeping bag (1) BRING

Synthetic or down, rated 15-25 degrees F (depending on how warm you sleep). Mummy style bag that weighs less than 4 LBS. Examples: Big Agnes [Anvil Horn](#) (men's) or [Daisy Mae](#) (woman's) bags.

### — Insulated sleeping pad (1) BRING, RENT OR PURCHASE FROM KROKA

The r-value (an indicator of warmth) for your sleeping pad must be at least 4. You may [rent a Thermarest XTherm from Kroka](#) (lightweight and very warm, with an r-value of 7.4), or [purchase a Thermarest Trail Pro](#) from the Kroka Camp Store. We recommend Thermarest pads because they are made in the United States and have an excellent warranty policy. [NEMO](#) is headquartered in New Hampshire and makes several good options. Please avoid buying "wide" pads (width greater than 20") unless you need the extra height, too!

### — Petzl Actik Core USB-rechargeable headlamp (1) BRING OR PURCHASE FROM KROKA.

This specific item is required and carried by the Kroka Camp Store. We bring extra, interchangeable, rechargeable batteries in our group gear, ensuring our lights last for the duration of our expeditions.

### — Petzl Core rechargeable headlamp batteries (2) BRING OR PURCHASE FROM KROKA

You will need a total of [2 Petzl Core rechargeable batteries](#) for Semester. Please write your name on them. Check to see if your headlamp comes with one battery, in which case you'll need to purchase one more. Available through the Kroka store.

### — Orienteering/field Compass (1) BRING OR PURCHASE FROM KROKA

Not fancy; should be priced under \$30. Kroka camp store carries Suunto A-10.

### — Watch (1) BRING

Digital or analog, but no smart watches, PLEASE!

### — Insulated Water bottle (1) BRING

Wide-mouth, insulated 32-oz stainless steel water bottle. Example: [The Liquid Savvy](#).

### — Water bottle (1) OPTIONAL

Non-insulated water bottle for spring time. For example, Nalgene or squeeze-able bike water bottle. Kroka store offers 32-oz wide-mouth Nalgene bottles.

### — Sunglasses (1) BRING

Polarized is recommended for snow and water. Please do not spend lots of money on expensive sunglasses! [Goodr](#) makes inexpensive, durable, polarized glasses. Consider bringing a [retention strap](#).

### — Ski Goggles (1) OPTIONAL

### — Match container (1) BRING

A screw-top pill bottle works well. These are available through the Kroka store.

### — Cross-country skate skiing gear BRING OR BORROW FROM KROKA

Skate skis, boots, and poles for practice at basecamp. **Please do NOT go out and buy this if you don't already own them.**

— **Ice Skates (1) *BRING or BORROW FROM KROKA***

For training in January. **Please do NOT go out and buy this if you don't already own them.**

— **Bicycle (1) *BRING or RENT FROM KROKA***

Gravel, hybrid, or mountain bikes with wheels 27.5"-29" (650b - 700c), tires between 45 mm and 3 inches wide, and without rear suspension or clipless pedals. Disc brakes are preferred. The bike must be professionally tuned, fitted to the student, and ready to ride! Please bring one extra tube in the correct size for your tire. Please upload photos of your bike to your portal to make sure your bike is a good fit for semester!

— **Small day pack (20-40 liters) (1) *BRING***

This pack will be used to carry your belongings around campus, and may also be used while bikepacking and on day-trips while at basecamp. Make sure it is comfortable to wear for days at a time and is a minimum 20 liters; consider a bag with a hip and/or chest strap.

## Personal and Academic Supplies

You may notice that this list does not include hygiene supplies such as soap, shampoo, conditioner, lotion or salve, or sunscreen. Kroka supplies these and you do not need to bring your own. If you have particular hygiene needs, please reach out and we can discuss what will work for you.

— **Toothbrush (2) *BRING***

— **Hairbrush or comb (1) *BRING***

Compact/ lightweight

— **Bath towel or Sarong (1) *BRING***

Bath towel; a sarong is a versatile alternative.

— **Glasses (2) *BRING***

If you need them, please bring your glasses (not contacts), a spare pair, a case, and safety strap.

— **Menstrual supplies (5 months worth) *BRING if applicable***

Consider re-usable options, but not menstrual underwear (difficult to dry). Examples: [Diva Cup](#), [reusable cloth pads](#).

— **Kula Cloth (1) *OPTIONAL BUT STRONGLY RECOMMENDED. BRING if applicable***

A [Kula Cloth](#) is a reusable antimicrobial pee cloth for female-bodied people. This is an important tool for backcountry hygiene.

— **Bandana (2) *BRING OR PURCHASE FROM KROKA***

For many uses. Kroka Store offers a variety, all US-made.

— **Mug (1) *BRING***

A tea mug for use at the Kroka farmhouse during basecamp. Maybe not your *most* favorite... just in case!

— Academic Journal (2) BRING OR PURCHASE FROM KROKA

Journals will be used every day for academic classes and personal writing. You will be writing, drawing, and recording observations in this journal; for this reason, we recommend blank journals. However, if lines or a grid would help you be more organized, make the choice that works for you! Journals need to have a hard cover (easy to write on without any external support), be well-bound and sturdy, and be approximately 9" x 9".

— Pencils to share (6) BRING

— Pens to share (6) BRING

— Colored pencils to share (1 set of no more than 12) BRING

— Eraser to share (1) BRING

Drawing pencil quality

— Letter writing supplies to share (20+) BRING

Envelopes and stamps, or pre-stamped envelopes.

— Watercolors to share OPTIONAL

— Small Pencil Case (1) OPTIONAL

— Instrument OPTIONAL

Let's play music! Bring whatever you play! Know that instruments may be used and stored in buildings that do not have consistent temperature and/or humidity.

### Required Purchases

There are two **required purchases**, as stated in your financial acceptance form. These range from educational supplies and travel fees to craft supplies. There is no need for you to do anything about these items (except give us your sizes!) as they are automatically added to your invoice.

Relevant to the packing list, the following items of clothing are **required purchases**, will be given to each student during January basecamp, and are embroidered with the Kroka logo. **Please be sure you've filled out the Clothing Size form in your portal to ensure the correct size is available for you!**

1. Rain jacket
2. Opinel Knife No. 7
3. Waterproof Stuff Sack

## Required Rentals

The following packages are **Required Rentals**. There is no need for you to do anything about these items as they are automatically added to your invoice. This gear is expedition specific, which is why Kroka insists on providing it. The rental cost covers the cost of the depreciation and repair of the equipment.

1. **Winter Warmth Package:** Includes overbag (adds warmth to your personal sleeping bag), gaiters, winter anorak, and shell mittens (similarly, adds warmth and waterproofing to mittens and gloves).
2. **Expedition Ski Package:** Includes backcountry skis, bindings, boots and poles.
3. **Expedition Backpack:** Large volume, sturdy expedition backpack. These are made by Osprey for expedition programs and are simply the best. **DO NOT BRING YOUR OWN EXPEDITION BACKPACK.**