



KROKA EXPEDITIONS ~ 2022 WINTER PACKING LIST

CLOTHING

	Item	Required?	NOTES
1	Jacket	REQUIRED	Insulated "puffy" winter jacket with hood. Down or synthetic, mid-weight, packable
1	T-Shirt	REQUIRED	Lightweight cotton tee shirt. Available at the Kroka Store
2	Mittens/Gloves	REQUIRED	Insulated fleece or wool-lined mittens or gloves with waterproof shell. Second pair can be lightweight, thinner pair.
1	Scarf or neck warmer	REQUIRED	Wool or fleece winter neckwear.
1	Rain Coat	REQUIRED	Rain coat with hood. Must be WATERPROOF, not water resistant!
1	Rain Pants	REQUIRED	Must be WATERPROOF, not water resistant!
2	Long Underwear Top and Bottom	REQUIRED	Long underwear top and bottom. No silk, cotton, or cotton blends. Wool is best, synthetics/poly-pro is appropriate as a second pair.
2	Sweater	REQUIRED	One lightweight wool or polar fleece, one medium weight. No cotton sweatshirts!
	Underwear	REQUIRED	Bring as many as feel appropriate for you
4	Wool Socks	REQUIRED	Wool, various thicknesses. Available at Kroka store.
1	Snow pants	REQUIRED	Insulated windproof snow-pants or ski pants
2	Warm Hat	REQUIRED	Comfortable, lightweight winter hat for cold nights. Available at Kroka store
2	Cloth Face Mask	REQUIRED	Reusable, not disposable! To be used for travel and off-site visits

EQUIPMENT

1	Day Pack	REQUIRED	Small backpack for everyday use. Please empty packs of trinkets before bringing!
1	Headlamp	REQUIRED	Headlamp with batteries. We recommend a USB-chargeable headlamp such as Petzl Tikka Core. Available at Kroka store
1	Sleeping Bag	REQUIRED	Winter bag or summer bag. If you bring a summer bag we will give you a second bag to double up for warmth. Winter bags are available to rent from Kroka.
1	Sleeping Pad	REQUIRED	Lightweight, compact, inflatable or foam pad. Available to borrow from Kroka.
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

FOOTWEAR

1	Winter boots	OPTIONAL	We will provide winter boots for expedition use. Optional for travel and basecamp
1	Gaiters	OPTIONAL	Kroka will provide, but you are welcome to bring them
1	Warm Slippers or Down Booties	REQUIRED	Durable leather outer warm winter slippers or insulated down booties, for wearing inside the winter tent.

PERSONAL

1	Bandana	REQUIRED	For many uses. Kroka store carries our brand-new 2020 bandana design!
1	Toothbrush	REQUIRED	With case. No electric toothbrushes please!
1	Hairbrush/Comb	OPTIONAL	
1	Journal and Pencil	OPTIONAL	Lightweight, portable.
	Menstrual Supplies		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.

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



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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 musical instrument, and 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 winter boots? We will provide high-performance winter boots to all students at the start of the program – no need to bring your own, except for travel to and from the program.

Q: What if I/my child gets cold during the program? The packing list is designed to cover the bases, but we have plenty of extra warm gear to loan out if students personal gear is inadequate. We want to make sure everyone is warm enough to thrive in the winter setting!

Q: Will I use everything on the packing list? Weather in New England is highly variable, and winter conditions can be unpredictable. Everything on the list is essential, but you may not use every item on every trip.

Q: What about deodorant, shampoo, soap, lotion, toothpaste, and sunscreen? 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. Please call the office to reserve.

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