

QTY	CLOTHING		Where to get it?	Notes:
1	Jacket	Required	Bring from Home	Insulated winter jacket with hood. Goretex jackets can also serve as raincoat
2	Long Underwear Bottoms	Required	Bring from Home Borrow from Kroka Purchase from Kroka	Wool or synthetic. The Kroka Store carries machine washable 200 weight merino wool blend by Woolpower, made in Sweden and Ibex, made in Vermont.
2	Long Underwear Top	Required	Bring from Home Borrow from Kroka Purchase from Kroka	Wool or synthetic. The Kroka Store carries machine washable 200 weight merino wool blend by Woolpower, made in Sweden and Ibex, made in Vermont.
2	Mittens and Gloves	Required	Bring from Home	Fleece or wool, one pair MUST be mittens with water repellent covers.
1	Rain Coat and Rain Pants	Required	Bring from Home Rent from Kroka	Rain coat with hood. Must be WATERPROOF , not water resistant!
1	Scarf, Neck Warmer or Balaclava	Required	Bring from Home	Wool or Fleece.
1	Snow Pants	Required	Bring from Home	insulated snow/ski pants
2	Sweater	Required	Bring from Home Purchase from Kroka	Wool or polar fleece. No Cotton Sweatshirts.
1	T-shirt	Required	Bring from Home	1 Short sleeve cotton shirt. No offensive graphics, Please.
1	Travel Clothing	Required	Bring from Home	For groups traveling long distances to Kroka, students may bring one set of comfortable clothes for traveling.
1 - 4	Underwear	Required	Bring from Home Purchase from Kroka	Bring as many as feels appropriate for you.
2	Winter Hat	Required	Bring from Home Purchase from Kroka	Comfortable, lightweight x-country ski hat. One lightweight and one mid-weight Good options is available at the Kroka store. No Fur Hats.
4-6	Wool Socks	Required	Bring from Home Purchase from Kroka	Wool, various thicknesses, Kroka Store offers 200 and 400 weight merino wool blend made in Sweden by Woolpower and in Vermont by Darned Tough.
QTY	EQUIPMENT		Where to get it?	Notes:
1	Backpack, Large	Optional	Bring from Home Rent from Kroka Borrow from Kroka	Large expedition size pack, 75 to 85 liter capacity. Bring if you have one.
1	Headlamp	Required	Bring from Home Purchase from Kroka	Headlamp with batteries. No spare batteries needed.
2	Nylon Stuff Sacks	Required	Bring from Home Borrow from Kroka Purchase from Kroka	One for sleeping bag, one for all clothes.
1	Sleeping Bag	Required	Bring from Home	Winter bag, or summer bag. If you bring a summer bag, we will give you a second bag to double up for warmth. Sleeping bag must fit into a stuff sack and then into a backpack with room to spare. No giant sleeping bags please!
1	Sleeping Pad	Required	Bring from Home Rent from Kroka Purchase from Kroka	Lightweight, compact.
1	Snowshoes	Optional	Bring from Home Borrow from Kroka	Bring your own if you have them!

1	Sun Glasses	Required	Bring from Home	
QTY	FOOTWEAR		Where to get it?	Notes:
1	Gaiters	Optional	Bring from Home	Knee High Waterproof - example of where to find - Outdoor research or Mountain Hardware, etc.
1	Warm Slippers or Down Booties	Required	Bring from Home	For wearing inside the tent.
QTY	PERSONAL		Where to get it?	Notes:
1	Bandana	Required	Bring from Home Purchase from Kroka	For many uses.
1	Feminine Supplies	Required	Bring from Home	If appropriate. Bring an ample supply of pads//tampons in a ziplock bag.
1	Instrument	Optional	Bring from Home	Let's play music! We can provide a dry bag for instruments up to the size of a banjo.
1	Toothbrush	Required	Bring from Home Purchase from Kroka	Please bring in a container. Toothpaste provided. No electric toothbrushes please!
QTY	SUPPLIES		Where to get it?	Notes:
1	Journal and colored pencils	Optional	Bring from Home	