

CLOTHING				
QTY			Where to get it?	Notes:
1	Bathing Suit	Required	Bring from Home	Girls bring an extra pair of shorts.
1	Long Underwear Set	Required	Bring from Home Purchase from Kroka	One medium-weight long-sleeve top and bottom. For rainy days and water use. Wool, not cotton!
1	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>		<i>Bring from Home</i>	<i>Carhartt type rugged pants for farm work</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 Purchase from Kroka	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 Purchase from Kroka	If you sunburn easily, this must be a wide-brimmed hat. Otherwise, a ball cap will suffice.
2	Sweater	Required	Bring from Home Borrow from Kroka Purchase from Kroka	One lightweight wool or polar fleece. No Cotton Sweatshirts.
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	Underwear	Required	Bring from Home Purchase from Kroka	Recommended 4 pairs for boys, 8 for girls, at least 2 should be wool. Kroka Store carries Ibex brand, made in Vermont.
1	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.
2-3	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.
EQUIPMENT				
QTY			Where to get it?	Notes:
1	<i>Backpack</i>	Optional	Bring from Home Rent from Kroka	<i>Comfortable expedition backpack. 60-90 liters</i>
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	3 season bag rated to 15 degrees. Synthetic or down, lightweight and compact.
1	Sleeping Pad	Required	Bring from Home Rent from Kroka Purchase 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 Purchase from Kroka	Wide mouth, 32 oz, non-leaking, with carabiner attached. Please no complex tubes, spouts, or nozzles! Kroka store carries wide mouth Nalgene and a stainless steel model. Both feature the Kroka graphics and are made in the USA.
QTY	FOOTWEAR		Where to get it?	Notes:
1	<i>Rubber Boots</i>	Optional	<i>Bring from Home Borrow from Kroka</i>	<i>For wet weather and farm chores. Knee high, flexible and light weight.</i>
1	Sandals	Required	Bring from Home	Must be durable and secure on your feet. Chacos with toe loop (any Z-2 Model) is a good option.
1	Sneakers	Required	Bring from Home	For dry-land use. Lightweight, compact sneakers with soles that will not damage the earth. Moccasins are appropriate for base camp programs.
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 in a plastic bag.
1	<i>Hairbrush</i>	Optional	<i>Bring from Home</i>	<i>Compact Hairbrush or comb.</i>
1	Instrument	Required	Bring from Home	Let's play music! We can provide a dry bag for instruments up to the size of a banjo.
1	Toothbrush and case	Required	Bring from Home Purchase from Kroka	It is a good idea to bring a spare, as they occasionally go missing. No electric toothbrushes.
QTY	SUPPLIES		Where to get it?	Notes:
1	<i>Colored pencils</i>	Optional	<i>Bring from Home</i>	<i>Set of 12</i>
1	Journal	Required	Bring from Home Purchase from Kroka	

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 purchase or loan from our Kroka Camp store. Sales from the camp store support our scholarship fund, and all items we sell have been extensively researched and tested to be of the highest quality possible, with a preference for locally and responsibly manufactured products.

HOW DO I RESERVE ITEMS TO RENT, BORROW, OR PURCHASE FROM KROKA? Please contact our Office Manager, Linda Fuerderer at 603-835-9087 or email office@kroka.org at least **TWO WEEKS PRIOR** to the start of your program.

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