

# KROKA EXPEDITIONS

*Where Consciousness Meets Wilderness*  
767 Forest Road Marlow, NH 03456  
603 835 9087; fax 603 835 6738; www.kroka.org

## IMPORTANT NOTES FOR FIRST DAY PROGRAM START. PLEASE READ THOROUGHLY!

Dear Parent(s) and Students,

We are so excited to have you come to Kroka. Below is a summary of your program start. We will have our famous potluck. There will be between 2 and 4 programs starting on the same day of your program. We ask you to bring a dish the size that you would bring to any potluck gathering. Some ideas would be salad, pasta dish, potato dish, bread/crackers and cheese, local fresh fruit or vegetables, quiche and we always appreciate yummy nutritional desserts. Also, remember to bring plates and eating utensils for each of your family members. Students should come dressed in one set of clothes from their packing list.

Your Program Check In begins at 10:45 A.M. and closes at 11:45 A.M. To help make the Program start run smoothly, we ask that families who live closer to Kroka to arrive nearer to the 10:45 A.M. time, as opposed to 11:45 A.M. This will allow those who live a little farther away more time to get here. We advise you to arrive no later than 11:15 A.M., in order to take care of all of your responsibilities before the Opening Circle. If you arrive earlier than 10:45 A.M., feel free to walk the land or visit the farm animals. Please know that the teachers and staff are busy preparing for your children's arrival and we will attend to you once Check In begins at 10:45 A.M. During this time, students/families need to

1. Check in and update any medical and emergency information.
2. Have a lice check (check your child one week before camp (and treat if necessary) to avoid any potential for being sent home.
3. Stop at the camp store, if necessary.
4. Bring student's gear to a designated place for their specific program.
5. Bring your potluck meal to the appropriate place.

Once you are done with all of these things, you can visit with each other, walk around the Kroka Village, visit with the farm animals or just relax and enjoy the view and the music.

**Promptly at 12 noon**, we will have our Opening Circle followed by a Community Potluck. This will involve ALL of the families from ALL of the programs starting that day. After the potluck, families will meet with their specific program group for a meeting to learn about their child's program and have time to ask questions.

Check In will close at 11:45 A.M. and will reopen at 2 P.M. after the individual program meetings. Those who have arrived late will need to check in then.

**A note about dogs:** We do love them, however, please leave them at home.

**A note about parking:** Parking is on the left hand side of a one way half circle driveway. Please be aware of the **ENTER and EXIT** signs. There will be parking attendants to direct you. *Leave enough room for the car in front of you to get out.* There is an overflow parking lot to which you will be directed, if necessary. Please, **UNDER NO CIRCUMSTANCES**, should you park on the side of the road. Thank you!

If you arrive late, with your potluck in hand, follow the trail, through the field, down to the Kroka Village and join the festivities.

For people who may need assistance, with advanced notice, we may be able to provide a horse drawn wagon ride down to the village. We apologize. The access to the village is not wheel chair accessible.

If after reading these important notes you have any questions, please feel free to call, 603-835-9087, or email, [summer@kroka.org](mailto:summer@kroka.org).

Thank you and we look forward to seeing you all this summer.

Sincerely,

Lynne Boudreau  
Summer Program Coordinator/Founding Director