

KROKA EXPEDITIONS 2010 SUMMER PACKING LIST

NOTE: All specialized gear, not mentioned on this list will be provided. This includes backpacks, paddles, life jackets, helmets, etc. Some items on this list are available for loan from Kroka and are marked as such on the list. Some items are available at Kroka Camp Store. All profits from sales at Kroka Camp Store support Scholarship Fund. All items are of superior quality and made responsible and often locally

| ✓ ITEMS | Qty | Details and Suggestions | Where available |
|---------------------------------|------|---|---------------------------|
| CLOTHING | | | |
| Long sleeve lightweight shirt | 1 | Light color, cotton. For sun and bug protection. Free of offensive graphics, please. Button down types work well | Kroka Store |
| Short-sleeve Shirt | 2 | Lightweight, light color cotton. Free of offensive graphics, please. | Kroka store |
| Lightweight Pants | 1 | Quick-drying and loose-fitting. For sun and insect protection. | |
| Lightweight Shorts | 1 | Quick-drying. | |
| Wool Socks | 2 pr | Wool or synthetic, NO COTTON! | Kroka store |
| Long Underwear | 2 pr | Two Long sleeved tops and one bottom. For rainy days and water use. Wool, silk, or synthetic- NO COTTON! | Kroka store |
| Sweater/Fleece | 1 | Lightweight wool or polar fleece. No cotton sweatshirts. | |
| Rain Coat | 1 | MUST BE WATERPROOF, not water resistant! | Kroka store |
| Rain Pants | 1 | A must, given the rainy weather | Kroka Store |
| Swimsuit | 1 | Girls bring an extra pair of shorts | |
| Bandana | 1 | For many uses. | |
| Sun hat and wool hat | 1 | Sun hat with visor, wide brim all around is the best, caps will do. Nights can be cold bring a wool hat as well. | Kroka store |
| Underwear | | Bring as many as feels appropriate for you. On longer expeditions, there will be time to wash clothes. | |
| SHOES AND PERSONAL GEAR | | | |
| Lightweight Shoes | 1 pr | For off-water use. Lightweight, compact, soft and flat, that do not damage the earth. Sneakers are fine. If different, see specific program description | |
| Sandals | 1 pr | Durable closed-toed sandals that stay securely on your feet and can be used in and out of the water (like Keen brand) | |
| Rain Boots | 1 pr | For the possible, UNLIKELYHOOD of rain and for farm chores | |
| Sleeping Bag | 1 | Compact and summer weight (rated to 30 – 40 degrees) | Borrow |
| Sleeping Pad | 1 | Closed cell foam, lightweight, compact pad | Borrow |
| Nylon Stuff Sack | 2 | One for sleeping bag, one for all clothes. | Kroka store |
| Journal and pencil | | Pack in a zip lock bag with book. 1 | |
| Flashlight/Headlight | 1 | Small flashlight or headlight with a set of fresh batteries | Kroka store |
| Water Bottle | 1 | Wide-mouth, non-leaking bottle. | Kroka store |
| Knife | 1 | Non serrated, soft steel blade. Must have LOCKING BLADE. Best to purchase at Kroka camp store. | Kroka store |
| Wash Cloth | 1 | | |
| Toothbrush | 1 | In the tooth brush container | |
| Hair brush or comb | 1 | | |
| Feminine Supplies | | If appropriate, bring an ample supply of tampons/pads in a zip lock bag. | |
| OPTIONAL ITEMS | | | |
| Moccasins | 1 pr | For wearing at camp and in fragile areas. Resource: Howard's Leather (603) 363-4325 (see Parent/Student Handbook for details) | Howard's Leather Store |
| Sun block | 1 | Please bring one made from natural ingredients and animal cruelty-free. | Natural/Whole Foods Store |
| Instrument | 1 | We can provide a waterproof bag for instruments as big as a guitar. | |
| Small Book for Pleasure Reading | 1 | Pack in a zip lock bag. (Please choose a book appropriate for your reflective nature experience) | |
| Small Towel | 1 | For swimming. Make sure it is small. Large towels are hard to keep dry | |
| A Comfort Item | 1 | You are welcome to bring your special stuffed animal, a small pillow or a blanket, a small item that would make you comfortable away from home. | |

SPECIAL NOTES.

- If you wear glasses, please make sure they have a safety strap.
- Wear and pack light-colored garments when possible. They are more comfortable in the sun.
- *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 clothes at the trip start is frustrating and takes time and energy away from the trip.*