



## 2020 LEGENDS OF THE RIO GRANDE SEMESTER

**Kroka Expeditions**

767 Forest Road  
Marlow, NH 03456

(603) 835-9087  
www.kroka.org

### To Bring From Home

Bring, borrow, or buy these items through the Kroka Camp Store or another retailer. For the Camp Store, please fill out the order form on your student portal page. Please contact Linda in the office with any packing questions: office@kroka.org.

Quantity	Item	Notes
<b>CLOTHING</b>		
2	Short-sleeve cotton shirt	Please be mindful of the graphics and logos you choose to represent!
1	Short-sleeve wool underwear top	<b>Wool</b> is durable and reduces odor on trails. Example Patagonia Merino Daily
2	Long-sleeve wool underwear top	<b>Wool</b>
2	Wool long underwear bottoms	<b>Wool.</b> 1 mid-weight (200), and 1 light-weight (100)
1	Long-sleeve lightweight sun shirt	<b>Provided by Kroka</b>
2	Sweater	One for expedition; one for basecamp. Expedition: mid-weight fleece, lightweight wool sweater, or wool shirt is appropriate. <b>Kroka Store offers 400-weight wool by Woolpower.</b> This item is an all time favorite of semester students! Basecamp: thick hand-knit sweaters are acceptable. No cotton please.
1	Insulated Jacket	Lightweight, warm, mountaineering-style down or synthetic <b>with hood.</b> Example: Patagonia Down Sweater hoody.
1	Vest	Wool, fleece, or synthetic
1	Shorts	Quick-dry, synthetic shorts. Ex. Patagonia Guidewater II Shorts or Patagonia Baggies
1	Warm up exercise pants	Lightweight pants for running and biking.

1	Quick-dry pants	Ex. Patagonia Guidewater II pants
1	Work pants	Durable old pants
1	Rain/shell pants	Must be <b>waterproof</b> , durable, and breathable. Ex: Patagonia Torrentshell Pants
1	Rain Jacket	<b>Provided by Kroka as team uniform</b>
1	Dress clothes	Nice clothing set for presentations, contra dances, travel and other more formal dress up occasions. Button-down shirt and dress pants, cardigans, skirts, dresses. No jeans or work pants.
1	Bathing suit	
3	Thin wool socks	It can be hot in the desert. It is important to have thin wool socks so as not to overheat while hiking. <b>Darn Tough makes many great options.</b>
3	Medium thick wool socks	Likewise it can also be very cold in the desert. It is important to have thick warm wool socks for cold water days and staying warm at night. <b>Darn Tough makes many great options.</b>
4-8	Underwear	Wool. Four pairs recommended for men; eight for women. At least half need to be wool.
2-3	Sports bra	<i>If applicable.</i> Quick-dry wool or synthetic.
1	Sun hat	Kroka ball cap <b>available at Camp Store</b>
1	Winter hat	Mid-weight, warm hat. <b>Available at Camp Store</b>
1	Buff or Keffiyeh Scarf	Wool or cotton. <b>This will be used both for warm and sun protection.</b>
1	Leather work gloves	Rigorous use during the semester will likely wear them out. Ex: Kinko leather gloves
<b>FOOTWEAR</b>		
1	Approach shoes	Ex: La Sportiva Ultra raptor or FiveTen guide Tennie
1	Watersports sandals	Ex: Chacos with a toe loop (Z2s with water soles)
1	Waters shoes	If you do not already have this item we recommend you <b>rent from Kroka.</b>
1*	Climbing Shoes	<i>Optional</i>
1	Rubber Boots	Required for basecamp and farm chores. <b>Available to rent from Kroka</b>

<b>GEAR</b>		
1	Mountain Bike (hardtail or rigid with trail tires)	Mountain Bike 27.5 or 29 in, with trail tires and a frame that fits you properly. Inspected and tuned up by a professional bike mechanic prior to your arrival for the semester. <b>Send us a photo of your bike and we will tell you if it is appropriate.</b>
1	Cycling Helmet	No prior accidents, no cracks and fits your head!
1	Spare Tube	Any brand, just need to be specific for your bike tires size.
1*	Bike shorts	<i>Optional</i>
1	Sleeping bag	Synthetic or down, rated 0-15 degrees F (depending on how warm you sleep). Lightweight and compressible. <b>Please contact us about what sleeping bag would be best for your needs, and the Camp Store can also special order one for you.</b>
1	Sleeping bag liner	A thin wool, silk or cotton sleeping bag liner. <b>This can be made at home</b> (it's a fairly simple sewing project)
1	Insulated sleeping pad	Lightweight, compact. Ex: US made Thermarest Prolite <b>available at Camp Store</b>
1	Climbing harness	<b>Provided by Kroka</b>
1	Lifejacket	We recommend you <b>rent this item from Kroka.</b>
1	Petzl Actik	USB-rechargeable headlamp. <b>Available at Camp Store</b>
1	Extra Petzl Core Battery	<b>Available at Camp Store</b>
1	Water bottle	Insulated 32 OZ metal water bottle.
1	Sun glasses	Sunglasses, safety strap, and case. <i>Sunglasses are one of the most discarded and easily broken (ex: stepped on) pieces of equipment. A cheap pair is perfectly fine. We encourage homemade straps and cases!</i>
1	Match container	A screw-top pill bottle works well. <b>Available at Camp Store</b>
1	Locking Carabiner	Durable climbing quality. <b>Available at Camp Store</b>
1	Day Pack	Small day backpack (20-30 liter). A school backpack will work fine!
1	Backpacking Pack	<b>Provided by Kroka</b>

<b>PERSONAL SUPPLIES</b>		
1	Toothbrush	No electric toothbrushes. Bring a spare if you have it, as they occasionally go missing.
1	Toothbrush case	
1	Toothpaste/powder	All natural, please. Tooth powder is easier to share in a hygienic way and travels better.
1	Skin salve	For dry desert conditions. Example: Badger “working hands” balm
1	Hairbrush or comb	Compact
1	Sarong	Sarongs are used for sun cover/camp wear on expedition and can be used as a towel
1	Towel	For basecamp use
1*	Glasses & contact lenses	<i>If you need them, bring both glasses and contacts. You will need a case and safety strap (Ex: Croakies) and all necessary lenses and supplies for 4 months.</i>
	Menstruation supplies	<i>(If applicable.) Environmentally friendly, re-usable **see note below</i>
2	Bandana	For many uses. <b>Available at Camp Store</b>
	Letter writing supplies	A <b>minimum</b> of <u>10 envelopes</u> , and <u>10 stamps</u> , bring more if you like.
1*	<i>Instrument</i>	Let’s play music! Bring whatever you play!
1	Watch	
1	Pocket journal	
1	Academic journal	<b>Provided by Kroka</b>
1	Opinel No.7 Knife	Carbon steel pocket knife is a handy tool. <b>Available in Camp Store</b>
	Dehydrated Food	See <i>Food Dehydration Letter</i>
<b>WRITING SUPPLIES</b>		
10	Pencils	
10	Pens	
1	Colored pencils set	
2	Eraser	Drawing pencil quality

1	Ruler	
1	Scissors	
1*	<i>Watercolors</i>	Bring supplies if you paint!
1	Pencil Bag	A simple bag. You can make your own!

*\*(optional)*

**\*\* On menstruation Supplies:** We encourage young people to embrace their menstrual cycle, even in harsh, outdoor and adventurous activities, when it might seem like a bother. We discourage taking measures that unnaturally stop your cycle during these times. We hope to create a supportive environment during the program so you can embrace these natural processes while at Kroka. We ask you to try the following alternatives, available in natural health stores and Co-ops as well as online: cloth pads, menstrual sponge, or Moon cup/Diva cup. These are all environmentally friendly products that not only lower our ecological impact but also connect us with a very special and important process with our bodies.

### **To Rent from Kroka**

Rent specialty equipment items from Kroka as needed. If you own these items already, you are welcome to bring them with you to Kroka. During your gear check on registration day, your instructors will assess your items. If they do not meet our standards, you will need to rent specific items from Kroka. See rental/order form on your semester portal page.

### **Provided Items**

Issued to you from Kroka. See corresponding Reference Invoice.