

Community School

Winter/Spring 2021



Packing List

To Bring From Home

Bring, borrow, or buy these items through the Kroka Camp Store or another retailer. For the Camp Store, please note that supplies are limited and you will need to fill out the enclosed order form or contact Linda at 603-835-9087 or office@kroka.org. As consumers we vote with our spending habits. Sometimes choices are limited due to budget constrictions but when possible please reduce your footprint by choosing socially and environmentally responsible companies. Patagonia has used outdoor clothing on their website called Worn Wear. If you are considering buying something, we recommend looking there first.

*Items marked with * are optional.*

Quantity	Item	Notes
CLOTHING		
3	Short-sleeve cotton shirt	Please be mindful of the graphics and logos you choose to represent!
1	Short-sleeve wool or synthetic thermal top	
2	Long-sleeve underwear top	Wool. Kroka Store offers 200-weight wool by Woolpower, made in Sweden. (All proceeds from the Kroka store support Kroka Scholarships.)
2	Sweater	Consider one mid-weight and one thicker sweater. Fleece and wool are both appropriate. Kroka Store offers 400-weight wool by wool power. No cotton please.
2	Long underwear bottoms	Wool. Kroka Store offers 200-weight wool by Woolpower, made in Sweden. (All proceeds from the Kroka store support Kroka Scholarships.)

1	Quick-dry pants	Lightweight, light-colored quick-dry pants. Ex: Patagonia Guidewater II pants.
1	Work pants	Durable old pants.
1	Warm up exercise pants	Lightweight pants for running and other athletic activities.
1	Rain pants	Must be waterproof , not water resistant. Snow pants are not part of the winter equipment layering system, so no heavily insulated shells.
1	Rain Jacket	Rain coat with a hood. Must be waterproof , not water resistant! Bring your own or order through the Kroka store for a jacket with a Kroka logo.
1	Dress clothes	1 nice set of clothing for events, presentations, contra dances, and other more formal dress up occasions. Button-down shirt and dress pants, cardigans; female students may substitute a skirt or dress for pants; a nice pair of dress shoes. No jeans or work pants.
6	Wool socks	Wool, various thicknesses. Ex: Darn Tough
4-8	Underwear	Bring what feels comfortable for you. Synthetic is a good option for keeping dry.
2-3	Sports bra	<i>If applicable.</i> Quick-dry wool or synthetic.
FOOTWEAR		
1	Insulated booties or slippers	Down or synthetic booties. Examples include: Feathered Friends, Western Mountaineering.
1	Slippers or inside shoes	For wearing inside at the farmhouse.
1	Running shoes	Athletic shoes with arch and sole support. Please no Converse or Vans.
1	Insulated winter boots	We suggest locally made Kamik boots, but if you already have a pair, bring what you have.
GEAR		
1	Sleeping bag	Down sleeping bag rated 15 degrees. If you already have a synthetic bag, it is fine to bring it. An overbag will be provided for expeditions.
1	Sleeping Bag Liner	Wool, silk, or synthetic. This can add 10 degrees of warmth to your sleeping bag.

1	Inflatable insulated sleeping pad	Lightweight, compact. For example, US made Thermarest ProLite. Available in the Kroka store.
1	USB rechargeable headlamp	Must be USB rechargeable headlamp. Petzl Arctic or comparable. Available at the Kroka Store.
1	Watch	
1	Water bottle	Wide-mouth, insulated 32-oz stainless steel water bottle. An example is The Liquid Savvy. No complex tubes, spouts, or nozzles!
1*	<i>Cross-country ski gear (optional)</i>	Bring skis, boots and poles if you have them. If you do not already own, this will be provided.
1*	<i>Alpine ski gear (optional)</i>	Skis or snowboard, either is fine. Bring this equipment if you have it. If you don't please reach out, we will rent Kroka backcountry ski gear to you for alpine use.
1	Ice skates	For training in January. If you do not own a pair, find a pair to borrow.
1 or more*	<i>Sleds*</i>	Bring if you have; to share.
1 or more*	<i>Hockey sticks and pucks*</i>	Bring if you have; to share.
1	Mountain Bike	By April. Please contact us for specs, or send a picture of your bike.
COLD WEATHER SUPPLIES		
1	Jacket	Warm winter jacket with hood, ideally long enough to cover the hips.
1	Winter hat	One mid-weight, wool hat
1	Buff neck warmer	Buff-brand neck warmer; wool avoids odors. Ex: Buff Merino Wool Neck warmer
1	Insulated leather work gloves	For chores. Rigorous use during the semester will likely wear them out. Ex: Kinko lined winter leather gloves
1	Nordic Skiing/Biking Gloves	Lightly insulated fitted gloves. Ex: Swix or Toko Cross Country Ski gloves. These are multi-purpose for winter and spring sports.
1	Wool mittens and separate mitten shell OR ski mittens	Thick wool or wool blend mittens. Kroka Store offers 400-weight Woolpower mittens. Having a separate mitten shell allows for faster drying of mittens. We recommend Outdoor Research mitten shells. If your child already owns insulated winter mittens, it is fine to send them.

PERSONAL ITEMS		
1	Bed Pillow	For base camp
1	Bed Sheets	1 dormitory or twin size top sheet, 1 bottom sheet, and 1 pillow case. For base camp.
1 - 2	Blankets	Bring whatever you prefer for your bedding while on base camp.
1	Small day pack	For having around campus to carry your journal, extra layer, etc.
1	Durable storage tub	Pack your items in this for when you arrive.
2	Toothbrush	No electric toothbrushes. Wooden handle preferred
1	Toothbrush case	Small case that covers bristles only. Available at camp store
1	Hairbrush or comb	Compact/ lightweight
1	Towel	Bath towel for base camp showering.
1	Glasses	If you need them, bring both. You will need a case and safety strap (Ex: Croakies) and all necessary lenses and supplies for 2 weeks.
	Menstrual supplies	For young women who have already been menstruating, we encourage menstrual cups as an environmentally friendly, and convenient option. If your student may begin menstruating for the first time feel free to send them with compostable pads. See note**
1	Bandana	For many uses. Kroka Store offers a variety, all US-made.
1	Mug	Your favorite tea mug for base camp.
	Letter writing supplies	A minimum of 10 stamped envelopes, more if you like.
*	<i>Board Games (optional)</i>	If you have games you like, feel free to bring them to share.
1*	<i>Instrument</i>	Let's play music! Bring whatever you play!
1	Academic Journal	If you were here in the fall, please bring back your journal. If you are a new student, this will be provided by Kroka. You may also bring a personal journal or sketchbook if you would like a private journal.
1	Pocket Journal	Small notebook that fits in your pocket.

1	Carving Knife	Non-serrated, soft steel blade, made for woodcarving. It must have a locking blade. We recommend Opinel brand knives made in France, and Mora brand knives made in Sweden. Both models are available at the Kroka store.
1 or 2	Reading Book(s)	A book to read in your spare time. You can switch this out when you go home between blocks and/or borrow books from the Kroka library.
	Craft Supplies	Knitting, crocheting, sewing, weaving, etc projects that you are working on.
SCHOOL SUPPLIES		
1	Colored pencils	You may additionally bring other coloring supplies (crayons, markers, or pastels) but we will use colored pencils in class.
1	Pencil Bag	A simple bag. You can make your own!
1	Eraser	Drawing pencil quality.
1	Ruler	
1	Scissors	
1*	<i>Watercolors or other art supplies</i>	Any art supplies you like to work with.

**** 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 recognize that some of our students may begin menstruating for the first time during Community School and are prepared to support them through this exciting, yet potentially daunting, experience.

To Rent from Kroka

Rent specialty equipment items from Kroka unless you already have them at home. See your parent portal or reach out to Andrea to order items to rent.

To Buy from Kroka

Buy specialty equipment items from Kroka unless you already have them at home. Please see the enclosed order form.

Items Provided by Kroka

Group gear, such as tents, stoves, PFDs, paddles, etc. will be issued to you by Kroka.