



**KROKA**  
EXPEDITIONS

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# Winter Semester 2021



## Packing List

### To Bring From Home

Bring or borrow these items. 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. Please do not bring items that aren't on the list.

*Items marked with \* are optional.*

Quantity	Item	Notes
<b>CLOTHING</b>		
3	Short-sleeve cotton shirt	Please be mindful of the graphics and logos you choose to represent.
1	Short-sleeve <b>wool or synthetic</b> t-shirt	
2	Long-sleeve <b>wool</b> thermal top	<b>Wool.</b> Kroka Store offers 200-weight wool by Woolpower, made in Sweden. (All proceeds from the Kroka store support Kroka Scholarships.)
2	Sweater	One for expedition and one for basecamp. Expedition: a mid-weight fleece, lightweight wool sweater, or wool shirt is appropriate. The Kroka Store offers a 400-weight wool sweater by Woolpower. This item is an all time favorite of staff and students alike Basecamp: thick hand-knit sweaters are acceptable. Thrift stores can be a good source.

1	Jacket	Lightweight, warm, mountaineering-style down or synthetic jacket. <b>A Hood, and some butt covering are highly recommended.</b> Examples from Patagonia: DAS Parka or the Hyper Puff Hoody. Another option is a layering system combining a Down Sweater Hoody, Nano Puff Hoody, or Nano Puff Bivy Pullover with a Bivy Down Hooded Vest, Nano Puff Vest, or Down Sweater Vest.
1	Shorts	Quick-dry, synthetic shorts. Ex. Patagonia Guidewater II Shorts
2	Wool long underwear bottoms	<b>Wool.</b> 1 mid-weight (200), and 1 light-weight (100). Kroka Store carries 200-weight wool by Woolpower.
1	Quick-dry pants	Lightweight, light-colored quick-dry pants for spring sun and bug protection. E.g.: Patagonia Guidewater II Pants
1	Work pants	Durable. E.g.: Patagonia Canvas Double Knee Pants, Carharrrts, or Dickies
1	Rain pants	Must be <b>waterproof</b> , durable, and breathable. E...: Patagonia Cloud Ridge Pants. Please do not bring heavily insulated ski pants. These are not part of the winter layering system, because they are too hot to ski uphill in.
2	Dress clothes	2 nice sets of clothing for events, presentations, dances, and other semi formal 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.
1	Bathing suit	
1	Lightweight long-sleeve sun-shirt	An old cotton button down will work fine; this is for long days in the sun. Another great thrift store item.
8	Wool socks	Wool, various thicknesses. E.g.: Darn Tough “Cross Country”
4-8	Underwear	Four pairs recommended for men; eight for women. At least half need to be wool.
2-3	Sports bras	<i>If applicable.</i> Quick-dry wool or synthetic.
1	Sun hat	If you sunburn easily, it should be wide-brimmed. Otherwise, a baseball cap will suffice. Kroka store carries an American made option.
1	Winter hat	One mid-weight, warm hat for basecamp

1	Buff neck warmer	Buff-brand neck warmer; wool avoids odors. E.g.: Buff Merino Wool Neck Warmer
1	Insulated leather work gloves	Rigorous use during the semester will likely wear them out. E.g.: Kinko lined winter work gloves. Find them at your local hardware store.
1	Light ski gloves	Thin, lightweight wool/fleece/nylon glove liner for ski practice and warmer days on trail (not a thick winter glove). Ex: Ibex wool liners
1	Mittens	Thick wool or wool blend mittens. Kroka Store offers 400-weight Woolpower mittens. (Kroka will issue you a pair of waterproof mitten shells to go over top in extreme weather.)
1	Ski skirt	E.g.: Swix Menali
<b>FOOTWEAR</b>		
1	Insulated booties	Down or synthetic. Compressible with ankle cinch. High quality, American made examples include: Feathered Friends or Western Mountaineering.
1	Running shoes	
1	Watersports sandals	Must be secure on your feet to withstand the rigors of whitewater travel. E.g.: Chacos with a toe loop (Z2s with water soles). No Keen brand sandals, please. You may bring neoprene water shoes or socks <i>in addition</i> , if you like.
1	Lightweight rubber boots (No neoprene Boots)	For the spring expeditions, wet weather, and farm chores. Knee-high, flexible, and lightweight. We suggest Kamik brand boots.
1*	<i>Insulated winter boots</i>	Bring only if you already own them, otherwise Kroka will provide them for you. We suggest locally made Kamik boots.
<b>CAMPING GEAR</b>		
1	Sleeping bag (Kroka will provide an over-bag for winter expedition legs.)	Synthetic or down, rated 0-15 degrees F (depending on how warm you sleep). Mummy style bag that weighs less than 4lbs with 700-800 fill. If you have any doubts about the appropriateness of your bag, please contact us about what sleeping bag would be best for your needs. The Camp Store can also special order one for you.
1	Inflatable sleeping pad	Lightweight, compact. For example, US made Thermarest ProLite. These are also available at the Kroka Store.

1	Petzl Actik headlamp	This <u>specific item</u> is required. USB-rechargeable headlamp. Kroka Camp Store carries them. If you have an extra headlamp, bring that as well.
1	Watch	Digital, with an alarm. Inexpensive models are preferred, as this item is often broken or lost over the course of five months.
1	Water bottle	Wide-mouth, insulated, 32-oz stainless steel water bottle. An example is The Liquid Savvy. No complex tubes, spouts, or nozzles - they freeze!
1	Sun glasses	Please do not spend \$ on expensive sunglasses!
1	Match container	Reusing a screw-top pill bottle works well.
1	Durable storage tub	Durable, 18x32x18". Recommended: Rubbermaid Action Packer 24 gallon Model 1172, with locking lid. This is for clothing storage at basecamp.
1	Ice skates	For training in January. If you do not own a pair, find a pair to borrow.
1	Small day pack	For having around campus to carry your journal, extra layer, etc.
1*	<i>Ski goggles</i>	<i>Only bring if you already own them.</i>
1*	<i>Cross-country ski racing gear</i>	<i>For pre-expedition practice; bring skate skis, boots and poles if you have them.</i>
<b>PERSONAL ITEMS</b>		
2	Toothbrush	No electric toothbrushes. Wooden handle preferred.
1	Toothbrush case	Small case that covers bristles only. Available at the Kroka store.
1	Toothpaste powder	All natural, please. Tooth powder is easier to share in a hygienic way, and it does not freeze in the field.
1	Hairbrush or comb	Compact/lightweight
1	Towel	<b>Medium</b> (not a full size) bath towel
1	Eye Glasses	If you need them, please bring glasses only (not contacts). You will need a case and retention strap (E.g.: Croakies). Bringing a spare pair is a good idea.
	Menstrual supplies	If applicable. Ideally environmentally friendly and re-usable. **see note below.

2	Bandana	For many uses. Kroka Store offers a variety, all US-made.
1	Mug	Your favorite tea mug for your time at basecamp.
	Letter writing supplies	A minimum of 20 stamped envelopes, more if you like.
1*	<i>Instrument</i>	Let's play music! Bring whatever you play!
<b>SCHOOL SUPPLIES</b>		
1	Clipboard	
1	Folder	Duo-tang paper with pockets
10	Pencils	
10	Pens	3 felt-tip; 3 ball-point
1	Colored pencils	Set of no more than 12
2	Eraser	Drawing pencil quality
1	Ruler	
1 pair	Scissors	
1*	<i>Watercolors</i>	Bring supplies if you like to paint.

*\*\* Menstrual supplies: We encourage menstruating humans to embrace their cycle, even in harsh climates and adventurous activities. We discourage taking measures that unnaturally stop your cycle during these times. We hope to create a supportive environment 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 Diva cups. These are all environmentally friendly products that not only lower our ecological impact but also connect us with a very special and important process.*

### To Buy from Kroka

You can purchase certain hard to find items from the Kroka Camp Store, unless you already own them. See 2021 WSP Camp Store Order Form for our inventory. Supplies are limited and you will need to fill out the Order Form or contact Linda at [office@kroka.org](mailto:office@kroka.org).

### To Rent from Kroka

Rent specialty items from Kroka unless you already have them at home. See 2021 WSP Rental Form to understand what we have to rent.

### Items Provided by Kroka

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