**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.

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| **Quantity** | **Item** | **Notes** |
| **CLOTHING** | | |
| 2 | Short-sleeve cotton shirt | Please be mindful of the graphics and logos you choose to represent! |
| 1 | Short-sleeve wool underwear top | **Provided by Kroka.** |
| 2 | Long-sleeve wool underwear top | **Wool** |
| 2 | Wool long underwear bottoms | **Wool**. 1 mid-weight (200), and 1 light-weight (100) |
| 1 | Long-sleeve lightweight sun shirt | **Provided by Kroka** |
| 2 | Sweater | One for expedition; one for basecamp. Expedition: mid-weight fleece, lightweight wool sweater, or wool shirt is appropriate. **Kroka Store offers 400-weight wool by Woolpower**. 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 **with hood.** Example: Patagonia Down Sweater hoody. |
| 1 | Vest | *Optional.* Lightweight, synthetic, down or wool. Example: Patagonia Nano Puff. Available in Kroka camp store. |
| 1 | Shorts | Quick-dry, synthetic shorts. Ex. Patagonia Guidewater II Shorts or Patagonia Baggies |
| 1 | Warm up exercise pants | Lightweight pants for running and fitness. |
| 1 | Quick-dry pants | **Provided by Kroka** |
| 1 | Work pants | Durable old pants |
| 1 | Rain/shell pants | Must be **waterproof**, durable, and breathable. Ex: Patagonia Torrentshell Pants |
| 1 | Rain Jacket | **Provided by Kroka** |
| 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. **Darn Tough makes many great options.** |
| 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. **Darn Tough makes many great options.** |
| 4-8 | Underwear | Wool. Four pairs recommended for men; eight for women. At least half need to be wool. |
| 2-3 | Sports bra | *If applicable.* Quick-dry wool or synthetic. |
| 1 | Sun hat | Kroka ball cap **available at Camp Store** |
| 1 | Winter hat | Mid-weight, warm hat. **Available at Camp Store** |
| 1 | Buff or Keffiyeh Scarf | Wool or cotton. **This will be used both for warm and sun protection.** |
| 1 | **Insulated** leather work gloves | Rigorous use during the semester will likely wear them out. Ex: Kinko leather gloves |
| **FOOTWEAR** | | |
| 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 | **Provided by Kroka.** Bring your own only if you have them. |
| *1\** | Climbing Shoes | *Optional* |
| 1 | Rubber Boots | Required for basecamp and farm chores. **Available to** **rent from Kroka** |
| **GEAR** | | |
| 1 | Mountain Bike (hardtail or rigid with trail tires) | Mountain Bike 27.5 or 29 inch, with at least 2.6 inch trail tires, disc brakes, platform pedals with at least 9 points and a frame that fits you properly. Drivetrain: minimum of 9 speeds (11 preferred) rear cassette with a single speed crankset. Inspected and tuned up by a professional bike mechanic prior to your arrival for the semester.  **Send us a photo of your bike and we will tell you if it is appropriate. Kroka has a very limited number of bikes available to rent.** |
| 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 tire size. |
| 1 | Bike shorts | *Optional* |
| 1 | Sleeping bag | Down, lightweight, compressible rated 15 degrees F. **Kroka Camp Store can also special order upon request: Big Agnes – Anvil Horn or Daisy Mae bags.** |
| 1 | Sleeping bag liner | A thin wool, silk or cotton sleeping bag liner. **This can be made at home** (it’s a fairly simple sewing project) |
| 1 | Insulated, inflatable sleeping pad | Lightweight, must be compact Ex: US made Thermarest Prolite **available at Camp Store** |
| 1 | Climbing harness | **Provided by Kroka** |
| 1 | Lifejacket | **Provided by Kroka.** Bring your own only if you have one. |
| 1 | Petzl Actik | USB-rechargeable headlamp. **Available at Camp Store**  \*Kroka provides extra batteries to use during semester. If you bring a different rechargeable headlamp you must provide your own extra battery. |
| 1 | Water bottle | Insulated 32 OZ metal water bottle**.** |
| 1 | Bike water bottle | Minimum 750ml |
| 1 | Sun glasses | Sunglasses are one of the most discarded and easily broken (ex: stepped on) pieces of equipment. A cheap pair is perfectly fine. |
| 1 | Match container | A screw-top pill bottle works well. |
| 1 | Locking Carabiner | **Provided by Kroka** |
| 1 | Day Pack | Small day backpack (20-30 liter) A school backpack will work fine! |
| **PERSONAL SUPPLIES** | | |
| 1 | Toothbrush | No electric toothbrushes. Bring a spare if you have it, as they occasionally go missing. |
| 1 | Toothpaste/powder | All natural, please. Tooth powder is easier to share in a hygienic way and travels better. This will be shared with others. |
| 1 | Skin salve | For dry desert conditions. Example: Badger “working hands” balm. This will be shared with others. |
| 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 | Small towel for basecamp use |
| *2\** | Glasses | Bring a spare pair. Please avoid contact lenses. |
|  | Menstruation supplies | *(If applicable.) Environmentally friendly, re-usable \*\*see note below* |
| 1 | Bandana | For many uses. **Available at Camp Store** |
|  | Letter writing supplies | A **minimum** of 10 envelopes, and 10 stamps, bring more if you like. These will be shared with others. |
| *1\** | *Instrument* | Let’s play music! Bring whatever you play! |
| 1 | Watch |  |
| 1 | Academic journal | **Provided by Kroka** |
| 1 | Opinel No.7 Knife | **Provided by Kroka** |
|  | Dehydrated Food | See *Food Dehydration Letter* |
| **WRITING SUPPLIES – These items will be shared with others** | | |
| 10 | Pencils |  |
| 10 | Pens |  |
| 1 | Colored pencils set |  |
| 2 | Eraser | Drawing pencil quality |
| 1 | Ruler |  |
| 1 | Scissors |  |
| *1\** | *Watercolors* | Bring supplies if you paint! |

**To Rent or Purchase from Kroka**

Rent and purchase 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**

Group gear such as tents, stoves, paddles, stoves etc. will be issued to you from Kroka. Other clothing items listed as provided by Kroka will be part of the semester team uniforms. See corresponding Reference Invoice.

**Labeling Your Items**

Laundry at Kroka is done in the community. You must be able to tell all of your items apart from every other student on semester. Your job before semester is to choose a unique color of embroidery thread and embroider a mark on every item of your personal gear, including socks, underwear and all items of clothing.

*\*(optional) items*

\*\* **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.