

# WINTER SEMESTER PACKING LIST

**Bring**, **Purchase**, or **Rent** the following 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.

*(We prefer Patagonia and Wool Power, because they are two of the most responsible manufacturers.)*

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## OPTIONS

- **BRING** (You need to acquire (*buy or borrow*) this item on your own. Need help or advice? Feel free to call us!)
  - **BRING OR PURCHASE FROM KROKA** (you need to acquire this on your own OR you can purchase it from Kroka in advance)
  - **BRING OR RENT FROM KROKA** (you need to acquire this on your own OR you can rent it from Kroka in advance)
  - **REQUIRED PURCHASE** (no need for you to do anything; we will automatically add this item to your invoice)
  - **REQUIRED RENTAL** (no need for you to do anything; we will automatically add this item to your invoice)
  - **OPTIONAL** (this item is optional for you to bring if you want)
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## HOW DO I PURCHASE OR RENT FROM KROKA?

3 Options:

1. Use the **SHOP** button on your portal to place your order
2. Call Linda at 603-835-9087
3. Email Linda at [office@kroka.org](mailto:office@kroka.org)

Please note that supplies are limited.

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## CLOTHING

    **SHORT SLEEVE COTTON SHIRT (3) BRING**

Please be mindful of the graphics and logos you choose to represent!

    **Long-sleeve wool thermal shirt (2) BRING OR PURCHASE FROM KROKA**

Wool. Kroka Store offers [200-weight wool by Woolpower](#), made in Sweden.

\_\_\_ **Sweater (2) BRING OR PURCHASE FROM KROKA**

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 staff and students!

\_\_\_ **Insulated Jacket (1) BRING**

Lightweight, warm, mountaineering-style down or synthetic **with hood**, and *some* butt covering. Examples: [DAS parka](#) or the [Fitz Roy Down Hoody](#). Another option is a layering system combining a [Down Sweater Hoody](#) with a [Nano Puff vest](#)

\_\_\_ **Shorts (1) BRING**

Quick-dry, synthetic shorts. Example: [Patagonia Guidewater II Shorts](#)

\_\_\_ **Wool long underwear bottoms (2) BRING OR PURCHASE FROM KROKA**

Wool. 1 mid-weight (200), and 1 light-weight (100). Kroka Store carries [200-weight wool by Woolpower](#).

\_\_\_ **Quick-dry pants (1) BRING**

Lightweight, light-colored quick-dry pants for spring sun and bug protection. Example: [Patagonia Guidewater II Pants](#)

\_\_\_ **Work Pants (1) BRING**

Durable. Example: [Patagonia Canvas Double Knee Pants](#)

\_\_\_ **Rain or shell pants (1) BRING**

Must be waterproof, durable, and breathable. Example: [Patagonia Torrentshell Pants](#). Snow pants are not part of the winter equipment layering system, so no heavily insulated shells.

\_\_\_ **Dress clothes (1) BRING**

A nice clothing set for NYC 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.

\_\_\_ **Bathing Suit (1) BRING**

\_\_\_ **Lightweight long-sleeve sun-shirt (1) BRING**

For the spring expedition on the Hudson River

\_\_\_ **Wool Socks (8) BRING**

Wool, various thicknesses. Example: [Darn Tough](#)

\_\_\_ **Underwear (4-8) BRING**

Four pairs recommended for men; eight for women. At least half need to be wool.

\_\_\_ **Sports Bra (2-3) BRING**

If applicable. Quick-dry wool or synthetic.

\_\_\_ **Sun hat (1) BRING**

If you sunburn easily, it should be wide-brimmed. Otherwise, a baseball cap will suffice. Kroka store carries US made baseball cap

\_\_\_ **Winter hat (1) BRING**

One mid-weight, warm hat.

\_\_\_ **Buff neck warmer (1) BRING**

Wool neck warmer; wool avoids odors. Example: [Buff Merino Wool Neck warmer](#)

\_\_\_ **Insulated leather work gloves (1) BRING**

Rigorous use during the semester will likely wear them out. Example: [Kinko lined winter leather gloves](#)

\_\_\_ **Light ski gloves (1) BRING**

Thin, lightweight wool/fleece/nylon glove for ski practice. Example: [Swix focus glove](#)

\_\_\_ **Mittens (1) BRING OR PURCHASE FROM KROKA**

Thick wool or wool blend mittens. Kroka Store offers [400-weight Woolpower mittens](#).

\_\_\_ **Ski skirt (1) BRING**

(If applicable) If you are female-bodied, a down or synthetic ski skirt is an effective solution for staying warm on coldest days

## FOOTWEAR

\_\_\_ **Insulated booties (1) BRING**

Down or synthetic. Compressible with ankle cinch. US made examples include: [Feathered Friends](#), [Western Mountaineering](#)

\_\_\_ **Running Shoes (1) BRING**

\_\_\_ **Watersports sandals (1) BRING**

Must be secure on your feet to withstand the rigors of paddling expedition.

Example: [Chacos with a toe loop \(Z2s with water soles\)](#). In addition, you may bring neoprene water shoes or socks for early spring paddling

\_\_\_ **Lightweight rubber boots (1) BRING**

For the spring expeditions wet weather and farm chores. Knee-high, flexible, lightweight, compact and packable (No neoprene Boots)

\_\_\_ **Insulated winter boots (1) BRING OR RENT FROM KROKA**

## GEAR

\_\_\_ **Sleeping bag (1) BRING**

Synthetic or down, rated 0-15 degrees F (depending on how warm you sleep). Mummy style bag that weighs less than 4 LBS with 700-800 fill.

\_\_\_ **Insulated sleeping pad (1) BRING OR PURCHASE FROM KROKA**

Lightweight, compact. Kroka Store carries US made [Thermarest ProLite](#)

\_\_\_ **Petzl Actik Core USB-rechargeable headlamp (1) BRING OR PURCHASE FROM KROKA**

[This specific item](#) is required. Kroka Camp Store carries them. We have extra rechargeable batteries as part of our group gear, so our lights last for the duration of our expeditions.

\_\_\_ **Watch (1) BRING**

\_\_\_ **Water bottle (1) BRING**

Wide-mouth, insulated 32-oz stainless steel water bottle. Example: [The Liquid Savvy](#).

\_\_\_ **Sunglasses (1) BRING**

Please do not spend \$ on expensive sunglasses!

\_\_\_ **Ski Goggles (1) OPTIONAL**

\_\_\_ **Match container (1)** *BRING*  
A screw-top pill bottle works well

\_\_\_ **Durable storage tub (1)** *BRING*  
Durable, 18x32x18". Recommended: Rubbermaid Action Packer 24 gallon Model 1172 with locking lid

\_\_\_ **Cross-country ski racing gear** BRING OR RENT FROM KROKA  
For pre-expedition practice; bring skate skis, boots and poles

\_\_\_ **Ice Skates (1)** *BRING OR BORROW FROM KROKA*  
For training in January. If you do not own a pair, find a pair to borrow.

\_\_\_ **Small day pack (1)** *BRING*  
For having around campus to carry your journal, extra layer, etc.

\_\_\_ **85-liter Internal Frame Backpack (1)** BRING OR RENT FROM KROKA  
For expeditions. Consider gender specific if buying your own. Example: [Osprey Aether 85](#)

\_\_\_ **Wetsuit (1)** BRING OR RENT FROM KROKA

## PERSONAL SUPPLIES

\_\_\_ **Toothbrush (2)** *BRING*  
Wooden handle preferred

\_\_\_ **Toothpaste powder or toothpaste (1)** *BRING*  
All natural, please

\_\_\_ **Hairbrush or comb (1)** *BRING*  
Compact/ lightweight

\_\_\_ **Bath towel (1)** *BRING*  
Medium (not full size) bath towel

\_\_\_ **Glasses (2)** *BRING*  
(If applicable) If you need them, please bring glasses only (not contacts). You will need a case and safety strap. Please bring a spare pair.

\_\_\_ **Menstrual supplies (5 months' worth) BRING**  
(If applicable.) Environmentally friendly. Consider re-usable. Examples: [menstrual underwear](#), [Diva Cup](#), and [reusable cloth pads](#).

\_\_\_ **Bandana (2) BRING OR PURCHASE FROM KROKA**  
For many uses. Kroka Store offers a variety, all US-made.

\_\_\_ **Mug (1) BRING**  
Your favorite tea mug for basecamp.

\_\_\_ **Instrument OPTIONAL**  
Let's play music! Bring whatever you play!

## WRITING SUPPLIES

\_\_\_ **Pencils (5) BRING**

\_\_\_ **Pens (5) BRING**  
3 felt-tip; 3 ball-point

\_\_\_ **Colored Pencils (1 set of no more than 12) BRING**

\_\_\_ **Eraser (1) BRING**  
Drawing pencil quality

\_\_\_ **Letter writing supplies (20+) BRING**  
A minimum of 20 stamped envelopes

\_\_\_ **Watercolors OPTIONAL**  
Bring supplies if you paint!

**REQUIRED PURCHASES** (no need for you to do anything; we will automatically add this item to your invoice)

There are numerous **required purchases**, as stated in your financial acceptance form. These range from educational supplies and travel fees to craft supplies. Relevant to the packing list, the following items of clothing are **Required Purchases**, will be given to each student on arrival day, and are all embroidered with the Kroka logo. Please be sure you've filled out the Clothing Size form in your portal.

- Rain jacket
- Nordic ski pants
- Nordic training hat
- Wool short sleeved shirt

**REQUIRED RENTALS** (no need for you to do anything; we will automatically add this item to your invoice)

The following packages are **Required Rentals**. This gear is expedition specific, which is why Kroka insists on providing it. The rental cost covers the cost of the maintenance and repair of the equipment.

1. Arctic Warmth Package: Includes overbag (adds warmth to your personal sleeping bag), overboots, gaiters, winter anorak, and over mittens (similarly, adds warmth and waterproofing to mittens and gloves).
2. Expedition Ski Package: Includes backcountry skis, bindings, boots and poles