



KROKA EXPEDITIONS ~ SUMMER BASIC PACKING LIST

See Program Specific Packing List in Addition

CLOTHING			
	ITEM	AVAILABILITY	NOTES
1	Bathing Suit	Bring	Functional and won't fall off when jumping into the water.
2	T-Shirt	Bring or Buy From Kroka	Light-color cotton tee shirts. No logos or designs.
1	Long-Sleeve Shirt	Bring	A lightweight, light-colored long-sleeve shirt for sun and bug protection. Simple button-up collared shirts work well.
1	Quick-Dry Pants	Bring	Pair of lightweight nylon pants. Loose-fitting, for sun and bug protection.
1	Shorts	Bring	Pair of quick-drying lightweight shorts.
1	Rain Coat	Bring or Rent From Kroka	Rain coat with hood. Must be WATERPROOF, not water resistant!
1	Rain Pants	Bring or Rent From Kroka	Must be WATERPROOF, not water resistant!
1	Long Underwear Set	Bring	Long underwear top and bottom. Wool is best. But, synthetics/poly-pro is appropriate.
1	Sweater	Bring	One lightweight wool or polar fleece. No cotton sweatshirts!
3-6	Underwear	Bring	Bring as many as feel appropriate for you.
3	Wool Socks	Bring or Buy From Kroka	Wool, various thicknesses.
1	Sun Hat	Bring or Buy From Kroka	If you sunburn easily bring a wide-brimmed hat. Otherwise, a baseball cap will work well.
1	Warm Hat	Bring or Buy From Kroka	Comfortable, lightweight winter hat for cold nights.
EQUIPMENT			
1	Carabiner	Bring or Buy From Kroka	For attaching your water bottle to boats etc!
1	Day Pack	Bring	Small backpack for carrying a water bottle and rain gear
1	Headlamp	Bring or Buy From Kroka	Headlamp with new batteries. USB-chargeable headlamp available at Kroka store
1	Knife	Bring or Buy From Kroka	Non-serrated, soft steel blade, made for woodcarving, with locking blade We recommend Opinel brand knives and Mora brand knives.
1	Sleeping Bag	Bring or Rent From Kroka	Synthetic or Down. Compact and lightweight, rated to 30-40 degrees
1	Sleeping Pad	Bring or Rent From Kroka	Lightweight, compact, inflatable or foam pad
1	Nylon Stuff Sack	Bring or Buy From Kroka	10-20 liters for storing clothing.
1	Water Bottle	Bring or Buy From Kroka	Wide mouth, 32-oz non-leaking, with attachment for a carabiner.
FOOTWEAR			
1	Rubber Boots	Bring or Rent From Kroka	For wet weather and farm chores. Tall, flexible, lightweight
1	Sandals	Bring	Must be durable and strapped tightly to the top, front, and back of the foot. We highly recommend closed-toe Keen Sandals.
1	Sneakers	Bring	Lightweight sneakers for hiking and daily use.
PERSONAL			
1	Bandana	Bring or Buy From Kroka	For many uses.
1	Toothbrush	Bring	With case. No electric toothbrushes, please!
1	Hairbrush/Comb	Bring	Optional as needed
1	Journal and Pencil	Bring or Buy From Kroka	Pack in a Ziploc bag
	Menstrual Supplies	Bring	If you have begun menstruating please bring an ample supply of what you need for your whole time here and two ziploc bags.

- - - SEE OTHER SIDE FOR IMPORTANT PACKING LIST NOTES - - -



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IN ADDITION TO THE PACKING LIST, you may also bring a small towel for swimming (please no large towels as they are difficult to dry), a musical instrument, or a comfort item such as a stuffed animal, pillow, or blanket. these are appropriate for base camp only and cannot be brought on expedition)

PACKING FOR YOUR KROKA PROGRAM: It is our intention to bring less so we can experience more, and we try to provide items that people don't commonly own. Kroka provides most specialized equipment for programs. If you have a choice, pack old things rather than new – there's less chance of upset if you rip them or get them wet and muddy, not to mention losing them! With all of the above in mind, it is important to prepare well and follow the gear list precisely. If you need to buy new gear, we encourage you to purchase items that are made with respect for the Earth, and by people who are treated fairly.

PLEASE BRING exactly the items on the packing list and nothing more! We have honed this list over the years to precisely what is needed. Any extra items not on the list will be stored and returned at the end of the trip. Sorting through piles of unnecessary items takes time away from the experience.

PLEASE LABEL all items with the student's first and last name. If you wear glasses, please bring a safety strap and consider bringing a backup.

PLEASE DO NOT bring any electronic devices including cell phones, tablets, watches, computers, cameras, headphones, or any items that light up or make noise.

FREQUENTLY ASKED QUESTIONS:

Q: Do I need a backpack? If you own your own backpacking pack that is comfortable and fits you well, bring it! If not, we will supply Osprey brand backpacks for all trips traveling overnight on foot, free of charge.

Q: What about hiking boots? We hike in sneakers which are more comfortable, lighter, and easier to dry out when wet. Converse or sneakers without tread are not suitable.

Q: Is one pair of shorts and two T-shirts really enough? For a weeklong program in the summer, this is ample clothing! For programs longer than one week students will have a chance to wash clothing. Remember: less is more.

Q: Will I use everything on the packing list? No. Chances are you will use most items, but weather in New England varies from 40-degree nights to 90-degree days, rain, sun, bugs, and more. Everything on the list is essential, but you may not use every item on every trip.

Q: What about deodorant, shampoo, soap, lotion, toothpaste, sunscreen, and bug spray? Kroka will supply the following personal hygiene products for the entire group: sunscreen, bug spray, and toothpaste. Please make sure all other personal hygiene products (deodorant, moisturizer, etc.) are 100% natural, biodegradable, chemical-free and that you limit what you bring to the bare minimum of what you need.

Q: Can I rent or purchase equipment from Kroka? Some commonly used items are available to rent for modest prices. Rental items are washed and dried between student uses.

ITEM	RENTAL PRICE PER TRIP
RUBBER BOOTS	\$5
SLEEPING BAG	\$25
SLEEPING PAD	\$5
RAIN PANTS	\$20
RAIN COAT	\$20
MOUNTAIN BIKE	\$250/week or \$350 for 2-weeks