

## KROKA EXPEDITIONS 2009 SUMMER PACKING LIST

**NOTE:** All specialized gear, not mentioned on this list will be provided. This includes backpacks, paddles, life jackets, helmets, etc. Some items on this list are available for loan from Kroka and are marked as such on the list. Some items are available at Kroka Camp Store. All profits from sales at Kroka Camp Store support Scholarship Fund. All items are of superior quality and made responsible and often locally. Other items are available for sale at Summers' Backcountry Outfitters in Keene, NH. You can call Summers' at 603-357-5107.

✓ ITEMS	Qty	Details and Suggestions	Where available
<b>CLOTHING</b>			
Long sleeve lightweight shirt	1	Light color, cotton. For sun and bug protection. Free of offensive graphics, please. Button down types work well	
Short-sleeve Shirt	2	Lightweight, light color cotton. Free of offensive graphics, please.	Kroka store
Lightweight Pants	1	Quick-drying and loose-fitting. For sun and insect protection.	
Lightweight Shorts	1	Quick-drying.	Summers'
Wool Socks	2 pr	Wool or synthetic, NO COTTON!	Kroka store or Summers'
Long Underwear	2 pr	Two Long sleeved tops and one bottom. For rainy days and water use. Wool, silk, or synthetic- NO COTTON!	Kroka store or Summers'
Sweater	1	Lightweight wool or polar fleece. No cotton sweatshirts.	Summers'
Rain Coat	1	MUST BE WATERPROOF, not water resistant!	Borrow-limited Kroka store or Summers'
Rain Pants	1	A must, given the rainy weather	Summers'
Swimsuit	1	Girls also bring a pair of shorts	
Bandana	1	For many uses.	Summers'
Sun hat and wool hat	1	Sun hat with visor, wide brim all around is the best, caps will do. If nights are cold bring a wool hat	Kroka store (sun hat)
Underwear		Boys: one pair for every 4 days of the trip; girls: one pair for every two days of the trip.	
<b>SHOES AND PERSONAL GEAR</b>			
Lightweight Shoes	1 pr	For off-water use. Lightweight, compact, soft and flat, that do not damage the earth.	
River shoes	1 pr	Durable paddling shoes that stay securely on your feet. No open toed sandals! For non paddling programs they can be old sneakers.	Summers'
Rain Boots	1 pr	For the possible, UNLIKELYHOOD of rain and for farm chores	
Sleeping Bag	1	Compact and warm. Nights could be cold.	Borrow or Summers'
Sleeping Pad	1	Closed cell foam, lightweight, compact pad	Borrow or Summers'
Nylon Stuff Sack	2	One for sleeping bag, one for all clothes. (see enclosed pattern)	Kroka store or Make your own
Book for Pleasure Reading	1	Pack in a zip lock bag. (Please choose a book appropriate for your reflective nature experience)	Borrow from Kroka library
Journal and pencil		Pack in a zip lock bag with book. 1	
Flashlight/Headlight	1	Small flashlight or headlight with a set of fresh batteries	Kroka store
Water Bottle	1	Wide-mouth, non-leaking bottle.	Kroka store
Knife	1	Non serrated, soft steel blade. Must have LOCKING BLADE. Best to purchase at Kroka camp store.	Kroka store
Toothbrush	1		
Feminine Supplies		If appropriate, bring an ample supply of tampons/pads in a zip lock bag.	
<b>OPTIONAL ITEMS</b>			
Mocassin	1 pr	For wearing at camp and in fragile areas. Resource: Howard's Leather (603) 363-4325 (see parent handbook for details)	Howard's Leather Store
Sun block	1	Please bring one made from natural ingredients and animal cruelty-free.	Natural/Whole Foods Store
Instrument	1	We can provide a waterproof bag for instruments as big as a guitar.	

### SPECIAL NOTES

- If you wear glasses, please make sure they have a safety strap.
- Wear and pack light-colored garments when possible. They are more comfortable in the sun
- *DO NOT PACK ITEMS THAT ARE NOT LISTED, unless you have special needs that have been previously discussed with Kroka staff. Any extra items you bring will be put in storage and returned to you at the end of the trip. Sorting through piles of unnecessary clothes at the trip start is frustrating and takes time and energy away from the trip.*