

Equipment –«the gear list»

Essential Gear

Head

- 1 wool or fleece hat that covers your ears
- Neck gaiter
- 1 pair of sunglasses
- 1 pair of alpine goggles

Upper Body

- 1 long underwear top (polypro, silk, or wool- no cotton)
- 2 wool, fleece, or down insulating layer (not cotton)
- Waterproof jacket (gore tex or similar)
- Additional layers for your personal comfort

Hands

- 1 pair of gloves
- 1 pair of mittens

Lower Body

- 1 pair of lightweight hiking shorts or pants (nylon is good)
- 1 pair of long underwear bottoms (polypro, silk, or wool - no cotton)
- 1 pair of wool or fleece pants (no cotton or jeans)
- 1 pair of waterproof rain pants (gore tex or similar)

Feet

- Hiking boots (well broken-in!)
- Shoes for light walks and campus (outdoor running shoes, terrain running/walking shoes)
- 2 or 3 pairs of wool or synthetic hiking socks (not cotton)

Equipment

- Large backpack (60-70 Liters)
- Day backpack (25-35 Liters)
- Sleeping bag 3 season (-10 celsius)
- Sleeping pad for winter use
- Compass and map case
- Portable gas stove or a portable multifuel stove
- Plastic bowl & spoon and fork to eat out of
- Two one-liter water bottles
- Thermos (0,33 liter – 1 liter)
- Head lamp
- Small first aid kit
- Pocket knife or Leatherman tool

Ski

Campus Sogndal is a 15 minutes buss ride from *Sogndal Skisenter* with groomed alpin ski slopes, cross-country tracks and nordic back-country ski tracks. The ski center offer these types of skis:

- Alpine skiing, freeride/off-pist skiing and ski touring
- Cross-country skiing and nordic back-country skiing

HVL will supply:

- Nordic back-country ski (skiboats, skis, skipoles and skins)
- Tents
- Kayak gear and Kano gear
- Glacier gear and Climbing gear