



Pack list Basic course

Backpack min 75 L and preferably with rain cover

Bed roll

Sleeping bag (summer preferably down to comfort -5)

Suitable outdoor clothing. Even though it is summer it can be cold especially during night time. Layer on layer principal is applicable. (Temperature can vary from +30 – 0 C)

Warm outdoor jacket (wind and waterproof)

Warm sweater (wool or fleece of medium thickness)

Shirt or medium thick sweater (preferably not cotton and optional)

Outdoor pants (no jeans) + extra pair

Normal socks and warmer socks. (Preferably not cotton 3 pairs in total)

Thermal underwear, wool or synthetic 1 complete set + one extra top to wear (instead of a normal t-shirt)

Additional underwear

Warm hat (to use during the night if necessary)

Gloves (working)

Camp shoes (optional)

Rain clothes (jacket and pants)

Hiking boots (well walked in and waterproof)

Hat or cap to wear daytime

Cutlery (knife, fork, spoon or spork)

Drinking cup

Deep plate

Water bottle

Personal medication

Toiletries (Tooth brush, towel etc.)

Whistle

Lighter, fire steel or similar

Little first aid kit

Mosquito repellent

Knife (not folding)

Sunglasses

Pencil and notebook

Compass

Orange T-shirt of big size

On top of this list there will be some general equipment that will be distributed and carried by the whole group. You are allowed to bring extra equipment of your choice but we will go through the equipment before we leave and some items might be left at the Lodge. Remember to keep your backpack as light as possible. Spare clothes is preferably stored in a drybag (waterproof) in your backpack.