

## **Cross country ski expedition course Norway**

### *Personal equipment list*

Following is the minimum clothing and equipment list for the course. All items not marked as optional are required. You can bring other clothes and equipment in addition to this. It is necessary that you have tested your personal equipment and clothing before the trip, especially trying the cross-country ski boots is important.

- 1 x ski boots compatible with NNN-BC binding, with perfect fit with your waterproof socks, there must be some more space inside for your feet to protect your feet feeling tight (so predisposition for frostbite) when enlarge by activity,
- 40-50L hiking backpack with hip belt,
- 1 x waterproof dry sack for storing and keeping clothes dry in the ski pulk sled,

#### **Winter clothes:**

- 1 x windproof and waterproof GoreTex outer layer: pants and jacket with hood,
- 1 x medium insulation layer: thick woolen sweater or fleece jacket,
- 2 x first layer: long-sleeved woolen T-shirts and long-legged woolen longjons,
- 1 x base layer: wool underwear,
- 2 x winter waterproof socks,
- 1 x warm down jacket with a hood to put on during breaks,
- 1 x GoreTex windproof 5-finger gloves,
- 1 x warm boiled wool mittens or down filled mittens,
- 1 x windproof and waterproof mittens for change,
- 1 x thin 5-finger gloves,
- 1 x warm woolen hat that also protects your ears, buff (scarf) and balaclava,
- 1 x thick woolen socks for sleeping,

#### **Winter camping equipment:**

- 1 x down booties for winter camping in sleeping bag (optional and highly recommended),
- 1 x gaiters,
- simple liner for sleeping bag or thin sleeping bag to use inside the winter sleeping bag,
- 1 x ski-goggles,
- 1 x glacier glasses (optional),
- 1 x waterproof dry sack for storing and keeping clothes dry in the ski pulk sled,
- 1L thermos flask,

#### **Other personal equipment:**

- 1 x spoon,

- snacks to eat between the meals (sweets, dried fruit, nuts, chocolate),
- 1 x head lamp with spare lithium batteries or head lamp with accumulator together with fully charged power bank,
- mobile phone with fully charged power banks to cover everyday use of the phone on the 4-days expedition,
- diary for personal notes during the expedition or something for waiting in tent during a bad weather (optional),
- personal medication,
- valid passport,
- documentation about travel insurance that meets at least Alpenverien standards for rescue,
- sickness insurance documentation,
- toilet articles, toilet paper, small towel and other private equipment,
- sunscreen with UV-A and UV-B,
- lip balm,
- earplugs (optional).