

EQUIPMENT

UTSTYR

Clothes/necessary gear

Klær/nødvendig utstyr

- long underwear, preferably woollen
 - thick socks woollen
 - thin socks woollen
 - shirt or thin sweater woollen
 - thick sweater woollen
 - scarf
 - anorak, wind jacket with hood
 - winter jacket and pant if you have
 - wind trousers
 - raincoat (water min 10000mm)
 - rain trousers
 - knitted hat/warm cap without tassel
 - mittens (gloves)
 - wind mittens / extra mittens
 - mountain boots
 - wellingtons
 - sunglasses
 - sun protecting oil/cream (high factor)
 - thermos
 - sturdy knife, sharpening tool(chopping wood)
 - toiletries
 - warm sleeping bag (minus10)
 - mountain mattress/sleeping pad
 - swimmingwear
 - head torch
 - cutlery and plastic cup and teller
 - rucksack (60 litre or more)
 - insect repellent
 - map case and compass
- * stil-longs ull
 - *tjukke ullsokker
 - * tynne ullsokker
 - * tynn ullgenser
 - * tjukk ullgenser
 - * skjerf
 - * vindtett jakke med hette
 - * vinterjakke og bukse dersom du har
 - * vindtettbukse
 - * regnjakke
 - * regnbukse
 - * ull lue / varm lue uten dusk
 - * varme votter
 - * vindtette votter /ekstra par med votter
 - * fjellsko
 - * gummistøvler
 - * solbriller
 - * solkrem med høy faktor
 - * termos
 - * kniv og bryne (solid)
 - * toalettsaker
 - * varm sovepose
 - * liggeunderlag
 - * badetøy
 - * lommelykt/hodelykt
 - * bestikk og plastikk fat og kopp
 - * ryggsekk (60 liter eller mer)
 - * myggmiddel
 - * kartmappe og kompass

Remember: You might come across snow storm on the glacier and stormy weather on the sea.

IF YOU HAVE:

- leggings/gaiters
 - books: flora, plant and animals in sea/seashore, mushrooms
- * gamasjer
 - * flora, planter og dyr sjøen/strandkanten
sopp

Some former students have asked us to underline that it might be a good idea to buy some of the equipment in Norway. They found that quality goods were cheaper and easier to find on Stord than in The Netherlands/Denmark/Germany/England. This is especially the case with woollen clothes, rain gear, wellingtons, mountain boots and to lesser degree rucksacks and wind jacket / trousers. You do not have to bring stove and tent the school will provide this during your stay.