

Equipment –«the gear list»

Essential Gear

Head

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

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 (0 celsius)
- Sleeping pad
- Compass and map case
- Portable gass stove or a portable multifuel stove
- Plastic bowl & spoon and fork to eat out of
- Two one-liter water bottles
- Head lamp
- Small first aid kit
- Pocket knife or Leatherman tool

HiSF will supply:

- Tents
- Kayak gear
- Kano gear
- Glacier gear
- Climbing gear

Optional Gear

This equipment can be nice to have, but is not mandatory.

- Camera, lip balm & sunscreen, thermos (0,33 liter – 1 liter), terrain running shoes
- For skiers: Skis and ski gear. The skiing season often starts in November. It is often that the ski season starts in november (no excursion on skis)