

## Equipment –«the gear list»

### Head

- 1 wool or fleece hat that covers your ears
- Neck gaiter
- 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
- 1 pair of long wool underwear bottoms
- 1 pair of wool or fleece hiking pants
- 1 pair of waterproof rain pants (gore tex or similar)
- Gaiters (if not already a feature on your pants)

### 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 (60-80 litre)
- Day backpack (25-35 litre)
- Sleeping bag (0° Celsius or below)
- Sleeping pad
- Compass and map case
- Plate, cup and eating utensils
- Two one-litre water bottles
- Head lamp
- Small first aid kit
- Thermos (0,33 litre – 1 litre)
- A good camping knife and/or multitool

### HVL will supply:

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

- Gas stoves on excursions

### Optional Gear

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

- Portable gas stove or a portable multifuel stove for use outside of excursions
- Camera, terrain running shoes
- For skiers: Skis and ski gear. The ski season often starts in November i Sogndal.
- Hiking poles