

## EQUIPMENT

## UTSTYR

### Clothes/necessary gear

### Klær/nødvendig utstyr

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

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

### IF YOU HAVE:

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|--------------------------------------------------------------|----------------------------------------------------|
| • leggings/gaiters                                           | * gamasjer                                         |
| • books: flora, plant and animals in sea/seashore, mushrooms | * flora, planter og dyr sjøen/strandkanten<br>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.