

Equipment Information for the Outdoor Education Course

As outdoor adventurers you probably have most of the clothing and equipment required for the course, however, here is a reminder of the minimum you require. It is advisable to bring as much as possible with you at semester start, as gear here can be expensive, dependent on the currency value.

In general, cheaper equipment tend not to last that long and often fail in more extreme situations. The saying; “buy cheap, buy twice” is strongly present within outdoor activities. See it as an investment and remember that outdoor equipment must be taken care of (washed regularly etc).

A few tips:

Base layer: We strongly recommend using wool (merino type) instead of synthetic fibre. Wool keeps its warming capacity even in a wet state (synthetic does not) and if you invest in Merino, it will not itch! Cottons is NOT to be used, as this can cool the body.

Insulating layer: Wool is preferred, but fleece does also work. Again, cotton is NOT to be used.

Shell-layer: Gore-Tex or similar that are waterproof. Do not use shell-layers that are insulated with e.g. Primaloft or other types, as this makes temperature regulation difficult. Everyone must bring waterproof jackets and pants.

Insulating jackets: We strongly recommend bringing an extra insulating jacket. It can be either made from synthetic fibre (Primaloft) or down. If you are a first-time buyer, we strongly recommend a synthetic fibre jacket. Down is more receptive to water and will lose its warming capabilities if wet. Synthetic jackets will maintain their warming capacity.

Highly specialised equipment: For the duration of the course, UiA will provide each Outdoor Education student with a pair of Nordic Back-country skis, boots and ski poles, as well as one tent and Trangia per 4 students to borrow.

If you need to buy equipment in Norway, internet stores are usually cheapest, but this may require you to have a postal address in Norway.

- www.sportsnett.no
- www.fjellsport.no
- www.vpg.no
- In addition, XXL has a large shop in Kristiansand (www.xxl.no)

For general tips on equipment care, see the Arc'teryx YouTube channel:

<https://www.youtube.com/playlist?list=PLZsRfWEYrB29Q6g1AUZRo2EZCjrtTnNXa>

On the next page, a detailed equipment list follows.

REQUIRED PERSONAL EQUIPMENT LIST

Winter:

- Rucksack, minimum 65-75 liters
- Day tour sack 25 – 35 liters
- Winter sleeping bag* – comfort zone minus 15c
- Warm Sleeping mat, minimum 15 mm closed cell foam or equivalent

*It is possible to combine two sleeping bags instead of buying a winter bag. However, one of the bags must have a comfort temperature of appr. -3 degrees Celsius (three season bag) and the other around +15 degrees Celsius (summer sleeping bag).

- Waterproof, non-insulated mountain skiing trousers “hard-shell” (Gore-Tex or similar).
- Waterproof, non-insulated jacket with hood “hard-shell” (Gore-Tex or similar)
- Warm winter jacket, (synthetic or down)
- Windproof trousers and jacket “softshell or similar”

- Woolen hat, beany
- Woolen Scarf or Buff
- Balaclava or Buff
- Gaiters/leggings

- Long wool underwear, shirt and trousers x 2
- Woolen socks, long x 2 pair
- Wool sweater (or Fleece)

- Compass, Silva type (Silva Ranger 15 or Expedition recommended)
- Map case, clear plastic
- Notebook and pencil for the field trips

- Ski gloves, Wool gloves and windproof mittens
- Winter gloves
- Solid winter boots
- Aluminium/plastic water bottle (Nalgene 1L wide mouth is preferable)
- Thermos

- Ski Goggles (**VERY** important)
- Sunglasses
- Head torch (batteries)

- Sun cream and lip screen
- Individual First aid kit
- Small plastic whistle
- Knife and/or multi tool
- Plate, cup, eating utensils

Spring (In addition to the above):

- Swimsuit
- Cap
- Good walking boots/shoes
- Sports shirt
- Undershirts
- Gloves
- Repair kit (thread, needles, sports tape, pins, etc)
- Sleeping bag comfort zone plus 5C (optional)

Extras (very handy to have):

- Hammock
- Bivvybag
- Cooking stove
- Camera
- Cycling clothes