

## Utstyr til Fjellsport / Equipment to general mountaineering



1	Rucksack	Between 40-50 liters is enough
2	Emergency bivi / Windsack	Can be shared within group - provided by us
3	Firstaid kit	Can be shared within group - provided by us but bring your own if you wish.
4	Toilet paper	Own
5	Map, compass and GPS	The instructor will have this, but by all means bring your own if you want to practise.
6	Sun-cream	own
7	Sunglasses (To glacier)	Own- essential
8	Drink flask / Thermos	own
9	Lunch :)	own
10	Warm jacket	own - A thicker belay jacket is required for winter, early spring and late summer.
11	Extra gloves	own - mitts are essential
12	Extra wool top and bottoms	own - synthetic is okay as well.
13	Extra hat / balaclavava	own
14	Waterproof trouser	own
15	Waterproof jacket	own
16	Head torch	own
17	Sleeping mat	Can be shared within group