

## Equipment list Alpine Adventure – Himalaya

we are a lot outdoor throughout the year, both in activity during the day and in tents/hut at night. Much of the common equipment we use is provided by the school, but some personal

outdoor equipment is needed. You probably already have some of the equipment. Some you may find at home or

borrow from family, and some of it you probably will have to buy.

Most sports shops have promotions and sales throughout the year, and many online shops have good prices.

A lot of good stuff is sold used, and when you come here you get discounts at some sports shops.

The school also has

shopping agreements with various online stores. Get in touch for discount codes for various shopping deals.

You can get tips and help with some of the equipment after you have arrived at the school, but some of it you will need

from the first week. Of course, you also can get in touch with us if you need advice on equipment.

Equipment you must have from the start of school:

- Backpack for overnight trips (approx. 70-90 l)
- Daypack/peak backpack (approx. 40-50 l). Must have opportunities to attach skis to the bag. Its going to be used on hiking and ski tours in both autumn and winter.
- Sleeping bag. For autumn trips, a sleeping bag that can withstand temperatures down to 0 degrees will do, but in winter, you must have a sleeping bag that can withstand more. The sleeping bag should have a comfort temperature down to -10 degrees. Down sleeping bags are lighter but more expensive than sleeping bags with synthetic filling.
- Sleeping mat (preferably one that is a little thick).
- Headlamp
- First aid kit. Everyone must have a small pack of first aid kit in their backpack. We will talk about what content you must have when you come to school.
- Map folder and compass. You need a plastic folder with space for maps. Compass: buy one properly, possibly with an inclinometer.
- Plate/cup/cutlery for overnight trips
- Knife
- Thermos
- Drinking bottle/camel back
- Sunglasses
- Hiking shoes
- Wool sweater and wool trousers x 3
- Wool socks/hiking socks made of wool (you can buy in Norway). At least 3 pairs.
- Hiking pants
- Wind/waterproof pants
- Wind/waterproof jacket
- Fleece/down jacket/thick wool sweater
- Beanie
- Mittens/gloves
- Neck/scarf/buff
- Personal climbing equipment (climbing shoes, climbing harness, chalk bag, chalk, 2 screw

carabiners and belay device).

The school has ropes and other climbing equipment. Most sports shops sell starter packs with good offers for the climbing equipment you need if you don't already have it.

- Running shoes and training clothes

Equipment you must have after the autumn holidays:

We will start the ski season sometime before Christmas, so it's good to have ski equipment arranged for after

the autumn holidays. If you lack equipment when you start school, we use to get some good offers at shops in Molde. It might also be a good idea to be on the lookout now this summer, and in the autumn

when the last year's models are sold out.

- Randonee equipment (skis, bindings, shoes, skins and poles)

The most important thing is that the equipment is not too heavy. There should be room for a pair of wool socks

in the shoes.

- Ski helmet and ski goggles. Everyone must wear a helmet. Both for randonee tours and for alpine resorts.

- Avalanche equipment: shovel, probe, avalanche transceiver. You can bring this yourself, or you can rent it from the school.

Bring if you have - but not required:

- Walkie-talkie
- GPS
- Windbag
- Ice axe
- Bicycle (good cycling opportunities around the school)

This is what the school has:

- Tents and cooking equipment.
- Climbing equipment such as safety equipment, rope and climbing helmet
- Kites and windsurfing equipment
- Kayaks
- Avalanche equipment (shovel, search pole, transmitter/receiver) for hire if you do not have your own
- Ice axe