

Nordic Skiing and Outdoor Life, (friluftsliv)

The following equipment is recommended for students enrolled in the Outdoor Leadership program. The list has been made to help the students get the right equipment for the study program. The list is intended to give a general overview and is not intended to include everything the student needs for the semester (Ex. Amount of clothing, toiletries, first aid, repair are not listed). The list is based on feedback from former students.

Remember to read the footnotes!

Need to have	Highly recommended	Nice to have	Nice to bring if you have
Avalanche Probe Snow shovel (metal) Ski Goggles Sunglasses + sunscreen Headlamp Map case Compass with clinometer Thermos Water bottle Sleeping bag ¹ Sleeping pad ² Knife Thin rope/string (3-4 mm) ³ Shell layer – Wind-/waterproof Personal first aid kit Backpack (min. 70 L.) ⁴ Skis and bindings ⁵ Ski poles ⁶ Ski boots ⁷ Grip wax Woollen/fleece clothing Long warm underwear Woollen hat, scarf and mittens Thick woollen sweater/warm fleece Waterproof shell mittens Dry suit and wet shoes (for the kayaking module) ⁸	Gaiters Light camp over boots Down booties Rain cover for backpack Sleeping bag cover/Bivy sack	Gaiters Small backpack (30-40 L.) ⁹ Light camp over boots Hiking boots Extra wool sweater Multitool Stove for cooking (liquid fuel) ¹⁰ Small pots for cooking (2-4 l.) 2-3 Dry sacks ¹¹ Extra clothing Sleeping back cover ¹² 2-3 straps ¹³ Dry suit for kayaking	Tent (3-4 persons) Snow pegs Avalanche Transceiver Outdoor Axe Small saw

¹ Sleeping bag for Norwegian winter conditions. We can get -20 C. on the overnight excursions.

² We recommend that you bring a foam pad (min. 15 mm.) and an inflatable pad.

³ For setting up tarps and miscellaneous use.

⁴ For overnight trips.

⁵ See further explanation on next page.

⁶ We recommend poles with adjustable length (telescope poles)

⁷ See further explanation on next page.

⁸ See further on dry suits in the end of this document

⁹ For daytrips. Very useful during the stay at the hut Haukelisetter

¹⁰ The program does not provide liquid fuel stoves. We recommend liquid fuel stoves from the company MSR. Effective and sturdy MSR-models are: Dragonfly, XGK and Whisperlite. Not all students need a stove, but we need some of you to be willing to invest in a stove so you can melt snow and cook food in the tent groups.

¹¹ For dry clothing, food, sleeping bag etc. 4-10 Liters is a good size

¹² If you use a down sleeping bag, we recommend having a cover to keep the bag dry. Sleeping under tarps and in snow caves can be moist/wet

¹³ For attaching equipment to a backpack.

Info on skis

For this program you need to have “fjellski” (mountain skis). This is NOT what is commonly referred to as backcountry skis in many other parts of the world. Fjellski are a relatively light ski that is suitable for varied terrain that does not require skins and have metal edges.

The skis width at the tip can be anywhere from about 70 mm to around 90 mm, with the waist of the ski (the area underfoot) about 60 mm to 65 mm wide. The bindings are wider and sturdier than cross-country bindings, allowing more stability and better energy transfer between boot and ski.

Many backcountry skiers use the 3-pin, 75 mm Nordic Norm/Telemark norm boot/binding system for turning and speed control. BC bindings is another good option for ski bindings.

We recommend the ski-models: Fisher e109, Fisher e99, Åsnes Nansen, Åsnes Ingstad, Åsnes Cecilie Skog, Madshus Trolltind.

Heavy telemark or Randonnée skis with plastic boots will not work well with this study program.

Info on skiing boots

We recommend boots made for the 75 mm Nordic Norm with a 3-pin binding or the BC binding . The boots should be made of leather and not too high. Getting a boot that is one number to big is a good idea – that will leave room to put in an extra woolen insole which will make the boot much warmer to wear. We recommend the brands: Varg, Andrew Shoes, Crispi, Scarpa, Alico, and Garmont. In Norway, the price for skis, bindings and boots will be in the range of 2500 - 6000 NKR. In Norway it might be possible to buy used skiing equipment to a lower price¹⁴.

For the basic skiing module, the school has skis students can borrow. For the winter expeditions in the forest and high mountains the students need to acquire their own skis, poles and boots.

Extra expenses

There will be some extra expenses for transportation to and from the field trips and the overnight stay at Haukeliseter (mountain hut, 3 days during the high mountain course). This will all together be approximately 3500 kr.

The three days we will spend at the Haukeliseter ([Link to Haukeliseter Mountain Hut](#)) mountains hut costs approximately 2000 kr/person. The trip is a great learning experience and will be well worth it! Having a warm bed at the end of a long day of learning allows for

¹⁴ On the webpage <https://finn.no/> you can search for secondhand skiing equipment. Finn.no is a great way to get used equipment for a low price. If you do not read Norwegian, you may need to seek help with searching on the webpage.

complete focus during our day excursions. Included in the price for the hut is lunch, breakfast and dinner.

During the days spent on Lifjell, you will be expected to pay your share for gas money and parking. When on any of the longer trips you will pay for food, transportation and other costs in relation to the chosen excursion.

The Excursions during the spring semester

As part of the practical modules there are quite a few overnight excursions:

- **Module 1246 - Outdoors in the wintertime**
 - 5 days winter forest
 - On the trail with a professor
 - 9 days winter mountains
 - 3 days at a hut doing day trips and 6 days on the trail with a professor
 - 7 days Study trip
 - Each group chooses location, distance and learning objectives. Individuals can to some extent choose their own group.

- **Module 1249 - Norwegian Perspectives, paddling activities**
 - 2 days introduction to sea kayaking
 - On a lake close to Bø, with a professor
 - 5 days sea kayaking
 - At the southern coast, with a professor

Besides the overnight excursions, there will be a row of day excursion in the modules 1245 Basic Skiing, 1248 Norwegian Perspectives and 1248 Norwegian Perspectives on outdoor education.

Discounts and used equipment

- There are three sports stores in Bø. The outdoor life students get a 20% discount on equipment in these stores.
- It is possible to search for used equipment www.finn.no (might be a challenge since the net page is in Norwegian).

Curriculum

When you arrive, you will get a compendium with literature. Beside the compendium, we will use one book:

- O'Bannon, A. & Clelland, M. (2009) Allen & Mike's Really Cool Backcountry Ski Book.

The book is available on amazon and other online bookshops if you wish to seek the cheapest price.

Pictures of the type of skiing equipment we use in the program



Dry suits

The kayaking module takes place in April/May and the water is still very cold. For safety reasons all students must wear a dry suit suited for kayaking. We recommend that students bring their own dry suit and wet shoes. Paddles and PFDs can be borrowed from the University

Dry suits are expensive and students do not have to invest in their own dry suit for the kayak module. It is possible to rent dry suits in Bø. The price for renting a dry suit is 100 kr/day, that is 700 kr for the whole kayaking module. The photo shows the dry suit that students can rent.



Facebook (Search for: Friluftsliv, Bø, USN)

Here you can see pictures from some of the excursions during the spring semester. This will give you an idea of the environment and how it looks like when we are out on excursions during the semester. Here is a link to the page on FB: www.facebook.com/friluftslivusn.

If you have further questions

If you have further questions regarding equipment, you are welcome to contact the main teacher from the study program: simon.jeppesen@usn.no