
















Essential

-  Sleeping roll/air mattress
-  Sleeping bag (rated to at least zero degrees celcius)
-  Headtorch/Torch
-  Wash Kit, including towel
-  Insect repellent
-  Water bottle (minimum 1L) plus a cup
-  Suncream
-  Walking snacks (chocolate, nuts, dried fruit)
-  Walking boots
-  Bushcraft axe
-  Outdoor trousers/shorts (No jeans!)
-  Suitable shirt/t-shirt/baselayer
-  Warm sweater or a fleece, woll socks two pair
-  Bushcraft knife or a solid folding knife


 Waterproof jacket and over trousers


 Gloves

 Warm hat

 Any personal medication


Optional

 Map - Valdres oppland

 Compass (base plate type)

 Travel Pillow

 Sunglasses

 Sun hat

 Camera

 Walking poles

 talkpowder



Compeed plasters (blisters are not fun!)



Trainers (camp use only!)



Spare set of camp clothes



Outdoor gadgets (we love to see new gadgets!)



T-shirt/shorts to sleep in - tipis are generally shared



Personal first aid kit (there will be a group first aid kit at the camp and with your guide during the weekend)

[To download a printable version of the kit list click here](#)