

Youth Group Summer Packing List

Activity days:

- Waterproofs - top and bottom
- Weather appropriate clothing t-shirts, fleeces, jackets, shorts, trousers, leggings etc. *Note: some activities require long sleeves and full legged trousers/leggings*
- Outdoor footwear (such as shoes, trainers, or boots) must be closed-toed and securely fastened to your feet. For safety reasons footwear such as Crocs, flip-flops, sliders, or open toe sandals are not permitted during activities. We recommend bringing two pairs of footwear, as our activities take place in various environments, including forests, rocky terrains, mud, and water, and are conducted in all weather conditions.
- Thermals even in summer a set of thermal top and bottom is useful for activities, under wetsuits or at night.
- Hat Sunhat and warm wool hat recommended all year round. Temperatures can drop at night.
- Swimwear for water activities
- Shoes for water activities must be closed-toed and securely fastened to your feet. Wetsuit boots are available for rent at a cost of 30 NOK. Please ensure you check your footwear with the instructor at the beginning of the session, as some neoprene beach shoes may not be suitable due to insufficient support or structure.

We do not recommend cotton clothing for any of our outdoor activities due to its retention of cold and moisture, including t-shirts, hoodies, sweatshirts and socks.

Overnight:

- Usual overnight kit: including pyjamas, toiletries, comfy inside evening clothes etc
- Towel
- Sleeping bag and pillowcase, or bedlinen (base sheet, duvet cover and pillowcase).
Sleeping bag should be suitable for the climate, additional notes below.
- Sleeping Mat for Camping Teepee or Lavvos only
- *Note: Bedlinen and towel packs are available to order for cabins. Check with your group leader.*

Miscellaneous:

- Backpack 15L- 25L recommended size, should be large enough for layers, water, lunch etc
- Water bottle
- Reusable lunch box
- Flask for hot drinks (if desired)
- Sitting pad (uif desired)
- Headtorch
- Sunglasses
- Suncream
- Mosquito repellent
- Inside shoes/slippers for inside buildings and dining room

Weather average temperatures:

- April -3,9° til 14,6°
- May 3,1° til 25,7°
- June 3,8° til 27,8
- July 7,3° til 25,7
- August 7,8° til 25,0°
- September 2,7° til 26,3°