



# VALDRES

## folkehøgskole

### For the Room / Dormitory

- Bed linens, You don't need to bring duvet or pillow.
- Fitted sheet for a 90x200 cm bed
- Towels
- Storage box / under-bed roller (approx. 20 cm in height can be useful under the bed). There is a wardrobe in the room.

### Outdoor and Sports Clothing

- Hiking jacket, hiking pants, and rain gear
- Hat, mittens, gloves, and a buff
- Hiking boots/trail shoes, preferably ankle-high with a somewhat stiff sole
- Wool base layers (100% wool)
- Thick wool sweater / fleece
- Winter jacket / down jacket
- Winter pants / ski pants
- Workout clothes and running shoes for both outdoor and indoor use
- Swimwear

### Outdoor Equipment

- Backpack (minimum 65 liters)
- Daypack (minimum 35 liters)
- Sleeping bag for year-round use / winter sleeping bag
- Sleeping pad suitable for winter use
- Camping cutlery, plate, and lunch box, thermos
- Headlamp
- Sunglasses, sunscreen, and first aid kit

### Ski Equipment

- Bring if you got

### General Information:

We have good expertise in ski and outdoor equipment, as well as great service, discounts, and a good selection locally. We will help you get the right equipment if you need to buy.

We have a rental system near the school where you can borrow equipment for **free**, such as bikes, skis, and more.

**Label your belongings so you can easily find them again.**

- **Bring your passport – it must be valid for at least 6 months after the return date for the international trip in November.**
- **Helfo: Order and bring your European Health Insurance Card if you are a European citizen.**

