EQUIPMENT LIST · CROSS-COUNTRY SKIING · WINTER DAY COURSE

# Learn Cross-Country Skiing

*Winter · 2–3 hours · A skiing course from the lodge at 10 am. Skis and ski poles included.*

Please note that this is the minimum required clothing for this course. You are of course welcome to bring other clothes and equipment in addition to this list.

## WHAT TURGLEDER PROVIDES

*Included in the price for your exclusive use, or for hire (*).*

| ITEM | |
|---|---|
| **Guide and instruction** | included |
| **Skis and ski poles** | included |
| **Ski boots *** — if you do not have your own | **included** |
| **Light snack and hot drink** | included |

## CLOTHING

- ☐ **1 + 1** Shell jacket & shell pants — *windproof and waterproof, e.g. GoreTex, BreTex or similar membrane fabric*
- ☐ **1** Big insulation jacket — *to put over your windproof jacket during breaks — or borrow our Arctic anorak at the lodge, free*
- ☐ **1** Thick woollen sweater or fleece mid-layer
- ☐ **1 set** Thermal base layers — *long johns & shirt, preferably wool*
- ☐ **1** Shirt, long-sleeved — *preferably wool, mid-layer thickness*
- ☐ **1–2** Hat — *warm and windproof, that also protects your ears in the wind — consider a lightweight one when skiing*
- ☐ **1 + 1 pairs** Thin hiking socks + thick woollen socks — *one pair thin, preferably merino wool, and one pair thick woollen*
- ☐ **1 pair** Outer mittens — *windproof, big enough to wear woollen / down mittens inside, covering the wrists*
- ☐ **1–2 pairs** Inner mittens — *warm and windproof, covering the wrists, preferably wool or down, big enough to fit liner gloves inside*
- ☐ **1 pair** Gloves — *thin, for skiing, zips and the camera*
- ☐ **1** Buff or scarf and/or balaclava — *must be able to cover the skin of the face — wool or fleece preferred*
- ☐ **1** Swimwear — *if you prefer to wear swimwear in the sauna — optional*

## EQUIPMENT

- ☐ **1 pair*** Ski boots — *bring your own if you have them; skis and ski poles are included*
- ☐ **1** Ski goggles — *optional*
- ☐ **1** Sunglasses — *March–April*
- ☐ **1** Small rucksack — *for the extra layer, your drink and the camera — optional*
- ☐ **1** Sun cream — *March–April*

## NOTES

- Items marked with * can be provided by Turgleder / Engholm Lodge on request, for free or at an additional cost. Tell us what you need when you book.
- Your own ski set is welcome — back-country or touring skis, as we ski both on and off prepared trails.