EQUIPMENT LIST · CROSS-COUNTRY SKIING · WINTER DAY TRIP

Cross-Country Skiing Day

Winter · 4–6 hours · A day trip on skis from the lodge at 10 am. Skis, poles and hot drinks included; bring lunch.

Please note that this is the minimum required clothing for this trip. 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	included
Transport to the starting point — by car, when we do not start from the lodge	included
Skis and ski poles	included
Hot drinks at the fire	included
Ski boots * — if you do not have your own	**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*
- ☐ **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*

EQUIPMENT

- ☐ **1 pair*** Ski boots — *bring your own if you have them; skis and ski poles are included*
- ☐ **1** Sunglasses — *March–April*
- ☐ **1** Small rucksack — *for the extra layer, your drink and the camera*
- ☐ **1** Packed lunch — *bring your own; we make the fire and serve hot drinks*
- ☐ **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 tracks.