



# WINTER WILDERNESS TRAINING COURSE ABISKO

## MANDATORY EQUIPMENT LIST

19 - 22 MARS 2020

The stated equipment is mandatory. Contact us if you need to rent any equipment or have any questions.

- Winter sleeping bag
- Sleeping pad (inflatable pads needs to be backed up by a closed-cell foam pad)
- Skis and boots
- Poles
- Backpack or a pulka
- Warm clothes including extras
- Eating utensils
- Cup/mug
- Water bottle
- Thermos minimum 0,5 liter
- Head torch
- Goggles/sunglasses
- Compact shovel
- Compass



**More information and sign up:**

[www.aventyrslust.com](http://www.aventyrslust.com)

070-236 09 04 or 070-877 71 34