

## Material list: Finse ECOL302 Trip

### Tips:

- There is one hour walk from the train station to the research station – **Bring a big backpack, NO SUITCASE**
- Field clothes (avoid cotton, wool is your friend; warm clothes – we are in the alpine zone)
- Windbreaker over a sweater or sweatshirt is a more versatile field dress than a heavy jacket over just a t-shirt. **LAYERS are your friend**
- Down jacket is an asset for colder climates
- Hiking boots - sneakers are unsatisfactory for virtually all the field work (except for downtime)
- Rain gear that is compact enough to be easily carried in a simple day pack is a must
- Hat or cap for protection against both rain and sun can be necessary
- For your times away from the field, comfortable and casual clothing is suitable

### Specific items:

- Pencil/pen and notebook
- Bed Linen and towel
- Socks (several pairs, to be changed when wet) – wool socks better
- Base layer tops
- Base layer bottoms
- Sweater
- Insulation Jacket – down jacket is best – if you get easily cold
- Windbreaker jacket – lighter – we are hiking uphill
- Rain jacket and pants
- Waterproof hiking boots
- Gloves • Toque
- Hat or cap
- Sunglasses
- Lip balm
- Sunscreen
- Bug spray

- Toothbrush
- Day pack
- Head lamp
- Pocket knife
- Water bottle
- Thermos
- Camera

**FOOD: Finse ECOL302 Trip**

Food you need to bring for your trip:

- Day snacks
- Evening snacks
- All lunches (4 days)
- Extra drinks (pop, juice, coffee, tea, herbal tea, etc.)
- 2 Dinner during travelling by train – buy it (<https://vy.togservice.no/en/>) or bring a dinner.

**Food we provide:**

- Breakfast – Friday, Saturday and Sunday
- Dinner – Thursday, Friday and Saturday