

## Packing list for winter School

The winter school takes place in mountainous terrain (the hut is at 900 m a.s.l.) hence be aware and prepared that air temperature can drop below -10 °C during day, strong wind and fog may prevail. Therefore, you need to take respective outdoor warm clothing and equipment:

1. Warm clothing and layering:
  - Outer (shell) layer shield you from wind and rain **waterproof and windproof jacket and trousers** (membrane like Gore-Tex).
  - **Middle (insulating)layer** retains body heat to protect you from the cold. To stay warm, we recommend you to take warm jacket (down or synthetic fiber). Middle layer should rather consist of more thin layers rather than one thick layer (you can always take one layer down). Fleece layer may be good choice for you as well. If possible, prefer wool or synthetic fiber to cotton.
  - **Base (underwear) layer wicks sweat off your skin – merino wool or syntheticlayer**
  - Two pairs of **warm and waterproof gloves** (one as back-up).
  - At least two pairs of **warm socks** (one as back-up). Prefer wool or synthetic fiber to cotton.
  - Besides **beanie** or headband other protection of face and neck might be very useful (neckerchief, scarf, balaclava).
2. Warm and waterproof ankle **hiking boots** - this is top importance! If you use ski-touring skis, the ski boots make a good job. Otherwise, hiking boots are necessary even when you take cross-country skis and boots,
3. gaiters,
4. headlight + extra batteries,
5. first aid kit,
6. ski, touristic poles might be useful (but not necessary) even if you go with snow shoes
7. sun glasses, goggles
8. sun cream
9. laptop (voluntary), one laptop per five people will be useful, pen, paper notebook
10. thermo flask, bottle
11. camera (voluntary)
12. compass (voluntary)
13. slippers
14. ID, passport for non-EU participants
15. insurance
16. If you eat regularly take some little snack/sweets for the field exercise