

## **Packing list for weekend trips in the winter, accommodation in tents, shelters or bivouacs**

This list is a basic list / checklist. Review the list and assess whether you should include more or less.

When you pack the backpack, you can advantageously pack the clothes in bags so it is easier to keep order and you are sure that it stays dry.

### **Equipment**

- Backpack (with cover) (50- 60 liters) - It must be able to hold everything you have with you. If it is a hike, it must be a hiking backpack (not a school bag or a backpack without a hip belt)
- Sleeping bag - Either a sleeping bag for winter use or a 3-season sleeping bag with an extra thick sheet bag which is extra warm. If necessary, also supplement with a bivouac cover on the outside of the sleeping bag.
- Sheet bag Lying
- Sleeping pad - It must have a proper insulating ability (R-value see  
-><https://www.spejdersport.dk/sovegrej/liggeunderlag#hvilkenrvaerdi>  
-><https://www.rei.com/learn/expert-advice/sleeping-pads.html>)  
If you do not have a warm sleeping pad you can "boost" your pad with a cheap foam pad .
- Drinking bottle
- Cutlery (Cutlery, plates and mugs)
- Dishtowel
- Toiletries (toothbrush, toothpaste and soap)
- Towel
- Lantern
- Dagger or pocket knife

### **Clothes**

It is important to stay warm, especially when it is a trip where we have to be out all the time. Make sure you bring clothes that suit the season and the temperature. Take clothes with it can be used in layers, so you can take an extra layer on or off, depending on how cold it is. If it is very cold (or you are freezing easily) it may be a good idea to bring ski pants.

- Uniform + scarf
- Long trousers
- T-shirt
- Underwear (1 set per night)
- Socks
- Warm socks
- Long underwear
- Thick / warm sweater
- Thin sweater
- Windproof outerwear
- Rainwear
- Waterproof hiking boots
- Warm hat, mittens, scarf / neck gaiter

**Other**

- Mobile phone + possibly power bank
- Packed lunch (If stated on the invitation)
- Glasses / Contact lenses
- Personalized medicine