

PACKING LIST

SNOWKITE COURSE AT HAUKELISETER

MUST HAVES:

 **ALPINE SKIS** or **SNOWBOARD**

Yes, it's a good idea to bring your ski poles too!

We recommend SKIS over snowboard if you know how to do both; as it is easier to learn on skis than on snowboard.

Snow-kiting is in the Off-Piste, with some walking in the beginning, so the preferred option for the Beginner Course is Randonée skis (with climbing skins) as these are the most versatile type of skis regarding walking and high-speed skiing. But Alpine Downhill Skis or Downhill Telemark (with hard-boots) will also work just fine.

We do not recommend using Cross-country Skis (with soft boots) for kiting, due to the risk of ankle sprains. However, if there is deep snow, it can be nice to have to be able to walk on the snow at the beginning of the course (before we use the skis).

 **WATERPROOF** and **BREATHABLE OUTERWEAR**

For the high mountains.

Including an INSULATED JACKET (or WOOL SWEATER) to use during the breaks.

MITTENS and GLOVES (Mittens=Warmest, Gloves=Easier to handle the kite with. We like to wear thin gloves inside the mittens).

A good warm and tight BEANIE to wear under your helmet.

We are out in the snow all day!

 **WOOL UNDERWEAR**

Pants, shirt, and socks in technical wool underwear. This is the best to regulate between active/passive activity so that you are comfortable. Wool Socks are a must to stay warm on your feet while standing in the snow!

 **SKIING HELMET**

If you have. If not, we have helmets for use on the course (mandatory). But your own helmet will probably be the best fit.

 **SNOW GOGGLES**

To protect your eyes and face from the elements. A must have if it is snowing.

 **THERMOS**

For bringing hot or cold drink outside while we are having the practical part of the course.

 **SUNSCREEN** (and Cold Cream)

SPF 30 or more. Non-water based, non-petroleum based.

To protect your exposed skin (face and nose) from the elements. (It is very easy to get sunburnt at 1000 m.a.s.l. in the snow, even if it is cloudy.)

 **DAY TRIP BACKPACK**

To bring your lunch and extra clothes out to the kite spot.

 **SWIMWEAR and TOWEL**

For use in the hot tub and Sauna.

 **BEDDING**

If you have booked a *Mountain Cabin Room*.

For the premium *Mountain Rooms* this is included.

If you don't bring this yourself you will have to rent this for a small fee at the Reception.

Sleeping Bags are no longer allowed to use in the beds.

If you forget some small item, there is a shop with good quality essentials at the Reception at Haukeliseter. You can call and ask them at +47 35 06 27 77.

NICE TO HAVE: (not a must)

 **GEAR FOR WALKING ON SNOW**

SKI-TOURING or SPLITBOARD Gear with CLIMBING SKINS or CROSS-COUNTRY SKIS or SNOWSHOES.

We usually have to walk in deep snow for a few hundred meters to get to the kite spot (and back).

So any gear that makes this hike easier, is going to be nice to have.

There are also very good opportunities for a little summit tour in the area if you have the energy.

 **HIGH and WARM WATERPROOF HIKING SHOES**

We will be walking on our feet in deep snow during the first lessons.

Hard plastic ski boots can be painful to walk in before we get riding. So for this reason we recommend to bring warm winter shoes. They will also be good for moving around outside the Mountain Cabin and if you have to dig out your car from the snow!

WE PROVIDE:

 **KITE GEAR**

Kites with Control Bar, Pump and Harness.

 **HELMETS FOR LOAN**

For those who do not have themselves.