

CHECKLIST - TEAM CLASS 2018

This list is for your own and your team's safety.

- All items on the lists must be in proper condition.
- All equipment must be packed in a sled.

Mandatory equipment for each team member when you check in the sled at the registration:

- ✓ 1 x thermal underwear, wool, top
- ✓ 1 x thermal underwear, wool, bottom
- ✓ 1 x mid layer (fleece or wool)
- ✓ 1 x down jacket
- ✓ 1 pair of warm wool socks
- ✓ 1 pair of ski goggles
- ✓ 1 x ski mask
- ✓ 1 x head light
- ✓ 1 x sled kite and harness
- ✓ 1 x sleeping mat for winter use
- ✓ 1 x winter sleeping bag
- ✓ 1 x thermos
- ✓ 4 x breakfast rations
- ✓ 4 x lunch rations
- ✓ 4 x dinner rations
- ✓ 1 x snow shovel
- ✓ 1 x avalanche probe
- ✓ 3 liters of drinking water
- ✓ 1 x warm rescue bag (for example Fjellduken thermo model)
- ✓ 1 x compass

Mandatory equipment at the start, in addition to the sled (all team members):

- ✓ 1 x shell jacket
- ✓ 1 x shell pant
- ✓ 1 x thermal underwear, wool, top
- ✓ 1 x thermal underwear, wool, bottom
- ✓ 1 pair windproof mittens
- ✓ 1 pair warm inner gloves (wool)
- ✓ 1 x windproof hat
- ✓ 1 pair of warm socks, wool
- ✓ 1 pair of mountain ski boots (minimum BC-bindings)
- ✓ 1 pair of mountain skis with steel edges
- ✓ 1 pair of mountain ski poles

- ✓ 1 avalanche transceiver
- ✓ 1 x GPS (with map that covers the entire route, for example Topo Norway Experience, and brand new lithium batteries)

Mandatory team equipment:

- ✓ 8 x extra lithium batteries for the GPS.
- ✓ 1 x multi tool
- ✓ 1 x first aid kit.
- ✓ 1 x each of these maps, **1:50000**, for example:
Norge serien: plastic covered Hardangerjøkulen 10039, Nordmannslågen 10031 and Haukeli 10024 **OR Turkart serien:** Eidfjord 2677, Hardangervidda Vest 2659 and Haukelifjell 2203
You can buy the maps at www.kartbutikken.no
- ✓ 1 x complete tent for winter use.
- ✓ 2 x stoves for winter use (gas fired)
- ✓ 2 liters of fuel for the winter stove
- ✓ 1 x saucepan with a lid
- ✓ 1 pair of reserve ski poles
- ✓ 1 pair of reserve skis
- ✓ 10 x portions of freeze-dried food in a bag (will be sealed by the crew at check-in)
- ✓ 2 liters emergency fuel (will be sealed by the crew at check-in)
- ✓ 2 x 5 meters of rope

