

Packing-list

Everything on this list is a **MUST!** The faroese nature can be very rough!

Everything needs to be packed in rucksacks. Keep in mind, you can not stuff it completely with just your own gear. You will be required to carry joint gear as well during the Race.

IMPORTANT: The exact quantity of such things as clothes is not estimated in the oversight.

We rely on you to be the judge of that.

The rucksack: Min. 60 litres.

At night: At night time it will get very cold. Therefore warm sleepingclothes are a **MUST!**

Gear

Uniform

Raincoat

Hikingshoes

Waterproof-pants

Waterproof packs for packing clothes (i.e. vacuum)

Thermal undergarments

Warm sleepingbag (we stress that the sleepingbag is of good quality)

Undirlag

Eating utensils

Hat/cap

Gloves

Neckband/scarf

Towel (pref. Microfibre)

Swimsuit

Extra pair of good hiking shoes

Socks and woollen socks (we stress that **YOU CAN NEVER HAVE ENOUGH SOCKS**)

Thermal shirt

Sunscreen (High factor. The Faroese sun is very strong, when it's out)

Shorts

Knife

A small 1. Aid kit with basic necessities (band-aids, scissors, gaze)

Waterbottle (to fill up)

T-shirts

Underwear

IMPORTANT: You must of course bring whatever you feel you need for the trip. We do however stress that the items listed are very important to bring with you. Also keep in mind that there has to be available room in your rucksack for joint gear.