



## Equipment for Winter tours

### **Boots and Clothing – an opportunity to show off your beautiful handknits too!**

Walking Boots – comfortable and waterproof. Preferably the sole should be soft but robust.

Long sleeve shirt and leggings (thermal underwear) – Wool or synthetic.

Warm wool or fleece sweater (2nd layer).

Rain Jacket or an Anorak with hood – Preferably waterproof and breathable material (Gore-Tex or equivalents).

Rain trousers – Waterproof and breathable material.

Liner Gloves – Wool or synthetic (polypropylene / polyester).

Mittens – Wool or synthetic (optionally waterproof)

Socks – Wool or synthetic. Two or three pairs.

Hat or Balaclava – Wool or synthetic.

### **Other gear:**

Sleeping bag – Down or fibre. Aim for light weight and warm bags.

Backpack for extra clothes and knitting for day excursions. Size: 30-50 litres.

Swimsuit

Towel

Toothbrush.

Sunglasses – Big enough to cover the eyes and with sufficient UV-protection.

Water container – Pet plastic bottle.

Ear plugs.

### **Optional gear:**

Walking poles.

Gaiters – Calf or knee height and wide enough for your boots.

Camera, spare batteries and a memory card or films.

### **Knitting equipment:**

Circular needle, thin and flexible, and/or double pointed needles 4 or 4,5 mm/US 6 or 7

Crochet hook nr 3/US C2 or D3

Small safety pins: at least 4

Darning needle

Scissors

Sketchbook and pen

Any extra knitting equipment such as sets of needles in different sizes (5, 5 1/2 and 6 mm / US 8, 9 and 10 are common sizes for lopi sweaters), stitch markers, tape measure, pocket calculator, ...