

NØRRE G 1G OUTDOOR TRIP



GROUP EQUIPMENT

- one tent with waterproof top cover
- torches
- kitchen utensils (plates, cutlery, sharp knife, can opener ...)
- camping stove (one pr 4 persons - remember fuel)
- nourishing breakfast (oats with milk/porridge is the best)
- nourishing lunch
- nourishing dinner for the first night (e.g. frozen homemade food)

MEETING PLACE: Husum Station

MEETING TIME: By agreement with your teacher

PROGRAMME: Will be announced at the camp

Næsbycenteret
Skelbyvej 126
4171 Glumsø
5764 7284



AUGUST/SEPTEMBER 2016

Outdoor trip to Næsbycenteret

As a part of their intro course all Nørre G first year classes undertake a three-day outdoor trip to Næsbycenteret near Glumsø (Mid Zealand). Here they will sleep in tents, and committed teachers and professional instructors will take them through various outdoor activities.

In class you must form groups of 3-4 persons who will share a tent and make meals together. Each group must organize relevant equipment (see lists on the following pages).

We will go by train from Copenhagen to Glumsø, and from there we will hike the roughly 4 kilometers to the Center. Your luggage will be taken by van to the centre.

On the following pages you will find check lists for personal and group equipment. Make sure to check well ahead which items you miss and will need to get.



PERSONAL EQUIPMENT

- sleeping mat/matress
- sleeping bag
- two sets of practical clothing (sports/outdoor)
- warm night clothes (wool is good)
- a pair of sports shoes
- a pair of hiking shoes
- rubber boots
- rain wear
- warm jumper and jacket
- water bottle (1/2 l is fine)
- towel, toothbrush, etc.
- maybe a guitar/flute/...
- maybe a songbook ...

Please note that ghetto blasters and/or iPod speakers are NOT welcome on the trip. We'll make our own music if we need it. So bring instruments. Alcohol is strictly prohibited on the trip.