

NØRRE G 1G OUTDOOR TRIP



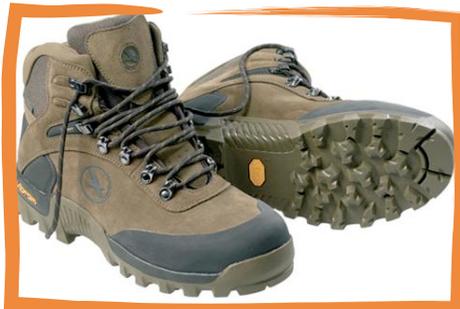
SEPTEMBER 2018

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.

The trip involves sleeping one night in a shelter, so bring a warm sleeping bag and mat. Food is included, except a first day lunch pack. So don't forget ...

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.

Check the list of personal equipment. Make sure to check what requires more than a quick visit to the attic. Remember a bowl and spoon for soup.



PERSONAL GEAR

- sleeping mat/mattress
- sleeping bag
- two sets of practical clothing (sports/outdoor)
- warm night clothes (wool is good)
- a pair of sports shoes
- rubber boots
- rain wear
- warm jumper and jacket
- water bootle (1/2 l is fine)
- bowl, spoon, knife, fork
- 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.



TRIP RULES

- 1: Behave decently
- 2: Follow leaders' instructions
- 3: Be on time
- 4: Keep camp tidy, and clean up regularly
- 5: Don't create conflicts, solve them
- 6: Leaving camp is not permitted
- 7: Swimming in the pond is not permitted

MEETING PLACE: Ask your teacher
MEETING TIME: By agreement with your teacher
PROGRAMME: Will be announced at the camp

Næsbycenteret
Skelbyvej 126
4171 Glumsø