

Welcome to Sweden, Sjövik & Nysätersvallen in January!

Here is the practical information about the LTTA in Sweden. Enclosed You´ll find an overall plan for the duration of Your stay, as well as a preliminary schedule for the week at the mountain cabins and an individual pack list.

Given the uncertainty regarding weather we need to be ready to improvise should conditions get difficult. This could occur both in cold, warm or stormy conditions.

Tuesday 21st will be quite intense, at least in the morning hours. We thought it be best to get up to the cabins as quickly as possible. Tuesday night will be spent at a hostel in Särna, and we´ll go out for a pizza Tuesday evening. Wednesday will start with a short transfer buy bus before we start skiing the last 4 km to the cabins. We´ll not rush anything and will stop for lunch before arriving at the cabins.

We´ll work in three groups that will stick together for the duration of the stay. Thursday and Tuesday being exceptions as we´ll be working together the whole group. As for evenings when one group is on their overnight camp, we chose to keep them open for the other groups as for now. Ideas?

As You might notice we´ve put each partner in charge of one evening gathering in the tipi.

We´ll head back to Sjövik Wednesday 29th and Thursday 30th will be used for taking care of gear and to sum things up.

We do need some additional information well ahead from each Partner:

Travel plans: Arrival at and departure from Avesta/Krylbo if You come by train.

Allergies: We need to have that information ahead of food-planning.

Food preferences: Vegetarian or vegans in the group – food planning again?

Medical conditions: This is for each participant to handle, but it´s good to know.

Of course, if there are any uncertainties or missing information, just send an email and we´ll sort it out.

Hopefully You´ll find the plans to be exciting and the information to be complete!

Happy Trails!

Katha, Tobias & Bosse

Preliminary program LTTA Sweden January 20-31, 2020

Monday 20

Partners from Romania and Germany arrive. Sjövik arranges the transfer from Avesta/Krylbo train station to Sjövik.

Monday night will be a welcome with dinner. Participants will have floor lodging in a class room.

Tuesday 21

Breakfast and lunch on campus. Morning hours will be used to adjust bindings on ski's and checking that there are no issues regarding gear. After lunch we'll travel to Särna and stay overnight at Särna Camping hostel.

Wednesday 22

After breakfast we'll travel to the village of Öjvasseln where the road ends. After that we'll ski about 4 km to Sjövik's mountain cabins. We'll have our lunch on the way up to the cabins.

Arriving at the cabins we'll move in, get familiar with the immediate surroundings, cook dinner and have an evening together in the tipi.

Thursday 23 – Tuesday 28

See separate program for the stay at and around the cabins

Wednesday 29

Transfer back to Sjövik

Thursday 30

In between meals we'll take care of gear, get familiar with Sjövik and also have an evening together in the log house.

Friday 31

Transfer to Avesta/Krylbo trainstation for further travel home for Romanian and German partners.

Preliminary schedule for the winter experience at Nysätersvallen

	Group 1	Group 2	Group 3
Wednesday 22			
Daytime	Daytrip from Öyvasseln to the cabins at Nysätersvallen		
Evening	Sjövik evening!		
Thursday 23			
Daytime	Skiing	Skiing	Skiing
Evening	Hoffbauer evening!		
Friday 24			
Daytime	<u>Overnight trip</u> Setting winter camp, Pitching a Bakertent, cooking over open fire, comfort	<u>Daytrip</u>	Crafts day
Evening		TBA	TBA
Saturday 25			
Daytime	TBA	<u>Overnight trip</u>	Daytrip
Evening		Setting winter camp, Pitching a Bakertent, cooking over open fire, comfort	TBA
Sunday 26			
Daytime	Crafts day		<u>Overnight trip</u> Setting winter camp, Pitching a Bakertent, cooking over open fire, comfort
Evening	TBA	TBA	
Monday 27			
Daytime	Daytrip	Crafts day	
Evening	Outward Bound evening!		
Tuesday 28			
Daytime	<u>Crafts, skiing, etc</u>		
Evening	Closing night!		
Wednesday 29			
Daytime	Skiing to Öyvasseln before travelling back to Sjövik		

Individual packlist, LTTA Sweden January, 2020

- Backpack minimum 60 litres
- Sleeping bag 3 season comfort temperature approx. -5°C Celsius
- Sleeping mat (2 thin or one thick for winter use, alt. air mattress for winter use.)
- 1 set Wool underwear (base layer, long sleeve, long leg)
- 2 pairs wool socks thick
- 2 pair wool socks thin
- 1 wool or fleece scarf
- 1 wool or fleece thicker sweater (extra warmth during breaks and evenings)
- 2 wool or fleece caps (1 thicker, knitted wool is good)
- 1 canvas or leather shell mitten
- 2 wool mittens to use inside the shell mitten
- Windproof jacket or anorak (long enough to cover Your behind is preferred)
- Windproof trousers (loose fit)
- Over trousers (for insulation during breaks in cold weather or at camp)
- Warm jacket/west (to wear on top or under windproof jacket, down, wool or fleece)
- Winter boots with removable inner lining *
- Compass
- Head torch with extra batteries
- Thermos flask 0.75 – 1.0 litres
- Eating utensils (e.g. Bowl, cup and spoon)
- Toiletries (e.g. towel, soap ,toothbrush, toothpaste)
- Sheath knife or larger folding knife
- Matches
- First aid kit
- Notebook and pencil (Pencil preferred over pen in cold weather)
- Ski-glasses and sunglasses
- Slippers for use in the cabins (optional)

*Winter boots with non-removable liners are next to impossible to dry if they get wet (they will get wet). A removable liner or a shell boot with thick socks are important.