

AGENDA: Finse ECOL302 Trip

	Time	Activity
Tuesday – 16/08/22	8:25	Train leaves from Oslo Central Station to Finse Station
	12:37	Train arrives at Finse railway station – Walk to Research Station
	13:30	Arrival to Finse Research Station + room sorted
	15:00	Presentation of field procedures + team division (field + core)
	16:00	Louise presentation
	17:00	Free time
	18:00	Dinner BBQ (if weather allows) + Cleaning
	20:30	Free time
Wednesday – 17/08/22	7:30	Breakfast
	8:30	Leaving for Field work
	16:30	Meeting – debrief of the day (both students and leader perspective)
	17:00	Free time
	18:00	Dinner + Cleaning
	20:30	Free time
Thursday – 18/08/22	7:30	Breakfast
	8:30	Leaving for Field work
	16:30	Meeting – debrief of the day (both students and leader perspective)
	17:00	Free time
	18:00	Dinner + Cleaning
	20:30	Free time
Friday – 19/08/22	7:30	Breakfast + cleaning room
	9:30	Leaving for Research hike with Siri to research site
	14:45	Return at Finse
	15:00	Walk at the train station
	16:20	Train leaves Finse Station to Oslo Central Station
	21:18	Train arrives at Oslo Central Station

Material list: Finse ECOL302 Trip

Tips:

- There is one hour walk from the train station to the research station – **Bring a big backpack, NO SUITCASE**
- Field clothes (avoid cotton, wool is your friend; warm clothes – we are in the alpine zone)
- Windbreaker over a sweater or sweatshirt is a more versatile field dress than a heavy jacket over just a t-shirt. **LAYERS are your friend**
- Down jacket is an asset for colder climates
- Hiking boots - sneakers are unsatisfactory for virtually all the field work (except for downtime)
- Rain gear that is compact enough to be easily carried in a simple day pack is a must
- Hat or cap for protection against both rain and sun can be necessary
- For your times away from the field, comfortable and casual clothing is suitable

Specific items:

- Pencil/pen and notebook
- Bed Linen and towel
- Socks (several pairs, to be changed when wet) – wool socks better
- Base layer tops
- Base layer bottoms
- Sweater
- Insulation Jacket – down jacket is best – if you get easily cold
- Windbreaker jacket – lighter – we are hiking uphill
- Rain jacket and pants
- Waterproof hiking boots
- Gloves
- Toque
- Hat or cap
- Sunglasses
- Lip balm
- Sunscreen
- Bug spray
- Toothbrush
- Day pack
- Head lamp
- Pocket knife
- Water bottle
- Thermos
- Camera

FOOD: Finse ECOL302 Trip

Food you need to bring for your trip:

- Day snacks
- Evening snacks
- All lunches (4 days)
- Extra drinks (pop, juice, coffee, tea, herbal tea, etc.)
- 2 Dinner during travelling by train – buy it (<https://vy.togservice.no/en/>) or bring a dinner.

Food we provide:

- Breakfast – Wednesday, Thursday, and Friday
- Dinner – Tuesday, Wednesday, and Thursday