

# HLSK Academy



## Equipment, Overnight Bag and Time Saving during a multi-day skating trip

How do I make it easier for myself  
and the group

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# Introduction



## What is this presentation about?

- This presentation is not about safety rules or about obligations as a guide or participant. You can find all HLSK safety rules and regulations on [www.hlsk.nl](http://www.hlsk.nl)
- This presentation is about good practices that have proved themselves during 12 years of Nordic skating in multiday trips. There is always room for improvement
- This presentation is about my personal tips and tricks to avoid bringing too much stuff with you off and on the ice, to gain time in the vandrarhem and to help the guides to make the tour comfortable for everyone in the group
- You do not have to agree with anything in this presentation, but I suggest you first try something out before rejecting it
- HLSK is for adventurous and curious outdoor people; competitiveness and stubbornness are best left at home

# Equipment



## the backpack

- be aware of the weight of the backpack itself, if you intend to buy (a new) one
- when you buy one, take all the stuff you have to put in the backpack with you to the shop and see if it fits, don't forget to put 1 or 2 closed empty 0,5 l water bottles at the bottom for buoyancy (do the fine tuning of your personal buoyancy during the autumn plurr exercise)
- don't forget to bring your thermos, camel bag, lunchbox etc.
- your backpack should not be over packed, but not half empty either, it should be well filled, so stuff inside cannot move, and it should feel comfortable to wear
- a 35 to 40 liter backpack should be sufficient

# Equipment



## the backpack and fitting it out

- make sure your backpack has easy to reach hip pockets with a zipper, so you can grab something to eat during skating
- make sure your backpack has at least one large side pocket for the lifeline
- make sure you can install a camel bag and use it
- attach a 'grenrem' (crotch strap) when you buy a not for skating prepared backpack, or let a professional do that for you
- attach the safety system belt with the karabiner to the waist belt and the lifeline
- attach your isdubbar to the shoulder band of the backpack or let a professional do that for you

# Equipment



## the clothes you wear when you go skating

- think in layers
- lower body: boxer/slip, long merino under pants, outdoor top pants (not tights!!), water repellent, windproof
- Upper body: (sport bra), merino layers, I use 3 or 4 layers of thin merino shirts over each other (Decathlon), windproof and water repellent softshell jacket (not a lined, padded or quilted jacket that absorbs water)
- cap with ear protection, gloves or mittens (attach them with a cord around your wrist, so they will not drop on the ice when you take them off)
- when it is really cold or/and windy: a balaclava (see to it that you can eat and drink wearing it)
- find a way to regulate your body temperature when you get too hot, without having the need to stop and make changes. I do it by taking off my gloves or cap for a while.

# Equipment



## the dry bag, spare clothes

- make sure everything you put in your backpack is waterproof packed
- your spare set of clothing should be at least as good, warm and comfortable as the clothes you are wearing
- invest in Sealskinz socks as spare socks: you can use them in wet shoes and your feet will keep warm and much more comfortable than in plastic bags in your shoes
- whats in mine? see the picture
- packing order (bottom to top): gloves, cap, outdoor top pants, merino under pants, sealskinz socks, boxer, softshell jack, merino shirts, towel.



# The overnight bag



## how big?

- less is more
- overnight bag should not be larger than **40 liter, 50lx29bx27h**
- **this is really important: if you allow yourself to bring a larger bag, you will automatically bring more stuff (that you will not need or use), the stuff will consume your time and energy and the bag will take up more space in the already cramped car or minivan**



Decathlon  
Sporttas teamsporten Kipocket 40 liter  
€ 7,99

- cut the shoulder belt off, it tends to get tangled up with other items, making packing and unpacking the already full car or minivan more difficult
- write your name on it

# The overnight bag



## what's in it?

- less is more
- keep everything together in the bag and put everything you used back right away
- merinowool does not stink, 2 extra shirts are more than enough for 4 days
- I don't bring extra pants, never needed them in 12 years
- this is in my bag
- lots of space left





# Time saving off the ice



## stay organized

- get 1 person to pack the car/minivan
- get 1 person to check the kitchen before leaving
- carry only your own luggage to and from the car/minivan
- if shopping has to be done: make a list and go in with max 2 persons
- collect your stuff before going to sleep, put everything you don't need anymore in your bag
- pack your stuff before breakfast

# Time saving on the ice



## help the leaders and the group

- too many stops are uncomfortable, people get cold
- make use of natural stops, when the leader checks something, to make adjustments or for peeing
- if there is a stop and you need to adjust something or need to pee: do it directly, don't wait until everybody is ready to go again
- find out a system of body temperature regulation without having to stop
- make sure you can eat and drink something without having to stop, train how to do it

# Entering the stuga/vandrarhem



## do the following things directly when arriving at the sleeping place

- leave your poles and skates in the car, every day at the same place, unless the bindings of the skates are wet, then take them inside
- put your overnight bag, skating backpack (and sometimes your skates) next to your bed, so that you have everything in sight
- when wet, put your skating shoes on top of a heater or in the dry room
- put your gloves, cap and skating socks on top of the nearest heater to your bed, every day the same routine
- make your bed directly after arrival (to not disturb sleeping people later that evening)
- take dry socks and towel out of your overnight bag and take a shower. Put your towel on a heater directly after using it
- put your same skating merino wear + your dry socks on. No other clothes are needed in the vandrarhem
- leave everything else in your skating backpack and overnight bag. Only unpack something when needed and put it back directly after use

# Leaving the stuga/vandrarhem



## do the following things directly after waking up

- put your merino underwear and skating clothes on, except for your jacket
- undo your bed, grab your towel and pack your overnight bag
- take only your lunch box and thermos to breakfast / kitchen
- fill your lunch box and your thermos before you have breakfast
- pack your skating backpack with lunchbox box, thermos, gloves, cap
- now have a relaxed breakfast, knowing that all your stuff is ready
- after breakfast and about 15 minutes before the announced leaving time, put your dry and warm skating shoes on, fill the camel bag in your backpack with warm water and carry your own luggage to the car
- use the remaining time you have to help the group: clean the car windows, clean the car headlights, clean your room and the shower, carry the groceries to the car. Do not start to carry luggage from others

# Don't let the camel bag freeze



## use the following tricks

- put warm water in the camel bag just before leaving the vandrarhem
- put a little bit of salt in, to lower the freezing point
- put the camel bag in your backpack on the side of your back, to keep it warm
- after use on the ice, blow the water out of the tube back in the camel bag
- when you feel it starts to freeze, put the mouth of the tube inside your jacket
- when you forgot about it and the mouth and tube are totally frozen, take the combined mouth and tube off the camel bag and put it inside your jacket. Put the camel bag in your backpack behind your back.
- this means a camel bag with a removeable mouth and tube by a click button is best



# Questions? Feedback?

Very welcome at  
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