

A helping hand when you pack for the Winter Course

(Bed sheets and towel can be rented for 115 SEK, please notify us in advance.)

Dormitory:

Sleeping bag or duvet and sheets
Cushion and pillow cases
Sleepwear/pyjamas
Earplugs
Blindfolds
Analog alarm clock
(*Tip!*) Piece of cloth to shield off
with
Small flashlight

Clothes: *(Tip!) for cool days*

Underwear
Sportswear
Everyday clothes

Outdoor clothing:

Raincoat/umbrella
Warm jacket, hat, scarf, gloves
Long johns
(Tip!) Shoes that can easily be
taken on and off

Showers and changing rooms:

Toilette and hygiene products
(Tip!) 2 x toothbrush and
toothpaste
Large and small towel
Fragrance-free products:
Shampoo, conditioner, soap and
moisturizing
Slippers

Training Hall:

Qigong shoes/warm socks/towel
or mat to stand on
(Tip!) Mug of your own
(Tip!) A small, warm cloth to sit
on

Other:

The comb (if you have taken the Qi comb course)
(Tip!) A small bag for use during the day

Charger

(Tip!) Cash

Handwash Washing Powder

(Tip!) Folder Photo/course

certificate

Cleaner for eyeglasses, cloth

(Tip!) Some emergency rations

My own packing list:

[illegible]

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your own mug, it is then easier to keep track of which one is yours and at the same time we do not have to use plastic- and paper mugs.

half an hour of walking distance away.

A small bag for daily use

During a day at the Winter Course, we move between the dormitory, locker room, training hall, dining room and other areas several times. Therefore, it is convenient to have a small backpack, fabric or purse so you can bring with you what you need throughout the day.

Cash (20, 50 and 100 kr banknote)

Just like during a basic course there will be opportunity to buy, for example, CDs and training shoes during the Winter Course. We will also take a group photo that you have the option to buy and take home as a memento. The sale is easier if everyone has even money with them! Besides, those who want to have the opportunity to participate in the Qi-comb regulation course which is payed at set.

Folder to store photo/course certificate

As mentioned above, during the course a group photo is taken. To ensure that the photo can travel home with you and stay all nice and flat in your bag it can be helpful to bring a simple folder.

Some emergency rations

It can happen that you get hungry out of regular mealtimes and then it can be good to have some small package of hard bread/raisins/biscuits or similar. We also have access to a fridge. The closest food store is about