## 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.)	Charger (Tip!) Cash Handwash Washing Powder (Tip!) Folder Photo/course certificate Cleaner for eyeglasses, cloth (Tip!) Some emergency rations
<b>Dormitory:</b> Sleeping bag or duvet and sheets Cushion and pillow cases Sleepwear/pyjamas	
Earplugs	My own packing list:
Blindfolds	
Analog alarm clock	
(Tip!) Piece of cloth to shield off	
with	•••••
Small flashlight	•••••
Clather (Tinl) for good days	•••••
Clothes: (Tip!) for cool days	•••••
Underwear	•••••
Sportswear Everyday clothes	•••••
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	

•••••
•••••

# (*Tip!*) from experienced Winter Course students - explanation:

Scarf / cloth to shield off with During the Winter Course most sleep on mattresses in the dormitories together with several others. Many think it is nice to be able to make oneself feel at home by hanging up a shawl or two from a table or chair near their own mattress.

### Clothing for cold days

Even though we practice inside in a heated training hall, clothes for cold weather can be of good use, especially since we take a short walk when we go to the dining hall and to where we sleep. Do you usually get cold, do not hesitate to bring a wool sweater, wool socks, gloves and hat. At the same time, when practicing a lot one can get a bit warm, therefore, make sure to bring some thin clothes as well.

A pair of shoes that are easy to take on and off

Since outdoor shoes is not allowed neither in dormitories or changing rooms and training hall, one will take on and off ones outdoor shoes several times during a single day. Therefore, it can be nice to bring a pair of shoes that are easy to slip in and out of.

2 x toothbrush/toothpaste
In order to make the daily
routines run smooth, one could
bring two sets of toothbrush and
toothpaste. Then one could for
example have one set in the
changing room and the other set
close to the dormitory.

<u>A warm cloth to sit on</u>

When it is cold outside, the floor in the training hall becomes a little cold. Even if you have socks or slippers on when you practice it could be comfortable to bring a small, warm cloth to sit on, for example, when the exercises are demonstrated.

Mug of your own

During the Winter Course we usually help out making tea that everyone can drink in between the hours of training. If you bring

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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.

# <u>Cash (20, 50 and 100 kr</u>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.

## <u>Folder to store photo/course</u> 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