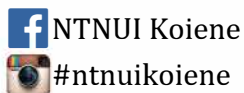


# Cabin trip 2.0.1



Updated November 2021

## A brief introduction to using the cabins



**Emergency numbers:**

---

Fire department: 110

Police: 112

Ambulance: 113

# Contents

<b>1</b>	<b>What is a "Koie"?</b>	<b>2</b>
<b>2</b>	<b>Terms of use</b>	<b>4</b>
<b>3</b>	<b>The Norwegian Mountaineering Code</b>	<b>6</b>
<b>4</b>	<b>Packing list</b>	<b>8</b>
<b>5</b>	<b>Food suggestions</b>	<b>10</b>
<b>6</b>	<b>Transport</b>	<b>12</b>
<b>7</b>	<b>Navigation, map and compass</b>	<b>13</b>
<b>8</b>	<b>Safety at the Cabin</b>	<b>18</b>
<b>9</b>	<b>Heating and wood</b>	<b>19</b>
<b>10</b>	<b>Drinking water</b>	<b>21</b>
<b>11</b>	<b>Camping stove</b>	<b>23</b>
<b>12</b>	<b>Leaving the cabin</b>	<b>27</b>
<b>13</b>	<b>About the cabin group</b>	<b>30</b>

# 1 What is a "Koiе"?

What is a "Koiе"?

"Koiе" is another Norwegian word for cabin, and has traditionally described a small cabin situated in the forest. Today, however, "koiene" can be found in various types of nature, from deep forests to mountain areas with scarce vegetation. NTNUI Koiene maintains 23 koiеr in the region around Trondheim. In general, the usage of koiene is an exclusive offer for NTNU-students. Price per night is **30/40** NOK for members of NTNUI, depending on the size of the cabin. For any non-members on the trip, the price is **60/80** NOK per night. An additional fee of 10 kr is added per reservation.

Koiene are small and intimate (2-25 beds), and there is no running water nor electricity. The food is prepared using a primus or a gas appliance (in the bigger cabins). There is a minimum of kitchenware, dishes, glasses etc. at every koiе, but no excess luxury. Water can be found in a fresh stream nearby. We are proud of each and every one of our koiеr, and we hope you will enjoy them as much as we do.

Enjoy your stay at Koiene!



Hognabu



Vekvessætra



The kitchen at Vekvessætra



A group from an earlier Koiestyre



The main beams are raised during construction of Stakkslettua



The rest of the cabins structure is built



Most importantly, enjoy the cabins! PS: Almost all of the cabins have a guitar

## 2 Terms of use

All who use the cabins are obliged to follow the NTNUI Koiene's Terms of Use. Everyone who rents a NTNUI koie have to register a trip coordinator. This decision has been made to improve the safety. As a trip coordinator, you will automatically participate in a lottery with prizes from FriFlyt, and the winners are announced at the end of each semester.

The trip coordinator is responsible for making sure that all the participants know and follow our terms of use:

- All use of our cabins is at the users own risk. NTNUI Koiene try to maintain a good standard at the cabins as far as possible, but cannot take responsibility beyond this.
- The trip coordinator is responsible that the correct cabin and dates is booked with the correct number of NTNUI-members and non-members. Refund or changing of a reservation is not possible.
- The trip coordinator must check our webpages for important information regarding the specific cabin and use of the cabins in general.
- The trip coordinator is responsible that a good map and a compass is brought and that the group knows how to use it to navigate. The group itself is responsible to find the cabin and to respect local regulations regarding hunting/fishing, toll roads and the likes.
- All the participants must check the weather forecast and possible snow-conditions, and bring required outfit and equipment. The trip coordinator has an overall responsibility for this.

- All the participants must use the cabin in a way that minimizes the risk of injury to people and damage to cabin, furniture and surroundings. The cabin should be left clean and tidy, and you must follow the instructions given on the cabin report received when booking the cabin. The trip coordinator is responsible for returning the key and cabin report after the trip.
- The trip coordinator has the responsibility to report any strange incidents, accidents and almost-accidents to **koiene-info@ntnui.no**. The Koiegruppe will of course keep all names secret, it is not our intention to punish or ridicule people. However, it is extremely important for us to get feedback on these issues to improve the safety.

Before you go on a cabin trip, you should be aware that the cabins have a simple standard, are run by volunteers and are based on trust in the users. We hope you let your behaviour as a user and your expectations to the cabin reflect this. For example, the Koiegruppe tries to make sure that there is wood at the cabin at all times, but we rely on the users to saw, chop and dry it. If you only find wet wood at the cabin we therefore hope you take your turn with the saw and axe to help future users, instead of complaining to us, as there is nothing we can do about it.

You can find more information about safety outdoors, equipment needed, how to treat the cabin etc. on the pages FAQ and Tips & Tricks on our webpage.

Be aware that there is little or no mobile coverage at the cabins, nor on the way to the cabin. If you have to call for help in case of emergency, it is wise to look for places that rises out of the terrain, such as mountain tops.

Questions and comments regarding the terms of use can be addressed to:

**koiene-info@ntnui.no**

**Have a nice trip!**

### 3 The Norwegian Mountaineering Code

Weather conditions in the mountains often change very quickly, and it is important to be prepared for bad weather. Whether you have little experience with outdoor activities, or are an experienced hiker, it is wise to have the Mountaineering code in mind along the way. This code was written down after the Easter of 1967 when particularly many accidents and deaths occurred in the Norwegian mountains, and was updated in 2016. These words have formed a backbone in the Norwegian Mountaineering spirit ever since.

- 1. Plan your trip and inform others about the route you have selected.** Plan your trip based on the group's abilities, and always include alternative options. Obtain current information about the area and the weather conditions. Listen to the advice of seasoned mountaineers where possible. Ensure you have sufficient knowledge and practical skills to complete this trip. Respect the natural environment. Plan ahead and do not leave any litter behind you. Arrange meeting points during the trip that don't require mobile coverage or accurate timing. Is your planning sufficient to guarantee an enjoyable trip no matter what?
- 2. Adapt the planned routes according to ability and conditions.** Assess the conditions continuously and adjust your plans accordingly
- 3. Pay attention to the weather and the avalanche warnings.** Always check the weather forecast and avalanche warnings to see what impact they have on the area. Follow the advice and choose a gentler terrain when conditions are too demanding. Check the conditions on yr.no, storm.no and varsom.no.
- 4. Be prepared for bad weather and frost, even on short trips.** Dress appropriately for the weather, and the terrain. Remember that the weather changes quickly in the mountains. Bring extra clothing, and the equipment your route and terrain requires.



**5. Bring the necessary equipment so you can help yourself and others.**

In the winter, you need a windsack/bivy sack, sleeping pad, sleeping bag and a shovel so that you can spend the night outdoors if you have to. A windsack can save lives. Bring a high-visibility vest or a headlight, that will make it easier to find you if necessary. Bring a first aid kit so you can help yourself and others.

**6. Choose safe routes. Recognize avalanche terrain and unsafe ice.** Take an active decision to avoid terrain that is prone to avalanches, and plan your route well.

**7. Use a map and a compass. Always know where you are.** A map and compass are an essential basic equipment that always work.

**8. Don't be ashamed to turn around.** Evaluate your route continuously and if conditions are becoming difficult, choose your best alternative long before you or group members become exhausted.

**9. Conserve your energy and seek shelter if necessary.** Adjust your hiking speed to the weakest member of the group, and make sure that everyone can keep up.



These guys know the Mountaineering code, do you?

## 4 Packing list

### In your backpack:

#### Need to have:

- A good knife
- Bottle of water
- First aid kit
- Headlamp + extra batteries, Mandatory when walking to a cabin in the winter months
- Matches
- Candles. Long candles are preferred, due to their superior light intensity compared to tea-candles. Natural light makes for a cozy cabin trip
- Paraffin/Kerosene (lampeolje) for the camping stove and lamp
- Methylated spirit (rødsprit) for starting the camping stove
- Toilet paper The cabin group does not supply this
- Anti-bacterial/disinfectant gel, important measures to maintain hygiene
- Snow shovel (in the winter)
- Sleeping bag
- Good food
- Warm pullover
- Extra shirt and trousers of wool
- Charged cell phone (packed waterproof)
- Map and compass

#### Nice to have:

- Old newspaper/firestarter
- Sleeping mat, good to have if you want to sit down outside or maybe want to sleep under the stars
- Board games or dice games (most cabins have playing cards)

## **Clothing:**

### **Inner layer:**

- Underwear of wool
- Socks of wool
- Fleece or wool sweater

### **Outer layer:**

- Warm cap/hat
- Wind and waterproof jacket and trousers
- Warm gloves
- Sunglasses
- Hiking shoes

### **Winter:**

In the winter, wool is undoubtedly the best material for the inner layers. It keeps you warm even when wet and helps transport moisture away from your skin. Fleece is not as warm as wool, but a far more suitable material than cotton, which should be avoided altogether when you are in the mountains. It is also important to have a wind-proof outer layer (with a wind-proof hood), and a warm cap and gloves. It is important to dress in several layers so that you can remove middle layers when in activity to avoid sweating.

### **Summer:**

In the summer, the tips for winter conditions still apply. Just because it is summer doesn't mean it will be warm! If the weather is nice and warm, it is okay to bring shorts and t-shirts, but always be prepared for bad weather! Check the forecast ([www.yr.no](http://www.yr.no)), and remember that the weather can change rapidly and unexpectedly in the mountains.

## 5 Food suggestions

When packing food for your trip, you should focus on bringing dry, high calorie food. Seeing as you might be hiking for some time, dry food is ideal since it is lighter and keeps better at most temperatures than fresh food. Foods that require low temperatures can be kept in the snow, or in cold running water. If you do this, remember to put a waterproof bag around your food so it won't be damaged by water! To make sure your food does not spoil, we recommend bringing food that normally does not need to be kept in a fridge (i.e. canned food, bread, fruit, jam etc.)

Most people are more active than normal when they are on a cabin trip. When being more active, you need more energy, and therefore more food. We recommend that you pack bigger meals than you usually have at home, and to always bring a little extra. Some additional snacks, like chocolate/candy/dried fruit/nuts/chips etc, is always nice to enjoy the evening.

**Suggested breakfast:** Bread with peanut butter, jam or your favourite spread. Another good option is oatmeal, which can be sprinkled with f.eks banana, apple, sugar and/or cinnamon.

**Suggested lunch:** If you are leaving the cabin, bread is a good choice. You can also bring a thermos with hot water for instant-meals or something warm to drink.

**Suggested dinner:** Meals made of pasta or rice with additional vegetables, canned foods (like beans), soup or stew bags offer a nutritional meal considering it's weight and volume. With some good planning, and if you are willing to carry the weight, it is possible to prepare most of your favourite meals at the cabins. Just be creative!

**Snacks:** More bread, nuts, fruits, chocolate, energy bars, candy, chips.

Have something to snack on between meals, in the evenings or on long walks to help beat the hunger, or just to treat yourself.

**Coffee:** The type of coffee called “kokemalt” is the best to make using a coffee pot, which you can find on all the cabins. To prepare it, you boil water in the pot. Then you take the pot off the heat, and add the coffee. Pour in ground coffee until it builds up as a small pyramid on top of the water. Stir it in, and let it rest for 5-10 minutes. You could either sift the coffee through a sifter, stick a piece of evergreen in the end of the pot, or "centrifuge" the coffee by lifting the pot upwards a few times to avoid getting too much ground coffee in your drink.

**Cake:** A cabin tradition for Koiene is to prepare a cake in the evening. You can buy the layers for the cake already made at the store (bløtkakebunn). On our webpage we have a picture gallery dedicated for cakes we have made on our trips, can you beat our decorations!?

**Please do NOT leave any food at the cabin when you leave!** The reason for this is to avoid mice. Another important tip, is to hang your food on the wall (there should be pegs or nails available). The reason for this, is also to avoid unwanted donations of food to the mice!



These guys did it properly!

## 6 Transport

### By car

The best way to get to a cabin is by car, either in your own car or in a rented car. NTNUI has an agreement with the car rental service, Sixt, giving you a discount on weekend rentals as a member of NTNUI. There is no additional age requirement either. Car rental costs roughly the same as travelling by bus if the car is filled with people (4-5 persons). In addition you have more flexibility and you can get closer to the cabin when using a car instead of public transportation. Remember to check the route description and where you should park the car on the Koiene website, estimated walking time is also given here.

### By bus or train

Several cabins can be reached by bus. On the Koiene website you can find which bus you should take and the name of the stop where you have to get off. If you are unsure, don't hesitate to ask the bus driver, most of them are happy to help you. On [www.atb.no](http://www.atb.no) you can check the departure times. Remember to also check the departure times for your trip back seeing as you might not have mobile reception to check this at the cabin. Some cabins can also be reached by train, you can find departure times for all public transportation on [www.entur.no/](http://www.entur.no/).

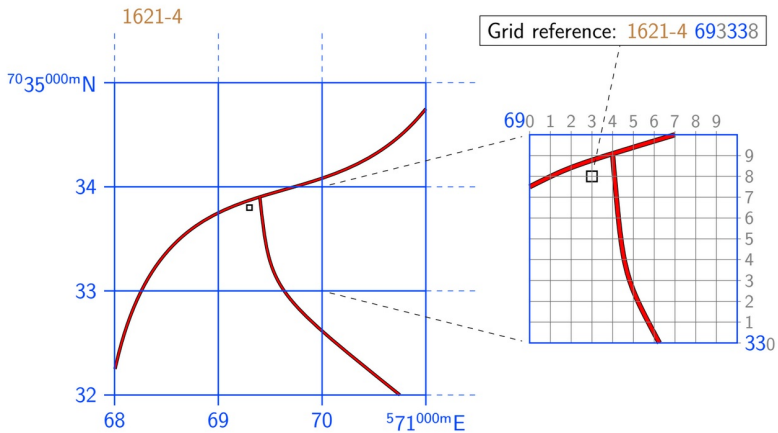
For the bus, you buy the ticket when you get on. You can do this on the trains as well, but the conductor charges an extra fee for selling the ticket. It is therefore cheaper to buy the train ticket before getting on.

# 7 Navigation, map and compass

This chapter shows you how to find grid references on maps, take a compass bearing and how to find your position with a map and compass.

## Grid references

For easy location reference, the earth has been divided into rectilinear sections of finer and finer sizes. Locations on maps are given by a 6 digit grid reference preceded by a grid reference number [693338]. The first 3 digits give the eastward distance (easting) while the 3 final give the northward distance (northing). The figure below shows the grid references of a farm laying next to a road intersection. The building is indicated by a square.

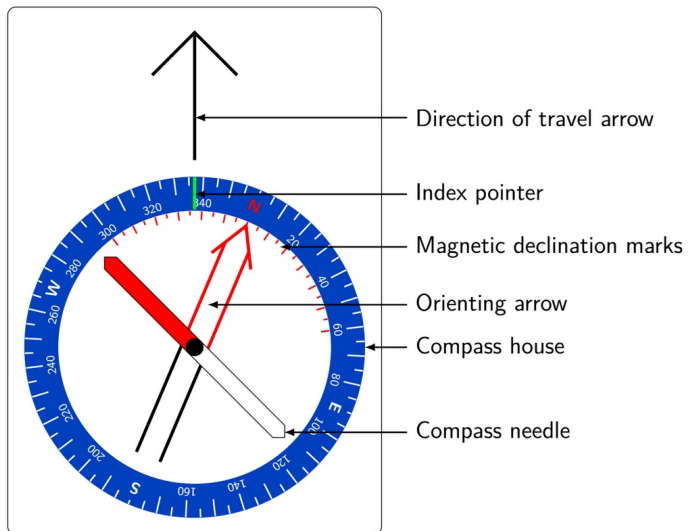




Here you can see Taagaabu marked in the top left corner of a map, with grid reference: 819667. Another way to you may find coordinates looks like this: 32V, 0581974, 6966772. The bold numbers make up the grid reference. 32V refers to a large square covering the southern half of Norway<sup>1</sup>. The following numbers describe smaller squares we can see on a map. 81 and 66 are values you find at the edge of the map. PS: the blue squares on a 1:50 000 map is 1x1 km wide.



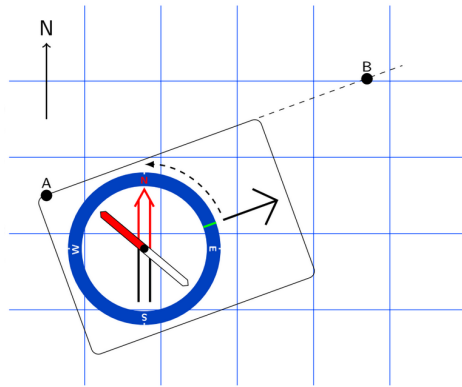
## Compass terminology



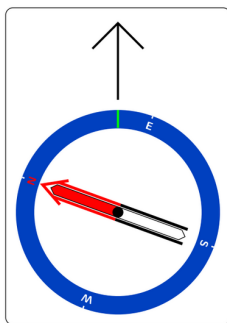
## Finding a compass bearing

1. Place the compass on the map with the direction of travel arrow pointing from your current position to your destination.
2. Turn the compass house until the orienting arrow points to north on the map (grid north).

w



Cutout of a map. **A** is your current position, **B** is your goal.



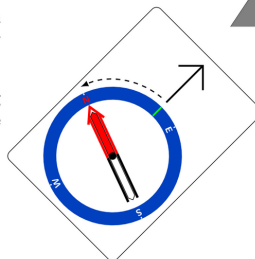
3. Rotate around with the compass until the north end of the compass needle points in the same direction as the orienting arrow. The direction of travel arrow is now pointing to your destination.

## Finding your position

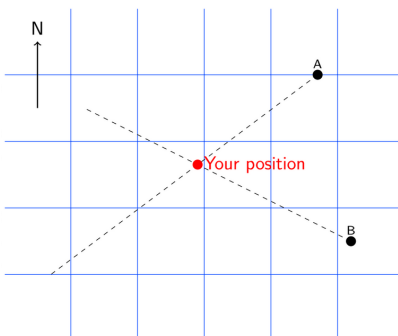
1. Find a landmark, which you can locate on your map. Aim the direction of travel arrow towards your chosen landmark.



2. Turn the compass house until the orienting arrow points in the same direction as the north end of the compass needle.



3. Place the compass on a map with the orienting arrow pointing to grid north (see the first figure under "Finding a compass bearing") and draw a line running through the location of your landmark. Your position is then somewhere on this line.



4. Repeat the process with a second landmark at a different location. You will end up with two intersecting lines, where the intersection gives your position.

## 8 Safety at the Cabin

All the cabins should be equipped with the safety equipment listed below. Locate it and make sure that it is in order when you arrive at the cabin. If any equipment is lacking, broken or missing, please report it to us in the cabin report.

**Fire extinguisher:** Locate the fire extinguisher when you arrive at the cabin. Check the pressure and inspect the extinguisher for any external damage. Remember its location, so that it is easy to find in case of an emergency. It is also a good idea to turn it upside down to verify that the powder in the extinguisher is still loose. If you can't hear any sound when flipping it over, it may be too old.

**Smoke detector:** There should be at least one smoke detector in the cabin with matching batteries. Connect a battery and check that the detector is working by pressing the test button. Place the smoke detector up high, close to where you will be sleeping (placing it between you and the oven is an advantage). Please disconnect the battery again when you leave.

**First-aid kit:** Locate the first-aid kit when you arrive at the cabin, so you can easily find it in an emergency. Check that it is reasonably supplied (use the table of content as reference if one is available).

**Fire blanket:** The fire blanket should hang easily visible close to the oven. If it looks used, check that the blanket is in a reasonable condition (i.e. there are no holes and it is not worn too thin to be able to choke a fire).

**Hygiene and food safety:** Any case of a bad stomach, food poisoning or other sickness can make a stay at the cabin really unpleasant. Possibly even dangerous! If you find any dead mice or mice excrements in any pot, pan or bucket. Make sure to wash it properly with hot water and soap. Also, remember to wash your hands after a toilet visit.

## 9 Heating and wood

### **What wood to use?**

INSIDE IN THE OVEN: chopped wood.

FOR A BONFIRE OUTSIDE: dead trees and branches you find lying around in the area. Please do NOT use chopped wood outside! Due to the great effort needed to provide wood for the cabins, the chopped wood is only to be used inside! When collecting branches for a bonfire, DO NOT saw branches off of live trees! The trees around the cabins are in general not our property, and we are therefore not allowed to use them.

### **Chopping new wood:**

Please make sure you always split the same amount of wood as you have used. To do this, you first fetch some large logs from the "vedreis" and saw them into smaller pieces. Make sure the pieces fit in the oven, e.i. they can't be too long. You will find a saw either in the cabin, the outhouse or in a shed. You then split the wood into "vedkubber" using an axe. Make sure that you don't chop into the dirt or any stone, as that will destroy the edge of the axe. Remember to keep your fingers and feet at a safe distance when splitting wood! When you are finished, place some of the split pieces inside the cabin to dry and stack the rest in a shed or outhouse. Drying too much wood inside can lead to moisture damage on the cabin.

### **How to make a fire:**

Making a fire at the cabin can sometimes be tricky, especially when the wood is moist or not completely dry. It helps to split the wood into small strips. With small pieces of wood, the access for oxygen will be better and the wood will burn more easily. To start the fire, it might also help to put some dry (news)paper in with the wood. Place the paper underneath a small stack of wood to get the fire going.

Don't close the oven door completely before the wood has been burning



(a) The picture shows a typical "vedreis"



(b) "Vedkubber"

for a few minutes (it needs a lot of oxygen in the first phase). Always keep an eye on the oven as long as the door is open. Never leave it alone – we do not want any cabin fires!



Small strips of wood give access to sufficient amount of oxygen.

### **Before you leave the cabin:**

Clean out the ashes (only if there are no longer any glowing embers in it), discard it somewhere outside out of sight. Leave a thin layer (0,5cm) of ash in order to avoid too rapid heating of the cast iron in the bottom of the oven next time it is used. If possible, please set up a fire for the visitors coming after you. Only do this if the oven is cooled down when you leave! Remember to refill the log basket with chopped wood, so that the next group/person visiting will find dry wood inside the cabin when they arrive.

## 10 Drinking water

You do not need to carry drinking water for your entire stay at the cabin. You only need to carry the water you need for your hike. Fresh drinking water can be found in small streams, rivers or lakes nearby. Take a look at the map and locate the water source closest to the cabin you are staying at.

In the winter, the topography might change due to snowfall. Rivers can get covered by snow and the upper water layers might freeze. These changes can make the water source difficult to see, but most of the time you can hear the sound of water in motion below the snow. If you manage to find a water source, it is often worth the effort to dig a large hole down to the ice and break it with an axe to retrieve running water. An alternative method to digging (for water), is to melt snow. However, if you are a large group, it is difficult to produce enough drinking water from just melting snow. We therefore recommend large groups to find running water! If you decide to melt snow, always keep a pot of snow on the oven. The heat produced to warm the cabin can be used to melt snow as well.

In general, you should collect water from a source where it is in motion (streams, rivers). Large lakes are also safe to use, but water from small reservoirs should be boiled before drinking. Water should always be fetched upstream of the toilet and other possible sources of pollution! Always use the cleanest bucket in the cabin for drinking water. There should be a dedicated bucket for water in the cabin. Every three to four years, there is an increase in dead lemmings in the mountains. (This phenomenon is called "lemmenår" in Norwegian). These dead lemmings may pollute the rivers and streams running by the cabins. Check the internet for news about this before you leave for your cabin trip. If you are in doubt about the water being polluted, you are not in doubt: **BOIL THE DRINKING WATER!**



Empty all the buckets, pots and pans and place them upside down on the floor or in the cupboards of the cabin when you leave. If this is not done, mice may get trapped in them and die, polluting them badly. During the winter, buckets still containing water may freeze over, which could destroy it.



# 11 Gas stove

## Primus instructions

The standard primus stove used at all the cabins is the Optimus Vega gas burner. To be able to use these you must bring a gas canister. At Hein fjordstua, Flå, Stakkslett, Holmså, Vekvessætra, Lyngli and Mevasskoia we also have bigger gas stoves with composite gas canisters

### 1: Fuelling

The gas canister for the burner can be bought at most sport outlets and hardware stores. It is then attached to the burner by screwing and turning the canister clockwise. Be carefull of any excess gas leaking when attaching the canister.



### 2: Starting the burner

The burner is easily started by turning the valve on and quickly lighting the gas with a match or a lighter



### Common problems

If you are having issues with the burner please note it in the cabin report form so that we can replace broken burners as quickly as possible

## 12 Leaving the cabin

When you are leaving, please leave the cabin as you would like to find it. Here are some keypoints you should think of:

**Washing and cleaning:** Clean everything you have used of dishes and put them upside down in the cupboard. There is cleaning supplies at the cabin, the dishwasher liquid is called *Yes*. You need to sweep the table, benches and floor as well. Please leave the cabin as you wish to find it. If any of the supplies run low, inform the cabin group through the form "koierapport".

**Turn the bucket around:** Empty all the buckets and put them upside down. If you leave water, it may freeze and ruin the bucket, also mice can be trapped in the bucket and it will contaminate the bucket for later use.



**Set the mattresses up:** Put up the mattresses up so the mice will not occupy them.



**Firewood:** Please chop up as much firewood as you've used and put some dry wood next to the stove and cut some up into smaller pieces.



**Place the shovel outside the cabin:** In the winter and autumn time, it is very important to do this so the next group can shovel their way into the cabin! Also, remember to hang the shovel quite high so it doesn't end up covered in the snow.

**Leave nothing behind:** Take all food, spices and other edible items with you back home. Do not forget the garbage either. This is because we want to avoid getting mice in the cabins.

**Turn of the gas:** At Hein fjord, Flå, Stakkslett, Holmså, Vekvessætra, Lyngli and Mevasskoia we have gas stoves. Make sure the gas is turned **OFF** when you leave. Flip the switch on the gray device that connects the orange hose to the gas tank to OFF. If the gas is running low, inform the cabin group on the form "koierapport". (The one you got along with the key).



A nice and clean cabin. An example to follow.



Kamtjønn



Holvassgamma



Flå is a beautiful place



Light art at Øvensenget

## **13 About the cabin group**

### **The cabin group - The students hikers association**

Do you want to see how the maintenance of all our beautiful cabins works? Then you should join one of our dugnads! A dugnad is a weekend full of fun while repairing one of our cabins. We have several of these trips every autumn and anybody is welcome to join. Check the website for dates. You don't need any experience to take part in such a trip, but you can be sure that you will gain a lot of new experiences on how to maintain a cabin. Additionally you can socialize with people who are as happy as you to enjoy "friluftlivet" - the pleasure of being outside! Everyone who takes part at a "dugnad" will be invited to the dugnadsfest. This is a legendary annual party at one of our cabins you'd hate to miss out on!

We also offer weekend trips without maintenance. On these trips you can enjoy nature, hiking and just the easy life at a cabin with a bunch of other enjoyable people. There are some trips in the autumn, but most are in the spring and on skis. Check the website for dates.

Are you also curious about how the organization of the cabins works? Then you are welcome to join our group! Every second week on Mondays at 19.30 we have a meeting at Idrettsbygget Gløshaugen. Everyone is free to join these meetings. There you will have a good opportunity to get to know the cabins and the people governing them. Additionally our group has several social activities during the semester.