































The board

Makes sure that the boat is floating and that there is wind in the sails

Tripleaders

Arranges trips, at most levels

Trip leading - not guiding!

The social committie

Arrange social happenings, monthly pubs and semester parties

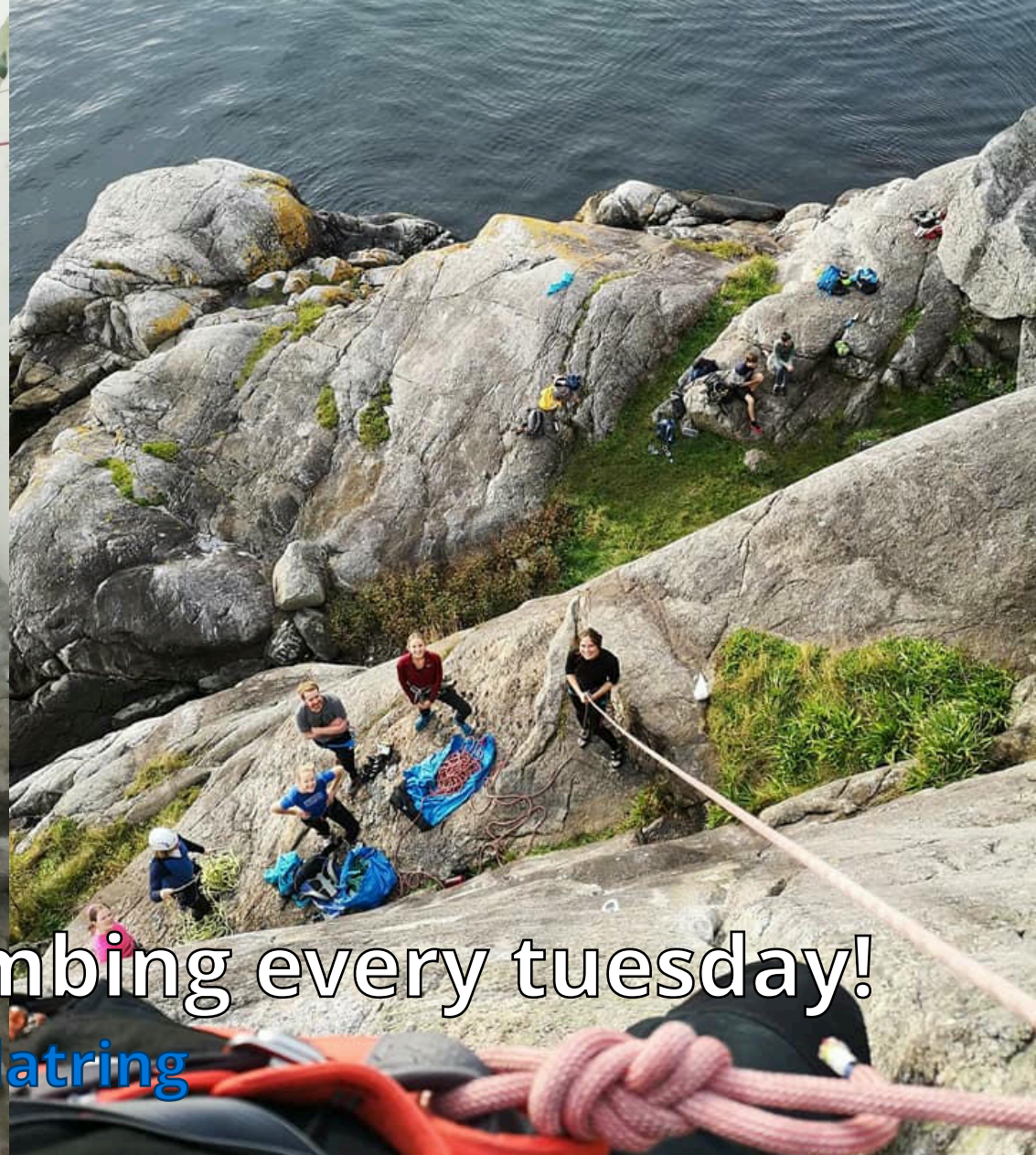
Our activities



Monday joggers - Running each monday!

FB-group: [bsi friluft - mandagsjoggarana](#)





Tuesday climbing - Climbing every tuesday!

FB-group: [BSI friluft - Tirsdagsklättring](#)

Monthly evening trip

One afternoon each month

From 2-hour trips to sleeping in tents

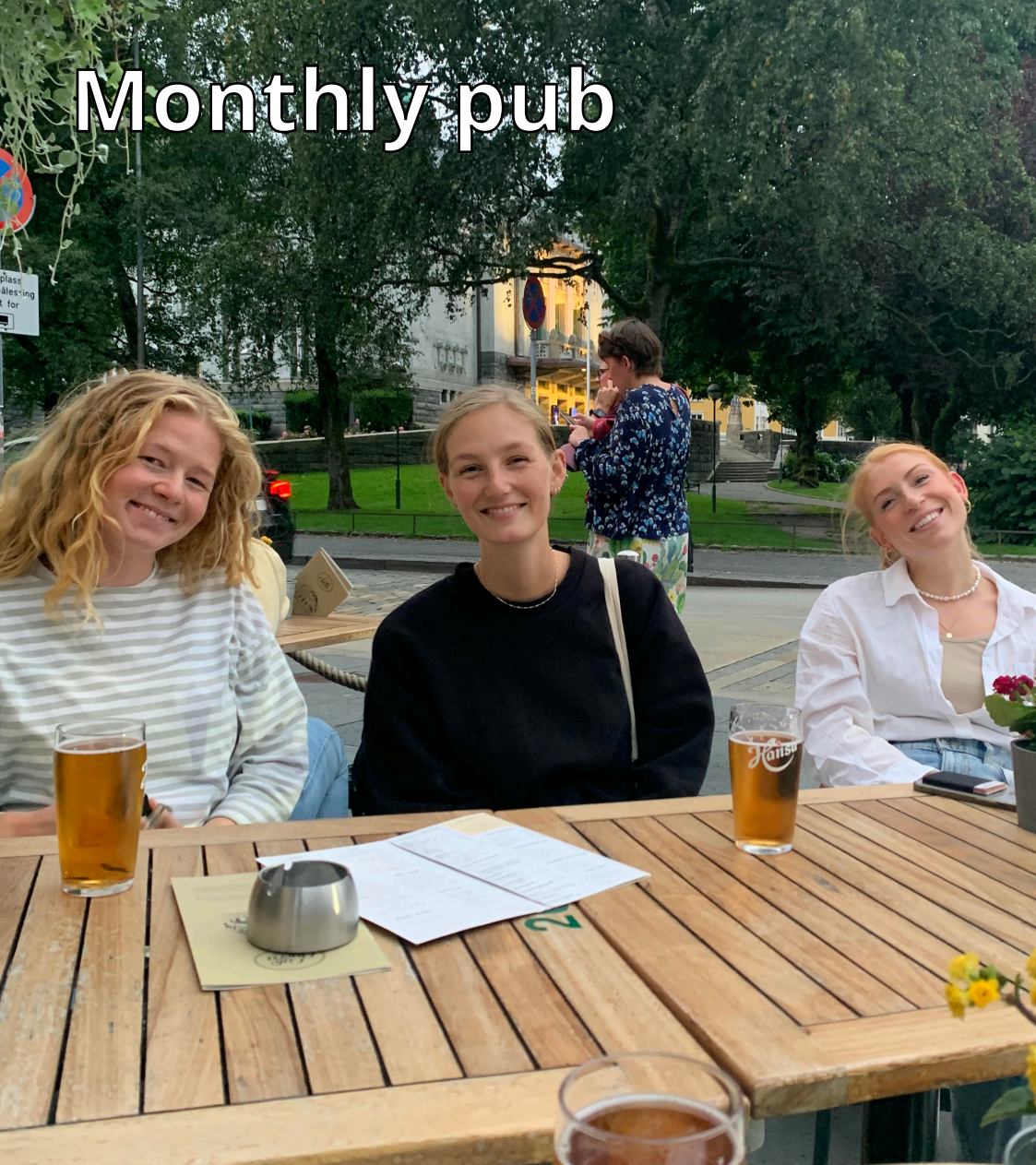


Fjellmøte

Monthly pub-lectures about everything from expeditions, outdoors-life and nature



Monthly pub



Social-committee



The equipment room

BSI Friluft has a solid equipment room, here you can rent everything from tents and pots to randonée-sets and mountain skis.

Wednesdays 18:00 - 18:30 for returning
18:30 - 19:00 for renting



New cabin!

BSI friluft has recently bought a new cabin, it is available for rental



Join our weekend trips!

1. Become a member (200 kr) and sign up for our mailinglist at bsifriluft.no
2. The sunday before a trip there will be sendt out and email with sign-up
3. Be quick signing up! But remember to read the description first
4. Mandatory ferdaråd, usually at Wednesdays

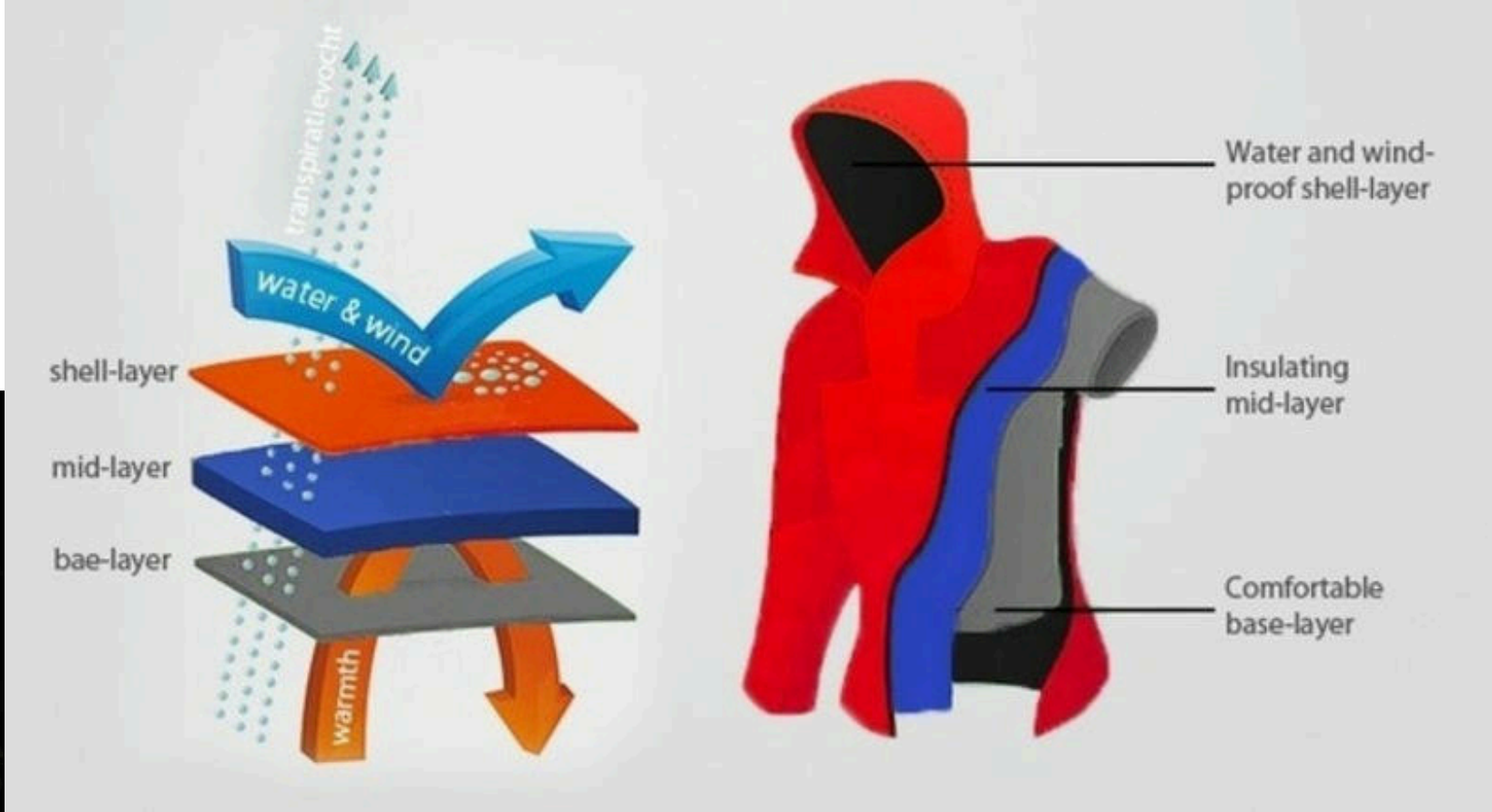


**We are not professional guides
- just (skilled) students**



**So it is very important that you
have the necessary experience
and physical shape, as well as
clothes and equipment.**

Clothing



Wool is worth it!

Outer clothing **must** be windproof (with a hood), and often waterproof as well.

Practical information

BSI Friluft is volunteer-based - except for your membership you only pay for food, cabins and transport on our trips.

Sign-up: via the mailing-list (see bsifriluft.no) - sendt out the weekend before a trip.

Alle trips will be published on Facebook as events.

Follow us on Facebook at [BSI Friluft](https://www.facebook.com/BSIFriluft)

Follow us at Instagram [@bsifriluft](https://www.instagram.com/bsifriluft)

Website: bsifriluft.no





The trip program autumn 2024



Easy tour: No special training or equipment is necessary for this kind of tours. In the case of multi-day hikes the distances will be relatively short and the packs light.



Medium tour: On multi-day hikes the distances will be longer and the packs heavier. We will likely sleep in tents. Day-trip with this grading might feel challenging. You should have experience with trekking and sleeping in the outdoors.



Tough tour: We will have heavy packs and long distances to go. Participants need to be fit and solid outdoor experience is necessary.



Technical experience is necessary to participate in this trip. For example: Iceclimbing, kiting or glacier walking.



Trips will be in steep and exposed terrain. For hikes this implies scrambling and walking in steep/exposed terrain will occur, where roping up can be necessary. For Summit/Mountaineering trips this implies we will cross slopes steeper than 25 degrees.

Grunnleggende skredkurs

17. - 19. January

Trip leaders: Luca



Fjellski Intro

7. - 9. February



Trip leaders: Erling & Birk



Ski & Fly - Skiseiling på Finse

7. - 9. February

Trip leaders: Sarah



Videregående skredkurs med WildVoss

14. - 16. February

Trip leaders: Nanna



Chill hyttetur med lek i snø

14. - 16. February

Trip leaders: Kristine & Stine



Intro til rando

21. - 23. February



Trip leaders: Samuel & Jens-Olav



Skiturhelg på Mjølfjell til BT-hytten og Skorafjellet

21. - 23. February



Trip leaders: Johannes



Snøhuletur Bergsdalen

22. - 23. February

Trip leaders: Erling & Endre



Turledehelg

28. February - 2. March



Trip leaders: Birk

Finse - Rembedalsseter - Hallingskeid

8. - 9. March

Trip leaders: Kristine & Erling



Fjellski til Grindaflethyttta

8. - 9. March



Trip leaders: Nanna & Pauls



Kaldavasshytta, Øykjafond,

Vassfjøre

14. - 16. March

Trip leaders: Erling



Fra bakke til bakke på ski ved Voss

14. - 16. March



Trip leaders: Luca



Via Øykjafonn til Kaldavasshytta på randonéeski

22. - 23. March

Trip leaders: Luca & Veslemøy



Iglotur

28. - 30. March

Trip leaders: Kristine & Lukas



Toppturhelg i Uskedalen

4. - 6. April

Trip leaders: Karoline, Siri & Veslemøy



Randotur til Sogndal/Hurrungane

4. - 6. April



Trip leaders: Nanna & Iris



Sail&Ski Sognefjorden

TBA

Trip leaders: Frida & Simon(&Furu 🐺)



Øystesefjello rundt

26. - 27. April



Trip leaders: Erling & Karoline



Randohelg i Jotunheimen

30. April - 4. May

Trip leaders: Lukas & Peter



Over fjell til fjord: på eventyr i Stølsheimens ville vest

9. - 11. May

Trip leaders: Birk



Fisketur ved havet eller på fjellet

9. - 10/11. May

Trip leaders: Arne & Lukas



Sailing Expedition to Svalbard

July

Trip leaders: Simon med Andrew, Lisbeth & Amalie

Become a member!

1. Go to our website bsifriluft.no
2. Press **Bli medlem**
3. Register yourself at Norges Idrettsforbund
 - After you press “Jeg skal bli medlem” you can change the language
 - Press “I do not have a birth-/D-number” if you don’t know what that is
4. Remember to set place of study / or that you are not a student
5. Sign up for our mailinglist (step 5 on the website)

