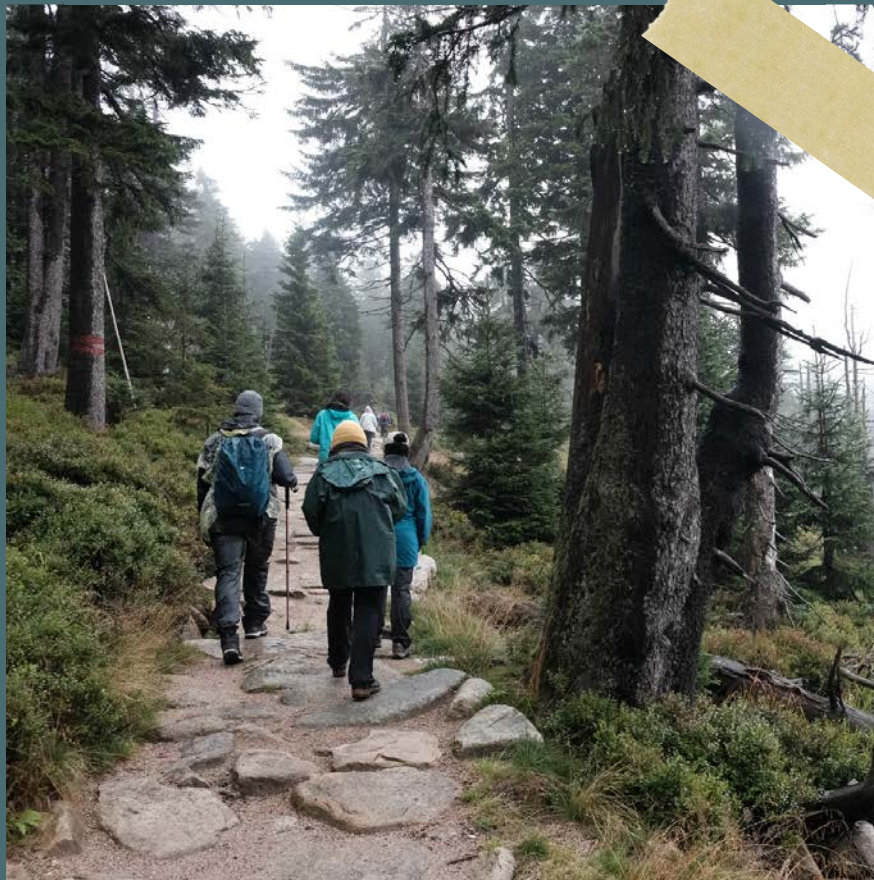


SUPPORTED BY



# Karkonosze mountains Expedition

Mobility infopack



**03 - 05 of November**  
Jelenia Góra, Poland

DEVELOPED AND IMPLIMENTED BY



*Náš tábor, z. s.*

# Mobility concept



**We invite you to hike the mountains of the Krkonose National Park, which lies on the northern border of the Czech Republic on the southwestern border of Poland. You will have an opportunity to reach the highest peak in the CZ.**



# Travel To Karkonosze



## PROJECT LOCATION:

We will meet on 03 of November at 12:00 CEST in the Dworzec Główny PKP, Jelenia Góra (<https://goo.gl/maps/RqU3nmWVqcS9cpVD7>) POLAND. And drive by van to mountain foot to start our hike (around 3,0h) to our Mountain Hut (we will stay there all two nights). At the same place, we will come back on 05 November.

## HOW TO GET JELENIA GÓRA:

For local transport check out: (<https://www.intercity.pl/en/>) or FlixBus (<https://www.flixbus.pl/>).

For participants from Poznan, our van will depart from the Logos NGO office at 7:30 am on November 3rd.

# Risk management

In addition to outdoor activities, the project will involve a hike in high mountain terrain. While no prior outdoor experience is necessary, a basic level of fitness, including the ability to negotiate rough underfoot conditions while carrying a heavy backpack, is required to participate in the project expedition.

In order to participate in the project you must have valid health insurance to cover any emergency treatment in the EU. We also highly recommend travel insurance.



# Preparation and equipment

FOR AN OUTDOOR PROJECT IT IS ESSENTIAL TO HAVE PROPER EQUIPMENT AND TO BE READY FOR EXTREME WEATHER



It is essential to have proper outdoor equipment and to be ready for all kinds of weather and temperatures, from -5 C (snow) to + 15 C (sunny).

**ALL TWO NIGHTS, WE WILL STAY IN THE MOUNTAIN HUT (PICTURES INCLUDED). THE HUT HAS ELEMENTARY FACILITIES: WATER, A WARM FIREPLACE, AND NO ELECTRICITY (MAYBE SOLAR FOR PHONES ONLY).**

# Personal Equipment

## WHAT NEED TO BRING

- 60/80 Liter Rucksack
- Hiking shoes (these should be suitable for high mountains and rough terrain. **No sneakers!**)
- Waterproof jacket and trousers
- Comfortable clothes for hiking - including spare clothes to change into.
- Thermal underwear
- Sleeping bag (minimum +5C comfort)
- Fleece
- Hat and gloves
- Water bottle
- Sun lotion and mosquito spray
- Hiking socks
- Head torch
- Personal hygiene: toothbrush, eco-soap, towel

**Please leave space in your bag to carry food and common equipment during the hiking trip!**



# Contact details

If you have any questions regarding this mobility, you can write them on this email: [anna.yanshevsk@logos.ngo](mailto:anna.yanshevsk@logos.ngo)



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