



Koiene

More than 20 cabins | Web: www.koiene.no
Norwegian outdoors | Facebook: NTNUI Koiene
at your fingertips | Instagram: [ntnuikoiene](https://www.instagram.com/ntnuikoiene)

NTNUI

As a student in Trondheim you can join a wide range of social activities. NTNUI is the sportsclub of the students at NTNU, and is in fact the largest sports club in Norway, with more than 13 000 members, and more than 50 different activities. The cabin group (Koiene) is one of the most unique groups in NTNUI. The cabins are very popular both among Norwegians and exchange students, and is probably (one of) the best ways to make your exchange year unforgettable. All NTNUI-members can rent the cabins.



You will find no luxury at the cabins, but they have standard equipment that covers all basic needs, including a gas burner for cooking, pots, dishes and kitchen utensils. We recently bought new gas burners that are easy to use, just bring matches and a gas canister. Check the web site to see if the cabin you are going to is equipped with a new burner. You will also find wood at the cabin for use with the oven. Please be considerate in your use of wood, and saw and chop as much as you use during your stay!

How to book a cabin

Decide which cabin you want to go to, and check how many others have booked. Our web page provides information on each cabin, transport options, distance, size etc.

Go to Akademika Bookstore to book the cabin, booking for the weekend starts Wednesday 08:00 the week before. Tip: Be there early!

Read the information sheet given to you at Akademika, it contains important info. Return this sheet with the key when you return. You can also use the digital form found on the web page.

Don't take our word for its greatness, find out yourself!

Which cabin to choose

The cabins offer a broad variety from the smallest cabin with not much more than two beds and an oven to one with 25 beds, a gas stove and a sauna. Also traveling times vary a lot. To some cabins you can almost drive by car, to others there will be several hours of walking. To find the right cabin, you should check:

Koiematrisa (Cabin Matrix)

This is a matrix where you can compare important facts like travelling times and cabin sizes. You will find more detailed information in the cabin descriptions. If you book only two places at an 8-bed cabin, it is possible that other people are travelling there as well.

Vanskelighetsgrad (Degree of difficulty)

For each cabin, you will find a degree of difficulty in the description. The cabins are ranked on a level from 1 to 5 to give you an idea how easy / difficult it will be to reach a certain cabin. Better start with an easy one first to find out which level suits your experience best!

Ledige koier (Available cabins)

On this page on our website, you can check if the cabin is available on a certain date. Sometimes cabins will be booked in advance by the cabin group, so it is worth checking before you go booking!

Transport

Most cabins can be reached by public transport, you will find travel information on our website. However, sometimes it can be cheaper or easier to rent a car. At Sixt you get special prices as NTNUI member.



Orientation

One of the most important things in order to ensure a safe and successful cabin trip is actually finding the cabin. Unfortunately, it is quite common to get lost. Without map and compass you are in fact very likely to get lost. Add some bad weather to that, and things can get really dangerous.



GPS

Sometimes there are only few characteristics in the landscape so orientation can be challenging especially with bad weather. A GPS can be quite helpful, but do not rely on it only (electronics can run out of battery...).

Maps & compass

There is no excuse for not bringing a map and a compass on a cabin trip. There are two simple ways of getting hold of a map/compass:

- Buy it at the bookstore when you book the cabin. They have competitive prices.
- Rent at the international house at NTNU. See our web pages for more info.

Tips

- Orientation is a lot simpler in daylight than in the dark. Start early and try to reach the cabin while it is still light outside.
- In norwegian nature it is common to go outside well known paths. Plan your route before you start your trip!
- Make sure you know how to use the compass and map! Use youtube etc. for instructions.
- You can get maps for your phone from the Norgeskart app. Remember to download them for offline use! And always bring a paper map as you don't want to get stranded with a flat battery from cold weather.



Safety in the mountains

As beautiful and friendly as the Norwegian mountains can be, they can also be inhospitable and dangerous, with the weather changing completely in only a matter of minutes. If you choose to fight nature you are bound to lose, so don't.

The past years two people have died while on a cabin trip; an international student and an international employee at NTNU. Others have survived only by pure luck after underestimating the forces of nature.

To stay safe, it is extremely important that you take the advice given here seriously, and that you prepare well for your cabin trip. Do not conclude from one easy trip that all are like that. Cabins, paths, daylight and weather conditions vary quite a lot!

Clothing

Be prepared for rain, snow and wind! Wear waterproof clothes and shoes and have warm clothes and some change in your backpack. Bring sunglasses, snow is brighter than you expect in sunny weather. Do not underestimate the need for proper equipment, and don't leave in sneakers!

A detailed packing list is available on our web pages under "Tips & Tricks".

Cheap outdoor clothing:

- NTNUI-Bumerang (free rental for NTNUI members, ntnuibumerang.no)
- Stormberg (stormberg.no)
- XXL (xxl.no)
- Fretex (fretex.no, second hand)

Information meeting

Come to our information meeting the 14th of August at 17:15 in **R7** at Gløshaugen. Here you will learn how to book a cabin, what equipment and clothing you need, and how to make your cabin trip as safe as possible. You can also ask questions to experienced cabin users.



Snow

Snow is fun, but it can also be exhausting! Even if Trondheim is snowfree there might be one meter or more not far away in the mountains. A snow shovel is essential both in case of emergency and general comfort outside. Don't leave without one!



Skis

Crosscountry skis (or snowshoes) are required to reach nearly all cabins in winter. Try:

- NTNUI-Bumerang (free rental for NTNUI-members, ntnuibumerang.no)
- xxl.no
- fretex.no (mostly second-hand, but some times new stuff as well)
- finn.no (norwegian second hand website, search for "fjellski")

Tip: skins can be quite helpful under your skis!

Snow conditions and walking times

Snow conditions can vary greatly throughout the season and in different locations. Generally, one can expect to find snow in the mountains from november through april, but this varies widely and is only a rule of thumb. Sometimes it might be icy and easy to walk on the snow without skis, on other occasions it will be almost impossible to move without skis.

The cabins generally have no scooter tracks you can follow, and the time required to reach the cabin will depend heavily on snow and weather conditions as well as skiing experience.

A few things to be aware of

Avalanches

Be aware of the risk of avalanches in winter. The risk varies with the snow and weather conditions, but as long as you avoid steep areas you can ski in a safe manner. As a general rule an avalanche needs a 30° fall to start. If in doubt, find another route. Check online for avalanche warnings.

Wood for the oven

You will find a wood pile either in front of the cabin or not far from the cabin. Do NOT use this wood for a campfire! It is strongly prohibited to chop down trees in the surroundings since that might give trouble with the landowner! You might find larger pieces of wood outside the cabin, too big to fit in the oven. We encourage everyone to contribute chopping these into smaller pieces. There should always be a pile of wood next to the oven to make it easy for the next visitors to get a fire going.

Help us maintain the cabins?

If you are an awesome person who likes to help out and you enjoy the Norwegian nature, you are welcome to join us maintaining the cabins. In the fall we perform maintenance on 3-5 cabins, spending the whole weekend at the cabin. Great for social people who like to carry heavy loads and do something for others. All year round there is something that needs to be done, you can find a list of trips you can join on our web page. Send us an e-mail if you like to help out.



The cabins are run by volunteer students, and we ask you to be considerate in your use, minimizing the use of firewood and being honest about the number of members and non-members staying at the cabins, as the income from the booking is vital to maintain the cabins.

Have a nice trip!



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