

# Useful information about Långbäling

## **Background**

Långbäling belongs to the Sundby Nature Reserve, located between the islands of Ornö and Utö, in the Stockholm archipelago.

Handelsbanken's Staff Foundation has owned the island since 1993 and its maintenance is managed by Handelsbanken on behalf of the Foundation. Långbäling belongs to all of us. We hope that everyone who visits Långbäling participates in its conservation.

## **Storstugan (the main cabin)**

Storstugan can be used for shared meals, as a social venue or to watch TV. Those who use Storstugan must clean up directly after to ensure that it's always ready for the next guest. There's a vacuum cleaner in the cleaning cupboard and the floor should be mopped as needed. The only cleaning detergents that should be used are linseed-oil soap and cold water, which can also be found in the cleaning cupboard.

Please note that Storstugan is open for everyone and cannot be occupied by a whole group. Everyone should feel welcome to come in.

## **Sauna**

The sauna is beautifully situated at the Southern marina. It can be booked for one hour a day for each party (every day except Wednesday, when the sauna is open for everyone). Firewood is available outside the shower. Do not add wood to the sauna and then leave unless you're absolutely certain that someone is coming in after you and can keep an eye on it. Otherwise, there is a risk that the sauna will overheat and catch fire. The booking list is located outside Storstugan. Please observe sauna etiquette and always leave the sauna clean and the wood baskets filled.

## **Shower**

Showers are located next to the sauna. There is a freshwater shower outside the sauna where the pipe acts as a water heater when the sun is shining.

## **Toilet**

There are long-term composting toilets by Clivus with active compost cultures that cannot handle chemicals. Only paper can be thrown into the toilets. All other waste must be disposed of in the small bin in the toilet.

## **Water**

Drinking water comes from the sea and is processed through a desalination facility. The water is completely clean and is treated using UV light and then run through a mineral filter. It's available from all the taps on the island, except in the pump house outside Storstugan, where the water comes from a drilled well.

### **Barbeque**

The cabins are equipped with barbeques. Charcoal and lighter fluid are also included and can be found at Storstugan. **WARNING!** Don't place hot barbeque covers on the grass or on the veranda.

### **Games**

Balls and outside games can be borrowed from the Pilen cabin (under the balcony).

### **Boats**

Boats are docked by the small boat jetty in the Southern marina and are free for each cabin guest to use. Each double cabin shares a boat, and it is up to the guests to agree on how to share it. Petrol is available in the grey locker by the marina (four stroke). Keys to the boat and the fuel locker are on the key chain for the cabin.

The boats are equipped with oars, hand bailers, sponges, anchors, petrol cans and a funnel. Life jackets can be found in the storage area behind the toilet. After each use, the inside of the boat must be cleaned, the oars must be taken into the boat and the motor must be raised. The anchor must be used when docking so the boat isn't dragged up onto the rocky shores. Boats are moored to the jetty with fixed moorings at the beams. Lock the boat once it has been moored.

### **Guest marinas**

The guest marinas are available for Bank staff who arrive in their own boat. Contact the staff when arriving. Mobile phone numbers are listed on the bulletin board at the Northern guest marina. Boat guests can use the sauna and barbeques, and have access to water and shore power (230v) in the Northern guest marina. Boat guests pay a marina fee by Swish on site. (Additional information may be found under "Information about our guest marinas".)

### **Cleaning**

Before the season, the staff clean all the cabins, and wash all the bedding and windows. Långbäling does not have any cleaners on site during the season, meaning that everyone has to clean up after themselves. This applies for the cabin that you're staying at, as well as Storstugan, the sauna, showers and toilets, which must all be cleaned right after being used. Everything you need for cleaning is available, and if anything is missing, please contact the staff.

Please dispose of any waste that may have been left behind, or that was swept ashore by the wind.

### **Waste disposal**

Waste bins are located at the Southern marina and along the wall of the boat house at the Northern marina. Make sure that there's a bag in the bin before disposing of your waste. We advise you not to leave a bag of waste outside your door since this might lead to having to pick up rubbish all over the place if a badger or birds get hold of it.

**Refunds on bottles/cans and returns**

There are two waste bins located at the Southern marina for aluminum cans and PET bottle recycling, as well as a wooden crate for glass bottles. The refund go to the school children on the island of Utö as a contribution toward a school trip once every three years.

**Pets**

Pets are allowed to come along to the island but dogs must always be leashed since we are located in a nature reserve.

**Utö**

Every Wednesday at 10:00 a.m. the boat leaves for Utö island, where guests can shop at the ICA grocery store and bakery, or have lunch at one of the restaurants. The boat back leaves at 2:00 p.m.

**Deliveries of alcohol from Systembolaget (to ICA, Utö)**

Call +46 8 501 57 005 to place your order (be prepared to provide a article number, size and quantity). It is important that you check well in advance when you have to place your order so you get your delivery on time when you are there.

**Health care**

A first-aid kit and some medication are available from the staff. A selection of adhesive bandages can be found in the cabinet in the hall in Storstugan. In the event of a serious incident, call 112. The number to the Swedish Poisons Information Centre is +46 10 456 67 00. For health advisory services, please call 1177 (1177.se).

**Staff**

Bernt Gartne and Kristina Gartne look after Långbäling. We are employed by Handelsbanken and are tasked with looking after Långbäling and making sure everything works. We are always on site during the guest season, but sometimes we need to leave the island temporarily to run various errands. However, we are always available by mobile phone: Bernt +46 70 733 89 69, Kicki +46 70 214 88 03.

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