



WELCOME TO FORREST

*I hope you're going
to love your stay.*



Dear Guest, very welcome to ForRest! I hope you're going to enjoy your stay. Here are some things that's good to know and a few things to think of in a house that is not connected to electricity grids and that is powered by solar cells and gas.

*/ Lena
Phone number 004670-354 47 47*

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The most important things

- My number is 0046 70 354 47 47, please don't hesitate to contact me if you have any questions about the house or the surroundings. I live about 7 minutes away by car.
- In the closet on the left in the hallway there is a blue box on the wall, set it to "on". This starts the power
- 112 is the phone number in case of an emergency (ambulance, police, firemen)
- 1177 is the phone number for non-emergency health issues.
- The outside bathtub is filled with water from the stream and costs 600 SEK.
- It can be used when the temperature is warmer than 0°C to get the water from the stream without freezing.
- You get the code to the door before arrival. Press * to lock. You may have to tap the door an extra time for it to go into lock completely.
- Please use electricity with care since it's an off-grid house run by solar cells.
- During winter, please turn the generator on for at least 1 hour a day. You can leave the house for a short period while it's running. Always charge if the indicator shows less than 11,8 V. Turn the generator off when the indicator shows 100%.
- Please give the plants/flowers tree water when needed.
- Please replace the consumable items that you use.
- If you want to borrow my boat located in the stream about 7 minutes' drive from the house, please give me a ring.
- To drive on the gravel road to the house a normal high or a high car is good. Very low cars are not ideal to drive the last bit because of the road. If you have a very low car you probably might need to walk the last 1,5 km.
- There are two bikes in the shed that you can borrow.
- During the warm period there's no oven in the kitchen to be used, the oven would make the house extremely warm since it's the wood stove that also heats up the house.
- Please take your shoes off indoors.
- Cleaning equipment are located in the closet in the hall and under the sink in the Kitchen.
- When making fires at the outside fireplaces, feel free to gather dry branches and dry pieces of wood from the ground. You'll find a saw in the plastic box near the fireplace.

Electricity

In the closet on the left in the hallway there is a blue box on the wall, set it to "on". This starts the power.

It's great if you can save as much electricity as possible, therefore please snap the button on the blue box in the closet to "Charging only" when you leave the cottage for a while. Then the blue box does not take any electricity unnecessarily. Please unplug the micro and other things that takes energy when you don't use them and please turn off the lights that are not used.

If the indicator of the batteries condition (located on the wardrobe wall) shows less than 11,8 V you need to turn on the power plant. A white button for this can be found under the blue box in the closet, it must be switched to the position "on" when the generator runs. The generator charges the batteries. Please don't turn the water or the coffee machine on when the power plant runs, that makes the generator stop charging (even though it still sounds). If that happens a safety button outside the shed needs to be flipped back.

Hot water

It might take a while before the hot water comes after you've turned the water on. If it stops coming hot water when you've been using it for a while a safety button needs to be pressed in. You find it inside the gas heater above the toilet. It's a tiny, tiny red button that's located at the top to the left. (You might have to stand on the edges of the toilet to reach.) The right knob on the front must always be turned with the marker on the far right.

Garbage

Garbage is sorted in combustible, compost and glass/plastic/metal. Dustbin for garbage bags is outside in front of the little shed. Brown paper bags are used for compostable garbage, you'll find them under the sink.

Woodstove

During the cold period you heat the house with the woodstove, you can also do your cooking there. When you make the first fire pull out the little slide to the top left out and push the little slider to the bottom right to the far right and make a small fire at the back of the stove to prevent smoke from coming in. When it's burning properly you push the slides back.

To start the oven lamp, there is a button far up to the left when you pull out the box under the stove. Please notice that the thermometer in the oven don't show the exact temperature. To be on the safe side put only a few logs into the fire when putting in the food in the oven, if it seems like it needs to be a warmer just put more wood in. 😊

You'll find more wood in the shed at the parking.

Fridge

The fridge and stove run by gas. To start the gas stove, push the button downwards while turning the gas flow on. When you leave the house, please turn off the refrigerator on the button on the far left.

If for some reason the refrigerator is not on (the indicator on the right top should be green when it is on) press the left knob (with small lines above it) while pressing

in the right button which lightens the gas. You may need to do it a few times before the refrigerator starts.

Cleaning

Please leave the cottage in the same condition as it was when you arrived.

You'll find the cleaning equipment in the wardrobe in the hall and under the sink.

- Wash the dishes and put it back.
- Remove the bedding & towels, place it in the laundry basket in the bathroom.
- Vacuum the floors.
- Wipe out pantry boxes and refrigerator.
- Wipe of tables and benches.
- Empty trash cans in kitchen and bathroom.
- Use paper and cleaning agents to clean the surfaces of the bathroom.

When you leave

- Please leave the house in the same condition as it was when you arrived. See cleaning instructions down above.
- Replace consumable items if needed.
- Put garbage outside in the bin at the shed.
- You can leave food that you don't want to bring home. Please turn the fridge of when you leave unless you leave food.
- Please turn of the electricity.
- Lock the doors.
- Drive carefully home. ❤️

Gasstove

To start the gas stove, push the button downwards while turning the gas flow on.

Outside bathtub

The outside bathtub is filled with water from the stream and costs 600 SEK.

It can be used when the temperature is warmer than 0°C to get the water from the stream without freezing.

Since the bathtub is located close to the river no chlorine or cleaning solvents can be used. Therefore, due to hygienic reasons you only heat the water once and then let it out. Please read more information in section "Bathtub instructions".

Out of gas

If the gas is exhausted, please ring me and I will of course come and fix it.

Security

Smoke detectors are placed in several places and gas alarms are located next to the pellet stove. In the kitchen there is a fire blanket. There are also gas and carbon monoxide alarms.

Fire extinguishers are available in both bedrooms in the wall-fixed bench as well as in the hallway and under the work bench at the outdoor kitchen.

When you use the outdoor kitchen, make sure that the fire/glow is extinguished before you place or leave the house. *For the moment the pizza oven in the outdoor kitchen is out of operation since the chimney needs repairing.* Please keep burning candles only in the rooms where you are.

Making fires outside

You are welcome to make fires in the fireplace outside the house or down by the stream. Always make sure to put the fire out completely due to the risk of forest fires. Please check the risk of fires at www.smhi.se if it's too dry in the ground, then there will be restrictions.

When making fires at the outside fireplaces, feel free to gather dry branches and dry pieces of wood from the ground. You'll find a saw in the plastic box near the fireplace.

During the period 1 October – 1 Mars

Since the sun shines too little during the darker month of the year the batteries needs to be charged by a generator every day for 1-2 hours.

You turn the generator on in the white cupboard, put the white switch on "on". If you know you'll be away for some time, you can leave the generator running even though you're not there.

Pellets stove

To turn on the pellet stove, press 1 time on the round button - Start? appears, press again to start it. It may take some time before it starts, the pellet doors must be located in their exact positions otherwise it won't start.

To turn off press twice on the round button.

Pellets are located in the shed at the parking.

If it is really cold outside, the pellet stove can be on during the night.

General info about shops and important phone numbers

Phone numbers that are good to have:

To me, Lena	070-354 47 47 for phones from other countries than Sweden 004670-354 47 47
Emergency situation	112
ALFTA Health Centre	0271-196 00 for phones from other countries than Sweden 0046271-19600
ALFTA Pizzeria	0271-123 00 for phones from other countries than Sweden 0046271-12300

Systembolag (where you buy drinks with alcohol above 3,2%) is located in Edsbyn and Bollnäs. See www.systembolaget.se for opening hours.

The nearest grocery stores are Hemköp and ICA in Alfta.

Fishing items are available for purchase on, for example, Biltema in Bollnäs.
www.biltema.se

Information about fishing and fishing licenses can be found at
<https://www.alftafvof.se/fiskekort/>

If you have any questions at all, please text me or give me a ring!
0046-70 354 47 47 / Lena

Instructions pizza oven

1. Remove old coal and brush clean in the oven,
2. Brush the pizza stone and put it in the oven.
3. Use wood only from deciduous (birch or aspen) and make a small fire in the middle of the oven.
4. Slowly fill with more wood, if the oven heats up too quickly, it might crack.
5. Let the fire burn until it is really hot, it can take an hour or more.
6. Divide the burning logs and bring them towards the right and left sides of the oven, fill up with more wood before the trees burn out. The fire is needed for both the heat and the light when baking.
7. Brush off the pizza plate.
8. Bake out the pizza on a baking paper and make it ready with desired filling.
9. Cut off protruding paper, it will burn up and burn the pizza if it stays.
10. Put the pizza on the pizza shovel and put it in the oven.
11. Bake. How long it will take depends on the heat in the oven as well as the type of dough you have.

Since it is a small oven, you can share all the pizzas as they finish. 😊

Bathtub instructions

The outside bathtub is filled with water from the stream and costs 600 SEK. It can be used when the temperature is warmer than 0°C to get the water from the stream without freezing.

Since the bathtub is located close to the river no chlorine or cleaning solvents can be used. Therefore, due to hygienic reasons you only heat the water once and then let it out.

I clean it and fill it up with water with a pump standing down by the stream. You heat it up yourself by making a fire in the stove attached to the tub.

1. Make sure the tub is full of water

Very important - the tub must always be filled with water before starting a fire and all the time a fire is burning in the stove. If the stove doesn't get the cooling from the water the heat will quickly destroy it.

2. Start the fire in the stove and feed it with wood for about 3-4 hours. You'll find wood in the shed at the parking.

3. During the heating stir the water with the paddle to get an even temperature otherwise the cold water will stay at the bottom. The ideal temperature is around 37°C.

4. Enjoy a long warm bath together in the nature.

5. Pull the plug in the bottom of the bath when done bathing.

6. Pull the plug in the stove. *This is extremely important when the temperature still gets under 0 °C at any point of the day/night. If the water stays in the stove it will freeze and crack the stove.*