

PACKING CHECKLIST -CAMP

(Info: Even in summer, weather can quickly change in Norway, temperatures ranging from approx. 12°C to 24°C.)



CAMP&KAYAK

- ☐ Small backpack(30L) for the hike
- ☐ Sitting pad
- ☐ Mosquito net (head) + spray
- ☐ Drybags/ 3-4 x 15 liter waterproof bags for the kayaking
- ☐ Sleeping bag + Drybag (you can rent also from us for 225kr)
- ☐ Camping pillow (if preferred)
- ☐ Head-Torch / flashlight
- ☐ Powerbank



CLOTH

- ☐ Sunglasses + a strap
- ☐ Cap to protect your eyes and face
- ☐ Beanie (Spring/Winter autumn)
- ☐ Hardshell jacket (waterproof)
- ☐ Rain pants (recommended)
- ☐ Hiking pants long & shorts
- ☐ Hiking boots (waterproof is best)
- ☐ Socks (wool or polyester)



PERSONAL ITEMS

- ☐ Wallet + credit card
- ☐ Travel documents (+ travel insurance)
- ☐ Passport / Personal ID
- ☐ Water bottle (1 liter)
- ☐ Toilet accessories
- ☐ any personal medication
- ☐ Personal toilet kit (paper, hand-sanitizer, matches)
- ☐ Sunscreen
- ☐ Phone + charger (maybe even travel adapter)

- ☐ T-shirts (wool or polyester)
- ☐ 2 x Therma underlayer, pants (no cotton!)
- ☐ 2 x Thermal underlayer, long-sleeve shirt (no cotton!)
- ☐ 1 x Woolen sweater/Thermal Sweater as mid layer
- ☐ 1 x insulated Jacket as outer layer/ Down Jacket
- ☐ Towel small and big (in case you want to go swimming)