

Equipment packing list for multi day trips Hiking with NMG

Credit to Hvitserk of Norway for the list.

Take a good look at this list, and make sure you bring everything you need. We encourage you to use what you have for this trip, and purchase items if youre missing something important on the list below. We have divided the gear list into three categories:

1) Required: If you do not own this gear, you must acquire it for your trip.

2) Recommended: Gear we suggest to be comfortable, but it is not imperative.

3) Optional: Fun, additional luxuries.

Layering is extremely important in a variable climate like Norway. This list will guide you through the essentials. Remember the Norwegian saying "There is no bad weather, only bad gear", and prepare appropriately for any weather. You can read about weather where

***REQUIRED:***

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| **BASE LAYER** | Wool long-sleeved top and bottom. |
| **MID-LAYER** | A medium thickness wool or fleece top. |
| **INSULATED JACKET** | A warm jacket for breaks and before after hiking. We recommend a puffy jacket with down or synthetic. Something equivalant in warmth is also okay. |
| **SHELL / RAIN JACKET** | Gore-Tex or similar is mandatory. Extrememly important in Norwegian climate. The jacket must be waterproof, have a hood, and make sure you don’t get wet even if it rains all day. We recommend jackets with pit zips for ventilation. |
| **HIKING PANTS** | Hiking pants comfortable for all day wear. Should fit your long underwear beneathe and fit under your rain shell pants if you choose to bring some. Zip off into shorts or an additional pair of shorts is option. |
| **HIKING SHIRT** | Bring 1-2 shirts for daily hiking. |
| **GLOVES / MITTENS** | 1 thin pair of gloves to protect your hands. 1 pair of over mittens for additional warmth. |
| **HATS** | 1 sun hat, 1 warm hat. |
| **HIKING SOCKS** | 2-4 pairs, we recommend wool, above the ankle, in your preferred thickness. If your footwear is not waterproof consider a gortex sock option. |
| **HIKING SHOES** | Bring footwear you know fits you and is comfortable. Trails can be wet and rocky. We recommend waterproof hiking boots. |
| **BACKPACK** | Daypack for warm layers, food, snacks, water and needed items. 30-40 liters. |
| **SUNGLASSES** | UV rated, we recommend a strap to keep them in place and so they don't get lost. |
| **SUNSCREEN / CHAPSTICK** | Make sure the Chapstick has UV rated sunscreen in it. |
| **WATER BOTTLE / CAMELBACK** | 2 liter capacity. |
| **TOILETRIES** | Personal basics: shampoo,, toothbrush, toothpaste, hairbrush, etc... |
| **PERSONAL MEDICATIONS** | Make sure you bring any personal meds you need on your trip, and ensure NMG is updated on your allergies or needs. |

***RECOMMENDED:***

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| **WOOL UNDERWEAR** | We recommend bringing wool underwear and bra for hiking. |
| **WATERPROOF SHELL PANTS** | We recommend having a water proof layer for your legs in case the weather is cold and rainy. You will enjoy the hiking more when warm and comfortable. |
| **SCARF OR BUFF** | A layer to protect your neck or face. |
| **THERMOS** | We recommend a thermos for hot drinks to have with you all day. |
| **SWIMWEAR** | A bathing suit and small towel if you would like to swim, hottub or sauna depending on your trip. |
| **TREKKING POLES** | Most guests prefer hiking with poles. Helps with challenging terrain and to maintain energy over long days. |
| **HEADLAMP** | Important item to always have in your pack. Emergency back up and useful for long days. |
| **FIRST AID KIT** | If you have certain hiking aids specific to you: i.e. blister care or ibuprofen, etc... |
| **CAMERA** | Its important to be present while hiking, but also a great joy to bring some snapshots home with you for memory lane. |
| **CASUAL CLOTHES** | A reminder to bring a set of clothes for transfers, relaxing in the evenings, and non-hiking time. An extra, dry pair of shoes is recommended for after and before hiking. |

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