

# Norway Expedition Packing List

## Things to know

- We travel light at Overland; please only bring items on this list.
- Please wear the navy Overland T-shirt that you will receive from Overland to your trip start.
- Your group will have access to laundry periodically.
- Please do not bring your smart phone (or any other electronics).
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- If you are flying to your trip, wear your hiking boots and carry your sleeping bag and sleeping pad on the plane in case your checked luggage fails to arrive on time.
- Pack everything in your backpack or day pack. Do not bring additional luggage.
- There are no reimbursements for lost, damaged or stolen items.

## Luggage

- Internal Frame Backpack—*65-85 liters or 4,000-5,100 cubic inches. We recommend getting fitted at a store and trying on multiple packs.*

## Clothing

- Navy Overland T-Shirt (1)
- Synthetic T-Shirt (3)
- Synthetic Shorts (1)
- Fleece Pants (1)—*Please to not bring cotton sweatpants (they are heavy and bulky and will not keep you warm if wet).*
- Synthetic Hiking Pants (1)—*Lightweight and quick dry material. Non-cotton warmup style pants are acceptable.*
- Synthetic Long Underwear Top & Bottom (1)
- Synthetic or Wool Top (1)
- Underwear (5)
- Wool and/or Synthetic Socks (4)
- Winter Gloves or Mittens (1)—*Insulated, warm and waterproof. Avoid knit and porous materials.*
- Winter Hat (1)
- Hat with Visor (1)
- Swimsuit (optional)—*If we swim, many students will wear shorts (and a sports bra for girls).*
- Neck Gaiter or Buff (optional)

## Outer Layers

- Fleece Jacket or Pullover (2)
- Midweight Synthetic or Down Jacket (1)
- Raincoat (1)—*Waterproof material (e.g., Gore-Tex, or similar) is required. Your jacket should be large enough to allow layers underneath. Ponchos are not acceptable.*
- Waterproof Rain Pants (1)

## Footwear

- Waterproof Hiking Boots—*Choose comfortable boots designed for hiking with a pack (i.e., mid to high cut for ankle support). Boots should be waterproof. Break them in before the start of your trip.*
- Camp Shoes—*Closed-toed shoes to wear around camp. Crocs or lightweight tennis shoes are ideal.*

### General Gear

- Waterproof Pack Cover**—*If your backpack does not come with a cover, we recommend buying a cover one size larger than your pack.*
- Small Carry-on Bag**—*Basic two-shoulder backpack to use as a carry-on. This bag will be stored in Oslo for the trip since it can't be carried on the Aurlandsdalen trek.*
- Synthetic Sleeping Bag**—*A lightweight, compact synthetic sleeping bag rated to 15 degrees Fahrenheit or less. A synthetic sleeping bag is required for this trip; down is not appropriate as it does not insulate if wet. Your sleeping bag should compress into a stuff sack no larger than 20" in length.*
- Sleeping Pad**—*3/4-length closed cell foam (thin and firm) or self-inflating.*
- Headlamp**—*Please bring an extra battery/batteries.*
- Bowl, Mug & Utensils**—*6" to 8" plastic dish or bowl with top, insulated plastic mug, spoon, fork and knife. These don't need to be special camping utensils (a Tupperware dish and regular utensils are fine).*
- Water Bottle**—*One 1-liter bottle. A Camelbak or similar water carrier is acceptable.*
- Adjustable Trekking Poles**—*To add stability, reduce strain on the knees and improve balance while crossing unstable surfaces.*

### Miscellaneous

- Synthetic Camping Towel**—*A medium-size synthetic camping towel (synthetic camping towels dry much faster than regular towels).*
- Travel Size Toiletries**
- Sunglasses**
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)**
- Insect Repellent**
- Gallon Sized Ziploc Bags (10)**—*To organize and waterproof your gear and small items.*
- Large Trash Bags (4)**—*To waterproof your gear.*
- Package of Moleskin or Molefoam**—*To protect your feet from blisters.*
- Camera, Charger & Extra Batteries (optional)**—*A digital or disposable camera.*
- Personal Journal or Book (optional)**

### Important Documents

- Health Insurance Card**—*Please bring an original or copy of your health insurance card.*
- Passport**—*Please bring a passport that is valid until at least six months after your trip end date.*
- Passport Photocopies**—*Make at least four photocopies of your passport and visa (if applicable). Leave one copy with your family and put photocopies in both your checked luggage and carry-on luggage for the flight, separate from your original documents.*
- Permission to Travel to and from Norway**—*Please bring a copy of your Permission to Travel to and from Norway form.*

### Spending Money

- Spending Money & Miscellaneous Expenses**—*Each student should bring a debit card, an ATM card or a prepaid Visa card to cover spending money and miscellaneous expenses. Spending Money: While all meals and activities are included in the trip fee, we recommend \$25/week for spending money (for example: for souvenirs or an occasional drink or snack beyond what is provided to the group as a whole). Miscellaneous Expenses: Most Overland students will incur some expenses while traveling (for example: an equipment repair or baggage fees at trip end). Please add \$100 to the debit/ATM/Visa card (in addition to spending money), to cover these expenses.*