

## NORWAY EXPLORER Packing List

### Things to know

- We travel light on Overland trips; please only bring items on your packing list.
- Your group will have access to laundry periodically.
- Please do not bring any electronics (including your cell phone). See FAQs for more information on our cell phone and electronics policy.
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- If you are flying to trip start, 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.
- Please wear the navy Overland shirt that you will receive from the Overland office to your trip start location.

Please know that if your student arrives sick at trip start, they will not be allowed on the program. For more information on the packing list, please refer to the "What to Pack" tab on your trip's page on the website.

### Clothing

- Navy Overland Shirt (1)
- Fleece Pants (1)
- Synthetic Hiking Pants (1)
- Synthetic Long Underwear Top & Bottom (1)
- Synthetic or Wool Top (1)
- Winter Hat
- Gloves or Mittens (pair)
- Synthetic Shorts (1)
- Synthetic T-Shirt (3)
- Underwear (5)
- Wool and/or Synthetic Socks (4)
- Neck Gaiter or Buff (optional)
- Hat with Visor
- Swimsuit (optional)

### Outer Layers

- Fleece Jacket or Pullover (1)
- Packable Synthetic or Down Jacket (1)
- Waterproof Raincoat (1)
- Waterproof Rain Pants (1)

### General Gear

- Internal Frame Backpack
- Waterproof Pack Cover
- Day Pack
- Synthetic Sleeping Bag
- Sleeping Pad
- Bowl, Mug & Utensils
- Water Bottle
- Headlamp & Extra Batteries
- Adjustable Trekking Poles
- Gaiters (optional)

### Footwear

- Waterproof Hiking Boots
- Camp Shoes

### Travel Documents

- Passport
- Passport Photocopies
- Photo Identification
- Unaccompanied Minor Fee Receipt (if applicable)
- Baggage Fee Receipt (if applicable)
- Permission to Travel to and from Norway

### Miscellaneous

- Synthetic Camping Towel
- Gallon Sized Ziploc Bags (10)
- Large Trash Bags (4)
- Sunglasses
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Toiletries
- Package of Moleskin or Molefoam
- Camera, Charger & Extra Batteries (optional)
- Personal Journal or Book (optional)
- Spending Money
- Health Insurance Card

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