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**NORWAY PACKING LIST:**

**Clothing:**

* **Walking Boots/ Sturdy footwear**: these should have a strong grip to cope with the varying conditions, which may be steep and uneven, wet, slippery or icy, and covered with loose stones.
* **Layered** **clothing**: lightweight tops, trousers and fleeces/ jumpers.
* **Outerwear**: a winter waterproof jacket, gloves, thick socks and a woolly hat are recommended.
* **Sleepwear**: the accommodation is of a good standard and rooms are warm and comfortable. Pyjamas are adequate.
* **Swimming suit** and **towel**

**General Items:**

* **Day bag/ rucksack**: we recommend a rucksack or backpack, as these are far more suitable for trekking and walking than a shoulder bag or satchel.
* **Field Study equipment**: as determined by the school/ college.
* **Sun protection**: please remember to bring a sunhat, sunglasses and a good sun cream
* **Insect repellant**
* **Lip balm** and **moisturiser**
* **Camera**and**batteries**
* **Power adaptors**
* **Basic ice cleats for shoes:**for groups travelling in colder months
* **Lunch box**: this may be appropriate for some accommodations, your travel specialist can advise.
* **Reusable water bottle**

**Other:**

* **Glasses**: should you wear contact lenses then we recommend bringing a spare pair of glasses as cold or unfamiliar conditions can make wearing lenses very uncomfortable.

**Medication:**  
Please remember to bring any medication required during your stay. Over-the-counter and prescription medicines may require a doctor’s letter confirming that the drugs are medically required and have been obtained legally. Please contact the relevant Embassy of the country you are travelling to in order to check transportation rules before travel.

**Luggage:**  
We recommend taking as little as possible whilst ensuring you have sufficient to enjoy your trip. Taking too much luggage can be a nuisance, especially if you exceed luggage allowance limits on the flight, or wish to buy souvenirs to bring home.  
It is recommended that both students and teachers are able to comfortably carry their luggage themselves.