

## Clothing

### ■ Walking Boots/Sturdy Footwear

These should have a strong grip to cope with the conditions, which may be steep and uneven

### ■ Warm Socks

One pair of thick, warm socks for each day of your trip

### ■ Layered Clothing

A combination of lightweight long sleeve and short sleeve tops, a thermal base layer, fleeces, and sweaters

### ■ Trousers

Outdoor/walking trousers are required in all seasons. Thermal leggings are advisable in the winter months

### ■ Waterproof Outerwear

A good wind and rainproof jacket with hood, and waterproof trousers are essential in all seasons

### ■ Warm Hat, Snood/Scarf and Gloves

Essential if visiting February-April and October/November, and recommended in late spring and summer

### ■ Snow Cleats

Recommended if travelling between November and March

### ■ Sleepwear

Rooms are warm and comfortable, standard pyjamas are advised

### ■ Swimwear

You will also need to pack a swim towel

### ■ Day Bag/Rucksack

Ideally a backpack as this is more suitable for walking and trekking

### ■ Sunglasses and Sun Hat

Required in the summer months

## Toiletries

### ■ Insect Repellent

Required in the summer months

### ■ Suncream

Required in the summer months

### ■ Glasses/Contact Lenses

We recommend bringing a spare pair of glasses as dusty conditions can make wearing lenses very uncomfortable

### ■ Medication

Some medicines may require a doctor's letter confirming that the drugs are medically required. Check with the embassy about the rules for entering Norway before you travel

## Miscellaneous

### ■ Power Adaptors

Norway uses a standard northern European two-prong plug (type C or F)

### ■ Waterproof Bag

Useful to put wet clothing in so that other items in your bag are kept dry

### ■ Lunchbox

Check with your travel specialist if required on your trip

### ■ Phone

### ■ Camera

### ■ Chargers

### ■ Reusable Water Bottle

### ■ Field Study Equipment

### ■ Binoculars

## Important Documents

### ■ Passport

Take photocopies of all those travelling in your group as well

### ■ Itinerary

### ■ Travel Insurance

### ■ Emergency Contact Information

### ■ Dietary Requirements List

## Luggage

We recommend taking as little as possible whilst ensuring you have all the essential items for your trip. Check that the weight of your luggage does not exceed the maximum allowance, and that you and your students are able to comfortably carry your own bags