

# EQUIPMENT LIST



The weather conditions may change rapidly and we will spend time around 1000m (3000ft) above sea level so it is important that you bring clothes for this kind of conditions. Multi-layer is most convenient; it keeps you warm and dry and is easily taken on or off as we're hiking. Below its listed equipment you *Need to have* and things that is *Nice to have*, as you understand ***Need to have*** is mandatory while ***Nice to have*** is recommended.

## **Need to have – mandatory equipment.**

- A small rucksack or backpack for daytrips, to carry water and food.
- Sleeping bag or sheet sleeping bag.
- Hiking boots (worn in)
- Extra pair of shoes like light sneakers or sport sandals
- Wind and waterproof jacket (Gore-tex or similar)
- Wind and waterproof trouser (Gore-tex or similar)
- Lightweight shirts/t-shirts
- 1 pair hiking pants/track pants
- 1 light fleece/long-sleeved shirt
- Warm hat/Beanie/Cap
- Gloves for the glacier
- Towel
- Sun lotion
- Sunglasses
- Toiletries (biodegradable and in small/light bottles)
- Watch or alarm clock
- Water bottle
- First-aid kit (should contain Aspirin, simple bandage, Imodium or similar tablets for mild cases of diarrhea, insect repellent and medicine if you have any allergies)

## **Nice to have – recommended equipment.**

- Hiking or Walking stick, Norway is a hilly country.
- Shorts.
- Swimwear, cause we will jump and swim in fjords and lakes.
- A small head light.