



YOUR
ADVENTURE
DEPT.



Gearlist Norway adventure



Equipment (* is included in rental)

- ☐ *Backpack (70/80 liter)
- ☐ *Raincover for backpack
- ☐ *Inflatable sleeping mattress (R-rate: 3)
- ☐ *Sleeping Bag 5 °C comfort. temp.
- ☐ *Lightweight tent
- ☐ *Kettle to boil water
- ☐ *Cutlery
- ☐ Drinking bottle (1 liter)
- ☐ 2x Drybag or sturdy plastic bag
(used for sleeping bag and clothing)
- ☐ *Foldable saw
- ☐ *Camping rope (10 meters)
- ☐ Small notebook and pencil (optional)
- ☐ Gaffer tape (wrap 1 meter around bottle)
- ☐ Sunglasses
- ☐ Small first aid kit (see list)
- ☐ Emergency whistle
- ☐ Headlight (and spare batteries)
- ☐ *Gas stove + gascannister
- ☐ *Compass
- ☐ Mobile phone
- ☐ Powerbank
- ☐ *Knife
- ☐ *Fishing rod trout

Clothing and spare clothing (no cotton)

- ☐ Mid high hiking boots (gore tex)
- ☐ 2x outdoor/hiking pants
- ☐ 2x wool t-shirt
- ☐ 1x wool sweater (100% wol)
- ☐ 1x rainjacket (waterproof at least 20.000mm)
- ☐ 1x rainpants (waterproof at least 10.000mm)
- ☐ 3x pair of woolen socks
- ☐ 1x wool hat
- ☐ Synthetic or wool underwear
- ☐ 2x wool thermo pants
- ☐ 2x wool thermo sweater
- ☐ Gloves
- ☐ Gaiters (optional)

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Tissues or toiletpaper
- ☐ Small synthetic towel
- ☐ Mosquito spray (50% deet)
- ☐ Sun cream (UV fac. 50)
- ☐ Neutral soap (eg. neutral)
- ☐ Sanitizer gel

First Aid kit contents

- ☐ Alu rescue blanket
- ☐ Trauma bandage
- ☐ Bandages
- ☐ Sterile gauze
- ☐ Adhesive strips
- ☐ Betadine (iodine)
- ☐ Pain Meds: Ibuprofen 400mg en
Paracetamol 500mg
- ☐ Own meds

Documents

- ☐ Passport
- ☐ Insurance card
- ☐ Flight/ferry tickets
- ☐ Insurance details of car (if relevant)

Supplemented by YAD

All meals, except the meals during your travel.

Clothing explanation

You won't need a lot of clothes during the trip, but it is nice to have some fresh clothes for after the trip.

For example, one pair of trekking pants is sufficient during the hike, but it's good to have a spare one.

The same applies to T-shirts. One wool T-shirt is sufficient during your hike, but you can bring additional T-shirts if you want.

You should bring two sets of wool thermal pants and a sweater. One set is for use in the tent and should be kept dry in the dry bag or plastic bag. The other set is the pair you'll wear and can get wet.

Make sure your socks, T-shirts, and thermal clothing are made of wool. Wool continues to insulate, even when wet.

Notes:

