



Paddle the Fjords of Norway

- we leave no trace, only ripples in the water -



Recommended personal equipment for our multi day tours.

Clothing

Try to avoid cotton – especially when paddling. Cotton does not dry quickly once it's wet – making it uncomfortable and cold. Quick dry materials such as polypropylene, thin wool or fleece will keep you warm and comfortable and they are much less bulky than cotton. Layers of clothing work best!

Layer 1: Against the skin. Lightweight and comfortable, this layer wicks moisture away from the skin. Can be used as a base layer beneath out-layers or can be worn alone on a warm day. A short sleeve and a long sleeve base layer are useful.

Layer 2: This is the warmth layer. It can be nice to have a couple different options for this. One option may be warmer than the other. This allows you to add or delete clothing depending on your activity level and the air temperature. Fleece is a good 2nd layer.

Layer 3: This is your outer protection from wind and rain. A waterproof/breathable trouser and jacket (eg: Goretex) is the natural choice of many. However, on the coast and fjords, often a descent rubber-type rain jacket is just fine.

Please note: The tour includes wetsuit or paddling jackets if needed.

You should bring

- Compact sleeping bag in a compression sack
- Therm-A-Rest sleeping pad or similar type
- Sunglasses + sunscreen
- 1 warm fleece jacket or woolen sweater
- 1 rain jacket for camp
- 1 rain pants for camp
- Hat for sun and rain
- A warm cap or hat
- 1 pair of pants for camp (may be cotton but quick dry is best)
- 1 pair of pants for paddling (quick-dry material only!)
- 2 pair of long underwear pants + top (eg: thin wool - quick-dry material only!)
- 2 t-shirts (at least 1 quick dry material but 1 cotton for camp is ok)
- Warm extra socks (avoid that cotton!)
- 1 pair of shorts or bathing suit for swimming
- 1 pair of shorts while paddling or in camp (quick dry material)
- 1 pair of wettable shoes (sandals or crocs are OK)



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- 1 pair of dry shoes or sandals for camp
- A pair of gloves and scarf for camp at night
- Sturdy shoes (if the tour includes hiking)
- A small backpack (if the tour includes hiking)
- 1 personal water bottle (1/2 to one liter)
- Personal effects (e.g.: toothbrush, toothpaste, soap for washing...)
- Small towel (preferably a quick dry pack towel vs. a big cotton towel)
- A positive attitude (absolutely essential)

You may consider these extras:

- Snacks (biscuits, chocolate, energy bars or similar)
- Bike gloves for blister protection
- Pillow case cover (stuffed with a fleece jacket it makes a decent pillow)
- Camera (packed waterproof)
- Insect repellent
- Book
- Small flashlight or headlamp
- A small, lightweight back-pack (if hiking is included)

What we provide:

- Tents (double) and a big tent / tarpaulin (used for our meals and briefs)
- Dry bags for your personal items
- All sea kayaking equipment
- First-aid equipment
- All meals, except breakfast first day and dinner last day.
- All cooking equipment, utensils and cutlery
- Soap for washing up
- Fishing gear (not on all tours)
- Guide...with a smile ☺.
- Please be aware that Guide gratitude's are not included

Please do not bring:

- Pillow (hint: a pillow case or a T-shirt works great when stuffed with a fleece jacket)
- Cup, plate, cutlery
- Toilet paper

Above all. please pack light, remember that it all has to fit in a small kayak.

We are looking forward to sharing this adventure with you!

Welcome to Flåm and Njord.