

Packing list for a multi day kayak trip

Norwegian weather is famous for its variety. From hot to cold, from sun to rain and even snow (depending on how high up in the mountains you are), from a breeze to a storm. Be prepared for all of this, especially when doing outdoor activities.

This is a list of recommendations when joining us on of our [guided kayak day trips](#).

- Light clothing for paddling during the day (preferably of fast drying material)
- Waterproof /rain clothing (both jacket and trousers)
- Warm clothing for evenings (woolen underwear, woolen socks, cap/hat might be useful even in summer season)
- Light shoes which can get wet. Ideally neoprene paddling shoes or water-resistant shoes/sandals, which protect both your feet and ankles. Preferably without shoelaces.
- Hiking boots for hiking up a (steep) path to a camping site
- Hat/cap (which covers the ears)
- Swimwear and towel for sunny days
- Sunglasses
- Sunscreen cream
- Personal necessities like toiletries and small towel. If you have health problems and need your personal medications, please make sure you have them with you on a trip.
- Sleeping bag (can also be rented through us – more info below)
- Camera
- Mosquito repellent
- Some sweets/snacks (if you want)
- Headlight (from the second part of August)
- Drinking bottle
- Backpack from 40L or more (for carrying your gear to the camp sites)

We provide:

- Kayaks, kayak gear, life vests
- One waterproof bag per person (35L)
- Meals – from lunch on day 1 to lunch on last day
- Camping gear (not including sleeping bag)
- Tents
- Air mattresses
- Toilet paper
- First aid kit

Clothing tips

In clothing try to avoid cotton, it easily gets wet and does not dry quickly. Synthetic materials are preferred. Use the layering principle. You can add or remove layers depending on temperature. Don't forget comfortable and preferably woolen socks. And a spare pair.

First layer: this layer keeps you warm: short or long sleeve T-shirt from wool or woolen/synthetic materials is recommended.

Second layer: woolen or fleece sweater for extra warmth.

Third layer: it is your protection from wind and rain: waterproof jacket and trousers are recommended.

In case of 3+ days trips and (or) bad weather forecasts be sure to take enough sets with clothing – extra socks, t-shirts etc. (things get wet).

You can bring your own sleeping bag or rent one from us. Please order it 10 days before the trip. Prices depend on the duration of the trip. Please check the product page for up to date prices.

Other interesting link: [Interesting facts about wool](#) / [Weather forecast in Norway](#)

In Norway, they have a saying: *'There is no such thing as bad weather, only bad clothing'*. Pack smart!