

## Packing list for a one 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)
- Rain/wind proof jacket
- Warm (woolen) underwear – both top and bottom is recommended 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. No heavy (hiking) boots.
- Hat/cap (which covers the ears)
- Sunglasses
- Sunscreen cream
- Swimwear & towel on sunny days
- Camera
- Mosquito repellent
- Sweets/snacks
- Drinking bottle
- Read your trip description; if lunch is not included take a packed lunch with you

### **We provide:**

- Kayaks, kayak gear, life vests
- One waterproof bag per person for your belongings
- 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

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!