

## Packing list for hunting Northern Lights and travelling to the arctic region of Norway

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.

Northern Norway has a varied climate and during the winter the average temperature is around -6 °C. However, when you are going to travel there to experience Arctic adventures or chase the Northern Lights, you need to expect temperatures that can range from -25 °C to +5 °C.

Here are some guidelines about how to dress in the winter:

### Essential items:

- Woolen underwear (long johns) (\*)
- Woolen jersey (\*)
- Fleece jacket or woolen sweater (\*)
- Pair of wind and waterproof trousers (ski pants suffice) (\*)
- Wind and waterproof jacket (\*)
- Set of wind and waterproof gloves or mittens
- Woolen hat
- Woolen scarf
- Waterproof hiking shoes/boots (with thick soles) (\*\*)
- Thick Woolen socks

### Strongly recommended items:

- A pair of Brodder (\*\*\*)
- A pair of Slippers (\*\*\*\*)
- Moisturizing cream
- Moisturizing lip balm
- A pair of Woolen insoles (\*\*\*\*\*)

(\*) We recommend wearing several layers of clothing with the woolen layer as close to your skin as possible. If you wear several layers of clothing it is easier to regulate your temperature.

(\*\*) When selecting shoes for your trip the following specifics are important:

- Make sure that you have shoes that are wide enough to fit thick woolen socks and possibly woolen insoles.
- One should also take care that his or her shoes aren't too tight this will result in cold feet.
- Make sure that your shoes are waterproof.

A good example is these Timberland Boots. However other hiking boots that meet the criteria will also suffice.

(\*\*\*) Brodder is the Norwegian word for spikes that you attach to the bottom of your shoe (as can be seen in the picture below). This is done to increase grip in slippery conditions. They can be bought in shoe shops, pharmacies (apoteket) or sport stores. They come in different brands varying in price however the ones that cost around a 100 to 150 NOK will be perfectly adequate.

(\*\*\*\*) We recommend bringing slippers to wear indoors at your accommodation as they will be lighter on your feet than your hiking boots.

(\*\*\*\*\*) We would also like to recommend woolen insoles for your shoes. They will insulate your feet even further. However, you must make sure that your shoes don't get too tight as a result.

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!