



LOFOTEN PACKING LIST

We encourage you to stick to the basics as much as possible, and remember that you are responsible for ensuring your own comfort. Temperatures will range from highs of 55°F (13°C) to lows of 52°F (11°C). You will need to focus on a layering system and appropriate breathable rain gear. As a reminder, all gear will be transported each day. You'll be required to carry just your water, sunscreen, raingear and layers in a comfortable daypack that we supply.

GEAR	Importance	CHECK
Hydration System—2+ litres capacity, bladder/hose system recommended	Essential	<input type="checkbox"/>
1-litre back-up water bottle in case of above system failure	Essential	<input type="checkbox"/>
Headlamp—preferably with L.E.D. bulb and spare batteries	Essential	<input type="checkbox"/>
Waterproof Travel Case or Pouch (for important documents and passport)	Essential	<input type="checkbox"/>
Toiletries (aim for travel size, see detailed toiletries section)	Essential	<input type="checkbox"/>
Personal Toilet Paper Kit, including hand sanitizer	Essential	<input type="checkbox"/>
Contact Lenses & Glasses if you require	Essential	<input type="checkbox"/>

FOOTWEAR

GoreTex or Leather Hiking boots – mid-weight, lug-soled, good ankle support*	Essential	<input type="checkbox"/>
Trainers or lighter-weight footwear for evenings	Essential	<input type="checkbox"/>
Flip-flop or crocs	Suggested	<input type="checkbox"/>
4-5 x pairs of hiking socks, tested in advance with your shoes	Essential	<input type="checkbox"/>

Footnote (pun intended!)

*We cannot stress enough the importance of socks and footwear combination. As a general rule, you will want to go up at least a half size in your hiking boots. Feet swell in the heat and after hours of walking. In regards to socks, you may need to experiment in advance to find what works best for you. The goal is COMFORT, and NO BLISTERS. We are partial to brands that offer double-lined options, or even toe-socks can help to limit any potential friction. Do not leave these decisions to the last minute. It is critical to have your footwear broken in, with the socks you intend to walk in. No cotton socks.



CLOTHING	Importance	CHECK
GoreTex or breathable waterproof jacket with hood	Essential	<input type="checkbox"/>
GoreTex or breathable waterproof trousers to fit over hiking pants	Essential	<input type="checkbox"/>
Mid-weight hiking pants	Essential	<input type="checkbox"/>
Lightweight trekking pants and/or shorts for warm days	Essential	<input type="checkbox"/>
Synthetic down lightweight jacket	Essential	<input type="checkbox"/>
1 x long-sleeve fleece top for layering	Essential	<input type="checkbox"/>
3 x short-sleeve, synthetic hiking t-shirts for wicking (no cotton)	Essential	<input type="checkbox"/>
Leggings/mid weight wicking long/thermal underwear/base layers for tops and bottom	Essential	<input type="checkbox"/>
Warm fleecy hat/head band which covers ears for cool / damp days on trail	Essential	<input type="checkbox"/>
Your SWTW hat or other favorite wide-brimmed hat; 1 x Buff	Essential	<input type="checkbox"/>
Casual clothes for time in town	Essential	<input type="checkbox"/>
Comfy pants for lounging/changing into in evenings	Recommended	<input type="checkbox"/>
Swimsuit	Essential	<input type="checkbox"/>
3 sports bras, 3-4 pairs moisture-wicking underwear	Essential	<input type="checkbox"/>
DOCUMENTS		
Passport and photocopy of passport—stored separately from passport	Essential	<input type="checkbox"/>
1 passport sized photo—again, stored separately	Essential	<input type="checkbox"/>
USD cash currency approximately \$200 - \$500 for tipping	Essential	<input type="checkbox"/>
Credit card / additional funds in case of curtailment	Essential	<input type="checkbox"/>
Emergency contact list	Essential	<input type="checkbox"/>
Travel Insurance / Trip Interruption / Cancellation Insurance (you must bring your policy details and the 24-hour Emergency contact phone number)	Essential	<input type="checkbox"/>



TOILETRIES & OTHER	Importance	CHECK
Antibacterial hand gel	Essential	<input type="checkbox"/>
Toilet roll or packs of travel tissues	Essential	<input type="checkbox"/>
Sunscreen (at least factor 30+, ideally 50+), lip balm	Essential	<input type="checkbox"/>
Wet wipes for personal hygiene	Recommended	<input type="checkbox"/>
Toothbrush and small tube of toothpaste	Essential	<input type="checkbox"/>
Soap / Face wash	Essential	<input type="checkbox"/>
Shampoo and shower products (pack light!)	Essential	<input type="checkbox"/>
Insect repellent, wipes, sprays	Recommended	<input type="checkbox"/>
Feminine hygiene products if applicable	If applicable	<input type="checkbox"/>
Contact lens solution (and/or pair of back-up glasses)	If applicable	<input type="checkbox"/>
Comb or hairbrush	Recommended	<input type="checkbox"/>
Safety-pins or small clothespins for hanging laundry	Recommended	<input type="checkbox"/>
Light-weight clothing detergent for hand washing clothes	Essential	<input type="checkbox"/>

PACKING TIPS FOR INTERNATIONAL TRAVEL

“Carry-on Bag” (day pack, computer bag, purse, etc) This is the bag you will bring on the plane. We recommend all your pertinent information be in this bag (passport, travel documents, etc) as well as your most important gear items (hiking footwear, jacket, prescription medication, etc...) in case checked “Travel Bag” becomes lost or delayed.

“Travel Bag” This bag will be checked and contain the rest of your clothing and gear.

Important note: Again, we recommend either wearing or packing in your “Carry-on Bag” the main items you intend to hike with vs. putting the majority of the items in your checked “Travel Bag” (in case luggage is delayed). Hiking footwear is probably the hardest item to replace last minute if luggage becomes lost or delayed past the start of the trek.

**PERSONAL FIRST AID****Importance****CHECK**

Ibuprofen / Aspirin / Paracetamol	Essential	<input type="checkbox"/>
Antihistamines	Essential	<input type="checkbox"/>
Rehydration powder	Essential	<input type="checkbox"/>
Anti-Diarrhea tablets	Essential	<input type="checkbox"/>
Antiseptic wipes	Recommended	<input type="checkbox"/>
Throat lozenges	Recommended	<input type="checkbox"/>
Muscle Rub / Deep Heat / Gel for sore muscles	Recommended	<input type="checkbox"/>
Knee supports (if required)	Recommended	<input type="checkbox"/>
Band-aids suitable for Blister Care	Recommended	<input type="checkbox"/>
Antibiotics for "travel tummy" just in case	Essential	<input type="checkbox"/>
Any prescription medications you require	Essential	<input type="checkbox"/>

OTHER

Personal Trekking Poles (we will supply, but if you prefer your own)	Recommended	<input type="checkbox"/>
Travel Power Adapter suitable for Norway	Recommended	<input type="checkbox"/>
Charging bank for your phone	Recommended	<input type="checkbox"/>
Sleep mask & ear plugs	Recommended	<input type="checkbox"/>