



Summer hiking gear list

What you will pack for the day hike depends of course of the part of Norway you are, what the weather is like that day, and how high up in the mountains you are (the higher, the more you have to be prepared for colder weather, rain/snow)

Clothing

- wool, partly wool or synthetic long-sleeved shirt (link to be clothing wise)
- wool socks/stockings
- wind jacket/anorak or all-weather jacket
- sweater/jacket, wool or fleece
- mountain trousers (preferably fast drying material)
- shirt or light sweater of wool or fleece
- hikingboots (waterproof)
- rucksack (20-30 ltr)

<https://english.dnt.no/be-clothing-wise/>

In pack or pockets:

- rain jacket (if your jacket isn't all-weather)
- rain trousers (if your trousers aren't all-weather)
- cap/hat (that covers your ears)
- scarf/neckband
- gloves/mittens
- extra set with dry clothes (shirt, socks)
- toilet paper
- suntan cream
- sunglasses
- insect repellent
- lunch packet
- thermos or water bottle
- energybar
- money
- medicines (if applicable)
- camera

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You or your guide:

- map and compass
- map case (with pencil and paper)
- knife
- first aid kit

Other interesting links:

<https://english.dnt.no/be-clothing-wise/>

<https://english.dnt.no/choosing-hiking-boots/>

<https://www.devold.com/en-GB/blog/2016/with-wool-on-your-trip/699/1884/>