



Norway: Packing List

guided | fun | adventurous

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Use this packing list as a guideline to make sure you bring just what you need for on and off the bike. We want you to be prepared for your trip. If you are uncertain whether or not to bring something contact us for clarification.

Keep in mind that you have to carry everything on your bicycle. If you do not have your own panniers, OnaVelo can provide you with pannier bags once you get to Norway. Contact Rick for more information. To keep your personal items dry inside the panniers we suggest that you pack your personal items inside waterproof stuff sacks or dry bags. You can get waterproof stuff sacks or dry bags at an outdoor sports store or order online.

There is no support vehicle on this trip. However, if you have things you want for your travels after the bike trip, you can leave a bag in Tromsø with our local host.

Climate:

In Northern Norway during the first two weeks of July, you can expect mild and pleasant weather, perfect for a bike trip. On last summer's trip, we wore shorts and T-shirts on many days. The region experiences the Midnight Sun, providing continuous daylight, which means you will have long hours to enjoy the scenic landscapes. Average daytime temperatures range from 10°C to 17°C (50°F to 62.6°F), with cooler nights. While rainfall is more frequent than snowfall, it is advisable to bring layers and a waterproof jacket to stay comfortable. The long daylight hours and refreshing breezes make it an ideal time for outdoor activities and exploring the beautiful fjords and coastal areas.

Other Considerations:

Washing your clothes on this trip is not that convenient. There are no self-service laundry facilities along the way and very few homes use a clothes dryer so it takes time to have your clothes washed. On past trips, there has been an opportunity on the rest days to do laundry. You can always hand wash your clothes (underwear, cycling shorts, etc.) in a bucket and hang to dry overnight or hang off your bike.

Tips for Packing:

Staying Warm and Keeping Cool: We recommend layering as the best way to stay warm and keep cool. Though we can't guarantee perfect weather, we can guarantee that the sun may not always shine. To keep you protected from the elements and feeling cool on a warm day, always carry rain gear and start with a breathable synthetic shirt to layer under a vest, windbreaker, or fleece jacket. Avoid cotton fabrics while exercising—the absorbent qualities prevent wicking and insulate poorly when wet.

Cycling Clothing: To ensure your comfort on the bike, it is important to wear the appropriate clothing. Padded shorts or cycling specific shorts are recommended to help prevent chafing and soreness after a long day in the saddle. As well, we encourage you to wear a cycling jersey or a breathable synthetic shirt. This will help wick moisture away from your skin and prevent you from becoming chilled or overheated.

Many people wonder if they should bring things like cycling gloves and cycling shoes. Gloves provide much-needed padding for your hands and will prevent them from getting sore and tired as the day goes on. Cycling shoes that come with cleats and special pedals should only be used if you have been riding with them on a regular basis and are comfortable using them on long riding days. We encourage you to take the time to learn how to ride with them before using them on your trip.

Evening Clothing: The evening activities on this trip will be casual. Bring something to wear in the evening that is not biking clothing.

Packing List

Documents and spending money

- Passport and a copy of your passport for backup
- Travel documents: flight schedule and other logistics.
- Certificate of travel insurance for emergency medical services and optional trip interruption or cancellation coverages.
- Credit card(s) and a copy of the card numbers and phone numbers listed on the back
- Cash - US\$ Dollar or Euros can be easily exchanged
- Cash Norwegian Kroner (NOK) (optional).
- Norway is an almost cashless society, and credit and debit cards are widely accepted for almost all transactions, from small street vendors to larger retailers and restaurants. However, it's a good idea to carry some cash, especially for emergencies or in more remote areas where card payments might not be accepted. ATMs are readily available throughout the country, so you can easily withdraw cash if needed. Bringing a combination of cards and a small amount of cash will ensure you're prepared for any situation.

Suggested clothing and gear packing list

- 2 Dry bags or waterproof stuff sacks for packing into panniers – 20L to 30L dry bags/sacks available at outdoor stores or order online
- Toiletries: Toothbrush, toothpaste, deodorant, comb, brush, contact solution, razors, shaving cream, soap, shampoo, conditioner, feminine product, toilet paper
- Sunscreen
- Bug spray
- 5 Underwear: change daily and wash as necessary along the way
- 2 T-shirts or cycling jersey: quick dry, lightweight material
- 2 long sleeve type shirt layers. One that that you would be comfortable wearing on the ride and one for after cycling, out to eat, or walking around town
- Long pants or cycling pants: lightweight, quick dry type pants that you can wear while cycling or for evening activities
- 2 short pants or cycling shorts: biking shorts or whatever you are comfortable cycling in
- 5 pair socks
- Bathing suit: sauna and hot tub opportunities on the trip route.
- Rain jacket: lightweight
- Rain pants: lightweight pants that you can cycle in
- Light to medium weight fleece or down jacket for cool weather.

- Gloves and toque (stocking hat): water proof
- Pajamas or something comfortable to sleep in
- Closed-toe shoes/sandals: something to wear when you are not cycling - wet conditions may exist
- Sunglasses: good to have eye protection while riding
- Phone/Charger/Adapters: Norway plugs are different from in the USA/CANADA. Norway uses the standard Euro plug socket with two round prongs so you can use adapter types "C" or "F" (often labelled as a Northern Europe adapter).

Bike Specific Items

- Bike shoes: sturdy pair of closed-toe shoes for cycling
- **HELMET: DON'T FORGET YOUR HELMET!**
- Personal water bottles for the bike (2 water bottle cages per bike)

OPTIONAL BIKE SPECIFIC ITEMS

- Your own saddle/seat (only bring the seat, not the seat post)
- Your own pedals
- Cycling gloves
- Bike computers, mirrors, bar ends or other components specific to the way you ride

Other Items

- Prescription drugs or over-the-counter medications that you require
- Tablets (if using) e.g. Electrolytes, Vitamins, Hydration Supplements, Immune Support etc.
- Phone, Camera, USB drive, extra HD card, battery charger, plug adapters for Norway
- Pens: for writing in the group journal and your personal journal
- Bandana or wipes
- Hand sanitizer
- Face masks (COVID protocols change quickly, please bring a mask(s) for public spaces if required)
- Ball cap/visor

Gear provided by OnaVelo

- Bicycle (limited, please confirm for availability)
- Panniers for carrying your personal items while on the bike trip (please confirm for availability)
- Basic tools and equipment for bicycle maintenance
- Basic First Aid kit (bring your own over-the-counter medications or supplements that you require, e.g. Tylenol, ibuprofen, vitamins, sports tablets, etc.