

Leadership Development Expeditions

JHU Carey Business School



PACKING LIST: Norway

Important notes:

- **Current passport** that is valid for at least 6 months after program end date
- **Quality hiking boots** are crucial. You should start wearing them well before the trip to break them in and avoid blisters on the trip. If you have weak ankles, more supportive boots with high ankle support are recommended.
- **Avoid cotton clothes and buy synthetic.** They absorb and hold water for a long time which steals body heat and is uncomfortable. Bring synthetic base layers such as tee shirts, shorts, pants, underwear. Bring fleece or microfleece sweaters/jackets for insulation and waterproof jackets for an outer shell.
- **Pack Smart and pack warm!** You will be carrying everything with you for the entire trip so pack light. Temperatures can be as warm as 80F and as cold as 30F so make sure you have enough warm clothes including hat and gloves.
- If you want to bring anything that is not on the pack list **make sure you really need it.** Feel free to contact Mike (mdoyle@jhu.edu) or Chris (cmyers@jhu.edu) with questions.

REQUIRED PERSONAL GEAR

Item	Details
Backpack	You will be provided a complementary REI backpack for this program. It's yours to keep! Be sure to use this pack or check with Chris or Mike if you prefer to use your own
Hiking boots	Durable, waterproof
Headlamp	Pack extra batteries
Water Bottle	1 Qt./32 oz bottles or hydration system (2 bottles or one hydration pack that holds 60 oz)

REQUIRED CLOTHING

Fleece, wool, polypro, synthetic materials are best

Item	Details
Base-layer tops and bottoms	Synthetic long underwear (1-2), stretch pants (1-2), sports bras & underwear
Insulating jacket or sweater	Fleece, wool (1-2)
Outer soft-shell jacket	Puff, microfleece or synthetic jacket (1)
Rain Jacket	*Must be waterproof and lightweight/packable, do not bring ponchos
Hiking pants	Convertible quick-dry, lightweight (1-2 pairs)
Rain pants	(1)
T-Shirts (short and long sleeve)	Synthetic (3-5 shirts)
Hiking Socks	Wool/synthetic (4-5pairs)
Warm hat & gloves	
Extra set of clean clothes	Clean shirt, underwear, socks, sweatshirt for town/travel days.

RECOMMENDED PERSONAL ITEMS

Get travel sized items

Trekking poles
Hiking gaiters (mid-size) for hiking in snow and mud
Casual clothing for travel and town wear (lightweight, packable)
Casual shoes for travel and free time
Personal hygiene kit w/ toiletries, medication, basic first aid
Sunglasses
Sun hat
Sun block and balm

Personal wipes and/or sanitizer gel
Camp towel
Camera and accessories including waterproof case
Ear plugs and eye mask (Norway's midnight sun means it will be dusk until approx. 3am)
Outlet adapter for Norway – Type C adapter, non-grounded (common in most of Europe)

We recommend you shop at an outdoor gear store such as [REI](#) or [Sierra Trading Post](#). Employees are generally knowledgeable about the type of trip you are going on and can fit you to the best gear based on your price point, size, experience and the type of trip. Although outdoor gear can be expensive, most of it is designed to last a long time and hold up in harsh conditions.