



# Packing list

## Winter trips with orca diving

In Northern-Norway we prepare for all seasons, as they may all appear, often on the same day. This is part of the charm, it is both wild and raw in all manners and especially with regards to the weather.

The temperature we will be experiencing will mostly depend on the direction of the wind: Northerly wind from the polar regions are mostly cold and semi-humid, the easterly winds are dry and cold, bringing snow. While the westerly and southwesterly winds from the ocean are warmer, and carrying more humidity, often as rain.

What matters most here is being prepared for the contrasts between the different types of weather we will face. We often get a little of everything. The most important thing is to enjoy the adventure!

**Use what you have and borrow if you must, and if you really feel like it, invest in something new.**

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### Adventure-wear

- ☐ Winter travel clothes and change.
- ☐ Woolen underwear - shirt and longjohns/ziplongs (bring two pairs so you have extra)
- ☐ Woolen socks (multiple pairs) and woolen soles (bring two pairs so you have a shift)
- ☐ Woolen scarf/buff/high neck and hat (preferably warm and wind-proof)
- ☐ Mittens or gloves preferably with wind or water-resistant covers.
- ☐ Woolen sweater, preferably a turtle-neck
- ☐ Warm pants, preferably multi-layered with warmer materials. (For use on deck or while sailing)
- ☐ Small seat-pad to put inside your pants, for insulation when sitting in the cockpit, or padded longs.
- ☐ Warm winter jacket - down jacket or preferably primaloft (as they handle water better)
- ☐ "Nice/party-/restaurant" clothing



- ☐ Sea-/sailing-/rubberboots, preferably “winter” style. Bring some that are one or two sizes bigger than what you normally wear. Then you’ll have room for your feet even with extra woolen-socks and woolen-soles.
- ☐ Light shoes/sandals/crocs that breathe well. (For use indoor and on deck in nice weather)
- ☐ Waterproof sailwear / oilskins. Preferably one light shell-set for hiking and one heavier for sailing. *You can also buy/rent water proof oil-skins, these can be purchased in our webshop on this link <https://seilnorge.ecwid.com/>*
- ☐ Sailing gloves (not a must), you can also use skiing-gloves

### **Freediving and equipment**

- ☐ If you have long hair, it is recommended to bring a silicone swim cap. This makes it easier to get into the suit.
- ☐ For men with a mustache: Shave off the upper part of the mustache or bring Vaseline. This helps to make the mask watertight.
- ☐ Swimwear Crocs/slippers, preferably slightly larger in size.
- ☐ A changing poncho or something else windproof (the suits don't insulate well on land).
- ☐ Freediving equipment, if you want to bring your own gear: Suit, Gloves, Socks, Mask, Snorkel, Weight belt, Fins, Buoy and line.

### **Other equipment**

- ☐ A headlamp (preferably one that has a dimming-function and/or red (night light) + extra batteries.
- ☐ Sunglasses and/or goggles (same as for alpine skiing, with bright glass)
- ☐ Thin sleeping bag /liner (Extra, if you are cold at night) - we always have duvets, pillows and bedsheets for all beds and cabins
- ☐ Water bottle, 0,5-1 liter
- ☐ Small washing cloth and soap
- ☐ Towel and swimming gear :)

### **Charging, smartphones and other general advice**

- On board the boats there are USB outlets for charging phones when we sail. 220V outlets are available when we're docked.
- We have enough life vests for everyone, but if you have a vest of your own that you want to use, then bring it! (Unscrew the gas-cylinder before checking in your bag at the airport.)



- Pack like a sailor; in a bag or backpack, NOT in a suitcase.
- Pack as little as possible, but bring what you need!:) )
- The less items you bring, the faster we sail, and the less time you spend fooling around with your gear:)
- Please make sure that you have a valid travel insurance, preferably with a cancellation coverage
- Passport when traveling from abroad.

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**PS: This is a recommended packing-list. Please take into account if there are other items you may need on board.**