



Packing list

Freediving and Summer sailing with SeilNorge

In North-Norway we must be prepared for all seasons, often during a single day. It's a part of the experience; it's wild, beautiful and raw – in all aspects, also with regards to weather. Prepare for the contrasts! For us the most important thing is to enjoy the ride and the sailing.

Use what you have, borrow if you can, and invest in something new if you must.

Clothing and sailwear:

- ☐ Woolen/thermal underwear, preferably two sets
- ☐ Woolen socks and thermal soles, preferably two sets
- ☐ Hat and gloves (preferably wool with wind and waterproof outer layer)
- ☐ Scarf, buff (something to keep you warm around your neck), preferably wool.
- ☐ Warm sweater, preferably with a high throat
- ☐ Warm trouser, preferably with an inner layer
- ☐ Downjacket or fiber-jacket (like Primaloft)
- ☐ "Restaurant/party clothes"
- ☐ Watertight sailing boots
- ☐ Trainers/light shoes to use onboard
- ☐ Hiking shoes for hiking-trips ashore
- ☐ 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 may also use bicycle gloves or ski-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.
- ☐ A bottle with a capacity of 1.5 liters of water. We use it to help put on the suit.
- ☐ Swimwear Crocs/slippers, preferably slightly larger in size.
- ☐ A changing poncho or something else windproof (the wetsuits don't insulate well on land).
- ☐ Freediving equipment, if you want bring your own gear: Wetsuit, Gloves, Socks, Mask, Snorkel, Weight belt with weights, Fins, Buoy and line.

Other equipment

- ☐ Sun glasses
- ☐ Sun cream
- ☐ Towel, soap
- ☐ Swimming wear ☺
- ☐ Thermos for hot water if eating freeze dried food for lunch, or hot beverages
- ☐ Personal water bottle
- ☐ Backpack for trips onshore, 40-60 litres
- ☐ Airplugs and eye-cover

Charging of phones and cameras, other advice

- In the boats we have USB outlets for charging while we sail, and we have 220 Volt outlets for charging heavier kit while under motor or shore power.
- We have life vests for all. If you however have your own then bring it along (remember to unscrew the gas cylinder before check-in on airplanes).
- Pack as a sailor, pack in a bag/sack, do NOT pack in a hard suitcase.
- Pack as little as possible, and try to limit it to 20 kilos, although bring what you need!:))
- The less you pack the better we sail, and the less time you use organizing your gear
- Please make sure that you have a valid travel insurance, preferably with a cancellation coverage

This is only a recommended packlist. Please go an extra round with yourself and bring things you may need.