



## Essential packing list

- Passport (see separate section for visa and passport requirements).
- Final travel letter – this contains vital information and your emergency contact numbers for the UK and Norway.
- Airline tickets.
- Trip dossier – itineraries are subject to change and the final schedule will be confirmed to you upon arrival at your destination.
- Travel insurance policy.
- Full driving licence – If you wish to drive a snowmobile then you will need to take your licence with you. If you have a new style licence then you should ensure that you take both the paper and photo-card elements, the older paper licences are accepted. Please also see separate section regarding snowmobiles.
- Money or credit card – Most major credit cards are accepted. Avoid depending on American Express or Diners Club. Cash points are not generally available to you in our destinations.
- Glasses/Contact Lenses if required– we advise people who wear glasses to wear one day contact lenses if possible. This is not essential but advisable.
- Toiletries.
- Chargers for cameras and phones, as well as travel plug adapter (Northern Europe socket).

## Clothing – the essentials

### What to travel in:

You should travel in comfortable clothes and sensible shoes with a good grip. If you have access to a hat and gloves in your hand luggage this is advisable. We recommend dressing for a cold winter day in the UK and having a warm jacket available to you on arrival. Generally you only need to cross from the airport terminal to the transfer vehicle but you should be prepared.

### What we provide:

The clothing provided by our suppliers in Norway varies place by place. Below we have detailed what is included in each destination and a general list of what else you should take with you.

Tromsø – the below clothing is provided during the husky and snowmobile activities.

Kirkenes – Cold weather clothing is provided during all activities but not during your time at the Snowhotel

Karasjok – Cold weather clothing is included throughout your stay

Senja- Cold weather clothing is provided during activities

Lofoten, Vesteralen, Sortland, Harstad and Narvik – Cold weather clothing is not included in these holidays

Based on the locations listed above the following cold weather items will normally be provided for you.

Please note our suppliers cater for all shapes and sizes from small children through to very large adults.

### During the above activities the following items will be provided for you:

**Thermal overalls:** These overalls are the ultimate in insulated outdoor gear. They are big, cosy and designed specifically for the Arctic. You will be given either a one piece suit or a two piece set to wear. This is your outer clothing under which all your additional layers will go so they tend to be fairly loose fitting.

**Winter boots:** The boots are large, well-insulated and very sturdy. They are generally worn slightly larger than normal as you need to allow air to move around the boots as well as needing ample room for thick socks.

**Mittens or gloves:** Our partners have large, warm gloves available for you to borrow for the activities. Generally these are mittens as they keep your hands warmer than finger gloves.

**Hat:** Although in many cases clients like to take their own hats they are available for you to borrow should you wish.





# Country Dossier - Norway

## What you need to take

If your itinerary includes any activities where you will be outside for long periods (such as a snowmobile or husky safari) then cold weather equipment may be provided. Please ask our sales team for a definitive list of what is included and when for each itinerary but where the equipment is provided this will generally consist of one-piece thermal overall and heavy-duty winter boots. You should enhance your winter activity clothing with the following items:

## Warm waterproof and wind proof jacket

When exploring Norway you will need to take a warm jacket – a ski or winter jacket is ideal and this should provide protection from snow and wind if necessary.

## Warm trousers

You should take some thick and ideally insulated trousers with you. You may also want to consider something windproof for extra protection from the cold. We recommend wearing your thermal long johns underneath for added warmth.

## Thermal underwear

Forget sartorial elegance and invest in some thermal long johns and long sleeved tops to wear under your overalls. You should take more than one set if you are travelling for a week, as you will wear them every day. As with most other items wool is the best material for keeping you warm but there are a huge range of quality and prices available in the UK or to order online.

## Sweaters

Wool is the best material. We recommend wearing one or two such garments in sub-zero temperatures. They give you added flexibility should temperatures drop or rise.

## Fleece jacket

A fleece is an excellent addition to your winter clothing and provides excellent flexibility and warmth.

## Tracksuit bottoms

These are ideal for relaxing in the evenings and an excellent additional layer for under your overalls and over your thermals. Jeans are also perfectly acceptable to wear in most restaurants in the evening but we wouldn't recommend this during the day – Denim gets cold extremely quickly and can be very uncomfortable.

## Socks

Again, wool is the best material. You should take several pairs both thin and thick.

## Mittens

Mittens are recommended over gloves and ideally you should have access to them in your hand luggage. If you are planning on doing a lot of photography then a thin pair of fleece gloves are highly recommended as taking your mittens on and off a lot (especially at night) can lead to very chilly fingers! They can also provide an excellent extra layer of warmth on really cold days as they fit easily underneath mittens. Hand warmers can be excellent for added comfort especially during nighttime activities.

## Hat

Your chosen hat should cover your ears fully and provides protection from the wind should you require it.

## Sturdy shoes or boots

We recommend taking footwear that is suitable for snowy/icy conditions. Shoes or boots with good grip are essential for the icy conditions (you may want to consider adding some additional shoe grips). To save on space you may want to travel in these. The winter shoe spikes, which can be purchased in most outdoor shops, are also highly recommendable also for walking around when exploring the local area. You will need to pack these in your hold luggage as they are not very airport friendly.

## Thermal neck warmer or Balaclava

A neck warmer (fleece tube or similar) is excellent for keeping out the cold and keeping your neck and face warm.





# Country Dossier - Norway

## Head torch

These can be very useful especially if you want to be out Aurora hunting. Also ensure you have enough battery life or spare batteries with you.

## Slippers and warm comfy clothes

These are excellent for lounging around in after a day of activities.

## Swimwear

Although swimwear is generally not worn in saunas in Scandinavia we find many clients like to take theirs with them.

## Ski goggles

Although not essential these are especially useful during husky safaris and if you wear glasses or contact lenses. They provide excellent protection from the cold, snow and wind should you need it.

## Small rucksack

You should take a small rucksack to carry any extra layers of clothing incase you get cold and also plenty of batteries for cameras and a bottle of water – its very easy to become dehydrated because of the cold so remember to keep drinking plenty of fluids.

## Sun glasses

The glare of the sun on snow can be blinding and so you should ensure that you have a good pair of sunglasses. In December and January this is less of a problem as the sun is rarely above the horizon during this period.

## Suntan lotion and lip balm

You need to take these products with you but you should always take the advice of your guide before applying them. At very low temperatures guides will recommend the best course of protection as products may freeze and it can be dangerous to have these on the skin. This is only in very extreme cold but just ask the advise of one of your guides. Oil based high factor sun cream which is waterproof is best. Those which are designed for skiing tend to be ideal as they are designed for doing activities in cold and snowy conditions.

## Tissues

These are very useful during safaris, as are wet wipes (although unless you keep them close to your body they will freeze!)

## Camera

You won't want to miss out on the photo opportunities so here are a few hints!

- ensure you have plenty of film or memory card space before you set off.
- make sure you remember your battery charger and a travel adapter.
- ensure you have spare batteries as there will be nowhere to charge anything once out on the trails.
- batteries perform poorly in cold temperatures so take multiple batteries and store the spares in a warm place (a pocket next to your body is ideal). NiCad and Li ion have better performance characteristics than alkaline batteries but are still affected. There are some restrictions on carrying certain Li ion batteries onboard aircraft. Please see the IATA website for current and up to date information:

[http://www.iata.org/whatwedo/cargo/dangerous\\_goods/pages/lithium\\_batteries.aspx](http://www.iata.org/whatwedo/cargo/dangerous_goods/pages/lithium_batteries.aspx)

See our separate section on photographing the Northern Lights as this requires specialist equipment.





# Country Dossier - Norway

## Medical history and advice

**You must inform us at the time of booking if any of your party has disability, medical or behavioural conditions which could affect their participation in the holiday or other people on the holiday.**

We cannot be held responsible for any incident or event arising from your failure to do this.

## Group sizes and guides

Group sizes detailed in our brochure and online are always approximate.

Your guides for the week are all qualified, highly experienced outdoor enthusiasts who are all exceptionally knowledgeable about the area in which they live and the activities they guide. The feedback from clients is always fantastic and the guides' passion for their work seems endless.

The guides' main role is to make sure that everybody enjoys the experience as much as possible but also to ensure the whole groups comfort and safety. Their word is final in respect of any decisions regarding the cancellation or duration of an activity on safety grounds.

Please see separate document with regards to safety which is uploaded into your online account at the time of booking.

## Experience and fitness

The activities included in your itinerary are all designed for beginners. Full instruction and tuition are provided for all activities and you do not need to have any previous experience. For example you need never have set foot on a pair of skis of any kind before a cross country ski tour.

We have people of all ages and fitness levels taking part in our holidays.

In general you do not need a high level of fitness to participate in the holidays as in many cases dogs or snowmobiles do the work for you. We do highlight certain itineraries where an increased level of fitness is required – these tend to be on our very active holidays.

You should understand that days in the cold can be very tiring especially when taking part in activities and so a better level of fitness may increase your enjoyment of the holiday.

If you have any questions at all with regards to fitness levels please get in touch and talk to one of our experts.

**You must inform us at the time of booking if any of your party has disability, medical or behavioural conditions which could affect their participation in the holiday or other people on the holiday.**





## Snowmobiles

Driving a snowmobile is very similar to hiring a car and Norwegian road law applies. The driver must possess a full driving licence and must take this with them on holiday (old style paper licences are accepted and if you have a new photo card licence you must take both parts with you).

Safari organisers hold the driver of a snowmobile responsible in case of any damage to the vehicle. We would advise that extra care should be taken by the driver.

On all holidays that include a snowmobile safari you are liable for any damage caused to the machine.

For major damages (approx £500 and over) you will be covered by the owner's insurance and will only be charged the policy excess. In some cases safari organisers may require credit card details to be kept on file to cover this. Please confirm any details with the safari operator directly before departing on a safari if you have any questions or would like full details.

Full details can be found in our safety document which is uploaded to your online account at the time of booking, it is vital that you read this information.

## Booking activities locally

In almost all of our destinations you can book and pay for additional activities locally. Please note that we cannot be held responsible for any injury or loss that occurs through any activities that are booked in your destination (see our terms and conditions for further details).

## Booking your own flights – Cancellation disclaimer

If you have chosen to book your own flights then you should not finalise any arrangements until we have confirmed that you are able to do so. We will write to you once your trip is 'guaranteed to run'. In other words, once it has reached the minimum number of bookings necessary for us to operate the holiday and everything has been completely confirmed. When the trip is 'guaranteed to run' you will be free to make your flight arrangements. Before you book your flights you should check whether airport transfers are included in your trip. If they are then please phone our office for airport transfer times. Once your flights are booked, please send us a copy of your detailed flight itinerary. Please be aware that most of the cheaper airline tickets available for sale on the internet or from low cost carriers are non-refundable in the case of cancellation. For this reason we strongly advise you check the rules of the ticket when you make a flight booking and check the limitations of any cancellation insurance policy you have.

**We cannot be held liable, in the unlikely eventuality that we should be forced to cancel your trip, for losses incurred relating to any flight booking you have made yourself.**

## Climate and daylight hours

Norway, does get affected by severe cold weather during the winter months. Temperatures can be extremely low and if you visit in winter you should come prepared for these harsh conditions.

Daylight hours in Norway do decrease greatly in the winter months. You will find that dawn and dusk are extended and even during the shortest days you will experience around 3-4 hours of this unique Polar light. From mid March and into April daylight hours rapidly increase.

## Local time

Norway's time zone is GMT + 1.00hrs, so if you are in the UK count 1 hour ahead.





## The Northern Lights

The sun is reaching the peak of its 11 year solar activity cycle (Solar Maximum) which basically means that the next couple of winters will provide an exceptional opportunity to see the Northern Lights. Full details of the science behind the Aurora and the importance of Solar Maximum can be found on our website and in our brochure.

The Northern Lights are a natural phenomenon which requires certain atmospheric and weather conditions to combine. **Even in such a promising season we can NEVER guarantee a sighting of the Aurora. You should always travel in hope rather than expectation of seeing them.**

## How to photograph the Northern Lights

This is designed to be a basic overview and an aid regarding photographing the Northern Lights and it is not a comprehensive guide. If you would like to have detailed tuition then we recommend that you look at one of our dedicated Aurora photography holidays.

### What you need

- D-SLR camera with manual focus and a suitable camera bag (should provide protection from humidity and should be breathable). Read the handbook and make sure you know how to adjust the ISO and zoom settings.
- Sturdy and fully adjustable tripod
- Spare batteries and memory cards (take plenty of both)
- Remote shutter/cable shutter (not essential) but highly recommended
- Wide angle lens (10-24mm) with fast aperture 1.4-3.5 (not essential).

### Taking a picture

- You should find somewhere well away from all artificial light pollution – if you are travelling on an Aurora Zone holiday your evening excursions will help you to find the perfect spots.
- You will need a long exposure time to get an image of the Lights. Good exposure times for this are 15 - 20 seconds per picture (the tripod will help you eliminate shaking of the camera - you can't hold the camera by hand and a remote shutter is also great to eliminate any movement), this will help prevent star trails on the images.
- Set your camera to manual exposure, your lens to its widest aperture and the focus set to the infinity range. Remember it will be dark so you'll need a torch to see what you are doing.
- Turn on the noise reduction settings and set the white balance to Automatic on digital cameras.
- Try a variety of exposure settings, night photography is very difficult so perhaps practice before you leave home with various settings.
- Keep batteries as close to the body as possible when on activities to maintain power in the cold temperatures as they do not perform well or hold charge in low temperatures. We recommend carrying many spares and keeping them close to your body for warmth.





# Country Dossier - Norway

## Currency and foreign exchange

The currency in Norway is the Norwegian Krone and not the Euro. There are cash points available in Tromsø but no other destination. The hotels accept most major credit cards in payment for items charged to your room (do not rely on American Express or Diner's Club cards). You should not rely on travellers' cheques.

Norway is not in the EU. Many shops operate a VAT refund shopping system for non-residents. This enables you to receive refunds of the VAT on purchased goods, usually at the airport as you leave Norway. UK authorities cannot refund Norwegian VAT.

There are limits to the amount of currency you can personally carry into or out of Norway. This is currently set at 25,000 Norwegian Krone (about £2,500). If you bring any more than this into the country, the amount must be declared to Customs on arrival. Exporting currency from Norway in excess of the set limit has to be approved in advance by Norwegian Customs and transferred through a bank. Forms for this and further information can be found at [TOLLVESNET](http://TOLLVESNET). You will need a form RD0026.

Failure to comply with these rules can lead to arrest, a substantial fine and temporary confiscation of currency in excess of the limit which may then be released only through a bank.

We recommend that you tell your bank or card issuer where you're going abroad and what dates you will be travelling. This avoids the embarrassment of having your card refused because your bank thinks you could be a fraudster yourself!

## Travel insurance

We consider adequate and appropriate travel insurance to be a pre-requisite to booking. Details of our preferred travel insurance provider can be found on our website. If you decide not to purchase travel insurance from our preferred provider, you must ensure that any alternative insurance provides adequate medical and cancellation cover. Please bear in mind that not all alternative insurance policies may offer cover for the sort of activities you may be taking part in during your holiday.

Please read your policy details carefully and take them with you on holiday. It is your responsibility to ensure that the insurance cover you purchase is adequate for your particular needs. We do not check alternative insurance policies. The Activity Travel

Company Ltd is an introducer appointed representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Services Authority.

## Travel safety

The safety of our clients is of paramount importance at all times in terms of activity participation and destination. We always follow the advice of the Foreign and Commonwealth Office and should they advise against travel for any reason you will be contacted with a view to making alternative arrangements. We monitor this advice on a daily basis. To see this advice for yourself visit [www.fco.gov.uk](http://www.fco.gov.uk)





# Country Dossier - Norway

## Passports and Visas – Applicable to British Nationals Only

### Passport validity

You must hold a valid passport to enter Norway. Your passport must be valid for the proposed duration of your stay. No additional period of validity beyond this is required. However, it is always sensible to have a short period of extra validity on your passport in case of any unforeseen delays to your departure.

### Entry requirements

Visas are not required for Norway but you must hold a valid British Passport.

If you lose your passport in Norway then contact the British Embassy in Oslo on (+ 47) 23 13 27 00

### Local laws and customs

You should be aware that drugs and drink driving laws are stricter in Norway than in the UK.

Do not become involved with drugs of any kind. Possession of even small quantities can lead to heavy fines and/or imprisonment. This applies also to the use, possession and/or importation of khat/qat which is prohibited in Norway, though legal in the UK.

### Health care information

If you are visiting Norway you should obtain a free European Health Insurance Card (EHIC) before leaving the UK. The EHIC is not a substitute for medical and travel insurance, but it entitles you to state provided medical treatment that may become necessary during your trip. Any treatment provided is on the same terms as Norwegian nationals, so if a Norwegian national is required to pay a fee towards their treatment, you would also have to pay the same fee. The EHIC will not cover medical repatriation, ongoing medical treatment or non-urgent treatment, so you should make sure you have adequate travel insurance and accessible funds to cover the cost of any medical treatment and repatriation.

For further information on vaccination requirements, health outbreaks and general disease protection and prevention call NHS

Direct on 0845 46 47.

If you need emergency medical assistance during your trip, dial 112 and ask for an ambulance. If you are referred to a medical facility for treatment you should contact your insurance/medical assistance company immediately.







## Airport information

### Airport Arrivals

If transfers are included in your holiday then a representative/driver will be waiting for you at the airport, generally in baggage reclaim or the arrival area. They will in general be holding a sign with our company name on but in some cases it may be the name of your destination or your name. They will then direct you to your transfer vehicle. Please remember to take your luggage with you.

### Delays

If you are delayed or your flight is cancelled then the airline staff will make new transportation arrangements for you. Please contact your representative in Norway as soon as possible to make sure that they are aware of the situation and can make the necessary arrangements for you. The contact details will be provided on your final travel letter which you should take with you when you travel.

## Local food and costs

Please see your holiday details for the exact meal inclusions.

Where meals are included the food is generally good and you should get to sample local dishes such as salmon and reindeer throughout your stay. You should not expect Michelin star cuisine (you are in the Arctic after all) but we can guarantee the food will be filling and exactly what you need after your adventures outdoors.

If dinner is included on the first night of your holiday and your flight arrival time is late in the evening you may arrive after the kitchen closes. In such circumstances a meal (typically a cold platter) is provided for you on arrival and will either be served in your rooms or in the restaurant.

**It is vital that we are informed of any special dietary requirements at the time of booking. Vegetarians can be catered for and allergy free meals are generally no problem as long as we are notified at the time of booking.**

## Saunas and hot tubs

Saunas are an everyday part of life in Norway and in almost all of our destinations you will have access to a sauna during your stay. In most cases there are male and female saunas as swimwear is not typically worn and so you should be aware of this. It is possible (although not recommended) to wear swimwear in the saunas or a towel as an alternative should you not wish to go without.

This is also the case with some outdoor hot tubs.

## Tipping guidelines

At your discretion you may wish to tip your guides at the end of your stay as a gesture of appreciation for their efforts during your holiday.





# Country Dossier - Norway

## Useful words and phrases in Norwegian

We always encourage our clients to respect the lives of local inhabitants by learning a few important words, hello, goodbye, please, thank you etc.

### English

Yes  
No  
Please  
Thank you (very much)  
Good Morning  
Good Afternoon  
Good night  
Goodbye  
How are you?  
Fine thanks and you?  
do you speak English?

### Norwegian

Ja  
Nei  
Var så snill  
(Tusen) takk  
God morgen (or just "hei")  
God ettermiddag (or just "hei")  
God kveld (or just "hei")  
Farvel (more common; "hade" or "hade bra")  
Hvordan har du det?  
Fint, takk. Hvordan har du det?  
Snakker du engelsk?

