



Pre-Departure Information

NORWAY'S FJORD COUNTRY



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WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Trip Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.

PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Extra Services:** Request any Extra Services (hotel nights, transfers, extensions) with your WT office contact using the Extra Services Request Form sent with your confirmation packet.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our **website** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for six months after your date of exit from Norway. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. You can request a new passport through **US Passport Services Office**(https://travel.state.gov/content/travel/en/passports.html/passport_1738.html) (the service of adding pages for visas was discontinued as of January 1, 2016) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express**(<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

VISAS

US citizens do not need a visa for countries visited on this trip. If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

MONEY

The currency in Norway is the krone. Foreign currencies can be exchanged in all major banks and you will find ATMs everywhere. Most hotels also provide their guests with exchange services. Visa, MasterCard, Diners Club, and American Express are widely accepted. Note that some grocery stores/supermarkets do not allow foreign credit cards, although they accept debit cards. If in doubt, ask before shopping.

To use an ATM internationally, you must have a four-digit PIN. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

You will need to budget spending money for gratuities, meals not included, international and domestic airport departure taxes, and personal items such as beverages.

A word about costs: Norway is one of the most expensive countries in the world to visit. There is a 25% sales tax, and alcohol has its own special tax, which means that in a bar or restaurant, a small draught beer is \$12, a bottle of locally produced ale is \$17, and a small glass of wine is \$15. Bottled water and soft drinks can cost \$9 each.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$100-150 USD per trip member for each of the Trip Leaders, which can be given in US Dollars or local currency. The Trip Leaders takes care of gratuities for luggage handling, waiters at restaurants, and drivers or guides who are with the group for only a short time.

SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

COMMUNICATIONS

Telephone

The international dialing code for Norway is 47. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Internet access is available at most of our hotels.

ELECTRICITY

Europe has 220-volt current. Plugs usually have two or three prongs.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

No inoculations are required. However, it is easy to get a small cut, so a tetanus booster is strongly recommended (good for 10 years). If you take prescription medicines, be sure to bring enough for the duration of your trip.

STAYING HEALTHY

You can reduce your risk of getting a cold on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.

GETTING IN SHAPE

For your own enjoyment, we recommend you make a special effort to be in good physical condition. Daily brisk walking and/or regular hiking (or using a stair-climbing machine at your gym) are excellent preparatory exercises.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us **@WildernessTravel** on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- Expense money

WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

We encourage you to pack light! Since we use Norway's transit systems on this trip, you must be able to carry your luggage from the ferry, train, or car to your hotel room and back.

- Soft-sided suitcase, with a small padlock (must be unlocked for air travel).
- Daypack (with a waterproof cover and large enough for a jacket or rain gear), water bottle, camera, and other items you want on the trail.
- (Optional) Small roll-up bag to carry home purchases.

NOTES ON CLOTHING

Bring clothes you find most comfortable for walking. Quick-drying fabrics are the best for travel. Although these hikes take place during the summer, this is Norway and you can expect cold, rainy weather at any time and prepare to layer accordingly. You will want a change of clothes for evenings, but nothing dressy is necessary. Casual wear is fine, and coats and ties are not required.

One piece of luggage, plus a daypack, is recommended so that you can transfer belongings easily. If you have additional luggage, it can be left in our first hotel in Bergen where we will return at the end of our trip. Although airline service to Europe is generally reliable, it is best to wear or carry your hiking boots with you on your flights in the event that your luggage is lost or delayed. Likewise, don't pack valuables, such as travel documents, camera gear, or prescription medicines in your checked luggage.

CLOTHING

- Medium-weight hiking boots with Vibram-type soles and good ankle support. Waterproof your hiking boots before your trip.
- Good quality breathable rain gear, such as a Gore-Tex rain/wind shell jacket with hood and Gore-Tex rain/wind pants
- Medium fleece jacket or similar warm outer layer
- Lightweight fleece or wool sweater or sweatshirt for layering
- Long-sleeved shirt. Quick-drying “travel” fabrics like nylon are recommended.
- T-shirts or short-sleeved shirts.
- Hiking pants. Lightweight cotton or synthetic hiking pants are a practical choice. Jeans are not recommended because they take a long time to dry if they get wet.
- Hiking shorts
- Shade hat with a wide brim—preferably a waterproof one you can use as a rain hat as well
- Comfortable shoes for walking in towns
- Hiking socks. Some people like the thick Thorlo-type socks with padded toes and heels, or a combination of an outer sock and synthetic liner sock.
- Lightweight fleece hat for cool days
- Lightweight fleece gloves
- Underwear/sleepwear. Synthetics dry faster.
- Bathing suit
- Casual city/hotel attire

EQUIPMENT

- Hiking poles
- Waterproof stuff sack to carry inside your daypack
- Backpack rain cover
- Waterproofing material for leather boots (Sno-seal or a silicon product)
- One or two reusable water bottles, 1 qt. capacity
- Good quality sunglasses with case. A spare pair of sunglasses is a good idea should your first pair be broken or lost.
- Plastic bags to compartmentalize items in duffel, zip-lock style bags to carry small items during the day
- Small umbrella

PERSONAL FIRST AID SUPPLIES

Every trip member must bring a small kit for personal use. Your own experience will influence your choices.

- Sunscreen SPF 30 or higher and lip balm with sunscreen. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Aspirin, ibuprofen, or Tylenol for muscle pain or headaches, Tylenol PM for sleep
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. "Liquid band-aids," such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses
- Prescription medications properly labeled
- Special Note: You will need to bring your own shampoo, conditioner, and body lotion as these items are not supplied in Norway's hotels

OPTIONAL ITEMS

- Voltage converter and plug adapter for appliance use in hotels
- Long underwear if you tend to get cold
- Laundry soap for hand-washing clothes
- Camera, spare batteries, memory cards
- Reading/writing material
- Lightweight binoculars
- Texas or other sturdy sandals
- Travel clock
- Washcloth, if you like to use one (most European hotels do not provide them)

Reading List

ESSENTIAL READING

The Vikings, Lords of the Seas

Yves Cohat

2010, 175 PAGES

An indispensable reference that fits in your pocket, this slim volume is packed with maps, archival photographs and illustrations.

Eyewitness Guide Norway

Eyewitness Guides

2014, 296 PAGES

This handsome, illustrated guide covers nature, culture, history and attractions.

The Fellowship of Ghosts, Travels in the Land of Midnight Sun

Paul Watkins

2006, 233 PAGES

A captivating travel memoir in which novelist Paul Watkins interweaves his own experiences in Norway with those of early eccentric visitors. Along the way, Watkins offers vivid, evocative accounts of the country's majestic mountains, dramatic landscapes and expansive snowfields.

Norway Map

Michelin Travel Publications

2012

A handsome map of Norway at a scale of 1:1,000,000, with a place index and shaded relief.

ALSO RECOMMENDED

Lonely Planet Norway

Deanna Swaney

2015, 448 PAGES

With maps, practical details and information on sightseeing.

Norway 1940

Francois Kersaudy

1998, 284 PAGES

A detailed account of the German invasion of Norway in 1940.

King Harald's Saga

Hermann Palsson

1976, 178 PAGES

A classic biography of the last Viking warrior King Harald and an account of the 1066 conflict between Norway and England.

The Conversion of Scandinavia

Anders Winroth

2013, 256 PAGES

Yale professor Winroth argues that the medieval Scandinavian chieftains were not forced but rather elected to convert to Christianity out of their own self-interest in this bold new study.

Vikings, The North Atlantic Saga

Elisabeth Ward

2000, 432 PAGES

An extensively illustrated volume of Viking culture, history and exploration that focuses especially on voyages to North America. Published in conjunction with a Smithsonian exhibit, it features essays and 400 color photographs.

Letters on Sweden, Norway, and Denmark

William Godwin

2005, 129 PAGES

Groundbreaking feminist Wollstonecraft records her observations of a late 18th-century journey through Scandinavia in this small masterpiece, rich in detail of people and place.

Growth of the Soil

Knut Hamsun

2007, 352 PAGES

The epic tale of a homesteader in the mountainous Norwegian interior, which helped win Hamsun a Nobel Prize in 1920.

Mysteries

Sverre Lyngstad

2001, 352 PAGES

An odd character settles in a small Norwegian village and charms the locals. First published in 1890, this book is an insightful look at life in Norway and our favorite of Hamsun's many novels.

Out Stealing Horses

Per Petterson

2008, 258 PAGES

A deliberate and astonishing novel. Looking back on his early childhood in rural Norway, Trond Sander fixates on a fateful summer. In 1948, after the death of a child, his father's decision to abandon the family and the crippling guilt of his best friend, the course of Sander's life would be altered forever.

In Cod We Trust: Living the Norwegian Dream

Eric Dregni

2011, 195 PAGES

A Minnesotan of Norwegian extraction, Dregni writes entertainingly of Norwegian culture and the immigrant experience in this delightful account of a year living with his wife and infant son in Trondheim on a Fulbright scholarship.

Don't Look Back

Karen Fossum

2002, 324 PAGES

In her U.S. debut, Norwegian mystery author Karen Fossum weaves a tale of intrigue set in a small mountain town outside of Oslo.

Kristin Lavransdatter: The Wreath, The Wife, The Cross

Tina Nunnally

2005, 1184 PAGES

A masterful historical epic by the Nobel Prize-winning author, first published in 1927. This omnibus edition follows the life of one woman from birth to death in devoutly Catholic 14th-century Norway. A cornerstone of Scandinavian literature, the trilogy is a powerful introduction to the medieval society.

Norwegian Folk Tales

Peter Asbjornsen

1982, 188 PAGES

This rich collection of stories, interpreted by a leading scholar on ancient traditions and tales, will delight both adults and children.

Peer Gynt, A Dramatic Poem

Henrik Ibsen

1966, 224 PAGES

A Penguin Classics' edition of Ibsen's classic.

The Norse Myths

Kevin Crossley-Holland

1981, 320 PAGES

This classic collection includes 32 tales of Nordic gods, goddesses and heroes. With an overview of the Norse world, cosmology and gods.

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