

WHAT TO PACK

When traveling to the Nordic countries, where the weather is unpredictable and fickle, it's always best to bring layers – even when visiting in the summer months. As the Scandinavian saying goes, 'there is no such thing as bad weather, just bad clothing.'

❖ Clothing (All-Year-Round)

When packing for a trip to the Nordic region, it is always recommended to pack for your itinerary. Will you be spending most of your time indoors or outdoors? Are you expecting to walk a great deal? Am I going to be surrounded by nature and animals? Will I be swimming at some point? And when traveling with The Travel Designer, you are guaranteed to know what to expect ahead of time, so packing the essentials will be a breeze.

When traveling to the Nordic region, it is important to remember to bring **waterproof clothing and sturdy walking/hiking (and preferably waterproof) shoes**. A good **windbreaker jacket** can also help, especially if you are travelling to places with high winds, like Iceland. The weather can turn at any moment, and it's good to be prepared, when you find yourself out in the elements at such a time.

Layering is key when visiting the Nordic countries, especially in the colder months. So make sure to pack both **short-sleeved and long-sleeved tops**, as well as **pants and shorts**, that you can layer on, as it is always easier to remove layers than to be without them should the weather change unexpectedly. And depending on the length of your trip, it is recommended to bring multiples of these clothing items.

Head and neck coverings such as **beanies, wooly head bands, scarves** or versatile **sport neck tube scarves** will come in handy, especially for when the temperature drops or a cold wind starts to blow. And always remember to pack a pair of **gloves**, preferably made of wool or fleece or are lined with either material.

Bathing/swimming clothes may be a great idea to bring, as there may come a time when you find yourself wanting to jump into a fjord or soak in a hot tub or secret lagoon.

As it can also get quite sunny in the Nordic region, it is always a good idea to pack a pair of **sunglasses**.

If you are traveling to places like Svalbard, Greenland or Iceland, it is always a good idea to bring **wooly clothes** with you, including **wool socks** and **wool underwear**, whatever the season or time of year.

The Travel Designer will also inform you ahead of time if special clothes or shoes are needed for an excursion or activity.

❖ Clothing (Winter)

In winter, when temperatures can drop to minus 15 to 20 Celcius, wooly clothes are essential, especially **long thermal underwear** (or longjohns), as these keep the body well insulated from the cold. If you are expecting to be outdoors, bring a **wind-proof jacket and trousers** or **ski clothing**, as well as **mittens**, a **cap**, **scarf** and **sweater** or **jacket** made of either wool or fleece.

When participating in outdoor activities, you will be provided with special survival suits, boots, gloves, hats and goggles, whenever necessary.

With wool underwear and regular ski clothing, you should be fine. And think comfort over looking good; Nordic people are VERY informal and it's all about dressing according to weather. Please don't hesitate to ask The Travel Designer should you need further information.

❖ Miscellaneous

Depending on your nationality, a **visa** may be required to travel to one of the Nordic countries. So please visit the embassy/consulate website of the Nordic country you are meaning to travel to for detailed information regarding visas. If you require a visa, please apply in advance and as per the consulate's guidelines. A **valid passport**, however, is required.

If you are planning to self-drive or are participating in activities such as snowmobiling or ATV driving, a **valid driver's license** is required.

We recommend taking an **insurance** that covers trip cancellation, baggage and extended medical insurance. This should include emergency evacuation/repatriation insurance to cover any and all expenses associated with medical evacuation in the unlikely event that such a measure is required.

The Nordic region is perhaps one of the most photogenic regions in the world, which means you won't want to forget your **camera gear**, including a **camera rainsleeve**. A **tripod** is necessary if you mean to capture photos of the northern lights.

Day bags or a **backpack**, which can carry your wallet and other essentials, and your camera, are handy for when you're out exploring a city or the outdoors.

Insect repellent and **sunscreen** are essentials in the summer and autumn. You can always purchase these items when you arrive your destination, as these are available in the local pharmacy.

If traveling to the north during the summer, when the sun does not set, it may be a good idea to bring an **eye mask** for sleeping.

❖ Items That Are Not Necessary

While umbrellas may sound like a good thing to pack, we recommend purchasing cheap ones upon your arrival at the local convenience store. Wind gusts can be quite strong across the Nordic region, rendering most umbrellas useless by the end of the day.

Traveling across the Nordic region is safe, so money belts are not essential.

❖ Average Temperatures In °F and °C (Lowest and Highest)

The average temperature across the Nordic region depends on the season, with January and February being the coldest months and July and August, being the warmest months.

It is always a good idea to check the weather forecast prior to packing and leaving home, and everyday before leaving your hotel.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Oslo												
°F	19/34	19/36	27/43	34/48	45/61	52/68	55/72	54/68	45/61	39/50	30/39	23/30
°C	-7/-1	-7/-2	-3/6	1/9	7/16	11/20	13/22	12/20	7/16	4/10	-1/4	-5/-1
Stockholm												
°F	23/30	23/30	27/37	34/48	43/61	52/70	55/72	55/68	48/59	41/50	34/39	27/34
°C	-5/-1	-5/-1	-3/3	1/9	6/16	11/21	13/22	13/20	9/15	5/10	1/4	-3/1
Copenhagen												
°F	30/39	30/39	32/44	37/52	44/61	51/67	55/72	56/71	50/63	43/54	37/45	31/40
°C	-1/4	-1/4	0/7	3/11	7/16	11/19	13/22	13/22	10/17	6/12	3/7	0/5
Reykjavik												
°F	28/38	26/37	28/39	33/44	38/49	44/55	48/58	47/57	42/52	36/45	31/41	28/39
°C	-3/3	-3/3	-2/4	0/6	4/10	7/13	9/14	9/14	6/11	2/7	-1/5	-2/4
Helsinki												
°F	25/32	21/30	26/34	33/42	42/52	52/61	59/67	58/66	50/58	42/48	33/40	28/35
°C	-4/0	-6/-1	-4/1	1/5	6/11	11/16	15/20	15/19	10/14	5/9	1/4	-3/2