Sognefjord Expedition Gear list 2027

SUP expeditions require functional, efficient, compact and lightweight equipment. Experience has led us to this list.

NB. *This comprehensive list is a guide. You may choose to exclude, add or find alternative items after your own experience and judgement. Some of the red recommended items are expensive and cheaper products can work equally well.*

Choose suitable clothing for camping & SUP in a temperate climate. On the fjords we can get four seasons in one day. If your expedition is at the end or beginning of the season please bring additional warm clothing. A technical layer system is recommended.

Norwegian saying: "*There is no such thing as bad weather - only bad clothes*"

Things **WILL** get wet and dropped, please take precautions to protect non-floating/ non-waterproof items such as mobile phones. Expedition members will be carrying their own equipment and possibly small group items.

We don't use or supply wetsuits/Drysuits (See FAQs). The water temp is cool/cold. You should be at a level of skill where falls are rare. In reality, if there's no rain then we paddle in board-shorts with t-shirts or long-sleeved tops depending on sun or cloud.

Guides will carry larger loads including spares, repair kits and group items such as cooking gear and medical kits etc.

Please ask our trained Ai chatbot at SUPNorway.com first before emailing us. It is continually trained with all our information & questions we received over the last two years. You will be redirected to contact Titus directly if you cannot find your answer. We are always happy to be asked and there are no stupid questions.

Provided:

- ISUP - Redpaddleco Voyager MSL 800 14'0"x 30"
- Adjustable paddle – Yster 100% carbon Medium Flex 86
- Redpaddleco Leash & Quick release belt
- PFD (Personal Floatation Device) 150N Belt type with C02 cannister
- 75 Ltr 'Watershed' dry-bag + 30 Ltr Redpaddleco waterproof backpack
- 1 or 2 person tent - MSR Elixir 1 or 2
- Sleeping bag – Urberg G5 synthetic 2 synthetic 20/-7 °C & washable liner
- Sleeping mat – Exped Dura 7 cm with easy inflation bag
- 3 meals per day & surprises
- 6 ltr water bag between two
- Stainless steel cup, plate & cutlery

Not provided: (Red indicates: Best option though not necessary.)

Clothing
Wetsuit boots or beach shoes *(Protection from sharp rocks when landing/launching)*
Light boot/Trainers (Gore-Tex) *For wet grass at campsites & optional light hiking.*
Waterproof outer shell Jacket with hood (Gore-Tex) *Please shower test before arrival.*
Waterproof outer shell Trousers (Gore-Tex) *Please shower test before arrival.*
Summer clothes + Warm tops *(Extra if you feel the cold or arriving at beginning/end of season)*
Warm hat *(Evenings)*
Sun hat/baseball cap *(Eye shade protection)*
Surf-shorts – Swimming gear
Sunglasses (Yellow/Brown polarised with floating strap)

Shelter
Inflatable pillow
Eye-mask (Sleep-aid for 20hr daylight)

Food
Water bottle (with in-built filter) *(We like the 'Lifestraw Go')*

Medical *(Guides will carry comprehensive medical packs)*
Any prescription medication
Painkillers
Sunblock (Waterproof)

Hygiene
Personal wash pack
Towel (Microfibre)
Loo-paper (In waterproof bag)

Misc
Waterproof containers/bags for any electrical devices, cash etc.
Floating attachments for non-floating items. Glasses, cameras etc.
Camera
Smart phone
Credit card
Cash *(In case of problem/loss of cards)*
LED head-light *(Only necessary from mid August. Mobiles also have torch)*

TOP TIP - Excess gear and luggage can be left at the base camp so bring everything you think you'll need.

Nærøyfjord is a UNESCO world heritage site of unrivalled natural beauty. We are dedicated to leave as little trace of our presence as possible. All rubbish is to be kept until a suitable disposal point is found. We will collect other people's garbage if found. Please consider ecological choices when purchasing gear (Sunblock, detergents etc).

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