Storfjord 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 and a hike to 1100 meters 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 on the fjords, please take precautions to protect non-floating/non-waterproof items such as mobile phones. Expedition members will be paddling with their own equipment and possibly small group items.

We don't use or supply wetsuits. 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. There is no overtly hazardous wildlife and mosquitoes are rare. Guides will carry larger loads including spares, repair kits and group items such as cooking gear and medical kits etc.

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

Provided:

- ISUP - Redpaddleco Voyager plus 13'2" 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' ruck sack + 30 Ltr Redpaddleco waterproof backpack
- 1 or 2 person tent (MSR Elixir 1 or 2)
- Sleeping bag – Urberg G5 synthetic 20/-7 °C + washable liner
- Sleeping mat – Exped Dura 7 cm with easy inflation bag
- 3 basic meals per day
- 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)*
Hiking shoes/boots – Please 'wear-in' before arrival
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 – Zinc based/eco friendly please (Waterproof)

Hygiene
Personal wash pack
Towel (Microfibre)

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
LED head-light *(Only necessary from mid August. Mobiles also have torch)*
Hiking poles

TOP TIP - Excess gear and luggage can be left in the expedition vehicle or at a safe room at base camp in Urke so bring everything you think you'll need.

The Sunnmøre alps and fjords we operate in are sites 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 buying gear. (Sunblock, detergents etc)

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