

All amounts are per person, in the case of food per person/day/meal.

Camping	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Tent	<i>1</i>					<i>If walking with tent</i>
Rucksack	<i>1</i>					
Rain protection for the rucksack	<i>1</i>					
Sleeping bag	<i>1</i>					<i>Down to -10 degress (if sleeping i</i>
Something soft/warm to sleep on	<i>1</i>					<i>Thermarest (If sleeping in tent)</i>
Travelling sheets	<i>1</i>					<i>Instead of sleeping bag if walking</i>
Small rucksack	<i>1</i>					<i>Day tour</i>
Spices	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Salt	<i>20g/week</i>					
Black pepper	<i>20g/week</i>					
White pepper	<i>20g/week</i>					
Onion	<i>½ per meal</i>					<i>With tuna fish</i>
Garlic	<i>½ clove per meal</i>					<i>With mussel</i>
Cooking oil	<i>20ml/week</i>					<i>To fry in</i>
Soya sauce	<i>20ml/week</i>					<i>With rice/macaroni</i>
Mustard	<i>50g/meal</i>					<i>With ham</i>
Tomato paste	<i>50g/meal</i>					<i>With macaroni</i>
Breakfast	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Müsli	<i>60g/day</i>					<i>With milk</i>
Powder milk	<i>2.5 dl/day</i>					<i>With müsli or to drink</i>
Gruel	<i>3 dl/day</i>					<i>Alternative to müsli and milk</i>

Bread	3 slices/day					Dark rye bred
Lunch	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Blueberry soup	2½ dl/day					Soupes are made in the morning
Rosehip soup	2½ dl/day					and put on Thermos
Fruit soup	2½ dl/dag					
Crisp bread	3 slices/dag					
Dinner	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Tuna fish in oil	1 tin/2 pers					Fry with onion
Mussel	1 tin/2 pers					Fry with garlic
Smoked meat	100g/pers					Buy at place, if possible
Smoked fish	1					Buy at place, if possible
Mackerel in tomato sacue	125g/pers					
Canned ham	150g/pers					
Soya beef mix						Fry with onion
Corned beef	150g/pers					
Pea soup						With punsch
Macaroni	1½ port/meal					With tuna fish/mackerel
Mashed turnips	1½ port/meal					With ham
Potato puree	1½ port/meal					With smoked fish/meat
Cous-Cous	1½ port/meal					
Drink	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Chocolate	every second day					
Soup	every second day					

Coffee	<i>1 cup/day</i>					
Tea	<i>1 cup/day</i>					
Punsch	<i>Small platsic bottle</i>					<i>With peasoup</i>
Cognac	<i>Hip flask</i>					<i>Relaxing</i>
Cooking	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Kitchen	<i>1</i>					<i>Trangia (Huts have gas stove)</i>
Fuel (methylated spirit)	<i>1l / week</i>					<i>May not be brought on airplanes</i>
Fuelbottle	<i>1</i>					
Dishcloth	<i>1</i>					
Whisk	<i>1</i>					
Lighter+matches	<i>1+2 boxes</i>					
Tin-opener	<i>1</i>					
Snacks	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Biscuits	<i>5/day</i>					<i>Digestive</i>
Cheese, soft	<i>60g/day</i>					<i>Tube, for lunch</i>
Smoked sausage	<i>40g/day</i>					<i>On sandwich</i>
Dried fruit	<i>25g/day</i>					
Dried raisins	<i>10g/day</i>					
Hazelnuts	<i>10g/day</i>					
Chocolate	<i>80g/day</i>					
Sweets	<i>80g/day</i>					
Caviar	<i>40g/day</i>					<i>Tube</i>
Cheese, hard	<i>25 g/day</i>					
Tools/repair material	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>

knife, scissor, tin-opener	<i>1</i>					<i>e.g. Swiss army knife</i>
Steelwire	<i>2dm</i>					
String	<i>1m</i>					
Needle	<i>2 sizes</i>					
Sewing-thread	<i>1 reel</i>					
Rubber band	<i>2</i>					
Coated tape	<i>10m</i>					
Rubber+glue	<i>2</i>					<i>To the boots</i>
Thermarest repair kit	<i>1</i>					
Medical	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
First aid bandage	<i>1</i>					
Something agains sore	<i>1 reel</i>					<i>e.g. Leukoplast</i>
Plaster	<i>50 cm</i>					
Antipyretic	<i>10</i>					
Elastic bandage	<i>1</i>					
Gauze bandage	<i>1</i>					
Instant bandage	<i>5</i>					
Tape for wounds	<i>1 reel</i>					"Sårtape"
Small first aid bandage	<i>1</i>					
Support bandage	<i>2</i>					For knee/foot
Clinical thermometer	<i>1</i>					
Lipsalve	<i>1</i>					

Cotton	40g					
Sterile compresses	5					
Hygiene	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Toiletpaper	1/2 reel 8 days					
Soap	150ml					<i>Fluid</i>
Schampoo	60ml					
Towel	2					
Toothbrush	1					
Toothpaste	small					
Comb	1					
Skin cream	100ml					
Safety razor	1					
Camera	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Camera	1(2?)					<i>paper(+slide?)</i>
Zoom	1					
Tele	1					
Wideangle	1					
Macro	1					<i>Flowers</i>
Film	36 pictures/day					
Extra batteries	1 extra					
Miscellaneous	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Spoon/fork/knife	1					<i>to eat with, I use spoon only</i>
Plate	1					<i>something to eat on</i>

Waterbottle	<i>1</i>					<i>plastic</i>
Thermos	<i>1</i>					<i>steel</i>
Map	<i>1</i>					
Compass	<i>1</i>					
Whistle	<i>1</i>					<i>useful to keep contact in fog</i>
Flashlight	<i>1+batteries</i>					<i>if not midnight sun</i>
Small spade	<i>1</i>					<i>latrine</i>
Ball pen	<i>1</i>					
Notebook	<i>1</i>					<i>messages/diary</i>
Address list	<i>1</i>					<i>send postcards</i>
Flora	<i>1</i>					<i>looking for flowers</i>
Book	<i>1</i>					<i>rainy days</i>
Money	<i>after need</i>					
Tickets	<i>all</i>					
Walking stick	<i>1</i>					
Binoculars	<i>1</i>					<i>Small</i>
Mosquito repellent	<i>1</i>					
Bin-liner	<i>1</i>					<i>DO NOT LITTER !!</i>
Dirtywashing bag	<i>1</i>					
Vitamin pills	<i>1/day</i>					
Washing detergent	<i>4</i>					<i>If away long time</i>
Clothes/shoes	<i>Amount</i>	<i>Bring</i>	<i>Have</i>	<i>Buy</i>	<i>Packed</i>	<i>Comment</i>
Trousers	<i>1</i>					<i>Not jeans!</i>

Windproof jacket	<i>1</i>					
Belt	<i>1</i>					
Hat	<i>1</i>					<i>Against wind and sun</i>
Shorts	<i>1</i>					<i>Can be hot</i>
Rainsuit	<i>1</i>					<i>A good one</i>
Sou-wester	<i>1</i>					
Shirt	<i>1 for 3 days</i>					
T-shirts	<i>1 for 3 days</i>					
Travelling shirt	<i>1</i>					
Underpants	<i>1 for 3 days</i>					
Travelling underpants	<i>1</i>					
Long underpants	<i>1</i>					<i>can be cold</i>
Shoes	<i>1 pair</i>					<i>travelling/camping/fording</i>
Boots/Walking shoes	<i>1 pair</i>					<i>prefer boots when it is wet</i>
Socks	<i>1 for 4 days</i>					
Thick oversocks	<i>1 for 4 days</i>					
Travelling socks	<i>1 pair</i>					
Undershirt/trousers	<i>1</i>					<i>can be cold/sleep in during cold n</i>
Varm sweater	<i>1</i>					<i>can be cold</i>
Cap	<i>1</i>					<i>can be cold</i>
Gloves	<i>1</i>					<i>can be cold</i>
Scarf	<i>1</i>					<i>can be cold</i>