



Northern Exposure, Norway Information Pack

Trip Insurance:

All participants must have suitable travel and emergency medical insurance cover to embark on one of our events. This is a condition of participation mentioned in our T&C's. A policy from any insurer with the correct level of cover will be acceptable. Please send us a copy of the policy wording showing specific cover for your trip, along with the policy number for our records.

If you do not have suitable insurance cover, we recommended clients take a policy from **World Nomads**. Their insurance policies have been designed by travellers for travellers, with coverage for more than 150 activities as well as emergency medical, lost luggage, trip cancellation and more. Please use the World Nomads link at Step 3 of the Sign Up page on our website to be taken to your personal policy quote.

Please email us a copy of your policy certificate for our records.

Flights:

You are responsible for booking your flights at the correct time. We normally check the flight status and details of our participants to monitor whether they are arriving for the event on time. However, you remain fully responsible for monitoring your flight status. PJS takes no responsibility for any customer errors that occur regarding arrival or departure times, dates, or other issues in connection with flight travel.

Please make sure you email us a copy of your flight itinerary as soon as possible, no later than 60 days before departure.

Visa & Passport:

It is your responsibility to fulfil all passport, visa and other immigration requirements applicable to your itinerary. We can provide general information about the passport and visa requirements for your trip, but this is for guidance only.

Although we require your passport details for our Online Registration, your specific passport requirements are your responsibility. Please check your passport is valid for your dates of travel.

Norway has a very lenient visa policy, and citizens from most countries can enter and stay without a visa – but only up to 90 days. Please check your visa status online if you hold a passport from any African, Asian or Middle Eastern (excluding Israel) country.

**Vaccinations:**

Participants should all have up to date vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid. It is optional to have vaccinations for TB, Meningococcal Meningitis, Hepatitis B, Rabies, Cholera. No Yellow Fever vaccination is needed

Malaria Medication:

The risk of malaria is low in Norway especially in areas frequented by tourists. Medications to prevent malaria are generally not recommended for travelers, but you should take care to avoid insect bites and see your doctor if you develop a flu-like illness after your trip.

Regular Medication:

Our team are not medical experts. We encourage you to visit your family doctor to discuss your medication requirements.

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist
- These should be carried in your hand luggage when travelling on flights
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- When taking out an appropriate level of travel health insurance including repatriation, specify cover for any pre-existing illnesses

Pre-Existing Medical Conditions

Please assess for yourself whether you are fit and able to take on this challenge. Please review this detailed Information Pack, our website and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the adventure more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Whilst we will do our best to put in place appropriate measures, we cannot guarantee that this will be possible.



Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the trip to support with medical matters related to the trip environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive for pre-existing medical conditions and should not be assumed to have any professional experience of your specific medical condition.

If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the trip leader.

Kit List:

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, warm layers and a good quality down jacket will be indispensable. Other essentials are warm hiking boots, particularly coupled with some really good quality walking socks, high quality waterproof and windproof jackets and trousers. Everything listed on the Kit List at the end of this pack is essential.

Emergency Contact:

In a serious emergency, if you are out of contact, a family member or friend can complete the form on the link below and we will begin the process of reaching you.

The link is also available at the bottom of each of our website pages.

<https://www.pjs-adventures.com/emergency-contact-form>

Local Staff Tips:

We have a standard recommendation for staff tips. This amount is based on the total number of crew members and their job titles. We will notify you of the recommended tip amount for your trip approx. two weeks before departure.

KIT LIST

RUCKSACKS AND BAGS

- Day Pack or daily bag

FOOTWEAR

- Walking boots
- Thermal Hiking socks
- Sturdy comfortable shoe

CLOTHING

- Down Jacket – 700 - 900 down fill
- Waterproof Jacket
- Waterproof Pants/Trousers
- Thermal long johns & Thermal long sleeve top
- Lightweight fleece tops
- Warm Trekking Pants / Trousers
- Underwear (light and wicking)
- Thermal Hat
- Thin Liner Gloves
- Insulated gloves/mittens
- Neck Buff
- Casual clothes and personal items for evenings

TOILETRIES

- Toothbrush & Toothpaste
- Baby wipes
- Lip Sun Protection Stick
- Deodorant
- Sea sickness meds
- Aftersun/Moisturiser cream
- Sun Cream/ Protection (min SPF30)

PERSONAL ITEMS

- Camera
- Sunglasses
- Waterproof bag (for phone etc)
- Contact lenses (plus spare glasses)



- Small First Aid Kit
- Pain killers
- Band Aids
- Compeed blister pads
- Diarrhoea tablets
- Your own medication
- Knee support (if you normally need and use)

DOCUMENTS

- Passport
- (Make sure you have at least 6 months left on your passport expiry date)
- Photocopy of passport
- (Keep a copy at home and a copy in your travel bag for emergencies)
- Travel insurance
- (Suitable insurance available from World Nomads, via the PJS Challenges website)
- Visa (please check in-country requirements)
- Flight Tickets (e-tickets)
- Cash
- Credit card