

Guidelines for Norwegian foot march by the Norwegian Embassy, Office of the Defense Attaché

History:

First held in 1915 as a test of marching endurance for soldiers in the Norwegian Military. A strategic goal was to be able to move larger units of troops over a great distance swiftly and in a manner that enabled them to efficiently be combat ready even after the march by carrying their rucksack /weaponry of 11 kg.

The goal today is to stimulate the general interest of marching over extended distances amongst military and civilian personnel.

The test:

The test consists of a 30km/18.6mile march (march/run) with rucksack containing 11kg (24 lbs). There is no longer a requirement to carry your rifle.

Attire:

Approved military uniform. Field uniform/work uniform and military grade boots. The uniform must be within regulation during the march. Civilian events and where civilians partake in a military setting, civilian clothing is allowed i.e., long trousers and boots with a minimum weight of 1.5 kg (3.3 lbs).

Rucksack with content must weigh in at minimum 11 kg/24 lbs. at both start and finish line. Rucksack/backpack of military grade. Civilian participants can use a civilian version of rucksack.

Track:

The route should be on a good path or dirt road. Distance markers are required every fifth kilometer. There must be a minimum of **three** hydration/food stations along the route. Control and first aid stations were deemed necessary. The route should be “there and back” but if not possible can consist of several rounds of a shorter track. It is not recommended to have more than a maximum of 3 rounds.

Please address the assigned checklist to ensure all security measures are considered.

Control of outfit and weighing of backpack is done prior to and after the march to ensure the correct weight and requirements have been maintained.

Assistance from non-participants is prohibited, except for timing, weighing, on hydration/food stations, and first aid.

The test cannot be conducted if outdoor temperatures (in the shade) exceeds 25 Celsius/77 Fahrenheit, falls below -15 Celsius/5 Fahrenheit or under other extreme weather conditions.

Requirements:

Requirements		
Age group	Women	Men
18-34	4h50m	4h30m
35-42	5h0m	4h35m
43-49	5h15m	4h40m
50-54	5h30m	4h50m
55-59	5h45m	5h0m
60+	6h0m	5h15n

Diplomas/pins:

Certificate template will be provided to executing unit when the march is completed and the embassy has received the results in the correct format stated in the Excel-sheet named *Check-list officer in charge NFM* tab 2. Certificates are to be ordered by each unit. We recommend white 110lb cardstock paper.

Pins are to be ordered by each unit, template provided below.

Please note that you can earn a pin once per year (it will take you 5 years to earn the gold pin) but you have unlimited tries to complete the march every year.



What to do next:

Because of COVID-19 and the difficulties involving travel the Norwegian foot march can be conducted without a Norwegian representative present until further notice. We also take the liberty of participating with an official if and when the circumstances allows it.

Prior to event:

- Participating unit must submit an official request stating how they will organize and carry out complying to the above-mentioned rules and regulations. The request must contain detailed plans for all aspects of the event including, but not limited to, first aid stations, water/food stations, plans for weighing before and after event, timing, map of the route clearly marking first aid/water stations, emergency route etc.
- Request and attachments should be in 1 document, preferably PDF not exceeding 10 pages.

After event:

- Within 72 hours after the conducted event, officer in charge must submit the finishing list according to the Checklist tab 2 excel-sheet.
- Certificate template will be sent to officer in charge when checklist tab 2 is provided.
- When certificates are printed with correct information as per the template, provide safe packaging and return label for the certificates to the Embassy for signing. Our military attaché signs them all by hand!
- Please attach a memo together with your printed certificates stating which unit has conducted the march with a simple table stating how many participated and how many finished, not including name/rank/time.
- Send certificates to Norwegian Embassy, Defense Office, 2720 34th St NW, Washington, DC 20008. Please include return shipping label !
- Provide tracking number to Embassy when shipped.

We appreciate the interest you have in conducting this march, but to make it more seamless and higher possibility of getting it approved swiftly we need to set out some clear guidelines for our and your sake.

Thank you for reaching out, remember to send any and all correspondence regarding this matter to faw@mfa.no and CC marlene.lie@mfa.no !