

Guidelines for Conducting the Norwegian Foot March



Royal Norwegian Embassy
Office of the Defence Attaché
Version 1.7, March 2025

EVENT HISTORY

The Norwegian Foot March was first held in 1915 as a test of marching endurance for soldiers in the Norwegian Army. The original intent of the march was to ensure the Army could quickly move large numbers of soldiers with their essential gear and weapons over long distances and remain combat-ready at their objective. Today, the march is still practiced by the Norwegian military, but also used to promote long-distance hiking and physical fitness among Norway's allies and many civilian populations.

ESSENTIAL MARCH REQUIREMENTS

The march requires participants to complete a 30-kilometer / 18.64-mile course while carrying a rucksack with a dry weight of at least 11 kilograms / 24.25 pounds within a prescribed time according to gender and age. While the modern event no longer requires participants to carry a rifle as part of the weight requirement, organizers may opt to factor weapon weight into their calculations and subtract it from the rucksack weight. Rucksack weight should be verified before the start of the event and after crossing the finish line.

Participants no longer must fulfill the requirement to complete the march before daybreak or complete a full duty day afterward. However, organizers who wish to incorporate these traditional features into their event may do so.

ATTIRE REQUIREMENTS

Military participants must wear their service's combat uniform and boots for the entire duration of the march. Modifications to uniform standards are allowed so long as they adhere to a service's applicable regulations (e.g. wear of a combat shirt or Merrell boots) and at the organizer's and local commanders' discretion. Headgear is not required for the march.

The rucksacks used must be issued or meet the equipment standards of the organizer's military regulations. Civilian participants must wear clothing similar to a military combat uniform (including long pants and boots) with a total weight equal to 1.5 kilograms / 3.3 pounds. Civilians are not required to use a military-issued rucksack and may use a civilian hiking backpack. Using weighted vests, body armor, or weight-plate carriers toward the weight requirement is not authorized. Individual participants may wear these items in addition to the rucksack weight requirement, but it is not encouraged.

ROUTE, ENVIRONMENT, AND OTHER REQUIREMENTS

The route should take place on an unimproved road or trail, but may take place on improved surfaces such as roads and pathways. Two route configurations are permitted: out-and-back or circular. An out-and-back route is 15 kilometers long in one direction and requires participants to turn around at the endpoint and return to the start point. Circular routes may use no more than 3 loops in their design (10 kilometers / 6.2 miles).

All routes must have visible distance markers every 5 kilometers / 3.1 miles.

A minimum of three water points must be used along the route.

The march cannot be conducted if outdoor temperatures (in the shade) exceed 25° Celsius / 77° Fahrenheit or fall below -15° Celsius / 5° Fahrenheit. Similarly, the march cannot be conducted under hazardous or extreme weather conditions which endanger participants.

Participants may not receive any assistance from the organizers or administrators during the march except for march timing, weighing, provisioning of water or food, and first aid.

TIME STANDARDS

Age	Women	Men
18-20	5h25m	4h35m
21-34	5h15m	4h30m
35-42	5h25m	4h35m
43-49	5h30m	4h40m
50-54	5h40m	4h50m
55-59	5h50m	5h0m
60+	6h0m	5h15m

Please note that these are the current time and gender standards. There are outdated listings found on the Internet and may not be used.

EVENT REQUEST PROCEDURE

As of 2021, the march no longer requires the physical presence of a Norwegian officiant but does require the endorsement of a Norwegian military official before it is conducted. The embassy's defense attaché office will provide endorsement for events conducted by foreign military personnel who submit an official request packet. Interested parties should submit the following items in a single document to request endorsement:

- 1) Official Request and Requirements Verification Memorandum – See Appendix A
- 2) Event Concept Graphic

EVENT CONCEPT GRAPHIC – FORMAT

- Single-page PDF map of the proposed event that contains the following requirements:
 - Area Map with Event Route
 - Location (City, State/Province/Equivalent)
 - Estimated Number of Participants
 - Start/Stop Points
 - Total Distance
 - Distance Markers Locations
 - Administrative / Control Areas
 - Weighing and Attire Verification Area
 - Medical Stations and Evacuation Route
 - Water and Food Points
 - Forecast Temperature and Weather Conditions
 - Communication Plan

When all documents are completed and combined into a single file, send to Norwegian.foot.march@mfa.no with the following subject line: NFM Event Request Packet, *Unit/Organization, Location, Date* (example: NFM Event Request Packet – 1-23 IN, Fort Benning, Georgia, 7 March 2025).

Once received, the embassy will review the packet and respond within 2-4 weeks depending on our current backlog and current official workload. Please plan your event well in advance as we cannot offer expedited requests and refrain from sending multiple inquiries and requests as this slows down our review process.

EVENT COMPLETION PROCEDURES – See Appendix B

Within 72 hours of completion, event organizers will send a closeout report to the embassy using the format specified in Appendix B.

CERTIFICATES AND BADGES

Once the event is completed and the closeout report reviewed, the embassy will send a pre-signed digital certificate template which organizers will complete with participant information. Certificates are to be printed or distributed digitally by the organizer promptly. We recommend using white, 110-pound cardstock for printed certificates.

Badges are to be procured by event organizers or participants and awarded according to the following schedule:

Bronze	Silver	Gold
1 st Completed March	2 nd , 3 rd , and 4 th March	5 th or More March

Norwegian military badge sizes are approximately 19 mm / 0,75 in. Non-Norwegian military personnel may wear any size badge up to 39 mm / 1,5 in. A list of recommended vendors can be found in Appendix C.

Please note that participants may only complete *one march per calendar year*

CONCLUSION

Thank you for your interest in conducting the Norwegian Foot March. We appreciate your attention to detail when reviewing this guide and preparing for your event. If you have any further questions, feel free to contact us and send all documentation related to event requests to our dedicated inbox: Norwegian.foot.march@mfa.no

Appendix A – Official Request and Requirements Verification Memorandum



DEPARTMENT OF THE XXXX
[INSERT UNIT]
[INSERT ADDRESS]
[INSERT CITY, STATE ZIP]

[INSERT OFFICE SYMBOL]

[INSERT DATE]

MEMORANDUM FOR THE OFFICE OF THE DEFENSE ATTACHE, ROYAL
NORWEGIAN EMBASSY

SUBJECT: Plan Review and Request to Conduct the Norwegian Foot March

1. On behalf of **UNIT NAME** (e.g. *1-21 Infantry Battalion*) I request permission to conduct the Norwegian Foot March on **PRIMARY DATE** (DD MMM YYYY) and/or **ALTERNATE DATE** (DD MMM YYYY) at **CITY/BASE, STATE/PROVINCE, COUNTRY**.
2. I have thoroughly reviewed our event's plan and confirm that it fulfills all of the requirements and safety features stipulated by the embassy's defense attaché office, including distance, ruck and weapon weight, uniform, time allocations, environmental conditions, and other standards. Additionally, the event's plan ensures that participants will conduct the event in an organized and safe manner by providing regular medical support, water points, and a reliable communication plan.
3. Following approval, I will conduct the event within the standards prescribed by *Guidelines for Conducting the Norwegian Foot March*, as published by the Royal Norwegian Embassy's Defense Attache Office. If any changes occur to my unit's plan, I will submit updates and await acknowledgment by the embassy before conducting the event. After the event is completed, I will fulfill the close-out procedures required by the embassy including submission of a memorandum with final event statistics.
4. The point of contact for this memorandum is the undersigned and can be contacted at **EMAIL ADDRESS** and **PHONE NUMBER**.

[INSERT NAME]
[INSERT RANK, BRANCH]
[INSERT DUTY TITLE]

Event Requirements Checklist


Event Requirement / Feature	Rank and Name of Responsible Official	Description of Event Plan
Reference Number		Provided by Embassy, Leave Blank Unless Resubmitting
Event Date	Rank Name	Primary Date: DD-MMM-YY Alternate Date (if used): DD-MMM-YY
Estimated Participants	Rank Name	###
Route	Rank Name	Brief Description of Terrain (Unimproved Trail, Improved Road, etc)
Medical Emergency Route and Plan	Rank Name	Annotated Medical Evacuation Route on Map and Identify Facilities Used in Event of Emergency
Communications Plan	Rank Name	Brief Description of Communication Plan (Radios, Mobile Phones, etc.)
Water and Food Stations	Rank Name	Volume of Water and Type of Food Available
Weight and Attire Check	Rank Name	Brief Description of Procedures for Verifying Weight and Attire
Medical Station	Rank Name	Annotated Location of Medical Stations on Map, Description of Local Medical Support Available
Weather Forecast	Rank Name	Projected Weather Conditions Based on Time and Date of Event (Temperature, Humidity, Wind Speed, etc.).

Note – Do not exceed one page when preparing this document/

Fillable Official Request and Requirements Verification Memorandum Shell:

https://www.dropbox.com/scl/fo/84djtdmz8t6bozwe4wve8/ABLmCNwMeQLokXVEMWtSXd0/NFM%20Initial%20Request%20Documents?rlkey=0fssptelv4f0kx7qu4gsrrwjo&subfolder_nav_tracking=1&st=cr7s1vrw&dl=0

Appendix B – Event Closeout Report

	DEPARTMENT OF THE XXXX [INSERT UNIT] [INSERT ADDRESS] [INSERT CITY, STATE ZIP]			
[INSERT OFFICE SYMBOL]	[INSERT DATE]			
MEMORANDUM FOR THE OFFICE OF THE DEFENSE ATTACHE, ROYAL NORWEGIAN EMBASSY				
SUBJECT: Norwegian Foot March Event Closeout Report – Event ###				
1. On DD MMM YYYY, UNIT NAME (e.g. 1-21 Infantry Battalion), conducted a Norwegian Foot March event with the following outcomes:				
Participants	Finishers	Bronze	Silver	Gold
2. The point of contact for this memorandum is the undersigned and can be contacted at EMAIL ADDRESS and PHONE NUMBER.				
<div>[INSERT NAME] [INSERT RANK, BRANCH] [INSERT DUTY TITLE]</div>				

Fillable Official Request and Requirements Verification Memorandum Shell:

https://www.dropbox.com/scl/fo/84djtdmz8t6bozwe4wve8/ABLmCNwMeQLokXVEMWtSXd0/NFM%20Initial%20Request%20Documents?rlkey=0fssptelv4f0kx7qu4gsrrwjo&subfolder_nav_tracking=1&st=cr7s1vrw&dl=0

Appendix C – Recommended Badge Vendors

Large Badges

Vendor: Nord Market

Websites: <https://nordmarket.bigcartel.com> and <https://thenordmarket.etsy.com>

Grades: Bronze, Silver, and Gold

Size: 1,50" (H) x 1,06" (W) / 38,1mm (H) x 26,9mm (W)

Photo:



Small Badges

Vendor: Vanguard

Websites: <https://vanguardmil.com>

Grades: Bronze and Silver

Size: 0,875" (H) x 0,75" (W) / 22,2mm (H) x 19,0mm (W)

Photo:



Vendor: Award World Trophies

Websites: <https://www.awardworldtrophies.com/>

Grades: Bronze, Silver, and Gold

Size: 0,75" (H) x 0,58" (W) / 22,2mm (H) x 14,7mm (W)

Photo:



Vendor: Ranger Joe's

Website: <https://rangerjoes.com>

Grades: Bronze

Size: 0,75" (H) x 0,58" (W) / 22,2mm (H) x 14,7mm (W)

Photo:

