

Stilton Literary Agency



Sleeping Outdoors

Original title: Sove ute
Publisher: Gyldendal Forlag 2020
Non Fiction / Nature
36000 Words
English sample material available

Selected title by NORLA -extensive translation grants available.

A manual on spending the night in a sleeping bag

Never before have so many people been drawn out into nature. In this book, you'll find answers to the question that most of us are wondering about when it comes to spending a night in the open air. Why and how should I sleep outdoors?

Imagine falling asleep under the stars and waking up with sunlight on your face. This wonderful experience is easily accessible to most of us. We just have to step outside to find it.

Marius Nergård Pettersen has spent most of his life in the open air. Sleeping Outdoors is his "survival guide" for nights in the great outdoors. The book is easy to read and detailed, yet varied and filled with useful information. Here is everything you need to know about sleeping outdoors; information about the weather, the seasons, campsites, regulations and landscapes, combined with advice on modern equipment, clothing, sleeping bags, tents, hammocks, as well as tips on planning and packing.

The book includes vivid descriptions of what happens around us in nature at night; about the night sky and how to study it, about the Northern Lights and other phenomena that will make sleeping outdoors something you would want to experience.

The book is also full of inspiring outdoor photos from all over Norway, as well as interviews with experienced outdoor enthusiasts. Step outside and enjoy a good night's sleep.

Marius Nergård Pettersen

Marius Nergård Pettersen is an author, photographer and public speaker. He works with nature and the outdoors, writes for newspapers and magazines, and has published a number of books. He has won the Helge Ingstad Award and the Specialist Press Organisation's Photographic Award for his work. Marius himself grew up hiking from cabin to cabin.