

## Allowed fish quota when leaving Norway

The Norwegian authorities' regulations for recreational fishing specify how much fish you can take out of the country. The regulations also confirm any requirements regarding fishing gear and minimum size of caught fish.

The fish quota applies to a period of seven days, which means that you have to wait seven days before you can take a new quota out of the country.

**10 kilo per person  
or 20 kilo per person if the fish is caught during  
an activity offered by an organisation registered  
with the Norwegian Directorate of Fisheries.**

Please note that the quota does not apply to salmon, trout, char or freshwater fish.

The fine for exceeding the quota starts at NOK 8,000 and is increased by NOK 200 per additional kilo of fish. Exceeding the quota can also lead to up to six months in jail.

Thank you for caring about sustainable fishing and for following our laws and regulations!