Viking names for boys and men

115 Old Norse names and what they mean

MYTHIC HARMONIES
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Name	Old Norse	Meaning
Ari		Eagle
Arnbjörn		Eagle bear
Arne	*Árni*	Eagle
Asbjorn	*Ásbjörn*	Divine bear, god-bear
Asgeir	*Ásgeirr*	Spear of the gods
Asmund	*Ásmundr*	Protection of the gods
Atli		From Gothic Attila ("little father"); linked to atall, fierce
Audun	*Auðun*	Friend of fortune
Bersi		Little bear
Bjarki		Little bear (a byname: Böðvarr bjarki)
Bjarni		Bear
Bjorn	*Björn*	Bear
Bodvar	*Böðvarr*	Battle warrior
Brand	*Brandr*	Sword blade, firebrand
Brynjolf	*Brynjólfr*	Mail-coat wolf
Egil	*Egill*	Edge, blade (or awe)
Eilif	*Eilífr*	Ever-living (debated)
Einar	*Einarr*	Lone warrior, he who fights alone
Eindride	*Eindriði*	The lone rider
Erik	*Eiríkr*	Ever-ruler or sole ruler (debated)
Erland	*Erlendr*	The stranger, the foreigner
Erling	*Erlingr*	Descendant of the jarl
Eyvind	*Eyvindr*	Island or luck + winner (debated)
Finn	*Finnr*	Sámi, Finn (perhaps "wanderer")
Floki	*Flóki*	Tuft-haired one
Gamli		The old one
Gaut	*Gautr*	Man of the Geats (Götaland)
Geir	*Geirr*	Spear
Gest	*Gestr*	Guest
Gisli	*Gísli*	Pledge, hostage (or ray of light)
Grim	*Grímr*	The masked one
Gudbrand	*Guðbrandr*	Sword of the gods
Gudmund	*Guðmundr*	Protection of the gods
Gunnar	*Gunnarr*	Battle warrior
Hakon	*Hákon*	High son (first part debated)
Halfdan	*Hálfdan*	Half-Dane
Hall	*Hallr*	Rock, boulder
Hallbjorn	*Hallbjörn*	Rock bear
Hallfred	*Hallfreðr*	Rock peace
Harald	*Haraldr*	Army ruler, war chief
Hastein	*Hásteinn*	High stone
Havard	*Hávarðr*	High guardian
Helgi		Holy, blessed, dedicated
Heming	*Hemingr*	Shape-shifter (uncertain)
Herjolf	*Herjólfr*	Army wolf, warrior wolf
Hjalti		Man from Shetland (hjalt: sword hilt)
Hjorleif	*Hjörleifr*	Sword heir
Hrafn		Raven
Hring	*Hringr*	Ring
Hroald	*Hróaldr*	Famous ruler
Hroar	*Hróarr*	Famous warrior (or famous spear)
Hrolf	*Hrólfr*	Famous wolf
Hrut	*Hrútr*	Ram
Hoskuld	*Höskuldr*	Grey-haired one (uncertain)
Illugi		Ill-minded, bad-natured (illr + hugi)
Ingolf	*Ingólfr*	Wolf of the god Ing (Freyr)
Ingvar	*Ingvarr*	Warrior of the god Ing
Isleif	*Ísleifr*	Ice heir

Name	Old Norse	Meaning
Ivar	*Ívarr*	Yew warrior, bow warrior (debated)
Kari	*Kári*	Curly-haired, or stubborn
Ketil	*Ketill*	Kettle, cauldron (helmet? debated)
Ketilbjorn	*Ketilbjörn*	Kettle bear
Kjartan		(Irish loan)
Knut	*Knútr*	Knot
Kol	*Kolr*	Coal-black
Kolbein	*Kolbeinn*	Coal-legged, dark-boned
Leif	*Leifr*	Heir, descendant
Magnus	*Magnús*	The great (Latin loan)
Mord	*Mörðr*	Marten
Njal	*Njáll*	(Irish loan, from Niall)
Odd	*Oddr*	Point of a weapon
Olaf	*Óláfr*	Ancestors' descendant, heir of the forefathers
Orm	*Ormr*	Serpent, dragon
Orn	*Örn*	Eagle
Ottar	*Óttarr*	Warrior of terror
Ragnar	*Ragnarr*	Warrior of the gods' counsel
Ref	*Refr*	Fox
Runolf	*Rúnólfr*	Wolf of secret lore, rune wolf
Sigfus	*Sigfúss*	Eager for victory
Sighvat	*Sighvatr*	Victory-bold
Sigmund	*Sigmundr*	Victory protector
Sigtrygg	*Sigtryggr*	Victory-true, sure of victory
Sigurd	*Sigurðr*	Guardian of victory
Skeggi		The bearded one
Skuli	*Skúli*	Protector, shelterer
Snorri		The onslaught, the attacker (uncertain)
Stein	*Steinn*	Stone
Steinar	*Steinarr*	Stone warrior
Sturla		The stirrer, the rusher (uncertain)
Styrbjorn	*Styrbjörn*	Battle-tumult bear
Sumarlidi	*Sumarliði*	Summer traveler: one who raids in summer
Svein	*Sveinn*	Boy, young man, servant
Toki	*Tóki*	(Pet form, possibly of Þórkell)
Trygve	*Tryggvi*	Trustworthy, faithful
Ulf	*Úlfr*	Wolf
Ulfar	*Úlfarr*	Wolf warrior
Vagn		Wagon
Valdemar	*Valdimarr*	(Slavic loan: Vladimir)
Vegeir	*Végeirr*	Spear of the sanctuary
Vigfus	*Vígfúss*	Eager for battle
Thorarin	*Þórarinn*	Thor's eagle (or Thor's hearth)
Thorbjorn	*Þorbjörn*	Thor's bear
Thord	*Þórðr*	Thor's peace (contraction)
Thorfinn	*Þorfinnr*	Thor + Finn
Thorgeir	*Þorgeirr*	Thor's spear
Thorgils	*Þorgils*	Thor's pledge
Thorhall	*Þórhallr*	Thor's rock
Thorir	*Þórir*	Thor-hallowed or Thor-warrior (debated)
Thorkel	*Þorkell*	Thor's cauldron (from Þórketill)
Thorleif	*Þorleifr*	Thor's heir
Thormod	*Þormóðr*	Thor's courage
Thorstein	*Þorsteinn*	Thor's stone
Thorvald	*Þorvaldr*	Thor's power, Thor's ruler
Thorvard	*Þorvarðr*	Thor's guardian
Thrand	*Þrándr*	The thriving one; man of Trøndelag

Names found in medieval Norse sources (runic inscriptions, sagas, Landnámabók), a few only in legend as marked, with their Old Norse form where it differs from the modern spelling (ö stands for ǫ). Meanings marked "debated" or "uncertain" have more than one scholarly explanation. Full list, notes, sources and how Norse naming worked: **mythic-harmonies.com/viking-culture/viking-names/** · Free to print and share for personal and classroom use. © Mythic Harmonies, 2026.

Viking names for girls and women

72 Old Norse names and what they mean

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Name	Old Norse	Meaning
Asdis	*Ásdís*	Divine goddess, dís of the gods
Asgerd	*Ásgerðr*	Protection of the gods
Ashild	*Áshildr*	Battle of the gods
Aslaug	*Áslaug*	Dedicated to the gods (-laug uncertain)
Asta	*Ásta*	Short form of Ástríðr (linked to ást, love)
Astrid	*Ástríðr*	Divinely beautiful, god-beloved
Aud	*Auðr*	Wealth, prosperity, fortune
Bera		She-bear
Bergthora	*Bergþóra*	Help, rescue + Thor (feminine)
Birna		She-bear
Bothild	*Bóthildr*	Battle remedy, healing battle
Dagny	*Dagný*	New day
Dis	*Dís*	Goddess, lady, guardian spirit
Eydis	*Eydís*	Goddess of the island (or of luck)
Finna		Sámi woman (feminine of Finnr)
Freydis	*Freydís*	Frey(ja) + dís, lady-goddess
Frida	*Fríðr*	Beautiful, beloved
Geirhild	*Geirhildr*	Spear battle
Gerd	*Gerðr*	Enclosure, protection
Groa	*Gróa*	To grow, to thrive
Gudny	*Guðný*	New of the gods, god-fresh
Gudrid	*Guðríðr*	Beautiful of the gods
Gudrun	*Guðrún*	Secret lore of the gods, god's rune
Gunnhild	*Gunnhildr*	War-battle (two war-words)
Gyda	*Gyða*	(Pet form of Gyríðr/Guðríðr, or Guðrún)
Halla		Rock (feminine)
Hallbera		Rock she-bear
Halldora	*Halldóra*	Thor's rock (feminine)
Hallgerd	*Hallgerðr*	Rock protection
Hallveig		Rock strength
Helga		Holy, blessed
Herdis	*Herdís*	Goddess of the army
Hervor	*Hervör*	Aware of the army, army guardian
Hild	*Hildr*	Battle
Hlif	*Hlíf*	Shield, protection
Hrefna		Raven (feminine)

Name	Old Norse	Meaning
Inga		Of the god Ing (Freyr)
Ingibjorg	*Ingibjörg*	Ing's protection, Ing's help
Ingirid	*Ingiríðr*	Ing's beautiful one
Ingunn		Ing's beloved
Jorunn	*Jórunn*	Beloved of the horse (uncertain)
Katla		Kettle, cauldron (feminine)
Kolfinna		Coal + Finna (Sámi woman)
Ljufa	*Ljúfa*	Beloved, dear one
Melkorka		(Irish loan)
Oddny	*Oddný*	New point, fresh blade
Olof	*Ólöf*	Feminine of Óláfr: ancestors' descendant
Ragnhild	*Ragnhildr*	Battle of the gods' counsel
Rannveig		Strength of the house
Saeunn	*Sæunn*	Beloved of the sea, sea-wave
Sigrid	*Sigríðr*	Beautiful victory
Signy	*Signý*	New victory
Sigrun	*Sigrún*	Victory rune, secret of victory
Snaefrid	*Snæfríðr*	Snow-beautiful
Solveig	*Sólveig*	Strength of the sun (or of the hall)
Steinunn		Beloved stone
Svanhild	*Svanhildr*	Swan battle
Thjodhild	*Þjóðhildr*	Battle of the people
Thora	*Þóra*	Thor (feminine)
Thordis	*Þórdís*	Thor's goddess, Thor's dís
Thorgerd	*Þorgerðr*	Thor's protection
Thorhild	*Þórhildr*	Thor's battle
Thorunn	*Þórunn*	Thor's beloved
Thurid	*Þuríðr*	Thor's beautiful one (contraction)
Tofa	*Tófa*	(Pet form, likely of a Thor-name)
Unn	*Unnr*	Wave; also "to love"
Valdis	*Valdís*	Dís of the slain (Val- debated)
Valgerd	*Valgerðr*	Protection of the slain (Val- debated)
Vigdis	*Vigdís*	Goddess of battle
Yrsa		Uncertain meaning (legendary queen)
Aesa	*Æsa*	Short form of Ása? (uncertain)
Olrun	*Ölrún*	Ale-rune (known only from legend)

How Vikings named their children

There were no family surnames. A child took the father's name, sometimes the mother's, plus *-son* (son) or *-dóttir* (daughter): Eiríkr the Red's son was Leifr Eiríksson, his daughter Freydís Eiríksdóttir. Iceland still largely works this way.

Many names joined two parts, often a god or an animal: Þór- (Thor), Ás- (god), -björn (bear), -úlfr (wolf). The gods' own names, such as Odin or Freyja, were not given to people on their own: as first names they are modern.

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