



PACKING LIST - Sarek ski expedition

Equipment	#	Comments and recommendations	Available for	
			Rent	Purchase
Feet				
Socks for skiing	1-2 pairs	Wool		x
Camping socks	1 pair	Wool		x
Sleeping socks	1 pair	Crocs		
Upper body				
Jacket	1	Water and windproof with hood.		x
Insulated jacket	1	Down or syntetic		x
Heavy base layer	1	Fleece or wool for colder days		x
Base layer	2	Wool		x
Lower body				
Pants	1	Water and windproof pants.		x
Heavy base layer	1	Fleece or wool for colder days		x
Base layer	1-2	Wool		x
Underwear	2-3	Wool or syntetic		x
Head, neck and hands				
Liners	1 pair	Fleece or wool		x
Mittens	1 pair	Water and wind resistans		x
Scarf/buff/balaclava	1	Fleece or wool		x
Hat	1	Wind resistant		x
Sleeping, carrying, shelter				
Backpack	1	Daypack for first day travelling.	x	x
Drybag	1-2	Or plastiv bags to pack clothes waterproof.	x	x
Miscellaneous items				
Sunglases	1	With UV protection		
Goggles	1	With UV protection		
Headlamp	1	Small one		x
Sun block	1	Small tube with high factor.		
Toiletries		Toothpaste, toothbrush, lip balm, ear plugs, sanitary products		
Medicines etc		Prescription medication and favorite painkiller		

First aid Band-aids, a roll of tape and blister band-aids

Optional

Sport bra	Wool or synthetic		x
Short insulated pants	Wool or fleece		x
Insulation pant/skirt	Down or synthetic		
Vest	Wool, fleece or synthetic		
Sleeping hat	Wool or synthetic		
Small towel	To swab the outside of sleeping bag in the morning.		
Gaiters	Keep your feet warmer	x	
Camera	Free souvenirs		
Binoculars	Lightweight		
Mug	To use for lunch, top of termos will do.	x	x
Map	BD10 or Calazos waterproof map Sarek & Padjelanta		x
Phone	Please leave it at home or send it to Saltoluokta		
Pack bags	To organize your clothes and things		
Beverage	Feel free to bring alcoholic beverage but you will have to carry it.		

To Saltoluokta *One bag for Saltoluokta can be left in Jokkmokk before heading to Ritsem*

Bag/backpack	Big enough
Clean clothes	Nothing fancy
Toiletries	Soap, shampoo etc
Phone	Telia has coverage in Saltoluokta
Credit card	To buy beverages or souvenirs

The price include

Ski equipment	Boots, skis, poles, skins.
Sledge	Fjellpulken Transporter
Camping gear	Tents, sleeping bag, sleeping pad x2, camp shoes
Eating kit	Thermos, waterbottle, spoon, plate
Safety equipment	Avalanche equipment

The guide will also bring cooking gear, GPS, communication device, first aid and repair kit