

PACKING LIST - Laponia winter yoga retreat

Pants 1 Water and windproof jacket with hood Pants 1 Water and windproof pants Voga clothes Comfortable and stretchy yoga/training clothes Base layer top 1 We recommend wool Base layer bottom 1 We recommend wool Underwear 1 We recommend wool socks 1-2 We recommend wool socks 1-2 We recommend wool socks Mittens 1 pair Preferably water and wind resistant Underwear 1 Wind resistent Underwear 2 We recommend wool Underwear 3 We recommend wool Underwear 5 We recommend wool Underwear 5 We recommend wool Underwear 5 We recommend wool weater Underwear 5 We recommend wool or synthetic Underwear 5 We recommend wool socks Underwear 5 We recommend	Item	#	Comments and recommendations	
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ndoor clothes Lightweight and confortable	Sport bra		Wool or synthetic	
	Indoor clothes		•	

Short insulated pants Wool or fleece

Insultion pant/skirt Down or syntetic to use during breaks

Vest Wool, fleece or down
Camera And extra batteries

Binoculars Lightweight

Phone Limited cell phone coverage in Saltoluokta

Pack bags To organize your clothes and things

Favorite tea If you have a "must have tea". We bring a variation of different sorts.

Coffee? There will be coffee! Don't worry.

Map and compass We recommend Calazo waterproof maps
Credit card To buy any snacks or souvenirs in Saltoluokta

The price includes

Ski package Skis, boots, poles and skins

Safety equipment Shovels, sitpads and wind sac/tent fly.

Water bottle About a liter in total
Thermos About a liter in total
Eating kit Bowl, spoon and mug

Gaiters Keep snow out of your skiing boots

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