



PACKING LIST - Skiing in Laponia

Equipment	#	Comments and recommendations	Available for	
			Rent	Purchase
Feet				
Socks for skiing	1-2 pairs	Wool		x
Socks for the hut	1 pair	Wool		x
Camp shoes	1 pair	Crocs		
Skiing boots	1 pair	Made for Rottefella BC or Rottefella Super telemark binding	x	x
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				
Sleeping bag	1	Comfort temperature around 0	x	x
Backpack	1	About 50-60 liters with room for clothes, lunch and safety gear	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
Skiis	1 pair	Skiis with metal edges.	x	x

Poles	1 pair	With adjustable length	x	x
Skins	1 pair	Full length or kickers	x	x
Thermos	1	Minimum 0,75 liters per person.	x	x
Water bottle	1	About a liter. Preferable Nalgene style with insulated cover	x	x
Spoon	1	For lunch soups	x	x
Sun block	1	Small tube with high factor.		
Small towel	1	For the sauna in Akka		
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 syntetic		x
Short insulated pants		Wool or fleece		x
Evening clothes		Light weight		
Sleeping socks		Wool		x
Pillow case		Or use sweater		
Ski wax		For non-wax-free skiis		
Gaiters		Keep your feet warmer	x	
Camera		Free souvenirs		
Binoculars		Lightweight		
Mug		To use for lunch, top of termos will do.	x	x
Map		BD7 or Calazos waterproof map Sarek & Padjelanta		x
Phone		Please leave it at home or send it to Saltoluokta		
Pack bags		To organize you 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 Ritsem before leaving for the mountains*

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

The price include

Safety equipment	Showels, sitpads and wind sac/tent fly.
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The guide will also bring GPS, communication device, first aid and repair kit