



PACKING LIST - Sarek Retreat Yoga Hike

Equipment	#	Comments and recommendations	Available for	
			Rent	Purchase
Feet				
Hiking socks	1-2 pairs	Wool		x
Socks for the hut	1 pair	Wool		x
Camp shoes	1 pair	Crocs		
Hiking boots	1 pair	With ankle support	x	x
Upper body				
Jacket	1	Water and windproof with hood.		x
Insulated jacket	1	Down or syntetic		x
T-shirt	1	Wool or syntetic		x
Base layer	1-2	Wool		x
Lower body				
Rain pants	1	Water and windproof pants.		x
Hiking pants	1	Durable pants		x
Base layer	1	Wool		x
Underwear	2-3	Wool or syntetic		x
Head, neck and hands				
Gloves	1 pair	Preferably water and wind resistant		x
Hat	1	Wind resistant		x
Sleeping, carrying, shelter				
Sleeping bag	1	Comfort temperature around 15 C	x	x
Backpack	1	About 50 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		
Headlamp	1	Small one		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
Yoga mat/sleeping pad	1	Lightweight		

Sun block	1	Small tube with high factor.
Insect repellent		A small bottle if you are allergic or sensitive.
Small towel	1	For the sauna in Akka and Aktse
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
Scarf/buff/balaclava	Fleece or wool		x
Sun hat	Protects the face from the sun		
Evening clothes	Light weight		
Sleeping socks	Wool		x
Pillow case	Or use sweater		
Hiking poles	Safe your knees	x	x
Gaiters	Keep dirt out of your boots	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 Jokkmokk before heading to trailhead*

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 *Tarp/tent for breaks and emergency*

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