



PACKING LIST - Laponia Retreat Yoga hike

Equipment	#	Comments and recommendations	Available for	
			Rent	Purchase
Upper body				
Jacket	1	Waterresistent and windproof with hood.		x
Insulated jacket/vest	1	Down, syntetic or fleece		x
Base layer	1	Wool or syntetic		x
T-shirt	1	Wool or syntetic		x
Lower body				
Rain pants	1	Water and windproof pants.		x
Hiking pants	1	Durable pants		x
Base layer	1	Wool or syntetic		x
Underwear	2-3	Wool or syntetic		x
Hands, feet and head				
Gloves	1 pair	Preferably water and wind resistant		x
Hiking shoes	1 pair	Hiking boots with ancle support		x
Socks	3-4 pairs	Wool, for hiking we recommend wool liners+wool socks		x
Indoor shoes	1 pair	Crocs or sandals		
Hat	1	Wind resistant		x
Sun hat	1	Baseball cap or similar		x
Neck gaiter	1	Buff		
Hiking, sleeping, cooking				
Backpack	1	About 40-60 liters	x	x
Drybag	1-2	To waterproof clothes and gear	x	x
Sleeping bag	1	Or travel sheet	x	x
Miscellaneous items				
Sun block		Small tube with high factor.		
Insect repellent		A small bottle		
Headlamp		A lightweight headlamp, NOT necessary june-mid august	x	
Waterbottle		About a liter in total	x	x
Yoga mat/sleeping pad		Lightweight		
Small note book		For reflection excercises		
Toiletries		Toothpaste, toothbrush, lip balm, ear plugs, sanitary products		
Medicines etc		Prescription medication and favorite painkiller		
Small towel		Travel towel is nice to have		x
First aid		Bandaid, a roll of tape and blister bandaid		

Optional

Sport bra	Wool or syntetic		x
Vest	Wool, fleece or syntetic		x
Wind jacket	Lightweight		x
Mosquito net	Head net or full upper body net		x
Pillow case	Or use a sweater		
Gaiters	Keep dirt out of your hiking boots	x	x
Camera	Free souvenirs		
Binoculars	Lightweight		
Trekking poles	Safe your knees	x	x
Pack bags	To organize you clothes and things		
Thermos	If you like to drink warm water during the day except during lunch		
Favorite tea	We will bring a variation of different sorts of tea		
Coffee?	There will be coffee! Don't worry.		
Map and compass	We recommend Calazo waterproof maps		x
Pocket book	You will be given free time to relax		

Always use your own judgement on what to bring depending on your condition

To Saltoluokta	<i>One bag for Saltoluokta can be left in Jokkmokk before heading to trailhead</i>
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
Cooking equipment	Stove, coffeepan, teapan, knife, plate, spoon, mugg

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