



PACKING LIST - Kungsleden Deluxe

| Item | # | Comments and recommendations | Available for rent |
|--------------------------------------|-----------|--|--------------------|
| Clothing | | | |
| Jacket | 1 | Water and windproof jacket with hood | |
| Insulated jacket | 1 | Down, synthetic or fleece | |
| Heavy base layer | 1 | Fleece jacket or heavier wool sweater | |
| Base layer top | 2 | We recommend wool | |
| Pants | 1 | Water and windproof pants | |
| Heavy base layer | 1 | Fleece or heavier wool pants | |
| Base layer bottom | 1-2 | We recommend wool | |
| Underwear | 2-3 | We recommend wool or synthetic | |
| Socks | 2-3 pairs | We recommend wool socks | |
| Mittens | 1 pair | Preferably water and wind resistant | |
| Liners | 1 pair | Wool or syntetic | |
| Warm hat | 1 | Wind resistant | |
| Scarf/buff/balaclava | 1 | Fleece or wool | |
| Equipment | | | |
| Ski package | | Skis, boots, poles and skins and maybe ski wax | x |
| Bag/backpack | 1 | Max. 50 liter for gear transported in the snowmobile (can be borrowed) | |
| Backpack | | About 40 liters | x |
| Drybag | 1-2 | To waterproof clothes and gear | x |
| Indoor shoes | | Crocs or sandals | |
| Sleeping bag | | Temperature down to +5-10 (NOTE safety equipment) | x |
| Sunglasses | | With UV protection | |
| Goggles | | With UV protection | |
| Sun block | | Small tube with high factor. | |
| Headlamp | | With extra batteries | |
| Toiletries | | Toothpaste, toothbrush, lip balm, ear plugs, sanitary products | |
| Medicines etc. | | Prescription medication and favorite painkiller | |
| First aid | | Band-aids for small wounds and blister care | |
| Optional | | | |
| Earlier guests have also recommended | | | |
| Sport bra | | Wool or synthetic | |
| Indoor clothes | 1 | Lightweight and comfortable | |
| Short insulated pants | | Wool or fleece | |
| Insultion pant/skirt | | Down or syntetic | |
| Vest | | Wool, fleece or down | |

| | |
|-----------------|--|
| Pillow case | Or use sweater |
| Small towel | To use in the sauna |
| Camera | And extra batteries |
| Binoculars | Lightweight |
| Phone | In most places you will NOT have reception |
| Pack bags | To organize your clothes and things |
| Map and compass | We recommend Calazo waterproof maps |

To Saltoluokta *One bag can be left in Jokkmokk before heading out*

| | |
|---------------|---|
| Bag/backpack | Big enough |
| Clean clothes | Nothing fancy |
| Toiletries | Soap, shampoo etc |
| Phone | Telia has coverage in Ritsem and Akka hut |
| Credit card | To buy any snacks or souvenirs in Ritsem |

The price include

| | |
|------------------|---|
| 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 |
| Cooking gear | Lightweight stove with pot and fuel |

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