



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
Backpack		About 60 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			
Sport bra		Wool or synthetic	
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 Ritsem *One bag can be left in Ritsem before heading out*

Bag/backpack	Big enough
Clean clothes	Nothing fancy
Toiletries	Soap, schampoo 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