

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	1-2	Wind resistant and possibly one for sleeping	
Scarf/buff/balaclava	1	Fleece or wool	
Equipment			
Backpack/bag		About 60 liters for all your clothes and gear (can be borrowed)	
Daypack		About 30 liters for day tours	x
Drybag	1-2	To waterproof clothes and gear	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	
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 leave in Jokkmokk

One bag can be stored in Jokkmokk

Bag/backpack	Big enough
Travel clothes	Nothing fancy
Toiletries	Soap, schampoo etc
Phone	You'll have coverage in Jokkmokk
Credit card	To buy any beverages or souvenirs in Jokkmokk

The price include

Ski package	Skis, boots, poles and skins and maybe ski wax
Tents/tentipi	Shared tent accommodation
Sleeping bag	Synthetic with temperature down to -20/40
Sleeping pad	Inflatable AND foam pad
Cooking gear	Stove, pots, pan, pot grip, cooking utensils, fuel
Camp shoes	Comfy, warm and lightweight
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