



Item	#	Comments and recommendations	Available for rent
Clothing			
Rain jacket	1	Water and windproof jacket with hood	
Insulated jacket	1	Down, synthetic or fleece	
Base layer top	1	We recommend wool	
T-shirt	1	Wool or synthetic with short or long sleeves	
Rain pants	1	Waterproof pants for heavy rainfalls	
Hiking pants	1	Comfortable and quick drying pants	
Base layer bottom	1	We recommend wool	
Underwear	5	We recommend wool or synthetic	
Socks	3-4 pairs	We recommend wool socks	
Gloves	1 pair	Preferably water and wind resistant	
Hat	1	A thinner hat for colder days and nights	
Sun hat	1	Sun hat or baseball cap	
Equipment			
Backpack (no shoulder bag)		About 40 liters with room for camera, extra clothes and some group gear	
Bag		To travel with between accommodations	
Camera with extra battery		One where you can adjust apperture and shutter speed	
Memory card		You will be able to transfer to your computer once per day	
Lens		Wide angle, standard and short tele-photo or a zoom lens that covers all three	
Tripod		Monopod will NOT work	
Laptop		With Photoshop or lightroom installed	
Drybag	1-2	Lightweight bags to waterproof clothes and gear	x
Hiking boots		With ankle support	
Sunglasses		With UV protection	
Sun block		Small tube with high factor.	
Toiletries		Soap, schampoo, 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	
Scarf/buff/balaclava		Fleece or wool	
Indoor shoes		Crocs or sandals	
Mosquito head net		Recommended if you are sensitive to bugs	
Insect repellent		Small bottle	
Phone		In some places you will NOT have reception	
Note book		For making notes	
Credit card		To buy any beverages or souvenirs	

Travel luggage	<i>One bag can be left in Gällivare before heading out</i>
Bag/backpack	Big enough

The price includes (You will not have to bring those items)

Cooking gear	Stove, pots, pan, pot grip, cooking utensils and fuel
Sit pad	To sit on during brakes. You can also use your backpack
Water bottle	About a liter in total
Eating kit	Bowl and spoon
Food	Breakfast, lunch, dinner, snacks, hot drinks

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