



PACKING LIST - Sarek historical trek

Item	#	Comments and recommendations	Available for rent
<b>Clothing</b>			
Rain 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	1-2	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	2-3	We recommend wool or synthetic	
Socks	4-5 pair	We recommend wool socks	
Gloves	1 pair	Preferably water and wind resistant	
Hat	1	A thinner hat for colder days and nights	
Sun hat		Sun hat or baseball cap	
<b>Equipment</b>			
Backpack		About 70-80 liters	x
Drybag	2-3	Lightweight bags to waterproof clothes and gear	x
Trekking poles		At least one that can be used for river crossing	x
Hiking boots		With ankle support	
Camp shoes/River shoes		Either camp shoes or river crossing shoes	
Headlamp		A small an lightweight	
Sunglasses		With UV protection	
Sun block		Small tube with high factor.	
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	
<b>Optional</b>			
Earlier guests have also recommended			
Sport bra		Wool or synthetic	
Scarf/buff/balaclava		Fleece or wool	
Mosquito head net		Recommended if you are sensitive to bugs	
Insect repellent		Small bottle	
Small towel		For quick bath in the lake	
Wind jacket		Protect you from mosquitos and keep you warm on cold days	
Sit pad		To sit on during brakes. You can also use your backpack	
Camera		With extra batteries	
Binoculars		Lightweight	
Phone		In most places you will NOT have reception	

Pack bags	To organize your clothes and things
Knife	For cooking
Thermos	Smaller size if you like hot drinks more than three times per day
Map and compass	We recommend Calazo waterproof maps

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

Bag/backpack	Big enough
Clean clothes	Nothing fancy
Toiletries	Soap, schampoo etc
Phone	Telia has coverage in Saltoluokta
Credit card	To buy any beverages or souvenirs

**The price includes**

Tent	High quality tents from Hilleberg
Sleeping bag	Synthetic with temperature down to +8
Sleeping pad	Inflatable mattress
Cooking gear	Stove, pots, pan, pot grip, cooking utensils and fuel
Water bottle	About a liter in total
Eating kit	Bowl and spoon
Gaiters	Keep dirt out of your hiking boots
Food	Breakfast, lunch, dinner, snacks, hot drinks

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