

Item	#	Comments and recommendations	Available for rent
<b>Clothing</b>			
Jacket	1	Water and windproof shell-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 shell-pants	
Heavy base layer	1	Fleece or heavier wool pants	
Base layer bottom	2	We recommend wool	
Underwear	2-3	We recommend wool or synthetic	
Socks	4-6 pairs	We recommend wool socks	
Mittes	1-2 pairs	Preferably water and wind resistant	
Liners	1-2 pairs	Wool or syntetic	
Warm hat	1-2	Wind resistant and possibly one for sleeping	
Scarf/buff/balaclava	1	Fleece or wool	
<b>Equipment</b>			
Backpack 30-40 liters		Day pack for first day travelling	x
Drybag (lightweig)	2-3	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	
<b>Optional</b>			
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 syntetic	
Small towel		To wipe the tent and sleeping bag	
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 map of Sarek	

Knife For cooking

To Saltoluokta *One bag for Saltoluokta 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 Saltoluokta
Credit card	To buy any beverages or souvenirs

The price include

Ski package	Skis, boots, poles and skins
Sledge/Pulka	Fjellpulken transporter with harness, shaft and packbag
Tent	High quality Hilleberg tents
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
Water bottle	About a liter in total
Thermos	About a liter in total
Eating kit	Bowl, spoon and mug
Avalanche equipment	Shovel, transceiver and probe
Gaiters	Keep snow out of your skiing boots
Food	Breakfast, lunch, dinner, snacks, hot drinks

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