



PACKING LIST - Laponia Retreat Yoga hike

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	2-3	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		About 50-60 liters	x
Drybag	1-2	Lightweight bags to waterproof clothes and gear	x
Hiking boots		With ankle support	
Indoor shoes		Crocs or sandals	
Yoga mat/sleeping pad		Lightweight (sleeping pad can be borrowed)	
Small note book		For reflection exercises	
Sunglasses		With UV protection	
Sun block		Small tube with high factor.	
Small towel		To use in the sauna	
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	
Scarf/buff/balaclava		Fleece or wool	
Mosquito head net		Recommended if you are sensitive to bugs	
Insect repellent		Small bottle	
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	
Trekking poles	Will save your knees and help you with balance	x
Knife	For cooking	
Thermos	Smaller size if you like hot drinks more than three times per day	
Favorite tea	If you have a "must have tea". We bring a variation of different sorts.	
Coffee?	There will be coffee! Don't worry.	
Map and compass	We recommend Calazo waterproof maps	

To Saltoluokta *One bag for Saltoluokta can be left in Gällivare 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

Cooking gear	Stove, pots, pan, pot grip, cooking utensils and fuel
Travel sheets	To use in the huts
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