



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 | 6 | 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 40-50 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 | | Soap, schampoo, toothpaste, toothbrush, lip balm, ear plugs etc | |
| Medicines etc. | | Prescription medication and favorite painkiller | |
| First aid | | Band-aids for small wounds and blister care | |
| Optional | | | |
| Earlier guests have also recommended | | | |
| Evening clothes | | Clothes to hang out in when we are not outside. | |
| Yoga clothes | | Comfortable and stretchy yoga/training clothes | |
| 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 | Please keep it on flight mode as much as possible | |
| Credit card | To buy any beverages or souvenirs | |
| Trekking poles | Will save your knees and help you with balance | x |
| 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 | |

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