

Item	#	Comments and recommendations	Available for rent
To wear			
Hiking pants	1	Comfortable and quick drying pants	
T-shirt	1	Wool or synthetic with short or long sleeves	
Underwear	1	We recommend wool or synthetic	
Socks	1-2 pairs	We recommend wool socks	
Hiking boots		With ankle support	
To carry			
Rain jacket	1	Water and windproof jacket with hood	
Rain pants	1	Waterproof pants for heavy rainfalls	
Insulated jacket	1	Down, synthetic or fleece. Should fit under rainjacket.	
Base layer top	1	We recommend wool	
Base layer bottom	1	We recommend wool	
Underwear	1-2	We recommend wool or synthetic	
Socks	1 pair	We recommend wool socks	
Gloves	1 pair	Thin gloves, preferably water and wind resistant	
Hat	1	A thinner hat for colder days	
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
Indoor shoes		Crocs or sandals	
Headlamp		Lightweight (NOT necessary in june)	
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	
Optional			
		Earlier guests have also recommended	
Sport bra		Wool or synthetic	
Scarf/buff/balaclava		Fleece or wool	
Wind jacket		Protect you from mosquitos and keep you warm on cold days	
Small towel		For a very quick swim in the lake	
Camera		With extra batteries	
Binoculars		Lightweight	
Phone		The reception will be limited	
Pack bags		To organize your clothes and things	

Trekking poles	Will save your knees and help you with balance	x
Knife	For cooking	
Map and compass	We recommend Calazo waterproof maps	

Travel luggage *One bag can be left in Jokkmokk before heading out*

Bag/backpack	Big enough
Clean clothes	For using after the hike
Toiletries	Soap, schampoo etc
Phone	You will have coverage in Jokkmokk
Credit card	To buy any souvenirs in Jokkmokk

The price includes

Cooking gear	Frying pan and coffea kettle
Travel sheets	To use in the huts
Sit pad	To sit on during brakes
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