



PACKING LIST - Across Padjelanta

Item	#	Comments and recommendations	Available for rent
<b>To wear</b>			
Jacket	1	Water and windproof jacket with hood	
Pants	1	Water and windproof pants	
Base layer top	1	We recommend wool	
Base layer bottom	1	We recommend wool	
Underwear	1	We recommend wool or synthetic	
Socks	1-2	We recommend wool socks	
Mittens	1 pair	Preferably water and wind resistant	
Liners	1 pair	Wool or syntetic	
Warm hat	1	Wind resistant	
Scarf/buff/balaclava	1	Fleece or wool	
<b>Clothing</b>			
Puffy insulated jacket	1	Down or synthetic jacket with hood to go over all other layers	
Extra base layer top	1	We recommend wool	
Extra base layer bottom	1	We recommend wool	
Heavy base layer top	1	Fleece jacket or heavier wool sweater	
Heavy base layer bottom	1	Fleece or heavier wool pants	
Extra underwear	1-2	We recommend wool or synthetic	
Extra socks	1-2	We recommend wool socks	
<b>Equipment</b>			
Backpack		About 35-40 liters for daytrips	x
Drybag/plastic bags	1-2	To waterproof clothes and gear	x
Indoor shoes		Crocs or sandals	
Sleeping bag		Temperature down to +5-10	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	
Insulated pants		Down	

Vest	Wool, fleece or down
Pillow case	Or use sweater
Small towel	To clean yourself with
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 maps

#### To leave in Jokkmokk

Bag/backpack	Big enough
Travel clothes	Regular clothes
Toiletries	Soap, schampoo etc
Phone	Telia has coverage in Jokkmokk
Credit card	To buy any snacks or souvenirs in Ritsem

#### The price includes

Ski package	Skis, boots, poles and skins
Safety equipment	Shovels, sitpads and wind sac/tent fly.
Sledge/Pulka	Fjellpulken transporter with harnes, shaft and packbag
Water bottle	About a liter in total
Thermos	About a liter in total
Eating kit	Bowl, spoon and mug
Gaiters	Keep snow out of your skiing boots
Cooking gear	Lightweight stove with pot and fuel

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