



PACKING LIST - Sarek ski expedition

Item	#	Comments and recommendations	Available for rent
To wear			
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	
Clothing			
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	2-3	We recommend wool socks	
Equipment			
Backpack		About 35-40 liters for daytrips	x
Drybag	1-2	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	
Optional			
		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
Knife	For cooking

To Saltoluokta	<i>One bag for Saltoluokta can be left in Jokkmokk before heading out</i>
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 includes

Ski package	Skis, boots, poles and skins
Sledge/Pulka	Fjellpulken transporter with harness, shaft and packbag
Sleeping bag	Synthetic with temperature down to -20/40
Sleeping pad	Inflatable AND foam pad
Camp shoes	Comfy, warm and lightweight
Tent	High quality Hilleberg tents
Cooking gear	Stove, pots, pan, pot grip, cooking utensils, fuel
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