

PACKING LIST - Sarek Adventure trek

Clothing Rain jacket 1 Water and windproof jacket with hood Insulated jacket 1 Down, synthetic or fleece Heavy base layer 1 Fleece jacket or heavier wool sweater Base layer top 1-2 We recommend wool T-shirt/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 4-5 pair We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack About 70-80 liters x Backpack Cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking bots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids for small wounds and blister care Optional Earlier guests have also recommended Sport bra Wool or synthetic Small tovel Protect you from mosquitos and keep you warm on cold days Sit pad To sit on during brakes. You can also use your backpack Gamera With even better in most places you will NOT have reception	Item	#	Comments and recommendations	
Rain jacket 1 Water and windproof jacket with hood Insulated jacket 1 Down, synthetic or fleece Heavy base layer 1 Fleece jacket or heavier wool sweater Base layer top 1-2 We recommend wool T-shirt/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 4-5 pair We recommend wool or synthetic We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Frefrably colorful Prybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Either camp shoes or river crossing shoes Sunglasses With Ur protection Small tube with high factor. Toiletries Toothpaste, toothbrush, lip balm, ear plugs, sanitary products Medicines etc. Prescription medication and favorite painkiller First aid Bandaids for small wounds and blister care Optional Earlier guests have also recommended Sport bra Wool or synthetic Small towel For quick bath in the lake 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 With extra batteries Lightweight			Availab	le for rent
Insulated jacket 1 Down, synthetic or fleece Heavy base layer 1 Fleece jacket or heavier wool sweater Base layer top 1-2 We recommend wool T-shirt/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 socks Gloves 4-5 pair We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack A About 70-80 liters x Backpack Cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Sun glasses 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 Bandaids for small wounds and blister care Optional Earlier guests have also recommended Sport bra Wool or synthetic First aid Recommended if you are sensitive to bugs Insect repellent Small bowl 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 With extra batteries Lightweight	Clothing			
Heavy base layer Base layer top 1-2 We recommend wool T-shirt/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 4-5 pair We recommend wool or synthetic Socks Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles Hiking boots With ankle support Camp shoes/River shoes 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 Bandaids for small wounds and blister care Optional Earlier guests have also recommended Sport bra Wool or synthetic Small tube Wool or synthetic Small tube Wind jacket Small bottle Small tube Sma	Rain jacket	1	Water and windproof jacket with hood	
Base layer top 1-2 We recommend wool T-shirt/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 4-5 pair We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack About 70-80 liters x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 towel Wind jacket Protect you from mosquitos and keep you warm on cold days Stit pad To sit on during brakes. You can also use your backpack Unit phone Lightweight	Insulated jacket	1	Down, synthetic or fleece	
T-shirt/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 4-5 pair We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack About 70-80 liters x Backpack Cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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 Gamera With extra batteries Binoculars	Heavy base layer	1	Fleece jacket or heavier wool sweater	
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 socks Socks 4-5 pair We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack About 70-80 liters x Backpack About 70-80 liters x Backpack At least one that can be used for river crossing x Hiking poles Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids for small wounds and blister care Optional Earlier guests have also recommended Sport bra Wool or synthetic Scart/buff/balaclava Fleec or wool Mosquito head net Recommended if you are sensitive to bugs Insect repellent Small bottle Small towel Protect you from mosquitos and keep you warm on cold days Sit pad To sit on during brakes. You can also use your backpack Gamera With extra batteries Binoculars	Base layer top	1-2	We recommend wool	
Hiking pants 1 Comfortable and quick drying pants Base layer bottom 1 We recommend wool Underwear 2-3 We recommend wool or synthetic Socks 4-5 pair We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 Athinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack About 70-80 liters x Backpack Cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	T-shirt/shirt	1	Wool or synthetic with short or long sleeves	
Base layer bottom 1 We recommend wool Underwear 2-3 We recommend wool or synthetic Socks 4-5 pair We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	Rain pants	1	Waterproof pants for heavy rainfalls	
Underwear 2-3 We recommend wool or synthetic Socks 4-5 pair We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 Athinner hat for colder days and nights Sun hat Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	Hiking pants	1	Comfortable and quick drying pants	
Socks 4-5 pair We recommend wool socks Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack Cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	Base layer bottom	1	We recommend wool	
Gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	Underwear	2-3	We recommend wool or synthetic	
Hat 1 A thinner hat for colder days and nights Sun hat Sun hat or baseball cap Equipment Backpack About 70-80 liters x Backpack Cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	Socks	4-5 pair	We recommend wool socks	
Equipment Backpack About 70-80 liters x Backpack Cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	Gloves	1 pair	Preferably water and wind resistant	
Equipment Backpack About 70-80 liters x Backpack cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	Hat	1	A thinner hat for colder days and nights	
Backpack About 70-80 liters x Backpack cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	Sun hat		Sun hat or baseball cap	
Backpack About 70-80 liters x Backpack cover Preferably colorful Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	Equipment			
Backpack cover Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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			About 70-80 liters	Х
Drybag 2-3 Lightweight bags to waterproof clothes and gear x Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	•		Preferably colorful	
Trekking poles At least one that can be used for river crossing x Hiking boots With ankle support Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Small towel For quick bath in the lake 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	•	2-3	·	х
Hiking boots Camp shoes/River shoes Either camp shoes or river crossing shoes 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 Bandaids 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 Insect repellent Small towel For quick bath in the lake 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 Binoculars Lightweight	· -			х
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 Bandaids 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 towel For quick bath in the lake 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 Binoculars Lightweight				
Sun block Toiletries Toothpaste, toothbrush, lip balm, ear plugs, sanitary products Medicines etc. Prescription medication and favorite painkiller First aid Bandaids 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 Small towel For quick bath in the lake 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	Camp shoes/River shoes		Either camp shoes or river crossing shoes	
Toiletries Toothpaste, toothbrush, lip balm, ear plugs, sanitary products Medicines etc. Prescription medication and favorite painkiller First aid Bandaids 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 Small towel For quick bath in the lake 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	Sunglasses		With UV protection	
Medicines etc. First aid Prescription medication and favorite painkiller Bandaids 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 Small towel For quick bath in the lake 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 Binoculars Lightweight	Sun block		Small tube with high factor.	
First aid Bandaids 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 Small towel For quick bath in the lake 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	Toiletries		Toothpaste, toothbrush, lip balm, ear plugs, sanitary products	
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 Small towel For quick bath in the lake 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	Medicines etc.		Prescription medication and favorite painkiller	
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 Small towel For quick bath in the lake 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	First aid		Bandaids for small wounds and blister care	
Sport bra Scarf/buff/balaclava Fleece or wool Mosquito head net Recommended if you are sensitive to bugs Insect repellent Small bottle Small towel For quick bath in the lake 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	Optional		Earlier guests have also recommended	
Scarf/buff/balaclava Mosquito head net Recommended if you are sensitive to bugs Insect repellent Small bottle Small towel For quick bath in the lake 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	•			
Mosquito head net Insect repellent Small bottle Small towel 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	·		•	
Insect repellent Small bottle For quick bath in the lake 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				
Small towel For quick bath in the lake 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	•			
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	·		For guick bath in the lake	
Sit pad To sit on during brakes. You can also use your backpack Camera With extra batteries Binoculars Lightweight			·	
Camera With extra batteries Binoculars Lightweight	-			
Binoculars Lightweight	•			
	Phone		In most places you will NOT have reception	

Pack bags To organize your clothes and things

Knife For cooking

Thermos Smaller size if you like hot drinks more than three times per day

Map and compass We recommend Calazo waterproof maps

To Saltoluokta One bag for Saltoluokta can be left in Jokkmokk before heading out

Bag/backpack Big enough for your travelling luggage

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

Tent High quality tents from Hilleberg

Sleeping bag Synthetic with temperature down to +8

Sleeping pad Inflatable matress

Cooking gear Stove, pots, pan, pot grip, cooking utensils and fuel

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