

Item	#	Comments and recommendations	Available for rent
To wear			
Hiking pants	1	Comfortable and quick drying pants	
T-shirt/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	
Clothes			
Rain jacket	1	Water and windproof jacket with hood	
Rain pants	1	Waterproof pants for heavy rainfalls	
Insulated jacket	1	Down, synthetic or fleece	
Heavy base layer	1	Fleece jacket or heavier wool sweater	
Base layer top	01-jan	We recommend wool	
Base layer bottom	1	We recommend wool	
Underwear	1-2	We recommend wool or synthetic	
Socks	2 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 60-70 l	x
Drybag	2-3	Lightweight bags to waterproof clothes and gear	x
Trekking poles		At least one that can be used for river crossing	x
Camp shoes		To use around the tent in the evening if your boots are wet	
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	
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	
Camera		With extra batteries	

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 Ritsem *One bag to leave in the minibus in Ritsem*

Bag/backpack	Big enough
Clean clothes	Clothes for travelling
Towel	For the shower in Ritsem
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 mattress
Sit pad	To sit on during brakes. You can also use your backpack
Cooking gear	Stove, pots, pan, pot grip, cooking utensils and fuel
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