

Item	#	Comments and recommendations	Available for rent
<b>To wear</b>			
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	
<b>Clothes</b>			
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	
<b>Equipment</b>			
Backpack		About 40-50 liters	x
Drybag	1-2	Lightweight bags to waterproof clothes and gear	x
Travel sheets		To use in the huts	
Indoor shoes		Crocs or sandals	
Small towel		For a very quick swim in the lake or in the sauna	
Headlamp		Lightweight (NOT necessary in June-mid August)	
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	
<b>Optional</b>			
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	
Wind jacket		Protect you from mosquitos and keep you warm on cold days	
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 Ritsem 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	Pots and pans etc for cooking lunch
Sit pad	To sit on during brakes
Eating kit	Bowl and spoon
Water bottle	About a liter in total
Food	Breakfast, lunch, dinner, snacks, hot drinks

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