



PACKING LIST - Laponia winter yoga retreat

Item	#	Comments and recommendations	Available for rent
To wear			
Jacket	1	Water and windproof jacket with hood	
Pants	1	Water and windproof pants	
Yoga clothes		Comfortable and stretchy yoga/training clothes	
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	
Extra underwear	5	We recommend wool or synthetic	
Extra socks	1-2	We recommend wool socks	
Equipment			
Bag/backpack	1	Big enough for all your luggage. Preferably a backpack.	
Backpack		About 40 liters	x
Drybag/plastic bag	1-2	To waterproof clothes and gear	x
Indoor shoes		Crocs or sandals	
Sunglasses		With UV protection	
Goggles		With UV protection	
Sun block		Small tube with high factor.	
Small note book		For reflection excercises	
Headlamp		With extra batteries	
Toiletries		Toothpaste, toothbrush, lip balm, ear plugs, sanitary products etc	
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	
Indoor clothes		Lightweight and comfortable	

Short insulated pants	Wool or fleece
Insulation pant/skirt	Down or syntetic to use during breaks
Vest	Wool, fleece or down
Camera	And extra batteries
Binoculars	Lightweight
Phone	Limited cell phone coverage in Saltoluokta
Pack bags	To organize your clothes and things
Favorite tea	If you have a "must have tea". We bring a variation of different sorts.
Coffee?	There will be coffee! Don't worry.
Map and compass	We recommend Calazo waterproof maps
Credit card	To buy any snacks or souvenirs in Saltoluokta

The price includes

Ski package	Skis, boots, poles and skins
Safety equipment	Shovels, sitpads and wind sac/tent fly.
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

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