



To wear 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 socks I -2 We recommend wool socks Mittens 1 pair Preferably water and wind resistant Liners 1 pair Wool or syntetic Varm hat 1 Wind resistent 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 Extra base layer bottom 1 We recommend wool Extra base layer bottom 1 We recommend wool Extra base layer top 1 Fleece jacket or heavier wool sweater Extra underwear 1-2 We recommend wool or synthetic Extra socks 1-2 To waterproof clothes and gear x Drybag/plastic bags 1-2 To waterproof clothes and gear x Indoor shoes Crocs or sandlas Sueplasses With UV protection Sun block Small tube with high factor. Headlamp With extra batteries Tolletries 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 Vool or synthetic Fost Wool, fleece or down	Item	#	Comments and recommendations	
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	Sport bra		Wool or synthetic	
Vest Wool, fleece or down	Insultion pant/skirt		Down or syntetic	
	Vest		Wool, fleece or down	

Pillow case Or use sweater
Small towel To use in the sauna
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 maps

To Ritsem One bag can be left in Ritsem before heading out

Bag/backpackBig enoughClean clothesNothing fancyToiletriesSoap, schampoo etc

Phone Telia has coverage in Ritsem and Akka hut
Credit card To buy any snacks or souvenirs in Ritsem

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
Cooking gear Lightweight stove with pot and fuel

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