



PACKING LIST - Laponia ski tour

Item	#	Comments and recommendations	Available for rent
<b>To wear</b>			
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 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	
<b>Clothing</b>			
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	1-2	We recommend wool or synthetic	
Extra socks	1-2	We recommend wool socks	
<b>Equipment</b>			
Backpack		About 45-50 liters	x
Drybag/plastic bags	1-2	To waterproof clothes and gear	x
Indoor shoes		Crocs or sandals	
Sleeping bag		Temperature down to +5-10	x
Sunglasses		With UV protection	
Goggles		With UV protection	
Sun block		Small tube with high factor.	
Headlamp		With extra batteries	
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>			
Sport bra		Wool or synthetic	
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/backpack	Big enough
Clean clothes	Nothing fancy
Toiletries	Soap, shampoo 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