



PACKING LIST - Kungsleden and Sarek

Item	#	Comments and recommendations
Clothing		
Rain jacket	1	Water and windproof jacket with hood
Insulated jacket/heavy base layer	1	Down, synthetic or fleece
Base layer top	1	We recommend wool
T-shirt/shirt	1	Wool or synthetic with short or long sleeves
Rain pants	1	Waterproof pants for heavy rainfalls
Hiking pants	1	Comfortable and quick drying pants
Base layer bottom	1	We recommend wool
Underwear	2-3	We recommend wool or synthetic
Socks	2-3	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 45-50 l (save space for common equip. and food)
Drybag	1-2	Lightweight bags to waterproof clothes and gear
Camp shoes		To use around the cabin if your boots are wet
Sunglasses		With UV protection
Sun block		Small tube with high factor.
Toiletries		Toothpaste, toothbrush, lip balm, ear plugs, sanitary prod.
Medicines etc.		Prescription medication and favorite painkiller
First aid		Band-aids for small wounds and blister care
Optional		
Recommended by earlier guests (choose only a few items)		
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 and swim suite		For quick bath in the lake
Wind jacket		Protect you from mosquitos & keep you warm on cold days
Trekking poles		To save your knees and to use when crossing smaller rivers
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	If you like hot drinks more than three times per day
Map and compass	We recommend Calazo waterproof maps

To Saltoluokta *One bag to left in Jokkmokk before heading out*

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

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