

Item	#	Comments and recommendations
Clothing		
Rain jacket	1	Water and windproof jacket with hood
Insulated jacket	1	Down, synthetic or fleece
Heavy base layer	1	Fleece jacket or heavier wool sweater
Base layer top	1-2	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	1-2	We recommend wool
Underwear	2-3	We recommend wool or synthetic
Socks	3-4 pair	We recommend wool socks
Gloves	1 pair	Preferably water and wind resistant
Hat	1	A thinner hat for colder days and nights
Sun hat		Sun hat or baseball cap
Equipment		
Backpack		About 70-80 liters
Backpack cover		Preferably colorful
Drybag	2-3	Lightweight bags to waterproof clothes and gear
Trekking poles		At least one that can be used for river crossing
Hiking boots		With ankle support
Camp shoes/River shoes		Either camp shoes or river crossing shoes
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
Optional		
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 & swim suite		For quick bath in the lake
Wind jacket		Protect you from mosquitos and keep you warm on cold days
Sit pad		To sit on during brakes. You can also use your backpack
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

Travel luggage *One bag can be left in Jokkmokk*

Bag/backpack	Big enough for your travelling luggage
Clean clothes	Nothing fancy
Toiletries	Soap, schampoo etc
Phone	Telia has coverage in Saltoluokta
Credit card	To buy any beverages or souvenirs

The price includes

Tent	High quality tents from Hilleberg
Sleeping bag	Synthetic with temperature down to zero (celsius)
Sleeping pad	Inflatable mattress
Cooking gear	Stove, pots, pan, pot grip, cooking utensils and fuel
Water bottle	About a liter in total
Eating kit	Bowl, mug and spoon
Gaiters	Keep dirt out of your hiking boots
Food	Breakfast, lunch, dinner, snacks, hot drinks

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