

Map and compass

PACKING LIST - Weekend hike in Muddus

Underwear Socks 2-3 pairs We recommend wool or synthetic Socks 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and evening. Sun hat 1 Sun hat or baseball cap Equipment Backpack Drybag 1-2 Lightweight bags to waterproof clothes and gear Hiking boots Underwear Crocs or sandals Sunglasses With UV protection Sun block Headlamp Lighweight Toiletries Soap, schampoo, toothpaste, toothbrush, lip balm, ear plugs etc Prescription medication and favorite painkiller First aid Bandaids for small wounds and blister care Optional Sport bra Scarf/buff/balaclava Wind jacket Protect you from mosquitos and keep you warm on cold days Small towel Camera With extra batteries Binoculars Lighweight The reception will be limited Pack bags To organize your clothes and things Will save your knees and help you with balance	Item	#	Comments and recommendations
Rain jacket 1 Water and windproof jacket with hood Warm layer 1 Down, synthetic or fleece Base layer top 1 We recommend wool T-shirt 1 Wool or synthetic with short or long sleeves Rain pants 1 Waterproof pants for heavy rainfalls Hiking pants 1 Comfortable, flexible and quick drying pants. Underwear 2-3 We recommend wool or synthetic Socks 2-3 pairs We recommend wool socks Thin gloves 1 pair Preferably water and wind resistant Hat 1 A thinner hat for colder days and evening. Sun hat 1 Sun hat or baseball cap Equipment Backpack About 45-50 liters Drybag 1-2 Lightweight bags to waterproof clothes and gear Hiking boots With ankle support Indoor shoes Crocs or sandals Sunglasses With UV protection Sun block Small tube with high factor. Headlamp Lighweight Toiletries Soap, schampoo, toothpaste, toothbrush, lip balm, ear plugs etc Prescription medication and favorite painkiller First aid Bandaids for small wounds and blister care Optional Earlier guests have also recommended Sport bra Wool or synthetic Scarf/buff/balaclava Fleece or wool Wind jacket Protect you from mosquitos and keep you warm on cold days Small towel For a very quick swim in the lake Camera With extra batteries Binoculars Lightweight Phone The reception will be limited Pack bags To organize your clothes and help you with balance	Claubin		
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Equipment Backpack About 45-50 liters Drybag 1-2 Lightweight bags to waterproof clothes and gear Hiking boots With ankle support Indoor shoes Crocs or sandals Sunglasses With UV protection Sun block Small tube with high factor. Headlamp Lighweight Toiletries Soap, schampoo, toothpaste, toothbrush, lip balm, ear plugs etc Medicines etc. Prescription medication and favorite painkiller First aid Bandaids for small wounds and blister care Optional Earlier guests have also recommended Sport bra Wool or synthetic Scarf/buff/balaclava Fleece or wool Wind jacket Protect you from mosquitos and keep you warm on cold days Small towel For a very quick swim in the lake Camera With extra batteries Binoculars Lightweight Phone The reception will be limited Pack bags To organize your clothes and help you with balance	Thin gloves	1 pair	Preferably water and wind resistant
Equipment Backpack	Hat	1	A thinner hat for colder days and evening.
Backpack Drybag 1-2 Lightweight bags to waterproof clothes and gear Hiking boots With ankle support Indoor shoes Crocs or sandals Sunglasses With UV protection Sun block Headlamp Lighweight Toiletries Soap, schampoo, toothpaste, toothbrush, lip balm, ear plugs etc Medicines etc. Prescription medication and favorite painkiller First aid Bandaids for small wounds and blister care Optional Earlier guests have also recommended Sport bra Wool or synthetic Scarf/buff/balaclava Fleece or wool Wind jacket Protect you from mosquitos and keep you warm on cold days Small towel For a very quick swim in the lake Camera With extra batteries Binoculars Lightweight Phone The reception will be limited Pack bags Trekking poles Will save your knees and help you with balance	Sun hat	1	Sun hat or baseball cap
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First aid Bandaids for small wounds and blister care Optional Earlier guests have also recommended Sport bra Wool or synthetic Scarf/buff/balaclava Fleece or wool Wind jacket Protect you from mosquitos and keep you warm on cold days Small towel For a very quick swim in the lake Camera With extra batteries Binoculars Lightweight Phone The reception will be limited Pack bags To organize your clothes and things Trekking poles Will save your knees and help you with balance	Toiletries		Soap, schampoo, toothpaste, toothbrush, lip balm, ear plugs etc
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Wind jacket Protect you from mosquitos and keep you warm on cold days Small towel For a very quick swim in the lake Camera With extra batteries Binoculars Lightweight Phone The reception will be limited Pack bags To organize your clothes and things Trekking poles Will save your knees and help you with balance	Scarf/buff/balaclava		•
Small towel Camera With extra batteries Binoculars Lightweight Phone The reception will be limited Pack bags To organize your clothes and things Trekking poles Will save your knees and help you with balance	Wind jacket		Protect you from mosquitos and keep you warm on cold days
Camera With extra batteries Binoculars Lightweight Phone The reception will be limited Pack bags To organize your clothes and things Trekking poles Will save your knees and help you with balance	Small towel		
Binoculars Lightweight Phone The reception will be limited Pack bags To organize your clothes and things Trekking poles Will save your knees and help you with balance	Camera		• •
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Pack bags To organize your clothes and things Trekking poles Will save your knees and help you with balance			
Trekking poles Will save your knees and help you with balance			
	_		
	Knife		For cooking

We recommend Calazo waterproof maps