



PACKING LIST - Yoga and hiking retreat in Saltoluokta

Item	#	Comments and recommendations
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Clothing		
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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	4	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		
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Backpack		About 40-50 liters
Drybag	1-2	Lightweight bags to waterproof clothes and gear
Hiking boots		With ankle support
Indoor shoes		Crocs or sandals
Small note book		For reflection exercises
Sunglasses		With UV protection
Sun block		Small tube with high factor.
Toiletries		Soap, shampoo, toothpaste, toothbrush, lip balm, ear plugs etc
Medicines etc.		Prescription medication and favorite painkiller
First aid		Band-aids for small wounds and blister care

Optional		
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Evening clothes		Earlier guests have also recommended Clothes to hang out in when we are not outside.
Yoga clothes		Comfortable and stretchy yoga/training clothes
Sport bra	1-2	Wool or synthetic
Small towel		To use if swimming in the mountain lakes
Swim suite		Lightweight
Mosquito head net		Recommended if you are sensitive to bugs
Insect repellent		Small bottle
Sit pad		To sit on during brakes. You can also use your backpack
Camera		With extra batteries

Binoculars	Lightweight
Phone	Please keep it on flight mode as much as possible
Credit card	To buy any beverages or souvenirs
Trekking poles	Will save your knees and help you with balance
Thermos	Smaller size if you like hot drinks more than three times per day
Favorite tea	If you have a "must have tea". We bring a variation of different sorts.
Coffee?	There will be coffee! Don't worry.
Map and compass	We recommend Calazo waterproof maps

#### The price includes

Cooking gear	Stove, pots, pan, pot grip, cooking utensils and fuel
Sleeping bag	To use in Pietsaure
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