



PACKING LIST - Midwinter in Muddus

Item	#	Comments and recommendations
To wear		
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
Clothing		
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
Heavy base layer top	1	Fleece pants or heavier wool pants
Extra underwear	2-7	We recommend wool or synthetic
Extra socks	2-7	We recommend wool socks
Equipment		
Backpack		About 60 liters, you'll be taking turns with the sledge/pulka
Drybag/plastic bags	1-2	To waterproof clothes and gear
Indoor shoes		Crocs or sandals (flor can be wet)
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
Optional		
Sport bra		Wool or synthetic
Insulated short pants		Down
Vest		Wool, fleece or down

Pillow case		Or use sweater
Small towel		Recommended for a "dry shower"
Camera		And extra batteries
Binoculars		Lightweight
Phone		In some places you will NOT have reception
Pack bags		To organize your clothes and things
Map and compass		We recommend Calazo waterproof maps
Credit card		To buy any snacks or souvenirs in Ritsem
To leave in Jokkmokk		
Bag/backpack		Big enough
Travel clothes		Regular clothes
Toiletries		Soap, shampoo etc
Phone		Telia has coverage in Jokkmokk
Credit card		To buy any beverages or souvenirs
The price includes		
Ski package		Skis, boots, poles
Safety equipment		Shovels, sitpads and wind sac/tent fly.
Sleeping bag and dry bag		Safety equipment and to use in the huts
Sledge/Pulka	1/pair	Pulk/sledge with harness, shaft and packbag (NOTE not water proof)
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		