



PACKING LIST - Sarek ski expedition

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 bottom	1	Fleece or heavier wool pants
Extra underwear	2-7	We recommend wool or synthetic
Extra socks	2-7	We recommend wool socks
Equipment		
Backpack		About 35-40 liters for daytrips
Drybag	1-2	To waterproof clothes and gear
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		
		Earlier guests have also recommended
Sport bra		Wool or synthetic
Short insulated pants		Wool or fleece

Insultion pant/skirt	Down or syntetic
Vest	Wool, fleece or syntetic
Small towel	Dry shower
Camera	And extra batteries
Binoculars	Lightweight
Phone	In most places you will NOT have reception
Pack bags	To organize your clothes and things
Map and compass	We recommend Calazo waterproof map

To Saltoluokta *One bag for Saltoluokta can be left in Jokkmokk before heading out*

Bag/backpack	Big enough
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

Ski package	Skis, boots, poles and skins
Sledge/Pulka	Pulk/sledge with harnes, shaft and packbag (NOTE not waterproof)
Sleeping bag with dry bag	Synthetic with temperature down to -20/40
Sleeping pad	Inflatable AND foam pad
Camp shoes	Comfy, warm and lightweight
Tent	High quality Hilleberg tents
Cooking gear	Stove, pots, pan, pot grip, cooking utensils, fuel
Water bottle	About a liter in total
Thermos	About a liter in total
Eating kit	Bowl, spoon and mug
Avalanche equipment	Shovel, tranciever and probe
Gaiters	Keep snow out of your skiing boots
Food	Breakfast, lunch, dinner, snacks, hot drinks

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