



PACKING LIST - Kungsleden and the mountain to the west

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
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/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		
		Earlier guests have also recommended
Sport bra		Wool or synthetic
Insulated short pants		Down

Heavy base layer bottom	Fleece or heavier wool pants
Vest	Wool, fleece or down
Pillow case	Or use sweater
Small towel	To use in the sauna
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 maps
Credit card	To buy any snacks or souvenirs in Ritsem/Stora Sjöfallet

To leave in Jokkmokk

Bag/backpack	Big enough
Travel clothes	Regular clothes
Toiletries	Soap, schampoo etc
Phone	Telia has coverage in Jokkmokk
Credit card	To buy any beverages or souvenirs

The price includes

Ski package	Skis, boots, poles and skins
Safety equipment	Shovels, sitpads and wind sac/tent fly.
Sleeping bag ink dry bag	Safety equipment and to use in the huts
Sledge/Pulka	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