



PACKING LIST - Canoeing in Pärälven Nature Reserve

Item	#	Comments and recommendations
Clothing		
Rain jacket	1	Water and windproof jacket with hood
Insulated jacket	1	Down, synthetic or fleece
Heavy base layer	1	Fleece jacket or heavier wool sweater
Base layer top	1-2	We recommend wool
T-shirt/shirt	1	Wool or synthetic with short or long sleeves
Rain pants	1	Waterproof pants for heavy rainfalls
Hiking pants	1	Comfortable and quick drying pants
Base layer bottom	1-2	We recommend wool
Underwear	2-3	We recommend wool or synthetic
Socks	3-4 pair	We recommend wool socks
Gloves	1 pair	Preferably water and wind resistant
Hat	1	A thinner hat for colder days and nights
Sun hat		Sun hat or baseball cap
Equipment		
Backpack		About 30-40 liters
Backpack cover		Preferably colorful
Drybag	2-3	Lightweight bags to waterproof clothes and gear
Hiking boots		Comfortable hiking boots for day tours
Sandals/shoes		A second pair of shoes/sandals that can get wet.
Sunglasses		With UV protection
Sun block		Small tube with high factor.
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
Scarf/buff/balaclava		Fleece or wool
Mosquito head net		Recommended if you are sensitive to bugs
Insect repellent		Small bottle
Small towel & swim suite		For quick bath in the lake
Wind jacket		Protect you from mosquitos and keep you warm on cold days
Sit pad		To sit on during brakes. You can also use your backpack
Camera		With extra batteries
Binoculars		Lightweight

Phone		In most places you will NOT have reception
Pack bags		To organize your clothes and things
Knife		For cooking
Thermos		If you like hot drinks more than three times per day
Map and compass		We recommend Calazo waterproof maps
To leave in Jokkmokk		
Bag/backpack		Big enough for your travelling luggage
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		
Tent		High quality tents from Hilleberg
Waterproof canoe bag		To pack your clothes waterproof
Sleeping bag		Synthetic with temperature down to zero (celsius)
Sleeping pad		Inflatable mattress
Cooking gear		Stove, pots, pan, pot grip, cooking utensils and fuel
Water bottle		About a liter in total
Eating kit		Bowl, mug and spoon
Gaiters		Keep dirt out of your hiking boots
Food		Breakfast, lunch, dinner, snacks, hot drinks
The guide will also bring GPS, communication device, first aid and repair kit		