



PACKING LIST - Northern lights and off-grid life in Aktse

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 (under gloves/mittens)	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	2-6	We recommend wool or synthetic
Extra socks	2-6	We recommend wool socks
Equipment		
Backpack/Duffelbag		About 50-60 liters
Small backpack		For daytours, around 25-45 liters
Indoor shoes		Crocs or sandals (flor can be wet and cold)
Towel		Small /Travel towel for saunas
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

Insultion pant/skirt	Down or syntetic
Heavy base layer bottom	Fleece or heavier wool pants
Vest	Wool, fleece or down
Pillow case	Or use sweater (We provide sleepingbag & inlet sheet)
Small/Travel towel	For a dry wash in the evening or 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, Sarek & Padjelanta

The price includes

Snowshoes	You can use your own winterboots in them
Ski package	Skis, boots, poles and skins
Safety equipment	Shovels, sitpads and wind sac etc. - The guide provides on tour
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	The guide provides on tour

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