

Scandinavia Adventure Travels

by larssvanerudguide

Equipmentlist for nordic backcountry skitour between cabins and mountainlodges

General recommendations

All your gear are in someway a part of your securitysystem to keep you warm, dry and protected from rain, snow, wind and otherwise contribute to ensuring that you can travel safely and carry out what we have planned. It is also important that you have enough energy and fluids to be able to perform at the right level and cope with any events that involve delays based on the plan. Having said that, it is important that you follow our advice, have good quality equipment that you know works for you and that you are used to using

Item	Amount	Comments	Available for rent	Included in this tour
To wear				
Jacket	1	Water and windprof with a hood		
Pants	1	Water and windproof		
Baselayer top	1	Wool or syntethetic. We recommend wool		
Baselayer pants	1	Wool or syntethetic. We recommend wool		
Underwear	1	Wool or syntethetic. We recommend wool		
Socks	1	1-2 layer . We recommend wool socks		
Warm hat / benie	1	Wool or syntethetic		
Gloves	1			
Buff/Balaclava	1	Wool or synthetic		
To wear in case of cold, snowdrift or sun (pack this easily accessible)				
Thicker baselayer for extra insulation	1	Fleece sweater or thicker wool sweater		
Puffy jacket with a hood	1	Down och synthetic jacket. Big enough to pull over your other clothes		
Mittens	1	warm		

Ski goggles	1	To protect your eyes and face from wind and snow		
Sunglasses	1	To protect your eyes from the strong reflections from the sun		
Extra clothes. For change to dry when we are in the cabins or i case anything gets wet during the day				
Extra socks	1-2 pair	Wool or synthetic. We recommned wool		
Extra baselayer top	1	Wool or synthetic. We recommned wool		
Extra baselayer pant	1	Wool or synthetic. We recommned wool		
Extra underwear	1-2 pair	Wool or synthetic. We recommned wool		
Indoor shoes	1	Sandals or other lightweith shoes		
Bathingclothes for the sauna.		In sweden it is ok to have no clothes on when you are in the sauna but that is your personal choice. The sauna is sometimes mixed swith both women and men.		
Equipment and food				
Backpack	1	about 50 liters It is important that you test and prepack your gear att home and have space over for the equipment and food that you will have when you meet your guide.	x	
Drybags or plastic bags		To waterprotect your clothes	x	
Sleepingbag	1	To use in the cabins but also as a safety equipment in case of bivac during the tour. Comfort temp around +/-0 C is recommended.	x	
Pillowcase	1	In the cabins you have 1 pillow per bed. You can use a pillowcase or put the pillow in one of clothes, tshirt or sweater, as a pillowcase.		
Headlamp and batteries	1			
Windsack/Bivybag		The guide distributes 1 windbag per two people. The wind bag weighs about 500 grams and takes up about 1 liter in space	x	x

Snow shovel		The shovel is foldable and can either be placed in the backpack or attached to the outside. The guide distributes one shovel per two people. The shovel weighs approximately 600 grams	x	x
Sitpad		For insulation during brakes	x	
Thermos	1	To the lunchpack we use about 0,5 l of hot water.	x	
Waterbottle insulated or an extra thermos	1	During the day need about 1,5 liter to drink. In total 2 liter including the hot water for lunch	x	
Snacks, coffe, the Spoon/Spork	1	Bring your own favorites. In some of the cabins you can by snacks, See the day to day plan for your tour To eat the lunchmeal	x	
Lunchpack	4	freeze-dried food where we only add hot water. The lunch weighs about 130 gram each.	x	x
Toiletries		Toothpaste, toothbrush, soap, sanitary products, small towel		
First aid		Plasters for blisterds and minor wounds. The guide have a bigger firstaidkit		
Personal medecine		Your personal medication and favorite painkillers		
Creditcard or cash shopping at the cabins and mountainstations		Information about which payment options are available in the cabins we stay at can be found in the day-by-day program for the tour you have chosen		
Skiequipment				
Nordic backcountry skis with a steeledge and NNN BC binding	1 pair		x	x
Skiboosts	1 pair		x	x
Skipoole	1 pair		x	x
Ski skins	1 pair	Skins to attached under the skis when climbing steeper parts	x	x
Optional equipment				
Earplugs		For a god night sleep in the cabins		

		Lightweith to wear in the cabins and moutainlodges. It is generally a relaxed style when it comes to clothing in the cabins and mountain stations and it is perfectly ok to walk around in the baselayer. However, it can be nice to, for example, have some clean clothes when we have dinner at the mountain stations		
Indoor clothes				
Pillowcase		Or just use a sweater		
Insulated pants		To use during brakes		
Camera				
Phone		In most places you will not have reception		

In your guides backpack (Your guide carry extra equipment for safetyreason)

Firstaid kit also including material for reparation
Garmin GPS and sattelite communication unit
Map and compass
Phone and powerbank
Small kitchenstove and gas to use in case of emergency
Probe, showel and windsack
sleeping pad in cellular plastic