

PACKING LIST

NORTHERN LIGHTS & WILDLIFE IN SWEDISH LAPLAND

Luggage

you can travel with a suitcase, duffel or wheeled bag since you will only need to take your bag from the van to your room/tent and back. We also recommend you to bring a small daypack.

Clothing

Rental of outer layer clothing is included in your tour price, however the following are requirements/recommendations which you will need to bring in addition:

Feet

- ☞ Two layers of socks: Thin liner socks + thick socks, wool or synthetic, not cotton. Plus an extra set of socks for when your feet are damp. You don't need to change socks each day, just hang them outdoors overnight to kill any bacteria.
- ☞ Winter boots are included in our rental winter clothing set, however since these boots are large and heavy you may still want to bring a pair of normal boots to wear in the van or when it is not freezing.

Lower Body

- ☞ Base layer: long johns, wool or synthetic.
- ☞ Middle layer: heavy wool (wool terry) or fleece trousers. Note that the rental trousers that we provide are insulated enough so you may not need a middle layer.

Upper Body

- ☞ Base layer: long sleeved top or thermal base layer, wool or synthetic
- ☞ Middle layer: wool or fleece jacket

Head & Hands

- ☞ Inner gloves: Five-finger wool glove liner to wear inside your mittens
- ☞ Balaclava or buff (neck gaiter)
- ☞ Head torch with extra batteries or charger
- ☞ Optional: Thin hat/beanie to use when not freezing

Also Remember

- ☞ Credit card (you won't need cash, all places will accept VISA and Mastercard at least)
- ☞ Phone + charger
- ☞ Electricity adapter: Sweden uses the Europlug (type C and F) and 230 volts
- ☞ Personal toiletries and an oil-based moisturiser
- ☞ Personalised first aid kit with personal medicines

- 🌀 Slippers, slip on exercise sandals or crocs for indoor use (for cold floors)
- 🌀 Sunglasses and sunblock (only during February - April)
- 🌀 Water bottle (you can refill from taps)
- 🌀 Camera with extra batteries. Tripod is essential for Northern Lights photography
- 🌀 Binoculars (8x recommended for moose and reindeer)
- 🌀 Small backpack – for extra layers of clothing, camera, snacks etc
- 🌀 A feel-good book
- 🌀 Your favourite chocolate bars

Note that bed linen and a towel are already included, you don't need to bring these with you.

