



Packing list Trekking

Trekking self catering trip Lögdeälvens Wilderness Trail (4 days)

3 pairs of trekking socks	long string
3 underwear sets	some clothespins
3 functional T-shirts	garbage bags
Fleece jacket / sweater	phone / camera
Windstopper Jacket	pin / diary
Trekking pants Cap / sunscreen	good Trekking Pad under Sleeping bag
Fleeccap/ tea / coffee	energy bars / Chocolate
Rain pants (really waterproof!)	Cup / plate / outdoor cutlery
Raincoat (really waterproof!)	5 x Travellunch (food bag)
Waterproof luggage bag / plastic bag of cereal / milk powder / sugar / Flask	lighter / lighter / cookware
Long distance driving hiking boots	favorite reading book
Sandals/ Gloves / Hand Warmer	painkillers / personal medication
Sleeping bag to the season adapted	self-dissolving toilet paper "Thedford"
Sunglasses	personal things that are indispensable
Headlamp incl. spare batteries	large suitable Trekking backpack
Pocketknife	Campfire place accessories
First aid kit / blisters/ campfire accessories	mosquito repellent: "Djungelolja"
Hygiene items needed	Water Bottle
Travel Sewing Kit	Handkerchiefs
Biodegradable soap/ towel	

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