



Equipment suggestions

Backpack (60-80 liters depending on the possibility of attaching equipment to the outside of the bag)

Backpack rain cover

Packing bags

Bedding

Sleeping bag

Pillow(?)

Headlamp (plus extra batteries?)

Underwear (panties, sports bras, long & short sleeves)

Wool socks (thin + medium thick)

Hiking pants (quick dry -not jeans)

Warm sweater (fleece or wool)

Airy shirt/t-shirt (in a functional material)

Hat and / or buff

Windproof gloves

Rain jacket

Rain pants

Boots

Waterproof packing bag for underwear

Kåsa / mug

Cutlery

Water bottle

Dish towel

Washing-up liquid

Dish brushes

Energy sweets (eg dried fruit and nuts)

Garbage bag

Toilet bag

First aid kit

Scab patches

Alvedon / Ipren

Toothbrush and toothpaste

Towel

Toilet paper

Soap

Sun protection factor

Mosquito repellent

Knife

Possibly:

Sunglasses(?)

Repair kit: Needle, thread, ducttape, patches if you have an inflatable sleeping pad