



Packlist summer tours

Clothes

1. **Short shorts / pants (wool material is the best)**

2. **Long shorts / pants (wool material is the best)**

3. **Long sleeved undershirt (wool material is the best)**

4. **Mid layer, long-sleeved shirt, shirt or similar (fleece jacket, etc.)**

There are differing opinions about which underwear is best. Provided that you do not think they itches so we recommend underwear in wool or wool blends because they hold heat well and does not smell so bad even if they are not washed every day.

5. **Socks**

The feet are usually the part of us that take biggest beating during a hike. 2 - 3 pairs is appropriate and preferably in wool. Your shoes should accommodate two pairs of socks. A thin liner sock next to the foot and a thicker wool as outer layer

6. **Jacket or anorak in wind-or waterproof and breathable fabric**

Long enough so it gives good protection to the lower trunk plus one easy hood that is large enough. It is important that it is easy to turn to the sleeves at the wrists, even with gloved hands. Spacious pockets are always good. See also Comment No. 13. GoreTex, Proof or similar are other common materials in jackets.

7. **Long pants**

Hiking Pants with leg pockets of greatly and durable fabric and with legs locking.

On a long tour in the mountains, one must be prepared for anything from plus degrees with rain and / or wet snow down to chill with temperatures below freezing. If you want to save weight is the easiest when using waterproof and "breathable" material in the clothes and vary. Then, no additional rain gear is needed. Unfortunately, however, some people have problems with it getting too hot and sweaty with waterproof clothing and then it is better with clothing that breathes well but still is windproof and moisture repellent and complemented with waterproof garments when necessary. See also Comment No. 14.

8. **Gaiters**

If you are unable to fasten your trousers in the shoes, or lock the legs in the bottom of such a set they do not slip up, it is best to use separate gaiters, preferably in a waterproof and breathable fabric. Another advantage of the gaiters is that the pants do not get wet at the bottom.

9. **Gloves**

Thin wind and water resistant gloves.



10. **Cap/Beanie**

For normal weather should the cap/beanie should not be too hot. However, it is good if it is windproof and close to your ears. I use a thin inner cap/beanie in merino wool and if needed a little thicker cap/beanie on the outside.

11. **Sunglasses.**

Sufficiently dark to intense sunlight and designed to provide protection for side lighting. A highly original case is important because the glasses might be damaged, for example, in the tent or backpack.

12 **Shoes**

A good walking shoe should be relatively stable without being unnecessarily flexurally rigid and stiff in the shaft. It should be steady but still a pleasant step where not too hard sole and heel strain the Achilles tendon and cause blisters. The shoe must also be so high that there is no gap between the shoe edge and possibly gaiters. In addition, it must be so spacious to make room for the insole and two pairs of socks.

It is a matter of taste to use mid-rise or high boots, and the most important thing is that the boots are comfortable and fit your needs.

13. **Waterproof jacket.**

The jacket shall be long enough to cover the pockets and any vents on the pants even when it has fully loaded backpack and hip belt. The jacket slips always up a bit when you move around.

14. **Waterproof coating pants if No. 7 are not waterproof.**

It is important that it is easy to put on pants without taking off your shoes. Many pants have full zipper along the leg so they can be fully opened. Make sure the zippers really are waterproof. Ventilation at the top is good but requires that the jacket is long enough and covers the vent openings.

15. **Thin down jacket / down vest or other extra clothing**

There are many options but it is a great advantage if the heating garment quickly and comfortably can be taken on and off the at breaks.

16. **Wadingshoes / Camp shoes** – A lighter shoe, sneaker or sandal.



Other equipment

17. **Backpack 30-50 liters (A backpack for day trips) 50 - 80 liters (For longer tours / expeditions)**

It is better to have a more spacious backpack with room for everything. What kind of backpack is a matter of taste, the important thing is that it feels solid and comfortable, not too heavy and it holds all the gear. Pack your personal items and extra clothing in waterproof bags and use a rain cover to pull over your backpack if necessary.

18. **Sleeping bag/Sleeping set**

There are many nice sleeping sets for overnight stay at the cabin there is also a thinner and lighter sleeping bag works well. When Overnight in tents, it should be a well-functioning sleeping bag, preferably a 3-sack seasons.

19. **Sleeping mat**

Today, there are inflatable thermal sleeping mat that provides a convenient backing in addition to providing good insulation against the ground.

20. **Toiletries** - After personal needs.

21. **Scissor/knife**

22. **Toiletpaper**

23. **Sunprotection** - The sun can be strong even in the mountains at summertime.

24. **Cup** - Good with a mug that has volume indications.

25. **Map** – Plastic covered map of the area.

26. **Compass**

27. **Waterbottle/Thermobottle**

There are different opinions and needs of how much fluid you need in a day. We believe that a couple of liters is a minimum provided that you drink properly before starting in the morning. Otherwise, you may need more. If you want to reduce weight and accept that the drink is not hot later in the day, one can use lexan bottles with insulating sleeve instead of thermos.

28. **Matches / lighter / fire starter** – Always!

29. **Knife and/or multifunction tool**

30. **Headlamp**

31. **Personal medicins**

Extra equipment that can be good to have but not necessary

34. **Camera**

35. **Binocular**

36.. **GPS** – Don't forget the batteries! The guide always wear a GPS