



Packing list wintertour

Clothing

1. **Short shorts / pants** (wool material is the best) – I recommend with shelter in the front

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

3. **Long sleeve underwear** (wool material is the best)

4. **Long sleeve shirt , shirt or similar** (fleece jacket , etc.)

There are differing opinions about wich underwear is best. Provided that you do not think they itch 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**

In case of severe cold feet are usually the part of the body that are the hardest to keep warm. Therefore take plenty of socks . Preferably in wool. 2-3 couple appropriate. A thin liner sock next to the foot and a thicker wool thereon.

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 in wind - or waterproof and breathable fabric**

On a long ride in the mountains, one must be prepared for anything from plus degrees with rain and / or wet snow down to the nasty cold of minus 35. 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. 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. **Leggings / Gaiters**

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

9. **Gloves**

Flexible solutions are preferred. We recommend outer gloves with loose inner gloves. In warm weather, thin finger gloves is a good complement. They can also work well inside an outer glove and used in the cold in photograping and other activities when you need to be " dexterity " .



10. Beanie

Two caps are good to have. For normal weather the beanie should not be too warm. However, it is good if it is windproof and close to your ears. I use a thin inner cap in merino wool and a thicker cap outside that I can regulate the heat with.

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.

12a Ski boots

A good ski shoe should be relatively stable without being unnecessarily flexurally rigid and hard. It will give decent Charter at downhill 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 end of the shoe and gaiter. In addition, it must be so spacious to make room for the insole and two pairs of warm socks. The shoe must of course be adapted to the ski bindings.

12b Big warm shoes etc that are warm to walk and stand in for use eg when ice fishing, snowmobile, easier hikes

12c Indoor shoes / camp shoes etc that are lighter and can be used in the cabin or in camps. Down shoes with soles are great and handy to have in the tent while a lighter winter shoe may work in cabin.

13. Waterproof jacket if heading No. 6 is not waterproof.

The jacket shall be long enough to cover the pockets and 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 on heading No. 7 are not waterproof.

It is important that it is easy to pull on pants without taking off your shoes. Many pants have zippers for the entire 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 ventilatilons openings.

15. Down jacket or other garment to

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



Other Equipment

16. Skis

A touring ski should have appropriate range, be wide enough and have the waist so it can swing and still be "steady course" during normal riding. It shall be made for long rides so it last, and the same applies for the bindings, that shall be stable and withstand the harsh stresses they will face. Steel edges are not completely necessary but it helps if the ground is hard and icy. Free Waxing skis are preferred by many and in difficult waxing bow is often appropriate. One commonly uses skins at the tours.

17. **Skins** - Adapted to the skis and functioning glue.

18. Poles

Poles where the length can be adjusted is to recomend, but more important is that they are very strong and that the stake bottom is large enough soft snow but designed so that the snow does not stick to them.

19. Backpack 30 – 40 litre (for daytours) or 50 – 70 litres (for weektours)

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 preferably use a rain cover to pull over your backpack if necessary.

20. Sleeping bag/sleeping set

There are many nice sleeping sets for overnight stay at the cabin. A thinner and lighter sleeping bag works well as well. When sleeping in tent overnight, it should be a well-functioning sleeping bag, either a 4-sack seasons or so a 3-seasons bag and a thinner bag inside.

21. Outdoor mattress

22. **Hygiene Items** - After personal needs.

23. Scissor

24. Toiletpaper

25. **Sunscreen** - sunshine in the winter requires sun protection with high factor.



26. **Cup** – A cup with volume indications is good

There are different views and needs of how much fluid you need in a day. We believe that a couple of liters is a minimum and that you drink properly before starting in the morning. Hot drink is to recommend, and then use one thermos bottle. If you also want colder water is a lexan bottle good that is resistant crushing.

27. **Matches and lighter**

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

It is important to have a screwdriver that fits into ski bindings which unfortunately is not all screwdrivers on multi tools do. Check! Think what that can broken on the tour and take with spare parts for it.

If you go with a guide, the guide will bring all this.

29. **Map/Compass** – Make sure you have a map cover the right area

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30. **Headlamp**

31. **Personaly thgings, medicines**

Extra equipment that can be good to have but not necessary

32. **Kamera**

32. **Binocular**

33. **GPS** – Don't forget extra batteries.

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