



Packing list

We generally recommend wool underneath wind and water resistant clothing. Wool does not collapse when moist and retain insulating properties.

Wear several thinner layers, rather than a single thick layer. This way, you can adjust clothing to temperature and activity-levels.

On your head

Hat (windproof)
Balaclava
Buff (Preferably wool)

Upper body

Undergarments (Preferably wool)
Thermal top (preferably wool)
Mid-layer (preferably wool)
Thick sweater (preferably wool)
Jacket (Should withstand wind and weather with a good hood. Preferably with zippers for ventilation underneath arms)
Insulated jacket

On your hands

Wool mitten (mittens are warmer than gloves)
Windproof mitten
Thin liner glove

Lower body

Thermal leggings (preferably wool)
Thicker leggings (preferably wool)
Trousers
Windproof Bibs

Feet

Thin liner socks (preferably wool)
Thick socks (preferably wool)
Vapor-barrier (optional, see note below)
Skiing-shoes
Gaitors
Campshoes (recommended)
Skis (mountain skis with steel edge)
Skiing poles
Skins

Other equipment

Toothpaste & toothbrush
Sunscreen & sunblock
Personal medication
Heat packs
Sun-goggles
Nalgene bottle
Camera-equipment
Sleeping bag (Optional. You can rent this for an addition in price)
Bags for packing on pulka
Downmat (recommended)

*some guests prefer to use a vapor barrier to keep their shoes dry and to prevent heat loss from their feet. You can read more about the principle [here](#)