

## **To participants in Idrottsveteranerna's back-country ski expedition 2019**

Please find the proposed equipment list written in English below. Expected temperatures during Easter for the Sarek area are between -5 and -25 degrees Celsius. The equipment list is just a recommendation and it is possible that I have forgotten something. Follow your own judgements and please feel free to take contact with Idrottsveteranerna if you have any questions.

**Group equipment required** (possible to borrow from Idrottsveteranerna, contact for availability):

- Tents
- Stoves and fuel
- Shovels (preferably one for each two participants)
- Wind sacks
- Tape for feets
- Sunblock
- Pack of extra batteries for headlights

### **Personal equipment:**

- Backpack, preferably +75 litres
- Plastic lining for backpack waterproofing
- Winter sleeping bag
- Winter sleeping mat (please avoid inflatable sleeping mats)
- Thermos at least 2 litres
- Personal water bottle carried on body 0.5 litres
- Headlight
- Plastic spoon
- Compass
- Sunglasses

### **Personal clothing:**

#### **Layer one:**

- Thin socks, 2 pairs (wool preferably)

- Thin gloves
- Balaclava/buff
- Functional underclothing, 2 pairs (long t-shirt)
- Functional underclothing (long underwear)

**Layer two:**

- Socks second layer, 2 pairs minimum
- Warm sweater
- Outdoor pants
- Gore-tex jacket (or its equivalent)
- Gore-tex pants (or its equivalent)
- Skiing gloves
- Skiing cap/hat

**Layer three:**

- Down jacket (or its equivalent)
- Warm hat
- Warm gloves

Idrottsveteranerna will bring a first aid kit, one GPS and provide maps for all participants.

**Food:**

- Freeze dried 24 hours field rations are available for purchase from Idrottsveteranerna, cost of approximately 250 SEK/USD 30 per person and day (make contact for availability in due time)

**Fuel:**

- Gas, propane/butane and kerosene is available for purchase from Idrottsveteranerna, cost of approximately 100 SEK/USD 12 for 230g propane/butane and 100 SEK/USD 12 for 1 liter gas/bensin (make contact for availability in due time)