

Wilderness Retreat 2025 at Akumaja – Packing List

Packing Considerations:

- On the first day, we will carry all our personal gear and shared food supplies to the campsite. Please leave some space in your backpack for communal supplies (about the equivalent of 5 milk cartons).
- Pack everything inside your backpack using plastic bags/garbage bags or waterproof dry bags to keep your gear dry in case of rain.
- During the retreat hikes, we will primarily carry daypacks.

Clothing Notes:

- It's best to dress in layers for warmth and versatility – the weather can be quite changeable in Lapland at this time of year. The temperatures may go below freezing or reach over 25 degrees, and the weather can fluctuate significantly within a single day, ranging from bright sunshine and strong winds to rain and freezing temperatures.
- Merino wool is the best material for base layers—it retains warmth even when damp and doesn't start to smell so quickly. However, synthetic materials also work well.
- Wool in general is warm and functional even when damp.
- Down vs. synthetic sleeping bags: Down is lighter and more compact but does not retain warmth when wet. If using down, ensure it stays dry. Be mindful of ethical considerations regarding down production, as it can involve serious animal welfare concerns.
- In general, prioritize weather-resistant and quick-drying materials in both clothing and gear.

PERSONAL GEAR

Shoes & Socks

- Sturdy hiking boots that support the ankles and provide some water resistance. It's crucial that the boots are worn in and comfortable for walking. High-quality hiking rubber boots can also be an option
- Camp shoes (hiking sandals, sneakers, or Crocs) for camp use and river crossings
- 2–4 pairs of hiking socks – avoid cotton socks, as they retain moisture and can cause blisters
- 1–2 pairs of wool socks – one pair can be reserved for sleeping

Clothing

- Hiking pants – lightweight, loose-fitting, and full-length to protect from insects
- Second pair of pants – preferably water-resistant or waterproof (if hiking pants are not).
- 2 pairs of long underwear (base layer pants) – merino wool recommended
- 2 base layer long-sleeve shirts – merino wool recommended
- 3–5 pairs of underwear
- 1–2 sports bras – comfortable and quick-drying are best
- 1–2 T-shirts or tank tops
- 1 long-sleeved shirt – for protection against insects and sun exposure
- 1–2 insulating mid-layers – wool sweater or fleece

- 1 insulating outer layer – lightweight insulated jacket (down or synthetic)
- Windproof and waterproof jacket (or windproof jacket + separate rain poncho)
- Gloves or mittens
- Hat (beanie)
- Scarf or tube scarf
- A netted mosquito hat - with a net that hopefully can't touch your face. You might also consider a separate mosquito net and a windbreaker.

Equipment

- Backpack – well-fitted, 60–80 liters depending on your size.
- Daypack – for daily hikes (approx. 30–40 liters, should fit extra clothes, food, camping cooker, water bottles).
- Tent – must be waterproof! If you don't own a tent or cannot borrow one, please indicate this in the separate questionnaire we will send closer to the retreat. We will try to arrange enough tents for everyone.
- Warm three-season sleeping bag – comfort rating recommended for temperatures below 0°C.
- Well-insulated sleeping mat – Two cheaper mats combined works well if you don't feel that yours is sufficient (1 foam + 1 air or 2 foam).
- Lightweight sitting mat for meditation (e.g., foam mat).
- Water bottles/containers/drinking bladders – minimum capacity of 1 liter.
- Lightweight eating utensils – plate, cup, spoon/spork (possibly also fork and knife). Label these so that you find yours after dishwashing.
- Toilet paper – 1–3 rolls (enough for your personal use during the week)
- Matches (watertight – e.g. in a zip-lock bag)
- Blister plasters
- Toothbrush & toothpaste
- Biodegradable soap/shampoo
- Personal medications
- Extra plastic bags – for wet clothes, food storage, and trash.
- Train tickets.
- Personal snacks – energy needs may increase significantly, so bring your own snacks (nuts and protein-rich snacks are great).
- Towel
- Sauna seat cover
- Sunscreen
- Sunglasses
- Sleep mask – for sleeping in bright conditions
- Insect repellent
- Cash/card for teacher and manager donations

Recommended Items

- Painkillers

- Hand sanitizer
- Moisturizer – if your skin dries easily
- Magnesium, energy drink concentrate, or electrolyte powder
- Tiger Balm/Mobilat – useful for sore muscles
- Ankle tape

Optional Items

- Camera
- Phone – packed waterproof, to be kept mostly turned off
- Swimsuit
- Talcum powder – helps prevent blisters
- Trekking poles
- Rain poncho – also useful in camp during rain
- Warm shawl or blanket – for meditation (your sleeping bag can also work)
- Pillow – inflatable or a bag of clothes can serve as a pillow
- Camping stool or lightweight meditation bench
- Small thermos bottle

PROVIDED BY THE ORGAIZERS

- Camping stoves & fuel
- Food supplies
- Lighter
- Dishwashing supplies
- 2 maps
- 2 compasses
- Emergency phone
- First aid kit