


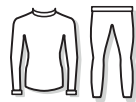

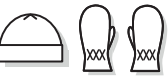











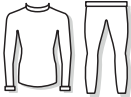
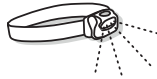
















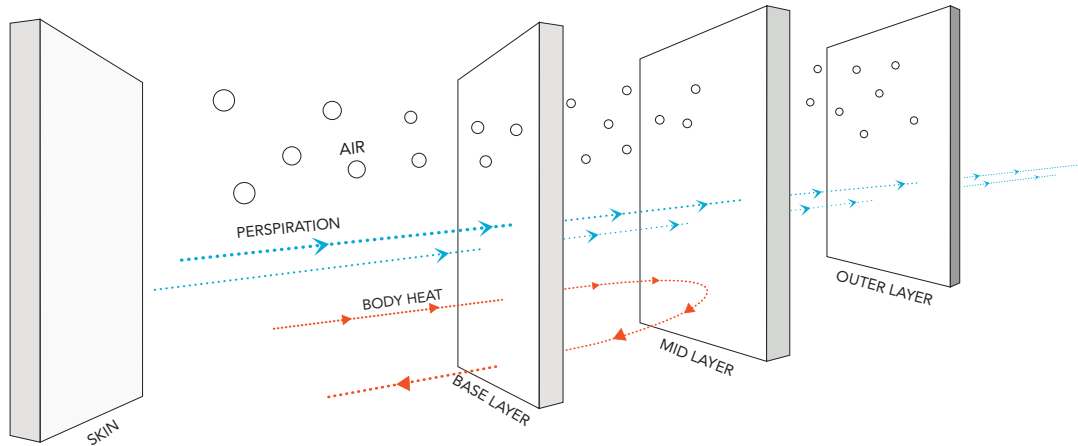
USE THE BOXES TO TICK OFF THE ITEMS YOU HAVE PACKED

- | | | | | | |
|---|--------------------------|---|---|--------------------------|--|
|  | <input type="checkbox"/> | <p>PASSPORT & VISAS
It is your responsibility to ensure you meet the entry requirements for all the countries you are visiting. <i>Please see the trip preparation section on our website for details.</i></p> |  | <input type="checkbox"/> | <p>MOBILE PHONE, CHARGER & ADAPTER
In case your flight is delayed and you need to contact the hotel. Remember your plug adaptor too.</p> |
|  | <input type="checkbox"/> | <p>FINAL TRAVEL DOCUMENT
Contains vital information including emergency contact numbers and flight and luggage information.</p> |  | <input type="checkbox"/> | <p>THERMALS
In case you arrive before your bag. This means your holiday will not be affected and you can take part in activities as planned.</p> |
|  | <input type="checkbox"/> | <p>HOLIDAY SUMMARY
This is a summary of your booking and will be required when you arrive at your accommodation.</p> |  | <input type="checkbox"/> | <p>WINTER ACCESSORIES
For keeping warm on arrival and during transfers. Also great during your free time.</p> |
|  | <input type="checkbox"/> | <p>FLIGHT E-TICKETS
If we've booked your flights, they'll be uploaded to your online account around one week prior to departure.</p> |  | <input type="checkbox"/> | <p>CAMERA
You will certainly want to capture lots of memories whilst on holiday. <i>Please ensure that you comply with airline regulations regarding carriage of batteries.</i></p> |
|  | <input type="checkbox"/> | <p>TRAVEL INSURANCE DETAILS
This is a prerequisite to travelling with us. Please take your policy details and insurance contact number with you.</p> | <p>USE THIS SECTION TO ADD YOUR OWN ESSENTIALS TO OUR SUGGESTED PACKING LIST</p> | | |
|  | <input type="checkbox"/> | <p>TRIP NOTES
Contains information on what to expect on your holiday. It also contains lots of useful information about the country you are visiting.</p> | <input type="checkbox"/> | | |
|  | <input type="checkbox"/> | <p>DRIVING LICENCE
You must have your photocard licence on you to drive a snowmobile/hire a car. If you have an older paper licence, please take this with you.</p> | <input type="checkbox"/> | | |
|  | <input type="checkbox"/> | <p>CASH & CARDS
ATMs may not be readily available. Most of our destinations accept cards (do not rely on American Express or Diners Club cards).</p> | <input type="checkbox"/> | | |
|  | <input type="checkbox"/> | <p>MEDICATION
Make sure you have a supply for your whole holiday. <i>Prescribed medication must be accompanied by the prescription and must comply with airline regulations.</i></p> | <input type="checkbox"/> | | |
|  | <input type="checkbox"/> | <p>ESSENTIAL TOILETRIES
These are not provided as standard in most accommodation. <i>Please ensure that liquids comply with your airline's liquid regulations.</i></p> | <input type="checkbox"/> | | |
|  | <input type="checkbox"/> | <p>GLASSES/CONTACTS
Keep contacts or glasses in your hand luggage. We recommend wearing contact lenses during activities (if possible) to avoid glasses steaming up.</p> | <input type="checkbox"/> | | |

USE THE BOXES TO TICK OFF THE ITEMS YOU HAVE PACKED

	<input type="checkbox"/>	SOCKS Ensure you have both thin & thick socks for layering. Wool is best. Take lots of pairs so you always have a dry pair for any activities.		<input type="checkbox"/>	SUNGLASSES Important to protect against snow blindness as the sun reflects off the snow. Less important over times of Polar Night.
	<input type="checkbox"/>	THERMAL UNDERWEAR/BASE LAYERS High-wicking fabrics and materials such as Merino wool are the best. <i>See our 'Getting Dressed' document for details.</i>		<input type="checkbox"/>	HEADTORCH Although on night-time activities you'll be given one if needed, it is good to have one for any independent exploration.
	<input type="checkbox"/>	FLEECE/THIN DOWN JACKET As a mid-layer: check for high quality fleeces as they will last much longer & are much better for the environment.		<input type="checkbox"/>	NECK TUBE These are convenient, warm and snug fitting. They can make a real difference to your comfort on activities if there is a strong wind chill factor.
	<input type="checkbox"/>	WARM JUMPER As a mid-layer: wool is especially good at keeping you warm. Make sure it is roomy though, as you need to be able to move freely (with all your base layers on too) during activities.		<input type="checkbox"/>	NEOPRENE FACE MASK Not essential, but keeps your face much warmer. Make sure it has good mouth holes to prevent condensation building up, which will then freeze.
	<input type="checkbox"/>	TRACKSUIT BOTTOMS Jogging bottoms, yoga pants (or similar) all work very well as a mid-layer to wear over your thermals and under your suit if it's particularly cold.		<input type="checkbox"/>	TOILETRIES Including an oil-based lip balm. The air can be very dry. Oil-based moisturisers and sun creams are best as they do not freeze
	<input type="checkbox"/>	CASUAL CLOTHES For the evenings and downtime to wear around your accommodation, so you can dress for comfort rather than style.		<input type="checkbox"/>	PLUG ADAPTERS Make sure you have plenty of adapters so that you can charge all your devices.
	<input type="checkbox"/>	SWIMWEAR Check your accommodation's facilities to see if they have a pool or hot tub. In saunas you'll normally only wear a towel with no swimwear.		<input type="checkbox"/>	FIRST AID KIT Make sure you have everything you need including medicines you may require. The nearest chemist may be a long taxi ride away.
	<input type="checkbox"/>	INDOOR SHOES For walking around indoors, rather than wearing your large winter boots all the time. These are especially useful on overnight safaris.		<input type="checkbox"/>	HAIRDRYER Read the information on your accommodation to see whether these are provided.
	<input type="checkbox"/>	BOOTS WITH A GRIP These are useful on arrival, before you are issued with your cold weather gear and during your free time when exploring your surroundings.		<input type="checkbox"/>	KETTLE, TEA & COFFEE Read the information on your accommodation to see whether these are provided. You may wish to bring your own if not.
	<input type="checkbox"/>	HAND/FOOT WARMERS Single use ones last longer, these are great to put in mittens or boots, especially for when you are taking part in a less physical activity.		<input type="checkbox"/>	CROSS PACKING If you are travelling with others, we highly recommend splitting your belongings between your suitcases to travel. This way, if a bag is delayed, you will still be able to get dressed properly on your trips.
	<input type="checkbox"/>	SKI GOGGLES Not essential but some people find these helpful during longer safaris. Make sure they are well-ventilated, so they do not steam up.			

LAYERING SYSTEM



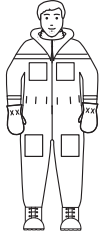
BASE LAYERS

These go next to your skin and their job is to remove perspiration from your body and keep you dry and warm. Base layers are normally made from a breathable high-wicking fabric or Merino wool. Avoid cotton.



MID LAYERS

These keep you warm and are generally items like fleeces or wool. For the bottom half, you may want to choose something like tracksuit bottoms or fleece trousers. Jeans are not suitable for wearing on any of our safaris.



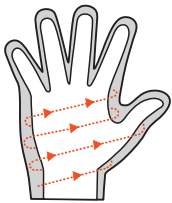
OUTER LAYER

Outer layers shield your body from the elements. These typically should be windproof and waterproof. The activity company will provide you with thermal suits and boots. These should be worn on all the safaris.

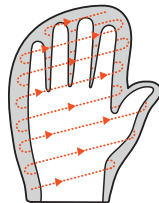
These also have reflectors on them; reflectors are a legal requirement for pedestrians on roads in Finland.

If you would also like to take your own outerwear, then you can do so for times when you might spend short periods outdoors.

BODY HEAT MOVEMENT AND PROVIDED GLOVES VERSUS MITTENS



GLOVES



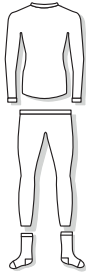

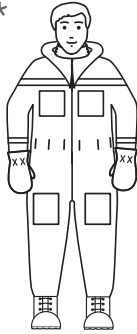

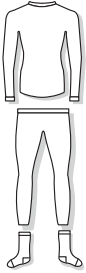
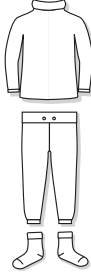

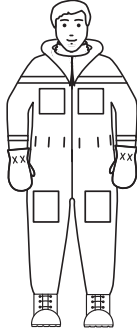


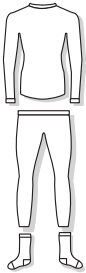
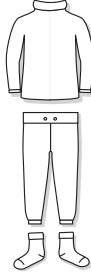
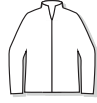
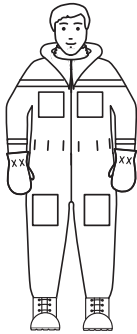

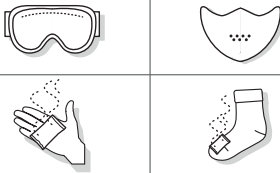
MITTENS

NOTES ABOUT GLOVES

For activities, you will get your suits and boots as well as large mittens. These mittens will be perfect for the conditions you'll encounter. Please note, mittens will keep your hands a lot warmer than gloves. This is because mittens allow your fingers to lie next to each other, creating more body heat.

NOTES ABOUT SKI WEAR

If you already own ski wear then it is worth taking, but you should not buy this especially. Ski wear does not have the thermal properties of the specially designed suits you will be provided with and so it cannot replace it. It can, however, be used for short periods outside if you are popping to a shop or briefly exploring. You can also ask your guide about wearing it during activities such as snowshoeing or cross-country skiing if it is mild.

	BASE LAYER	MID LAYER	SECOND MID LAYER	OUTER LAYER	ESSENTIAL EXTRAS	OPTIONAL EXTRAS
<p>SNOWSHOEING CROSS-COUNTRY SKIING</p> <p>These are more physical activities so you will get warmer as you burn more energy. You don't want to get to the point where you are sweating, as this will cool you down very quickly when you stop. It is better to wear high-wicking base layers to remove perspiration away from your body.</p>				<p>*</p> 		<p>*</p> <p>If you have ski clothing with you (not essential at all) and the weather is particularly mild, you can discuss with your guide in advance whether they think this would be more appropriate for you to wear during these two activities— as you will get warm in milder weather. Make sure you have warmer and extra layers handy for when you stop as you will cool down quickly.</p>
	HIGH-WICK					
<p>ICE FISHING REINDEER EXPERIENCES</p> <p>These are activities where you will be standing or sitting still for long periods of time.</p>			<p>**</p> 			 <p>**</p> <p>If you have brought ski clothing with you (not essential) and the weather is particularly cold, you may want to wear it under your thermal suit. If you don't have ski wear you can of course just add additional layers. Make sure your clothing remains loose enough for air to travel around between layers as this will insulate you.</p>
	WARM					
<p>HUSKIES SNOWMOBILES</p> <p>These activities do not involve you moving a great deal and they can have added wind resistance cooling you down. If you're driving a snowmobile you may have heated handlebar warmers and may not need your own hand warmers, but we would suggest them for anyone who is a passenger.</p>			<p>**</p> 			 <p>**</p> <p>If you have brought ski clothing with you (not essential) and the weather is particularly cold, you may want to wear it under your thermal suit. If you don't have ski wear you can of course just add additional layers. Make sure your clothing remains loose enough for air to travel around between layers as this will insulate you.</p>
	WARM					

USE THIS ADVICE ABOUT DRESSING FOR THE COLD

Everyone feels the cold differently. You will know yourself if you are the first one to reach for your woolly jumpers in the Autumn, or are quite content in a t-shirt in December. If you do feel the cold, you may wish to invest in some additional layers, hand warmers, etc, for your own peace of mind more than anything. It is better to be safe than chilly.

We find it easiest to categorise the activities in two ways 'Hot Activities' and 'Cold Activities'. Although these will both take part out in cold conditions, here's how they differ:

'HOT ACTIVITIES' are activities where you are moving around a lot and exerting energy, such as snowshoeing or cross-country skiing. You are less likely to feel cold whilst taking part in these activities but it is important to be prepared during any stops when you will start to feel the cold quickly.

'COLD ACTIVITIES' are when you are not as physically active and therefore not moving around to keep yourself warm. These activities include the likes of reindeer sleigh rides or ice fishing. Other cold activities include a husky sleigh or snowmobiling and as you will be travelling at speed, wind chill also becomes a factor.

TOP TIPS

Based on our extensive experience, we have put together the following advice for you to keep in mind during your trip:

- 1) The local guides and hotel staff, live and work in the Arctic conditions so if you have any questions at all, or would like any specific advice based on the conditions during your holiday, they will be happy to help.
- 2) Be aware that the weather conditions and temperatures will vary each day and so you will need to adjust what you wear. Most hotels have a thermometer outside the main reception and weather forecasts are usually available. We suggest checking this at breakfast, so you know how to dress for any upcoming activities.
- 3) It is a better idea to take more clothing to the activity meeting point than less; you can then ask the guide if you should leave items behind and collect your items after your activity. During most activities, you will be able to take a day pack with you for easy access to any extra layers.
- 4) If you have to wait inside before an activity (to meet your guide or watch a safety video), remove some layers or ask if it is ok to wait outside. Do not allow yourself to get hot enough to sweat.
- 5) If you are getting really cold during an activity then please speak up. The guides are exceptional at what they do, but they are not mind readers. If they are aware that you are struggling, they will do everything they can to help make the activity more comfortable for you. Feeling the cold to some extent is normal, but the guides would much rather know straightaway if you are not enjoying yourself.
- 6) Never wear more than two pairs of socks. The best socks are woollen. If your feet get cold, then put toe warmers in your boots. Always check your socks are dry before putting your winter boots on.
- 7) If your hands or feet have been cold on previous activities, we suggest you activate your hand warmers at least 15 minutes before you head outside as they will last longer and get to a much warmer temperature.
- 8) If you are getting really cold, we recommend getting up and having a small boost of activity to increase your circulation. When we get cold, a natural response is to stop moving around but something as simple as waving your arms around can make a real difference and get the circulation flowing again.