

Kit Lists are not exhaustive. Adjust as you see fit according to your own preferences and experience. If you need advice, call us on the numbers in the footer.

KIT LIST - FINLAND, SNOWSHOE

LUGGAGE

Holdall/Suitcase/Duffel bag, for main kit
Daysack, 35 litre capacity recommended

FOOTWEAR

Winter insulated boots, provided but also ...take your own as a back up
Evening footwear to pad a round the cabin

CLOTHING

Work on the 'layer system', so you have the ability to put clothes on/off as the temperature or activity changes between the movement of snowshoeing and sitting still in the cold temperatures.

Breathable and windproof jacket & trousers
Make sure they're good, goretex or similar
DO NOT use a downhill ski jacket, or similar with a padded lining for snowshoeing - you'll sweat too much.
These do not need to be waterproof

Duvet jacket
Thick fleece or wooden sweater
Thermal base layers, 2 pairs min, full body cover, preferably wool or wooden terry.
Underwear
T shirts, short or long
Hat(s), warm and windproof, with ear cover. Consider a lightweight one when snowshoeing.
Thin hand gloves, wearing when working
Gloves/Mittens, don't let your hands get cold!
Socks, 2 pair of thick and thin as a min, wool is good.
Trousers
Buff or scarf/balaclava, have the ability of cover the face skin
Swimming costume?
Night clothes, not used for snowshoeing

Don't underestimate how quickly you cool down in cold temperatures once you stop moving. Ensure you have additional warm clothing in your daysack to put on.

DOCUMENTS/MONEY

Passport
Visa, if required
Flight Ref details/document
Travel Insurance details
Spare photo ID
Spare passport photo

Currency cash
Credit card
Hard copy of important documents

EQUIPMENT

Sunglasses (+ hard case), essential to prevent snow blindness.
Water bottles (drinking)
Camelbac (if using)
Torch (LED head torches are best + spare batteries)

Normal vision glasses (if worn) (+ hard case)
Pocket knife
Medical kit (see website for checklist)

Mobile phone (+ charger)
Plug adaptor

Camera (+ batteries + charger)

Wash kit

Snowshoes and poles are provided
Sleeping bags and liners are provided
Winter boots are provided

USEFUL EXTRAS

Dirty wash bag
Reading/writing material
Needle/thread
Spare laces
Combination lock(s)

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