

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, WILDERNESS & SKI TOURING

We supply the following as part of this trip:

- Cross country touring skis, poles and winter boots.
- Sleeping bags, liners and sleeping mats (1 x foam mat + 1 x air filled mat)
- Tents and camping gear, such as cutlery, cups, etc...
- Pulk + harness, per person
- Towels and bed linen for the 1st and final night

LUGGAGE

Holdall/Duffel bag, for main kit

Daysack, 15-20 litre capacity recommended

FOOTWEAR

Ski boots to fit to the ski. We provide unless you have your own.

Please check with us if you are using your own.

Other footwear (snow boots), for wearing when not skiing.

CLOTHING

Work on the '[layer system](#)'. Have the ability to adapt as the temperature or activity changes between movement and sitting still in the cold temperatures.

Waterproof/windproof jacket & trousers

Make sure they're good, goretex or similar. Shell construction better, insulated jackets/trousers will be too hot on the move. Bib style trousers are good. Long zip also good, makes toilet easier!

Duvet jacket

Big enough to wear when you stop on the move

Thick fleece or woolen sweater

Thermal base layers

2 pairs min, full body cover, preferably wool or woolen terry.

Underwear

T shirts, short or long

Hat(s), warm and windproof, with ear cover. Consider a lightweight one when skiing.

Outer Mittens, windproof, big enough to wear woolen mittens inside.

Inner Mittens, thick wool, covering wrists. Don't get cold hands!

Thin hand gloves/Mittens, extra layer + wearing when working

Socks, 2 pair of thick and thin as a min, wool is good.

Trousers, casual wear or skiing, with insulation

Buff or Scarf/Balaclava, have the ability of cover the face skin

Swimming costume? Sauna is available on 1st/final night

EQUIPMENT

Sunglasses (+ hard case), preferably wrap-around, essential to prevent snow blindness

Ski Goggles, useful if the wind really picks up

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, protect from severe cold temperatures

Plug adaptor

Camera, + batteries + charger + power bank?

Wash kit + sunscreen + lip salve

Travel towel

Drinking Water bottles, 1 litre, capable of taking boiling water, ie Nalgene

Thermos flask, 1 litre, or bigger

DOCUMENTS/MONEY

Passport

Visa, if required

Flight Ref details/document

Travel Insurance details

Spare photo ID & passport photo

Currency cash

Credit card

Hard copy of important documents

USEFUL EXTRAS

Dirty wash bag

Reading/writing material

Needle/thread

Spare laces

Combination lock(s)

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