

KIT LIST - FINLAND, MULTI-ACTIVITY WINTER

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.

LUGGAGE

Holdall/Suitcase/Duffel bag, for main kit to get there
Daysack, to carry lunch and incidentals during the day

FOOTWEAR

Ski boots (owned or hired)
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. It can get very cold very quickly if you're resting.

Jacket & trousers, for skiing and other activities
 Preferably breathable
 Downhill ski jackets, or similar with a padded lining may be too warm for activities - you'll sweat too much.
 These do not need to be waterproof
Duvet jacket, or similar
Thick fleece or woolen sweater
Thermal base layers, full body cover, synthetic, wool or silk
Underwear
T shirts, short or long
Hat(s), warm and windproof, with ear cover. Consider a lightweight one when skiing.
Ear muffs, can be useful to some
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 activities

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.

PROVIDED, in Finland (free of charge)

Bath towels, if you want a hand towel too, please take your own
Bed linen
Sleeping bag provided on nights where needed

DOCUMENTS/MONEY

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

Currency cash
Credit card
Hard copy of important documents

EQUIPMENT

Sunglasses (+ hard case), essential to prevent snow blindness.
Thermos flask (drinking)
Torch (LED head torches are best + spare batteries)

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

Mobile phone (+ charger)
Plug adaptor

Camera (+ batteries + charger)

Wash kit

USEFUL EXTRAS

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

FOR HIRE

Full set: overalls, boots, mittens
or just the Boots
See webpage for costs

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