

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, BACKCOUNTRY SKI TOUR

We supply the following as part of this trip:

- Cross country touring skis, poles, and mittens.
- Sleeping bags, liners for the 2 nights in wilderness huts
- Towels and bed linen in the main Cabin (4 nights)

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, to pad around the cabin.

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.

Windproof jacket & trousers

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, or similar

Big enough to wear when you stop on the move

Mid layer fleece or similar

Thermal base layer(s), synthetic, wool or silk

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, if you prefer over mittens

Socks, wool is good.

Casual clothing for evenings

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

Swimming costume? Sauna/ice dip

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

Thermos flask, 1 litre, or bigger

Sunscreen/lipsalve

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)

travelandtrek.com is a trading name of Travel and Trek Limited

IPP

Part of 

t: +441529 488159

m: +447725 943108

e: info@travelandtrek.com

a. **Travel and Trek Limited**, 10 Hampden Way, Greylees, Sleaford, NG34 8FS

Registered Office: 1st Floor, 28 Market Place, Grantham, NG31 6LR. Registered in England No. 7753511