

Lapland Trip Checklist

The key to keeping warm in the Arctic Circle is **LAYERS**. Wear several layers of loose-fitting thermals and fleeces.

The majority of travel companies provide **specialist thermal snowsuits**, so we recommend you check with your travel company what they are providing.

Useful things to pack:

- Waterproof & windproof jacket (ski jacket is ideal)
- Waterproof & windproof trousers (ski pants are ideal)
- Insulated Ski Gloves
- Thermal Waterproof Boots
- Thermal Base Layers
- Fleece Midlayer
- A 2nd Midlayer:
 - A second fleece top, in a size bigger to layer on top
 - Light weight bodywarmer or gilet to keep your core warm
- Thermal glove liners
- Hand warmers
- Neck warmer or balaclava
- Warm hat, preferably with earflaps or fleece lined
- Ski Thermal Socks
- Rucksack (carry an unwanted layers)
- Hot drinks flasks