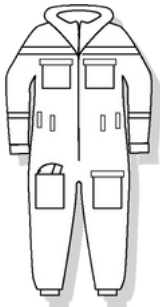


Winter Clothing Information

YOU WILL BE PROVIDED WITH the following for the duration of your stay*



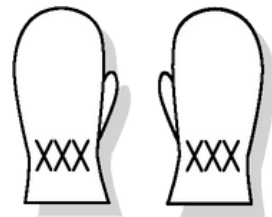
THERMAL SUIT

This is a thick all-in-one suit with lots of **insulation** which will keep you warm. These normally have zips up the sides of each leg to make getting in and out of it easier as well as zips down the front.



WINTER BOOTS

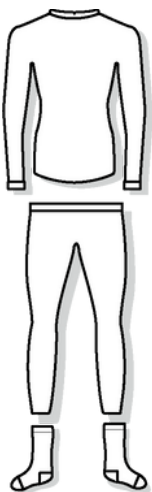
Winter boots are usually given in a half size larger to allow for an extra pair of socks. These are usually worn all the time, as they are **fully waterproof** with a good grip for walking on any icy patches.



MITTENS

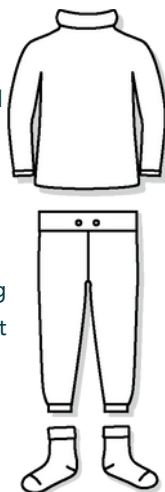
Our local partners will issue **mittens rather than gloves** as your fingers stay warmer when grouped together. *We would also suggest some thin gloves underneath.*

YOU WILL NEED TO TAKE the following layers for underneath your suit



THERMAL UNDERWEAR

These go next to your skin and their job is to remove perspiration from your body and keep you dry and warm. Base layers are normally made from a breathable high-wicking fabric or Merino wool. It is best to **avoid cotton**. We would advise taking a **thermal top** and **bottoms** and a **thinner pair of wool socks**.



MID LAYER 1

These are generally items like thin **fleeces, wool jumpers or thin down jackets**. For the bottom half you may want to choose something like **tracksuit bottoms, fleece trousers or walking trousers**. We would **not recommend wearing jeans or leggings**. We would recommend also wearing a **thicker pair of wool socks over your base layer socks**.



MID LAYER 2

If the weather is particularly cold **for activities where you are standing or sitting still for long periods of time** (i.e. ice fishing, reindeer experiences, snowmobiling) you may wish to **add a second mid layer for your top half**.

* For some of our trips, clothing is provided for activities only. Please check your 'what's included' section on your travel doc



Winter Clothing Information

We would recommend the following items as being **ESSENTIAL** for you **TO TAKE** with you...



WINTER COAT

We would recommend taking a **windproof** and **waterproof** coat to keep you **warm** and **dry** during your transfer to and from the airport



RUCKSACK/ DAY BAG

We would suggest a **bag** to take with you on any excursions where you can pack essentials such as spare clothes layers/snacks etc)



HAT

wool or **fleece** hats will provide the most warmth



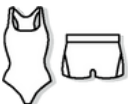
INNER GLOVES

to wear inside the mittens you are provided with



CASUAL CLOTHES

none of the hotels we feature require smart clothing for dinner so we recommend **dressing for comfort** rather than style



SWIMWEAR

if your hotel has a **sauna/hot tub**



WALKING SHOES OR BOOTS WITH GRIP

these are **useful on arrival** before you are issued with your cold weather gear and during your **free time** when exploring your surroundings



NECK TUBE/ SCARF

these help to ensure there are **no gaps** between the top of your **snowsuit** and your **helmet** on activities such as snowmobiling.



ESSENTIAL TOILETRIES

we would recommend an **oil based lip balm** and **oil based moisturiser** as the cold can dry out your skin and lips



PLUG ADAPTERS

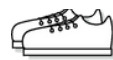
make sure you have **plenty** of adapters for your devices

...and the following as **EXTRAS** you might wish to take



NEOPRENE FACE MASK

not essential but **keeps your face warm**.



INDOOR SHOES

for **walking** around **indoors** rather than wearing your winter boots all the time



SKI GOGGLES/ SUNGLASSES

if you already own them you may wish to take them, if not **sunglasses** will suffice (for snowmobiling activities your helmet will have a visor



HAND/FOOT WARMERS

Single use ones last longer, these are great to put in mittens or boots, especially for when you are taking part in a **less physical activity**.



FIRST AID KIT

the hotel will have a first aid kit but you may wish to take one of your own with any **essential medication** you require



TEA/COFFEE

you may wish to take your own preferred brand



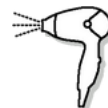
HEADTORCH

these will be provided if needed on evening activities, but you might wish to take your own



CAMERA EQUIPMENT

see below for details on photographing the northern lights



HAIRDRYER

provided at all hotels we offer (either in rooms or ask at reception) but you may wish to take your own


















FLASK/ WATER BOTTLE/ SNACKS

you may want to take a **water bottle** on excursions with you. As most hotels are very remote, **snacks** might not be readily available so we would suggest taking your own if required








Winter Clothing Information




WHAT TO WEAR for each activity

ACTIVITY	BASE LAYER	MID LAYER	SECOND MID LAYER	OUTER LAYER	EXTRAS
Snowshoeing		(top only)			<ul style="list-style-type: none"> • Hat • Neck tube • Spare layer for any stops
Cross Country Skiing		(top only)			<ul style="list-style-type: none"> • Hat • Neck tube • Spare layer for any stops
Ice Fishing					<ul style="list-style-type: none"> • Hat • Neck tube • Hand/foot warmers (if taking)
Reindeer Experiences					<ul style="list-style-type: none"> • Hat • Neck tube • Hand/foot warmers (if taking)
Husky Safari					<ul style="list-style-type: none"> • Hat • Neck tube/scarf • Hand/foot warmer (if taking) • Goggles/Sunglasses (if taking)
Snowmobiling					<ul style="list-style-type: none"> • Hat • Neck tube/scarf • Hand/foot warmer (if taking) – most snowmobiles have heated handlebars but we would suggest handwarmers for passengers

HAND LUGGAGE

As many of our destinations are remote, we suggest that you **pack your hand luggage more carefully than usual**. Whilst any issues with missing or delayed luggage are rare, it can happen so **we would strongly recommend you have any essentials in your hand luggage**











	PASSPORTS AND VISAS	it is your responsibility to ensure you meet the entry requirements for all the countries you are visiting
	FINAL TRAVEL VOUCHER AND FINAL ITINERARY	(plus any additional documents issued in your final travel documents). Please take a digital or printed copy
	TRAVEL INSURANCE DETAILS	Travel insurance is essential for all of our trips
	DRIVING LICENCE	required to drive a snowmobile
	CASH AND CARDS	<i>cards can be used for all payments at our destinations.</i> You may wish to take some cash though in case you wish tip the guide(s)

	MEDICATION/ SANITARY PRODUCTS	make sure you have a supply for your whole holiday. Prescribed medication must be accompanied by the prescription and must comply with airline regulations
	ESSENTIAL TOILETRIES	these are not provided as standard in most accommodations
	GLASSES/ CONTACT LENSES	keep contacts or glasses in your hand luggage. We recommend wearing contact lenses during activities (if possible) to avoid glasses steaming up
	THERMALS AND WINTER ACCESSORIES	in case you arrive before your bag , This means your holiday will not be affected and you can participate in the activities as planned
	MOBILE PHONE, CHARGER AND ADAPTOR	in case your flight is delayed, and you need to contact our local supplier . Remember your plug adaptor too

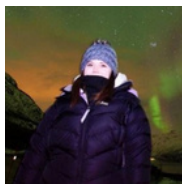


Winter Clothing Information

NOTES

-  **Everyone feels the cold differently.** You will know yourself if you are the first one to reach for your jumper in the autumn! If you do feel the cold, *you may wish to invest in some additional layers*, hand warmers, etc, for your own peace of mind more than anything. **It is better to be safe than chilly.**
-  The local guides and hotel staff, live and work in the Arctic conditions **so if you have any questions, they are there to help.**
-  Be aware that the **weather conditions and temperatures will vary each day** and so you will need to **adjust** what you wear. Most hotels have a thermometer on the main reception and weather forecasts are usually available. **We suggest checking this at breakfast, so you know how to dress for any upcoming activities.**
-  **It is a better idea to take more clothing to the activity meeting point than less;** you can then ask the guide if you should leave items behind and collect your own after your activity. **During most activities, you will be able to take a day pack with you for easy access to any extra layers.**
-  **If you have to wait inside before an activity** (to meet your guide or watch a safety video), **remove some layers** or ask if it is ok to wait outside. **Do not allow yourself to get hot enough to sweat.**
-  **If you are getting really cold during an activity then please speak to your guide.** The guides are exceptional at what they do, but they are not mind readers. If they are aware that you are struggling, they will do everything they can to help make the activity more comfortable for you. Feeling the cold to some extent is normal, but the guides would much rather know straightaway if you are not enjoying yourself.
-  **Never wear more than two pairs of socks before putting your winter boots on.** The best socks are woollen. If your feet get cold, then put toe warmers in your boots **always check your socks are dry**
-  **If your hands or feet have been cold on previous activities,** we suggest you activate your **hand warmers at least 15 minutes before you head outside** as they last longer and **get to a much warmer temperature.**
-  **If you are getting really cold** we recommend getting up and **having a small boost of activity to increase your circulation.** When we get cold, a natural response is to stop moving around but something as simple as waving your arms around can make a real difference and get the circulation flowing again
-  **If you are travelling with others, we highly recommend splitting your belongings between your suitcases to travel.** This way, if a bag is delayed, you will still be able to get dressed properly on your trips.

TOP TIPS



DAWN

Take **something to keep you entertained** in your downtime like a pack of cards, small board game or a craft project



ANDY

Keep spare disposable hand warmers in the **pocket of your snowsuit** if your hands get too cold it is good way to warm them up quickly



ALEX

A lot of the hotel bathrooms will have **heated floors** these are great for **drying out clothes quickly**



JADE

Don't forget **snacks and slippers!**



JONO

Keep mobile phones in an **internal pocket** your body warmth will stop the phone from getting too cold and draining the battery



GRAHAM

If you wear glasses, a balaclava with holes around the nostrils can **stop your glasses fogging** up when snowmobiling. You can also get an **anti-fogging spray**



Winter Clothing Information

To photograph the Northern Lights, you will need to take complete control over the settings on your camera. This can sound extremely daunting but don't panic. It's very simple and we will explain it **step-by-step** along with some recommended settings. We **highly recommend practising setting your camera this way multiple times inside in the warmth** (sitting at home on the sofa before you go). This camera up correctly and quickly in the dark, so you can get your gloves back on and hopefully enjoy the amazing display you have travelled all that way to see.

HERE ARE THE STEPS WE SUGGEST TO CAPTURE THE BEST POSSIBLE IMAGE OF THE NORTHERN LIGHTS USING A DSLR CAMERA

MANUAL SETTING

Rotate your camera program wheel to the 'Manual' setting shown by the icon and acquaint yourself with the three settings listed below

LENS APERTURE

This setting is relating to the diameter of your camera lens aperture. **The lower the number the wider your lens aperture.** When photographing in the dark it's important to capture as much light as possible, which means this number must be **lowest option.**

ISO

The sensitivity of the camera sensor. The recommended figure to set your **ISO** at is **1600**






SHUTTER SPEED



This is the length of time you would like to take an image. As the Northern Lights are only visible during the hours of darkness, the **shutter speed will need to be set at a minimum of 10 seconds.** This means once you press the 'take picture' button, the camera shutter will be open and will take an image for 10 seconds. You must make sure **the camera is held completely still when the shutter is open**, the image will blur from even the tiniest movement. **A tripod is highly recommended** if you are keen to capture a good image. The recommended **shutter speed** time is **10-20 seconds.**

FOCUS

You will need to find the **infinity focal point** which every camera lens will have, usually marked with the **infinity symbol ∞**. Infinity focusing is focusing on the furthest away visible object; this is something that will take practise. Find your infinity focal point during daylight hours, select the manual focus option on your **lens 'MF'** and get the furthest away object in sight in focus. Lock the focus on your lens by selecting **Automatic Focus 'AF'**; now your lens should be focused and ready to shoot at night.

If you have the following, **these can be helpful** when photographing the Northern Lights

	DSLR CAMERA	a digital camera , ideally with a detachable lens that you can manipulate the settings required as above.
	MEMORY CARDS	Make sure you have plenty of space on them and swap them around in case you lose them
	CAMERA CASE	It is not good for your camera to warm up or cool down too quickly. Putting your camera in a case for long periods between moving from different temperatures will stop moisture building up
	WIDE ANGLE CAMERA LENS	these are measured in millimetres and the fewer the millimetres the better, but anything under 25mm will work
	REMOTE SHUTTER RELEASE	it is not essential if you have a timer on your camera. The important thing is not to shake the camera when you press the button

	CAMERA BATTERIES	The cold drains camera batteries really quickly. So, it is worth bringing as many well-charged batteries as you can if you are planning to stay out looking for the Northern Lights. Remember, to store extra batteries in your inner pockets to keep them warm before you use them
	TRIPOD	a steady, long-legged tripod. You're taking images over time; any movement will create a blurry photo. Some places do have these available to borrow and guests have been known to get pretty creative using the roof of a minibus or car, but a tripod will always work best.

NOTE

Most smartphones these days are able to take a fairly decent photo of the Northern Lights and many will also allow you to change the settings manually also, so don't worry if you don't have a DSLR camera. Research the settings on your phone beforehand so you are prepared should you get to see the Lights

