

ADVENTURE HUNTER

DRESSING GUIDE FOR THE LAPLAND WINTER

LAYERING

1. Base Layer

The purpose of the base layer is to wick moisture away from your skin. Choose merino wool or a technical sports base layer. Avoid cotton, as it absorbs moisture, gets wet, and starts to make you cold.

Socks: Merino wool or thick wool-blend socks. You can wear thin merino socks underneath thicker wool socks, but ensure there is enough room in your boots for air to circulate.

2. Mid Layer

The mid layer traps body heat. Depending on how biting the frost is, you can use one or two mid layers. Wool, a thick fleece jacket, or a lightweight down jacket are excellent choices.

3. Outer Layer

The outer layer protects you from the elements. Use a windproof and waterproof, yet breathable outdoor jacket and trousers. Ski suits or insulated coveralls are excellent for moving in the snow.

ACCESSORIES AND TIPS

Protecting Your Head, Hands, and Feet

- **Hat and Neck Warmer:** A warm windproof hat that covers your ears. Use a buff or a balaclava, as they protect your face more effectively than a traditional scarf.
- **Gloves:** Mittens are warmer than gloves. In extreme cold, the best choice is thick insulated mittens.
- **Boots:** Boots should be spacious enough to accommodate wool socks without compression. Tight boots restrict circulation, causing your toes to freeze immediately.

Tips for Hiking

Do not wear clothes too tightly, as air is the best insulator. If you are going on a longer trip, bring a break jacket (e.g., a thick down jacket) in your backpack to put on when you stop.

Surviving in the Lapland winter is primarily based on layering. Biting cold is exacerbated by strong winds and dry frost, which can cause temperatures to drop rapidly.