Canoeing on the Kárášjohka

Summer · about 2 hours · Two hours of easy paddling on the river, with a guide or on your own. Canoe, two life vests, two paddles and instruction included; pick-up at Karasjok bridge.

You will get wet feet and possibly more: wear clothes that can get wet and dry fast — no cotton jeans — and keep a dry set in a bag in the canoe. It is always cooler on the water than on the bank, so bring a windproof jacket even on a warm day. Life vests are provided and worn by everyone.

WHAT WE PROVIDE

ITEM	
Canoe with two life vests, two paddles and instruction	included
Pick-up at Karasjok bridge	included
Guide	on request

TO WEAR

- ☐ Clothes that can get wet and dry fast — *synthetic or wool — no cotton jeans*
- ☐ Shoes that can get wet — *sandals with a heel strap, old trainers or neoprene shoes*
- ☐ Windproof jacket — *it is always cooler on the water*
- ☐ Light hat or cap and sunglasses — *against sun, wind and mosquitoes*
- ☐ Thin gloves — *optional — for cool days*

TO BRING

- ☐ A spare set of clothes — *in a dry bag or a plastic bag, in the canoe*
- ☐ Small towel and swimwear — *for the chilly dip on the sandy beaches*
- ☐ Drinking bottle and lunch — *for the stop on the beach*
- ☐ Mosquito repellent and sun cream — *late June to mid-August*
- ☐ Camera or phone — *in a waterproof bag*