Northern Light Activity Week

Winter · 5 days · Four nights at the lodge, a day activity each day: snowshoes and ice fishing, dog sledding, the reindeer herders, and the northern light safari one evening. Arctic clothing included.

This is the minimum required clothing and equipment for this holiday — you are of course welcome to bring other clothes and equipment in addition. Warm Arctic trousers, a leather anorak to put outside your own warm clothes, winter boots, hat and mittens, and all the equipment for the activities in the programme, are provided by us. Items marked * can also be provided on request.

WHAT WE PROVIDE

ITEM	
Warm Arctic trousers, leather anorak / jacket, winter boots, hat and mittens — to put outside your own warm clothes	included
Snowshoes, poles and fishing gear · your sled and dog team · snowmobile sled to the herd	included
All other common equipment needed for the programme	included
Lodging, all meals from dinner on day 1 to breakfast on day 5, guide and transport to the activities	included

TO WEAR — YOUR OWN LAYERS UNDER OURS

- ☐ Warm underwear, 1–2 sets — *long johns and a top with full-length arms — preferably wool or woollen terry*
- ☐ T-shirts or thin woollen shirts, 2 — *or other technical underwear*
- ☐ Jumper, pullover or sweatshirt, 1
- ☐ Thick woollen sweater or fleece jacket, 1
- ☐ Windproof jacket, 1 — *preferably also waterproof — GoreTex, BreTex or a similar membrane fabric — or a ski jacket*
- ☐ Windproof trousers, 1 — *like the jacket*
- ☐ Thick woollen socks, 1 pair *
- ☐ Warm winter boots, 1 pair *
- ☐ Warm and windproof hat, 1 * — *that also protects your ears in the wind*
- ☐ Warm and windproof mittens, 1 pair * — *preferably wool or down mittens with windproof over-mittens — NOT gloves*
- ☐ Scarf and/or balaclava, 1

TO BRING

- ☐ Sunglasses, 1
- ☐ Backpack, 40 litres ± 20 — *for the day activities*
- ☐ Toilet articles and other private equipment
- ☐ A sandwich to toast on the fire — *on the day with the reindeer herders — the other lunches are made on the fire by us*
- ☐ Head torch — *December–January, when the daylight is short — and for the walk up Halde*
- ☐ Camera — *keep the spare battery warm in an inner pocket — the cold empties it fast*
- ☐ Swimwear — *if you fancy the sauna — optional*