EQUIPMENT LIST · OTHER ACTIVITIES · WINTER DAY TRIP

Snowshoe Hike with Ice Fishing

Winter · 4–5 hours · A short drive from the lodge at 10 am, then 1–2 km on snowshoes to a lake. Snowshoes, poles and fishing gear included.

An easy day, but a cold one: the walk is short and flat, and most of the day you stand or sit still on the ice, so this is a day for warm, windproof clothing rather than hiking clothes. Wool next to the skin, no cotton, and a big jacket over everything when you stop. Dress according to the weather of the day — your guide tells you what to expect before we leave.

WHAT WE PROVIDE

ITEM	
Guide and transport from the lodge	included
Snowshoes and poles	included
Fishing equipment and fishing licence	included
Hot drinks	included
Full Arctic set — leather anorak, trousers, winter boots with woollen socks, mittens and cap	**NOK 500 · for hire**
Arctic leather anorak / jacket	**free**
Arctic trousers	**NOK 200 · for hire**
Arctic winter boots with woollen socks	**NOK 200 · for hire**
Arctic mittens	**NOK 50 · for hire**
Windproof winter cap	**NOK 50 · for hire**

TO WEAR

- ☐ Long underwear, top and bottom — *preferably wool or synthetic*
- ☐ Undershirt or thin jumper — *preferably wool*
- ☐ Thick sweater — *preferably wool or fleece*
- ☐ Trousers — *wool, fleece or softshell — not jeans*
- ☐ Windproof over-trousers — *insulated — or hire ours*
- ☐ Wool or fleece socks, 2 pairs — *one over the other*
- ☐ Warm winter boots — *waterproof, with a good sole — the snowshoes strap on to them — or hire ours*
- ☐ Big, warm jacket — *or our Arctic anorak on top of your own jacket*
- ☐ Hat — *warm and windproof, that also protects your ears in the wind*
- ☐ Mittens — *wool or fleece with windproof cover — mittens are warmer than gloves*
- ☐ Thin gloves — *for the fishing line, the camera and zips*
- ☐ Scarf, buff or balaclava — *something that covers the face when the wind blows over the lake*

TO BRING

- ☐ An extra sweater — *wool or fleece*
- ☐ Sunglasses and sun cream — *March–April — the light on the lake is strong; ski goggles optional for wind*
- ☐ Head torch — *January, when the daylight is short*
- ☐ Camera — *keep the spare battery warm in an inner pocket — the cold empties it fast*
- ☐ Small rucksack for the extras — *with your packed lunch, and swimwear for the sauna afterwards*