



Lapland dog sledding week tour

THE LODGE: The Lodge provides a taste of luxury in the wild and has almost everything you would expect from modern accommodation. The kitchen has everything from pots and pans to cutlery, washing liquid and tea-towels. In the kitchen there is a kettle and percolator coffee maker with tea/coffee/hot chocolate, milk and cookies provided. In the bathrooms, there is soap for washing hands but please bring shower toiletries like shower gel and shampoo. A hairdryer is provided. We provide all bed linens, blankets and towels. Our Lodge is a wilderness retreat and we do not provide Internet access or television. However, the area has 4G mobile reception so you can connect your devices to your own mobile network from home if you wish.

SAUNA: We provide towels for the sauna. These can be used inside the sauna, or if you are sharing the sauna in a mixed group, we suggest bringing a swimming costume.

ARCTIC OUTER WEAR: For all of our guests, we provide a full set of arctic outerwear, including an insulated jacket, trousers, boots (rated from minus 40 to minus 70 degrees Celsius) and big mitts to wear over your own thin gloves. Most guests prefer to bring their own woolly hat and neck warmer but we can also provide these.

Arctic temperatures can range from a very pleasant -6 degrees C to a bone-chilling -40 degrees C but you can expect average daytime temperatures to be around -25 degrees C (December/January), -15 degrees C (February) or -10 degrees C (March). The weather can be changeable, so it is best to be prepared for the extreme cold by dressing in layers that are easily taken on and off depending on the weather. Please check the weather forecast for Kiruna before your departure and pack accordingly – we recommend www.yr.no for the weather forecast.

Kit List

DOG SLEDDING ACTIVITY: When packed with all of your belongings, your bag should be kept to around 12kg. Extra belongings can be left at the kennels during the dog tour (you will not have access to them until you return at the end of the week).

Wool is your best friend in the Arctic. Cotton will cool you further if it gets wet so please avoid it (other than if you want a change of clothing at night).

You must bring (required) -

- A medium sized holdall or rucksack to carry your personal belongings. Your bag will be placed in the sled bag, which is fairly narrow, so your bag will need to be soft and 'squashable'. Your bag should be water-proofed. A regular black plastic (rubbish/trash) bag inside will ensure your belongings stay dry even if snow gets in the sled bag.
- A warm fleece and/or sweater, or Primaloft-style light jacket to go under the jacket we provide.
- Long (preferably woollen) thermal underwear, both top and bottoms, to wear under the Arctic suit provided. Fleece tracksuit bottoms and warm, long sleeved top are good alternatives.
- Thick socks for wearing whilst sledding – again, wool or a wool mix is best – plus a spare pair.
- Buff or neck warmer (it is also possible to borrow one from us).
- Gloves; 1 x medium, warm pair that will enable you to work with your fingers/hands when harnessing the dogs (please note these gloves will get very dirty and smelly and you may not want to wear them again, even after washing!) and a pair of waterproof, disposable gloves for feeding the dogs (rubber gloves are fine).
- Head lamp/torch and spare batteries.
- Toilet roll or tissues (required).
- In Feb/Mar/Apr, sunglasses with good UV protection (preferably the wrap-around style) are required. In Dec/Jan, these are not required. Instead, it is optional to bring clear lens goggles.



Kit list continued...

Recommended -

- Personal toiletries, medication and basic first aid kit. Lip balm with SPF protection (**required for April week tours**).
- Wet wipes and anti-bacterial hand wash for personal hygiene.
- A towel and bathing costume for use in the cabin sauna.
- Disposable hand warmers/feet warmers (recommended).
- Camera and spare batteries. Remember there is no power to charge batteries and the cold will deplete the charge quicker than normal.
- Sleeping bag liner (optional but recommended). Sleeping bags are usually provided at the overnight cabins but you are welcome to bring your own. If camping, please bring your own sleeping bag (should be comfortable to a minimum of minus 20 degrees Celsius), or you can rent one from us.

Optional -

- A plastic water bottle for the evenings (optional). Regular mineral water bottles are fine.
- A change of clothes and a light pair of shoes such as crocs or trainers for use in the overnight cabins (optional).

Please note, this is only a guide on what to bring. If in doubt, please contact us or bring extras with you and we can advise you what to take on the tour in person once you arrive in Sweden.

You will not have access to power at the wilderness cabins and mobile phone signal is patchy. It is safer to assume you will not have access to power or mobile phones once on the sled.

QUESTIONS? Email us info@laplandsleddogadventures.com