

RECOMMENDED GEAR LIST

for Winter adventure in Kuusamo

We Finns have a saying. "There is no such thing as bad weather, just bad clothing." This gear list will help you start your adventure off right so you can be prepared no matter the weather and enjoy your adventure. You'll want to prepare for winter conditions from 0 to -35°C (32 to -31°F) but could get as cold as -37°C (-37°F).

Clothes & shoes

- Two sets of thermal underlayer, both trousers and top* (We recommend merino wool)
- Fleece or heavy sweater*
- Winter jacket*
- Winter trousers*
- Gloves & mittens*
- Buff*
- Winter boots*
- Woolen socks to wear with boots*
- Lighter, close-fitting winter hat*
- Warmer hat for extra cold weather*
- Swim suit (for Sauna and rolling in the snow)
- Casual clothes for lounging indoors
- Sleeping costume
- Slippers or thick indoor socks
- Underwear and socks

*Don't have all that gear? Items indicated with a * are included in the optional winter gear package which can be rented from Adventure Apes. Preliminary booking is required to ensure appropriate sizes are available; payment should be made with the final payment. Email heidi@adventureapes.fi for details.*

Other items

- Passport (and ID)
 - Travel documents
 - Insurance card + details
 - Phone + charger
 - Credit card/euro
 - Camera + charger /extra battery
 - International driver's license if your tour includes driving any motorized vehicles
 - Personal hygiene items
 - Sunglasses and sun lotion for adventures in February, March and April
 - Personal medications and prescriptions
- We recommend you bring a basic medicine kit to treat any allergy, headache or stomach ache as we are not able to provide over-the-counter medications

Adventure Apes will provide

- All the special gear needed for the activities mentioned in the program (such as ice fishing equipment, snowshoes, skis, sleeping bag, sleeping mattress, etc.)
- Bed linens and towel
- All the items to enjoy the Finnish Sauna
- Thermos bottle when needed
- Head torch

Gear check

We will begin the adventure with a gear check and make sure everyone is prepared for the coming activities in nature. In the event that gear is not suitable for the weather conditions, adventurers may be required to purchase the additional gear rental package in order to participate in outdoor events.

Adventure Apes
Rovaniementie 227e
93800 Kuusamo, Finland



+358 40 770 9874
heidi@adventureapes.fi
www.adventureapes.fi