

# Jokkmokk Winter market Holiday

*A weeklong holiday package with hotel accommodation*



## How to keep warm on a winter adventure in Swedish Lapland

*To be outside in February above the arctic circle could be cold.  
But the cold is not a problem if you wear good winter clothes.  
The key to fully enjoy outdoor activities in Lapland is to dress properly.*





### **The layer principle:**

**Layer 1:** Closest to your skin. Shall keep you dry and warm (***bring 1-2 sets***).

Two-piece underwear with long legs and long sleeves. The best material is wool but is quite expensive. Underwear in polyester works fine but absorbs sweat odours faster than wool.

**Layer 2:** Isolation layer in fleece and/or wool (***bring at least 2 layers***).

Long sleeved sweater and a pair of pants in fleece or wool. You can find good and cheap micro fleece sets that work great. An extra thick sweater on top of this is nice if it's really cold.

**Layer 3:** Shall protect from wind

A jacket in a material that is both windproof and breathable. It doesn't have to be a fancy jacket in "high-tech" materials.

**Layer 4:** The final layer (***could be rented from Laponia Adventures***)

Thermo or down parkas and pants or an overall. Choose a big size so you fit all the other clothes underneath. It's important that the top has a hood and it's good if it's generous so it can protect your face from wind and snow.

**Socks:** Woolen socks (***at least 2 pairs***)

Don't use cotton or nylon socks! Cotton is the worst material you can wear next to your skin. Buy thick woolen socks. If you would like to wear a thinner sock next to your foot, look for socks with minimum 80 % wool. When you buy socks check carefully how many per cent of wool they actually are made off and don't get fooled by their names.

**Winter boots:** (***could be rented from Laponia Adventures***)

Good and really warm winter boots are very important. The feet are the hardest thing to keep warm when it's really cold. The boots shall have a thick insulation and be big enough so you can wiggle your toes even if you wear several pair of socks.

**Hat:** (***could be rented from Laponia Adventures***)

Windproof hat that cover your ears and preferably also covers part of your cheeks.

**Mittens:** (***could be rented from Laponia Adventures***)

Insulated and windproof mittens. It's good to have a extra glove inside (not in cotton).

**Scarf or balaclava:** (***could be rented from Laponia Adventures***)

Is used to protect your face against wind and the cold to avoid frost bites. Don't use cotton.



### **Face and skin in cold climate**

It's also important to remember not to shower or wash your face just before you head off for your winter adventure. Your face is very exposed in cold climate. The best is to not use any facial creams or moisturisers at all, since they can cause you frost bites. If you have to use a face cream don't use any moisturisers that are water-based.

### **Your eyes**

Many people think that contact lenses can freeze to the eye. That's not true! Glasses tends to steam up and get icy when you breathe in the cold. Contact lenses are a good complement to glasses. In some cases, preferable.