

# ESSENTIAL INFORMATION

## FINLAND & SWEDEN: LAPLAND

### PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of three (3) blank visa pages for entry and exit stamps.

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Finland or Sweden for stays of up to 90 days.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at [visacentral.com/abercrombiekent](https://visacentral.com/abercrombiekent) or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

### LOCAL HEALTH & SAFETY PROTOCOLS

Guests should be in good physical condition and feel comfortable walking on uneven surfaces such as snow and ice. Activities such as snowmobiling, dog-sledding or snowshoeing may not be suitable for guests with back or heart problems.

### CASH & CREDIT CARDS

Major credit cards are widely accepted, and there is easy access to ATM outlets in both countries.

### OF SPECIAL NOTE

#### Reduced Daylight in Winter

In southern areas, the shortest day in winter is 6 hours long; although in general, Helsinki and Stockholm average about 12 hours of daylight at this time of the year. In winter, the Lapland region experiences a phenomenon known as polar night when the sun never fully rises. The effect is not pitch black, but almost like twilight. Lapland receives only about 3-4 hours of daylight in December and January. In February, days average about 5-8 hours of sunshine. In March, days are getting brighter and Lapland receives about 9-12 hours of daylight.

#### Cold Weather Photography

Battery life is greatly reduced in cold weather. Bring two sets of rechargeable batteries and a charger. During outings, a set of spare batteries should be carried in an inside pocket to keep them as warm as possible. If you have a small camera, attach it to a lanyard so you can carry it under your parka. It also helps to keep it in a waterproof bag when not taking pictures; snow can disable a camera. If you have a larger camera, consider a specialized waterproof covering. Also be sure to bring lens cleaning materials such as a micro-cloth.

#### Keep Connected

Extreme cold weather will diminish your phone's charge and it's best to keep your mobile phone in an inner pocket of your parka and avoid taking it out in frigid temperatures.

Please be prepared for periods of time during your journey where Wi-Fi internet access may not be available. On daily excursions, there may be remote wilderness locations where reception will be affected.

## PACKING LIST & BAGGAGE RESTRICTIONS

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to find and manage your luggage for you.

On flights within Finland and Sweden, each passenger is limited to 1 piece of checked baggage with a maximum weight of approximately 50 pounds (23 kilograms). Any additional or overweight pieces will be charged on check-in. Individual suitcases weighing more than 70 pounds (32 kilos) will not be accepted for carriage. For carry-on baggage each passenger is limited to 1 piece of luggage with a maximum weight of approximately 17 pounds (8 kilograms). Dimensions of your carry-on bag should not exceed 22 inches (56 centimeters) x 16 inches (40 centimeters) x 9 inches (23 centimeters).

### Clothing

**Daytime attire:** It is imperative that you pack clothing that is specifically created for cold climate and windy conditions. Pack a comfortable, warm coat and boots, along with casual clothing in breathable fabrics that you can layer.

**Evening attire:** You may want to pack one or two smart casual outfits for evening dining in restaurants. Formal clothing is not necessary.

## TIPS FOR STAYING WARM

**Of Special Note:** Guests travelling on A&Ks Luxury Small Group Journey **Finland & Sweden: Adventure Across Lapland** will be provided with winter outerwear (winter coveralls, snow boots with liners, balaclava and hat, winter mittens with liners and warm woolen socks) on arrival in Kittila for use on daily activities throughout the Lapland portion of your journey.

As a general rule, pack clothing you can layer. In colder destinations, it's important not to overdress to the point of perspiration, and important to wear waterproof clothing. Wet skin can quickly lead to a dangerous loss of body heat. Wearing several medium-weight layers of clothing made of breathable materials under your parka allows you to adjust your personal temperature at will.

Each layer has a function. The **base layer** "transfers" moisture to upper layers and will help keep your body dry and comfortable. It's best to have long thermal underwear made of lightweight, breathable material against your skin. Thermal underwear should fit snugly. Woolen thermals, silk or a combination of synthetic and merino wool are recommended. Avoid cotton, as it traps moisture and can cause you to become chilled.

The **mid layer** provides insulation to trap warmth created by your body heat. Fabrics such as Polartec®, Pertex® or lightweight wool materials will keep you warm. Clothing should fit loosely. Clothing that is too tight does not allow for airflow, causing you to feel cold.

The **outer layer** should provide protection against moisture and wind and allow freedom of movement. Wind and water-resistant materials are the best protection in wet snow. The outer layer should be large enough to fit over the top of several mid layers.

- Your hat should protect your head, ears and neck. Wool or fleece with a wind-protecting liner is best. Gloves should be windproof, have a warm liner and enough "wiggle room" for your fingers. In very cold weather, both gloves and mittens provide the best protection. Shoes should be large enough to allow space for extra socks or insoles.

#### Outdoor Clothing - Outer Layer

- Windproof and water-resistant hooded jacket
- Windproof and water-resistant winter pants
- Pair of warm and comfortable boots with sturdy soles
- 1-2 Pairs of ski mittens or gloves
- 3-4 Pairs of high socks thermal socks
- Balaclava (ski mask)

#### Outdoor Clothing - Mid Layer

- Warm shirt (such as wool)
- Thin fleece jacket

#### Outdoor Clothing - Base Layer

- 2-3 Thermal tops
- Thermal pants
- 3-4 Pairs thermal sock liners
- 1-2 Glove liners

#### Outdoor Accessories

- Polypropylene or wool ski cap (beanie)
- Tube-style scarf
- Small backpack
- Sunglasses (100 UV protection)
- Optional: Hand and foot warmers
- Sunscreen (high SPF of 30 or higher)

#### Additional Clothing Suggestions

- 2-3 Pairs of warm casual trousers to wear under snow pants (Expedition Stretch fabric, wool or corduroy fabric work well)
- 2-3 Warm woolen sweaters
- 2-3 Warm turtlenecks or long-sleeved tops/shirts (Expedition Stretch fabric, wool or corduroy fabric work well)
- Casual evening outfit
- Sleepwear
- Personal garments including thermal or silk long underwear
- Pair of comfortable walking shoes with low or no heels
- Swimwear/cover-up for sauna

#### Miscellaneous Items

- Photography equipment: Batteries (lithium batteries recommended for longer life), memory cards, charging cables. Waterproof case or lens brush are also recommended
- Aspirin/pain relievers
- Zippered plastic bags for camera equipment, wet or dirty cloth
- Moisturizing cream and lip balm
- Prescription medications and copy of prescriptions
- Antacids/laxatives/anti-diarrhea medicine/motion sickness tablets
- Face masks and hand sanitizer
- Slippers (for comfort after a long day of activities). Although it's Nordic custom to remove your shoes when entering a home, this is not a requirement at the hotels
- Personal toiletries (hotels will provide basic toiletries and hair dryers)
- First aid kit including Band-Aids and moleskin
- Flashlight

Personal electronics and chargers; global travel adapter

Valid Driver's License (required to drive snowmobiles)

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

#### TIPPING GUIDELINES

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey:

	<b>All Small Group Journeys and Pre/Post Tour Extensions</b>	<b>Tailor Made Journeys</b>
Resident Tour Director or Group Extension Guide	\$20 per person, per day	Not applicable
Local Guides	Included	\$25 per person, per day (full day)
Drivers	Included	\$15 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.