



Finland Packing List

Print and take a copy of this list when you go shopping and when you are packing for your trip.

Feet

- (2) pairs Merino Wool Socks
- (2) pairs Merino Wool Hiking Socks (to wear over the wool socks for a double layer)

Boots

- (1) pair waterproof snow boots. A high-quality boot is essential. Your boots are a top priority for staying warm!

Pants

- First & Second Layer:** (2-3) Base layer pant - Merino Wool (these dry so quickly that you can easily wash these at night and hang to dry) *Note: On extra cold days put on 2 of these on as a first and second layer (I did!)
- Third Layer:** (1) Fleece pants
- Fourth Layer:** (1) Water resistant pants

Tops

- First layer:** (2) Merino Wool long sleeved shirt
- Second layer:** (1) Merino Wool long sleeved shirt (optional depending on the temperature that day)
- Third layer:** (1) Fleece pull over top - zip up with high neck
- Fourth layer:** (1) Down jacket (easy to pack, folds up compact or wear on the plane for warmth)
- Fifth Layer:** (1) Waterproof jacket with hood - Water resistant and windproof

Gloves

- First layer:** (1) Merino Wool or fleece glove liners (that has the fingertips so that you can touch your phone camera!)
- Second layer:** (1) Snow gloves with fingers (that has the fingertips so that you can touch your phone camera!)
- Third layer:** (1) Large mitten glove that is water resistant with fleece or wool lining

**Second and third layer do not have to be worn together. However, we always wore a liner with either our snow gloves or mittens.

Head and Neck

- (1) Merino wool liner beanie
- (1) Smartwool Merino 250 Balaclava
- (1) Wool Beanie for everyday wear
- (1) Winter Hat w/ windproof mask attached
- (1) Ear warmer headband

Sauna

- (1) Bathing Suit

Indoors

*Items that we would suggest wearing on the plane to save space in your luggage.

- (1) Stretchy nice black pants
- (1) Black Jeans*
- (3) Sweaters - I brought a white, black*, and gray turtleneck sweater
- (3) Decorative scarfs
- Coat*
- Fashionable Boots*

Other

- Hand and feet warmers (very important and enough for each day of your visit there)**
- Backpack
- Pajamas
- Lip Balm
- First Aid Kit
- Personal Toiletries; Cosmetics
- Sunglasses
- Energy Bars for snacks
- Water bottle to refill
- Sunscreen (even if it is snowing and cloud cover – you can get a burn from the sun)
- Electronic Items: **universal adapter surge, protector**, chargers for all your electronics, extra battery for camera, extra SIM card for camera

