

## Packing list for the Lapland Tour 2025

5.9.2025

**Check the weather forecast for Muonio, Lapland! It can be anything from above zero to -30 C in November. When the temperature drops below zero C, snow stays nice and dry and does not make your clothes or shoes wet.**

**Please, show the program to your host mum and ask her to help you with packing. They may be able to lend you some clothes for the trip. Look at photos on the rye web pages and you see what students in previous years were wearing!**

**You need at least the following:**

- \* Thermal underwear with long sleeves and long legs (lämpökerrasto)**
- \* Hoodie, fleece or a woollen knitted jumper**
- \* Warm ski trousers and padded jacket for outdoor activities like downhill skiing or playing in the snow (toppatakki ja toppahousut)**
- \* Ski gloves (toppahanskat) and woollen mittens (lapaset)**
- \* Don't forget to bring own ski goggles with you – they are not included in the price**
- \* Warm woollen beanie (pipo). It is good to have a beanie which fits under the ski helmet if you are going to try downhill skiing. (ei tupsua - no tassel)**
- \* Winter boots**
- \* A pair of woollen knitted socks**
- \* Indoor shoes/slippers**
- \* Pyjamas**
- \* For indoor use you need normal sporty clothes like sweatpants, jeans and sweatshirt and some t-shirts. It is as warm indoors in Lapland as it is in your host family's home.**
- \* A small pillow and a small blanket for the bus trip to sleep more comfortable**

**Hopefully you find this information useful**