

HOW TO DRESS FOR COLD

We wish you very welcome to Ylläs, Äkäslompolo and hope you will enjoy the great outdoors. Here are some tips for how you should dress to enjoy in the cold.

WHAT YOU SHOULD WEAR:

Underwear

Breathable material eg. thermal underwear.

Shirt

Loose, high neck, wool, cotton etc.

Trousers

Loose fleece, cotton etc.

Socks

To wear under our woolen socks.



WHAT WE PROVIDE:

Head & neck

HELMET Choose a helmet that fits and is not too loose.

BALACLAVA Wear it under your helmet to cover exposed skin – not on top of your mouth.

SCARF: wear on top of overall to cover neck and face when required.

WOOLLEN HAT For use on breaks.

Hands

GLOVES Linings keep your hands warm and protect the wrists, the leather cover protect from the wind. Choose loose mittens, they are warmer than gloves with fingers.

Shoes and overall

OVERALL Make sure that there's space between the overall and your own clothes – the air between the layers keep you warm.

WOOLLEN SOCKS On top of your own socks.

SHOES Choose one size larger than normally – bigger shoes keep feet warmer.

