

Essential guide to **LAPLAND**

Travelling through Lapland means entering an environment where cold temperatures, snow and long distances are part of the experience. With the right equipment and a few simple precautions, you can enjoy every activity in comfort and safety, from snowy landscapes to nights spent searching for the Northern Lights.

With the right preparation and the support of our team, you will be ready to experience Lapland with greater safety, comfort and peace of mind, focusing on what truly matters: making the most of every experience.



THE 3 LAYER SYSTEM

BASE LAYER:

Thermal clothing, preferably merino wool or technical fabric, worn close to the body to retain warmth and control moisture.

MID LAYER:

Fleece, wool or another insulating layer to retain body heat. On colder days, it may be necessary to add an extra layer.

OUTER LAYER:

A warm, waterproof and windproof jacket. For longer periods outdoors, also wear trousers suitable for low temperatures.

IMPORTANT:

Temperatures can fall well below zero during winter. Dress in layers so you can adapt your clothing to your activity level and the conditions of the day.



ESSENTIAL PACKING LIST

FEET:

Warm, waterproof winter boots with good grip. Wear thermal or wool socks and avoid excessively tight footwear.

EXTREMITIES:

A hat, neck protection and warm gloves are essential. In very low temperatures, the extremities need extra protection.

LEISURE:

Swimwear and a towel for swimming pools, lakes and thermal experiences. Some attractions may provide towels for an additional fee.

WELL-BEING:

Moisturising lip balm, moisturising cream, sunscreen and sunglasses.

ELECTRONICS:

Mobile phone, charger, power bank and extra camera batteries. Cold temperatures can significantly reduce battery life.



MONEY AND CONNECTION

PAYMENTS:

Cards and contactless payments are accepted almost everywhere, including restaurants, shops, attractions and petrol stations.

CURRENCY:

In Finnish Lapland, the official currency is the Euro, €. In most situations, there is no need to carry large amounts of cash.

INTERNET:

4G and 5G coverage is very good in the main towns and tourist areas. In more remote areas, the signal may be limited.

ESIM:

An eSIM can be a practical solution to ensure connectivity from the moment you arrive, especially if your mobile plan does not include roaming in Lapland.

TIP:

Download maps, reservations and important information in advance so they can be accessed even without an internet connection.



HEALTH AND SAFETY

TALK TO YOUR GUIDE:

Inform your guide in advance about allergies, physical limitations, special needs or any condition that may affect the planned activities.

MEDICATION:

Bring enough personal medication for the entire trip and keep the most important items in your hand luggage.

MEDICAL PRESCRIPTION:

If you take prescription medication, bring the prescription or corresponding medical documentation, preferably in English.

EMERGENCIES:

The national emergency number in Lapland is 112, available for situations requiring police, ambulance or rescue services.

LOCAL CONDITIONS:

Snow, ice and changing weather conditions may require schedules or activities to be adjusted. Always follow the instructions of local guides and operators.



GOLDEN RULES IN LAPLAND

WATCH OUT FOR REINDEER:

Reindeer may roam near roads and cross without warning. Reduce your speed and keep a safe distance.

RESPECT LOCAL CULTURE:

Lapland is also home to Sámi culture. Respect local communities, traditions and customs.

RESPECT THE ANIMALS:

Do not get too close to or feed wild animals. Observe them from a distance and follow your guide's instructions.

NATURE COMES FIRST:

Do not cross barriers, ropes or marked areas. They are there to protect you and the environment. Do not remove stones, plants or other natural elements, and always take your rubbish with you.

FOLLOW YOUR GUIDE:

Local conditions always take priority over the original plan. If an activity needs to be changed, follow the instructions of your Atelier guide.