



To help you get the most out of the activity you book, Outside Adventure Sweden has some tips regarding the type of equipment and clothing you should have with you. It's a rough guideline of what you may need and that varies from activity to activity. For example a guided day walk in the forest requires more and better equipment than our Moose Safari where most time is spent in a vehicle with only a little time in the forest. The following equipment lists are for day activities and are divided up into summer, winter and water based activities.

### **Summer Activities**

- Walking boots or stout shoes which you don't mind getting dirty or wet.
- Warm jumper or jacket.
- Trousers you don't mind getting dirty or wet. Jeans are a bad choice.
- Waterproof jacket and trousers.
- Sun cream.
- Mosquito repellent.
- Camera.
- Snack to eat & water.
- Sun hat & sun glasses.

### **Winter Activities**

- Three layer principle: - Thermal top and trousers next to skin. Wool or synthetic work well, don't use cotton.
- Fleece or woollen jumper and outdoor trousers (see above) for next layer.
- Breathable shell jacket and trousers, type gore-tex..
- Extra, thick fleece or woollen jumper and/or jacket to put on when we stop.
- Warm hat.
- Thin gloves
- Thick warm gloves, mittens are best.
- Walking boots (plus if they insulate well).
- On your feet use first a pair of thin plain woollen socks. Over them use thick loop stitch walking socks.
- Scarf.
- Balaclava to help protect cheeks and chin.
- Gaiters.
- Metal flask for hot drinks.
- Snacks ex. nuts and dried fruit to keep you going between breaks. Chocolate and other sweets tend to freeze solid.

### **Water Based Activities**

- Roughly the same as summer activities with a few extras.
- Complete change of clothing.
- Small re-sealable plastic bags are good for cameras and telephones.
- Instead of boots or stout shoes use a pair or trainers. They will get wet. Fit well in kayaks and boats.