

How to dress in Swedish Lapland

To be able to enjoy your stay it's very important to dress properly, and the best way to dress for winter is to wear layers.

This gives you flexibility to add or remove layers, depending on the weather and the activity, the idea behind wearing several layers of clothing is that air spaces are formed between the layers. These air spaces serve to both insulate and ventilate.



In general the three main layers are the base layer, the mid layer and the protection layer.

Base layer, *the layer worn next to your skin, needs to transport moisture away.*

- Choose thermal underwear made of wool or a synthetic fiber that will move moisture away from your skin and pass it through the fabric so it will evaporate. This keeps you warm, dry and comfortable. Examples of synthetic fibres are polyester or silk.

Mid layer, *the purpose of this layer is to keep heat in and cold out.*

- This layer includes sweaters sweatshirts, vests and pullovers. Popular insulation materials include: Fleece, a synthetic material which maintains its insulating ability even when wet, and spreads the moisture out so it dries quickly. Wool is also a popular insulation material which wicks away moisture.

Protection layer, *exterior layer which provides protection against the elements of winter.*

- Generally you use a shell and pants that should repel from water, snow, sleet or rain and block the wind. The material should breathe and permit full freedom of movement, most genuine winter shells and pants are made waterproof and breathable to some extent by using tightly woven fabrics teamed with a coating or laminate. This keeps moisture on the outside but allows perspiration to escape, keeping you dry and comfortable.



Headwear: Up to 60 percent of your body's heat can escape from an uncovered head, so wearing hat or headband is essential when it's cold.

Gloves and mittens: Prefer to use waterproof, breathable fabrics. Mittens, in general, are warmer than gloves but offer you less movement.

Footwear: Use shoes that is somewhat larger than normal to allow space for socks, this result in a warming air layer inside the shoe or boot to keep you warm for longer. Resist the temptation of putting on too many pairs of socks, you'll restrict circulation and actually cause your feet to get colder.

Try to avoid cotton in your clothing because it absorbs moisture and retains it. When the wind blows you'll get very, very cold. Don't wear cotton athletic socks, cotton jeans, cotton sweatshirts or cotton T-shirts.

Also try to avoid wearing jeans or street pants, denim is not waterproof so water will soak through and you'll end up cold, wet and miserable.

For your adventures in Swedish Lapland we can provide you with overalls, hats, gloves and shoes.