



# HOW TO PREPARE FOR SUMMER IN THE NORDICS

## YOUR SUMMER PACKING GUIDE

A summer holiday to the North is not your typical sun-soaked escape. It's a unique and exciting experience that comes with its own set of challenges.

When the North Pole tilts towards the sun, something magical happens. The Midnight Sun sets the sky ablaze with a never-ending day, giving you 24 hours of glorious sunshine. This means that for several weeks during summer in the Arctic Circle, the sun never sets! Below the Arctic Circle, the sun may still set, but the days remain lengthy and bathed in light. The sun sits relatively low on the horizon during this time though, so the poles are kept cold. The Arctic may be warmer in summer, but remember that the weather can still be cold and unpredictable.

In this comprehensive summer packing list, we'll cover everything you need to know to make the most of your Nordic summer journey in comfort.





## COLD WEATHER PRECAUTIONS

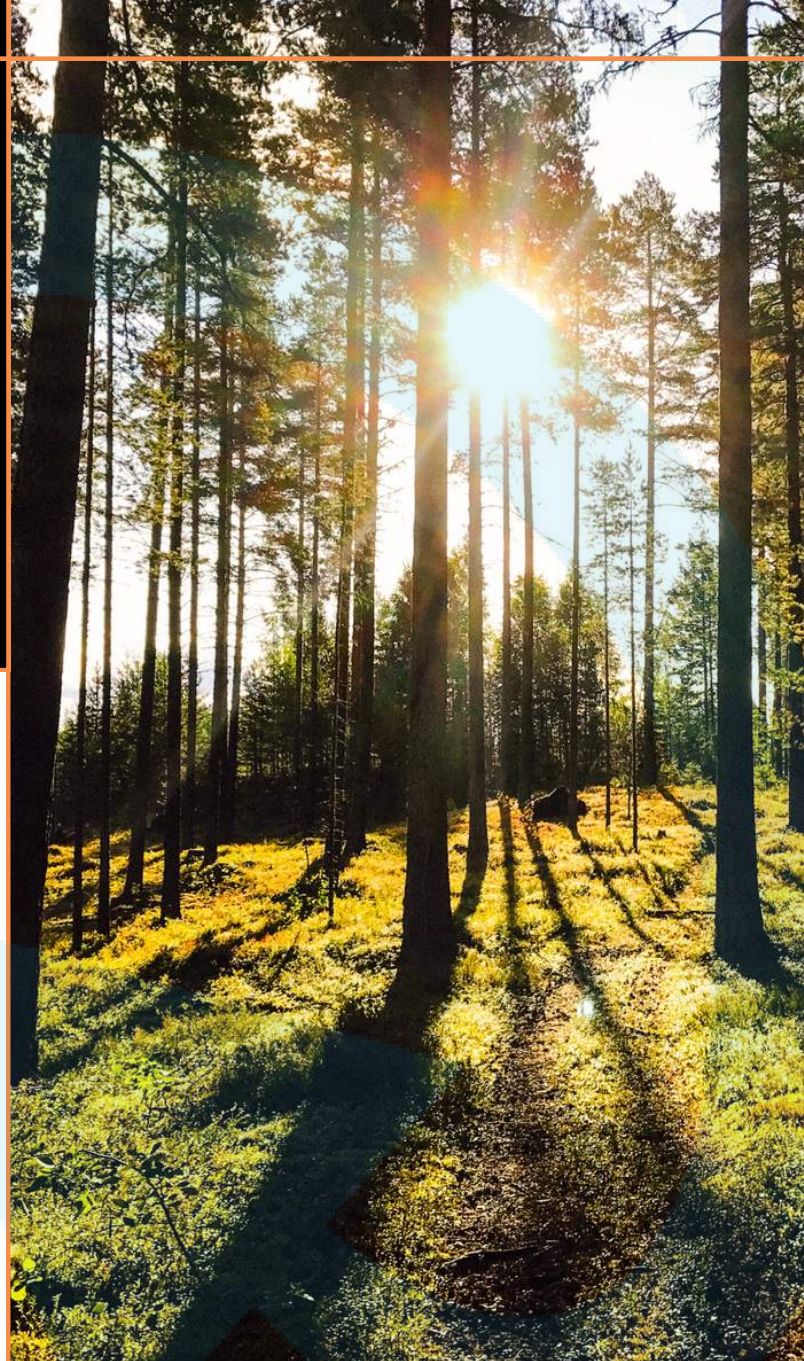
Summer in our destinations can bring unpredictable weather that can change suddenly. So it's important to take precautions for both hot and cold weather to be prepared for any possibility in one day!

1

**Never make any journey without wearing the appropriate clothing and footwear:** Even on a very short trip you could get very cold.

2

**When out for long periods of time:** Ensure you take enough clothes to wrap up warm and if necessary, protect your extremities (such as hands and feet). You should also take precautions (such as using a hat and sunscreen) to protect yourself from the sun.



3

**If at any point you feel too cold and uncomfortable, return indoors as soon as possible:** If you are out on an activity, inform your guide immediately.

4

**Should you feel unwell at any time during or after being outside:** Contact your guide or your accommodation provider immediately.







## CLOTHING AND EQUIPMENT

When embarking on a Nordic summer holiday, it's essential to pack thoughtfully to adapt to the ever-changing weather.

Layering is key, as temperatures can vary throughout the day. Bring comfortable and breathable clothing such as lightweight shirts, shorts, and sundresses for warm afternoons. However, be prepared for cooler evenings by including a sweater or jacket. A waterproof and windproof outer layer can be handy to shield against unexpected rain or chilly coastal breezes.

Don't forget to pack sturdy, comfortable walking shoes for exploring the picturesque landscapes. Additionally, sunglasses, a hat, and sunscreen are essential to protect against the long daylight hours and intense Nordic sun.

Overall, a mix of versatile and weather-appropriate clothing ensures a comfortable and enjoyable experience in the enchanting Nordic summer.

- Lightweight and breathable clothing for warm days.
- Long sleeves and trousers to protect against mosquitoes in certain areas.
- Waterproof and windproof jacket for unexpected rain.
- Insulating layers for cooler evenings.
- Sturdy and comfortable hiking shoes for exploring diverse terrains.
- Sandals or lightweight shoes for casual walking.
- Sunglasses to shield your eyes from the prolonged daylight.
- Wide-brimmed hat or cap for sun protection.
- Lightweight gloves and a hat for cooler evenings.
- A backpack for carrying essentials during outings and hikes.
- Sunscreen with high SPF.
- Insect repellent.
- Reusable water bottle.
- Portable charger for electronic devices.



## EXTRA EQUIPMENT

From our experience of exploring this destination in summer, you may want to consider taking the following additional items:

- **Plug adaptors for the country you are visiting:** To ensure compatibility with local power outlets.
- **Phone/camera charger, power bank, and extra batteries:** To keep your essential electronic devices charged no matter the cold.
- **Extra memory cards for your camera:** To expand storage capacity, allowing you to capture a multitude of photos and videos of the unique landscapes and wildlife encountered during your summer Arctic experience.
- **Lightweight travel towel:** In case you decide on a swim. Our destinations have multiple swim opportunities a day!
- **Binoculars:** For wildlife observation.
- **Compact umbrella:** For light rain.



## USEFUL TRAVELLING TIPS

Credit cards are widely accepted everywhere in the Nordics, and many places are now cash free. While tipping is appreciated, it is not expected and there is no set level or amount we can recommend.

If you plan to hire a car, make sure to carry your driver's license, adhere to speed limits, and ensure the vehicle is always in a good and safe condition. Any additional tolls or fees will need to be paid on site before you leave the country.

### NOTE

- Don't forget to pack extra clothing layers in case you get wet.





## THE MIDNIGHT SUN

The Midnight Sun is a fascinating phenomenon that occurs in the polar regions during the summer months because of the way the Earth is tilted on its axis. It's a unique experience that offers the opportunity to enjoy the beauty of the natural world in a new and exciting way.

However, even if you are travelling south of the Arctic Circle it's important to be prepared for the long days and short nights that come with this phenomenon, particularly if you are sensitive to light.

### NOTE

Many hotels in the region do not provide black out blinds, so by bringing along items like an eye mask and ear plugs, you can ensure a good night's rest during your travels.

## SAFE TRAVELS!

We hope that with this summer packing list you can adequately prepare and travel the Nordics with confidence. By packing wisely, you can be comfortable and ready to explore no matter the conditions.

Remember, it's always better to have more than you need than to be caught unprepared in the unpredictable weather. Embrace the challenge, enjoy the adventure, and return with unforgettable memories.

## GET IN TOUCH

If you'd like to know more details, or book your next trip with Arctic Inbound – simply send us an email: [info@arcticinbound.com](mailto:info@arcticinbound.com)

## EMERGENCY SERVICES

Telephone Number: 112

