



What to bring to the mountains

This combined trip of lowlands and Lapland mountains is the most demanding trip Birdsafarisweden arrange. It got a bit longer walks and a bit more steep hills to walk up (we don't climb at all).

However we don't walk really long, so you just need to be normally fit.

Temperature can be going a bit up and down in the mountains. One day can have +20° centigrades, and only +-0° C the day after. The snowlayer also varies a lot.

Sunscreen and mosquito repellent can both be useful to bring.

We recommend warm clothes, several layers, really good footwear, preferably leather hikingboots as well as Wellingtons/ rubber boots. The mountains are still wet with lots of snow melting and we will frequently cross small wetlands and puddles in order to reach the birds.

Thermo underwear or downjacket/ skipants, woolen socks and soles in the boots, warm gloves/ mittens, a warm cap or hood and scarves are recommended.

Be aware that we spend most of the daytime outdoors. To enjoy birds and nature the most, it really is crucial to keep warm.

Bring a personal bottle for fresh, cold drinks for the walks. Hot drinks however are catered for on all our excursions.

Towels and sheets are included in the accommodation price.

Very welcome/ Daniel

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