

HOW TO DRESS FOR FINNISH WINTER





WELCOME TO WINTRY FINLAND!

In Finland, the winter months can be quite cold. That doesn't mean you can't enjoy your time in the nature. With right gear and knowledge of how to dress for the snowy and cold winters, you can enjoy the Finnish nature year around.

In the Satakunta region, the weather is not usually as cold as in other parts of the country. During the winter, the temperature can vary between -1°C and -25°C .





LAYERED DRESSING

Layered dressing is a key thing when choosing what to wear for a day of outdoor activities. Each layer of clothing has a different function, so it is important to choose the right fabrics and types of clothes for each layer. When you use layers, it is easy to add more clothes if you are feeling cold or to remove something if you are feeling hot.

NOTE: WE DO NOT EXPECT YOU TO PURCHASE EXPENSIVE CLOTHES FOR YOUR TRIP. THIS GUIDE HELPS YOU TO UNDERSTAND, WHAT KIND OF CLOTHING IS PREFERRED FOR FINNISH WINTER, SO YOU KNOW WHAT TO PACK FOR YOUR TRIP. EACH TYPE OF CLOTHES HELP WITH CERTAIN PROBLEMS. BY FOLLOWING THE TIPS OF THIS GUIDE, YOU CAN ENJOY YOUR STAY IN THE SNOWY AND SOMETIMES COLD FINLAND





BASE LAYER

The base layer are the clothes that are in contact with your skin. This is the layer that will keep you dry. Normally the base layer is tight fitting. There are two types of fabrics to consider: organic and synthetic fibres. With organic fibres, wool is the best option, especially merino wool. Wool is the natural and warm option, but it dries slowly. Synthetic fibres are better than wool in keeping you dry while being active, because they move the moisture away from your body to the outer layers. The base layer clothes normally come in different thicknesses. The thicker the fibre, the warmer the clothes.

Suggested clothing for base layer:

- Long underpants: wool or polyester. & long undershirt: wool or polyester.

OR

- Thermal jumpsuit (long underpants and long undershirt together): wool or polyester





MID LAYER

Like the base layer, the mid layers job is to keep you nice and dry. The layer moves moisture away from your body and insulates the cold. For the mid layer, the best fabrics are wool and fleece. Fleece is recommended if you plan to do something active. Cotton and cotton-blends are not as good as other materials, because they bind the moisture, rather than move it. Clothes made out of cotton also do not act as insulation.

Suggested clothing for mid layer:

- Fleece jacket and pants
- Alternatively, you can use sweatpants and a hoodie. These will be a good option for the milder temperatures.





OUTER LAYER

The outer layer is in contact with the elements. It is a good idea to choose fabrics that are water and windproof. Goretex and Windstopper are namebrands, but other clothes with similar features will work too. You may think that the snow is wet, but it is usually surprisingly dry. As snow will melt at zero degrees the snow naturally gets wetter when the temperatures drop. If there is a change that the temperatures will drop near zero degrees, it is good idea to choose clothes that are especially waterproof. With lower temperatures, it is better to choose clothes that are designed for downhill skiing, as their padding gives additional warmth and they have good enough waterproofing for the dry snow.

Note that some snow will stick to your clothes when playing and rolling around. It will start to melt when you move around. Because of this, it is a good idea to try brush some of it off your clothes.

The head and hands get cold quite easily. Remember to pack a warm wool hat with you and few pairs of mittens, so you have a dry pair ready. Padded gloves that are water-resistant are a good option. Finally, there are the shoes. Winter boots are good options here. You might want to use them with wooden socks for extra warmth.





DRYING YOUR CLOTHES

After long day of playing in the snow your clothes might get wet. It is important to get them drying right away after getting inside so that they are nice and dry for the next day's adventures.



The most effective way to dry your wet outdoor clothes is to use a drying cabinet. It is usually found in the utility room of Finnish homes. If your host home doesn't have a drying cabinet, turn your clothes inside out and hang them by a hanger in room temperature. Make sure that your clothes aren't wrinkled, and all the zippers are open so that they can dry



In Finland wet laundry is usually dried with a drying rack. You can hang your wet neck warmers, beanies, gloves and mittens on the rack by using clothespins which are found in every Finnish home.



Open your shoelaces all the way. Take off the insoles and leave the shoes to dry in an upright position by the front door, inside the house. Underfloor heating will speed up the drying.



KEEPING DRY AND WARM



To keep the snow on the outer layer and from getting into your arms and feet, there are a few good tricks. First, be sure that your pants are over your boots. There may be a string or buttons to tighten the pants over the boots. This will keep the snow out of your feet. Then, pull the sleeves over your mittens and fasten the buttons. Lastly, tie a scarf around your neck, zip up the jacket and head out for a nice day in the snow!