



RAID LAPONIE CLOTHING

How to stand the cold weather in Lapland?

It can be very cold in Northern Finland in wintertime. The average temperature in southern Finland is about -5°C and in northern Finland about -13°C .

But still some raiders do remember 1998 when we had a record of -44°C in Naruska.....

1. Very important is the head. About 30% of the body temperature gets lost if the head is uncovered, so please cover your head. We recommend a woollen cap or one made of fur, which covers also the ears. Also recommendable is an oversized shawl you can wrap around head and neck in case of a snowstorm or freezing wind, also to protect your face. There won't be any beauty contest, but maybe we will reward the most original and efficient cap.

2. As important as the head are hands and feet:

It's better to use some leather gloves for driving to get the real grip to the steering wheel. If your car has a perfect heating system, you probably can drive without gloves. For outside conditions the inside layer should be warm (woollen or fleece) and the outside layer should be water resistant (leather or goretex). And don't forget to bring an extra pair of gloves in case the other pair gets wet!

For your feet you need some warm shoes, but some high ankle leather shoes will do the same trick, if they're roomy enough for some extra pair of woollen socks. Even three layers won't do harm, if there is enough space in the shoes. Please make sure before you start the trip that your shoes are not too tight while wearing some extra pair of thick socks! Sometimes we will be outside for several hours and freezing feet takes all the fun out of it. Lighter indoor shoes can be a good idea, too.

3. The rest of the clothing should be warm and windproof. Best works several layers, for example:

- long underwear for upper body AND legs
- warm sweater (woollen, fleece), with a high neck
- long warm trousers; even everybody has them, jeans are NOT the best choice for cold weather. Please prefer trousers that are insulated, the ones you normally use for skiing.
- The jacket should be wind- and waterproof. Some goretex jacket for outside conditions will do the best job, because

the material breathes so the warmth stays inside but the moisture will go through.

- A raincoat and waterproof shoes can also be useful sometimes. It may even rain.

Sometimes you have to react very fast to changing conditions at the raid, not only weather conditions. Being inside of buildings, being outside and then driving in the car – which means that you have to be prepared to change clothes or just put more layers on or off depending on the situation. Several thin layers work better than just a few but thick ones!

Very important is that your clothes are windproof, because a hard wind will make -10°C to feel like -30°C and it can cause freezing damages on cheeks, fingers, and toes. If your cheeks, nose, fingers, or toes start to feel numb or white in colour, you should immediately find a warm place to prevent tissue damage.

In the wintertime days are short, that's why you have to put reflectors on your clothes due to Finnish law. Sometimes they are already sewed on outdoor-clothes, some extra wrapped around the ankle or hanging from sleeves or hem protects you even more.

If there is sunshine during the daytime the snow reflects it. Please take some good sunglasses with you for safe driving and to protect you from snow-blindness. You can use protective vaseline (without water !) for your skin.

For clothes or equipment, we recommend to look for them in cities in the Southern part of Finland. Shops are not that easy to find in the North and the prices may be higher (although stuff of good quality normally).

And a last useful advice: take an extra blanket for covering the knees while driving in your 2CV.

Warm regards, your RAID LAPONIE organizers

