

## Alternative winter hiking

**Gear info – 10.01.2025**

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# Introduction

The following document should give you an overview what you need for “alternative winter hiking” going through all basic equipment. It includes always also what I can offer for rent and ideas what else could be possible.

Of course, it makes the most sense from a learning perspective if you can use the gear you already have, as it gives you also security, as you know how to deal with your tent etc. The challenging part will probably be to get all the gear in your/a backpack.

There are some more comfort options and some more “compromise for weight saving options”, more expensive and more affordable and DIY ideas. I hope to find a good balance to share with you. Some things might seem complicated, as this document offers gear options to deal between -25°C and +3°C and rain, still fitting everything in the rulkka-backpack. So this is a wide overview, but we can get it much more concrete in the theory -workshop and the praxis day, as we will have an idea, what will be the snow and weather conditions for our hike.

Also I will go now in January testing the trail two times, and can share based on that in the theory-seminar more concrete information.

In the end of the document you will find some links to read more about the rulkka or ultralight winter hiking, I find them very useful, but still figuring out for myself to adapt everything to Southern conditions. As for example also the discussions in Facebook-groups lead (almost) always to winter hiking in Lapland.

Don't let yourself get stressed too much regarding our hike from all the gear and preparing! From my own experience I can say, that packing and preparing is always the most stressful part and of course in winter even more, as there is more to think about.

But when you are out there, all the preparation stress is gone and you can enjoy hiking and adapt day by day slowly to changing conditions.

I could imagine, that maybe with some standard 3-season gear (+x), one night with the rulkka would be easily possible, but for more nights it will get tricky, to get all the gear in the backpack. At least that was my process, when I started winter 2022/2023 in Rovaniemi. For example, I used my 2-person “kupolitelta” and had it attached outside, because it didn't fit in the backpack any more, even for one night.

This document offers gear ideas (what I also can rent), to build up a set for conditions between -25° and +3°, where everything fits inside the backpack and it's even possible to add the snowshoes on the sides. So an optimal version, what you don't need for starting winter hiking in the South.

For our hike you can of course rent some parts, to build up a functional 5-day set, also adapted to the conditions we will have.

For your own adventures I recommend to just start with 1-2 nights, so you can test your equipment in different conditions. And to be honest, I really enjoyed going out last winter once a week for sleeping outside and I am curious how this winter will feel, with longer trips instead of regular nights out.

For enjoying single winter nights outside, you could even let the sled at home, what makes packing a little bit more easier, depending on snow conditions, you could even go without snowshoes or skis.

So if you think of your gear you already have, one point will be if for example checking if your sleeping bag and pad keeps you warm enough and the other one if they will fit in the backpack if you add more clothes an additional sleeping bag etc.

And if you struggle with getting everything inside, it's of course also possible to think of creative ways to attach something outside.

Here an overview of the gear, with some thoughts, how to reduce volume/weight to make winter-gear fit in one backpack. I Sorted them in "big players", the bigger and more expensive ones and the "small player", the smaller and cheaper gear, but what makes also a big impact.

Think of what you have and if you are anyway planning to get yourself a new tent or sleeping pad, maybe that document can give you an orientation, what would be good for 4-seasons. You also don't have to have the smallest/lightest version from all gear, just try to pack and decide, what could make a senseful difference.

Here I tried to offer, as light and small options for rent as possible, so you could pick single ones to reduce weight or volume at your own set, or increase warmth 😊

This is a overview and you will find more detailed information under the single topics.

### Big players

- **Backpack:** Best option is 60-70 litres backpack, with only one spacy hole and not too much side pockets, and of course a 1kg backpack can be more comfort than a 3kg one, but keep in mind that it's also important that it fits you well and can carry also more heavier load, as some light backpacks have here their limits. You will find in the document also a packing strategy to make the most space out of your backpack.
- **Sleeping bag:** Instead of a big winter sleeping bag, the combination of a down quilt and a down 3-season sleeping bag could save space. Of course the more money you invest, the smaller and warmer the bags can be, I tried to offer a little compromise
- **Sleeping pad:** A lightweight air pad (about 550g) with a high r-arvo (6-7) is a good base and usable for all seasons, so something what could make sense to invest. Usually you have to still add a solumuovi pad, but when it has just some minus degrees, you could leave that at home or take just  $\frac{1}{2}$  with you.
- **Tent:** Of course it makes a difference if you use a 3kg 2-person tent or a light and small 700g 1-person tent. A tarp + a bivy can be also an option.

### Small players

- **Tent stakes:** Smaller winter stakes
- **Shovel:** You don't need it, use a trowel (kakkalapio)
- **Water bottles:** Reduce the amount of water, you carry with you to save weight and space. (means also less water to prevent from getting frozen). As snow offers all the time the possibility to get more water. Don't use a thermos, but 0,5l plastic bottles (what can still stand hot water) and build an insulation from a solumuovi pad (kaira extreme works good). You could even leave the insulation at home and wrap the bottles just in your sleeping bag/sleeping clothes. Carry a soft bottle/sack (0,5l-1l) in a pocket of a hoodie/jacket (not the outside layer) or built an extra "belly bag" for that. You will find inspiration for this in that document.

- **Stove:** Learn tricks how to use your gas stove (they are still the smallest and lightest ones) or get a gas stove, what works with gas in liquid form, they should work until -25°.
- **Pot and cup:** Taking a 0,7l pot makes a big difference instead of taking a 1,5l one. Leave your kuksa at home and take a small “fold a cup”-cup
- **Food choices:** Choose ingredients for dinner what take less space. In winter I use instead of macaroni potato mousse. Light, less volume and fast to prepare, saving gas are for example: potato mousse, couscous, soya granulat, porridge.
- **Extra space through a big hip bag:** It works little bit like a extra “päiväreppu” where you can have the things, you need between the day, that saves space in your backpack and you also don't have to open it too often

Additional is playing a role:

- **Clothes:** Depending what you have, what you want to invest. You could either invest in down clothes to avoid a better sleeping bag, or if you have a small warm sleeping bag, you wont need down trousers for example. So pretty personal decisions. Of course, there are a lot of lightweight and small volume clothes (and expensive) on the market. For Southern conditions it makes sense to work with more layers to be prepared for warmer and colder days. Have a good system (and base layer) to keep your clothes dry, so you can also just wear all your clothes at night if it gets cold. Use small accessories to increase the warmth at the body parts you freeze most (usually around hips, feet, fingers, head, arm wrists). As you will need anyway your rain clothes in Southern winter conditions, use them also to keep you warm/protect from wind (for example rain skirt + DIY insulation from solumuovi pad)
- **Snowshoes:** Again money can make the difference! But is it necessary? For example more expensive Northern Lites snowshoes are super light, so they are a great option if you go out a lot, also on longer trips, where you plan to also walk on streets paths not using the snowshoes but having them attached to your bag. A personal decision. Is investing maybe even 250€ more worth for you to have about 1kg less? You could also think that way, that if you want to walk more, it's maybe not worth investing so much. And if you choose your hiking trails in a way that the snowshoes are much in use, the weight doesn't make any difference and they also don't have to be perfectly fitting for attaching to the rulkka-system. As I am out a lot in winter, I got myself last year these light ones, but decided to focus on other options for renting to work also with more affordable gear
- **Sled:** The basic children's sled works perfect, but is also “heavy”. You could also build a more lightweight rollable one. This again depends on in what way you are going to use it. More pulling or more carrying? How often? Or maybe decide to leave it away completely and just go with your backpack?

Here an overview of this preparing process, if you have time you can read the gear information, fill the coming tables, write comments and question. But not necessary, we will go through it together.

## 1. Backpack

If you have a backpack what is about 60-70l and fits you well, of course it makes sense to use it. Somehow there are backpacks what work better for the rulkka than others, but with a smart and creative packing strategy it can always work somehow.

I tested different backpacks with the rulkka and was surprised about the differences. With some it felt more difficult to get the same amount of gear stuffed in, also they had the same size.

Here what I kept in mind:

- **about 60-70 liters** (it could be also bigger, but then it could be tricky to not load it too full, as we will also carry it a lot. A friend used a 90l backpack, built a rulkka system and went hiking on the Saima lake, so it was an DIY ahkio version, what is easy to transport also through public transport, but was too heavy to carry on the bag)
- best working were backpacks with one large, spacy “hole” and not too many small extra pockets. As the sled will cover the back of the backpack and the snowshoes the sides, so these pockets get useless.

### Backpacks and drybags for rent

#### Backpacks:

1. Granite Gear Crown 3 60 Women's (weight 1088g)
2. Lundhags Padje Light 60 L Regular Short (1105g)
3. Lundhags Padje Light 60 L Regular Long (1115g)
4. Osprey Ariel Pro 65l (1690g)
5. Deuter quantum 60 SL (2790g)

Comment: After testing, the Lundhags worked for example best from the rulkka perspective.

#### Drybags for rent:

- Osprey ultralight pack liner M (per person)
- 2l, 4l, 8l, drybag (per person)







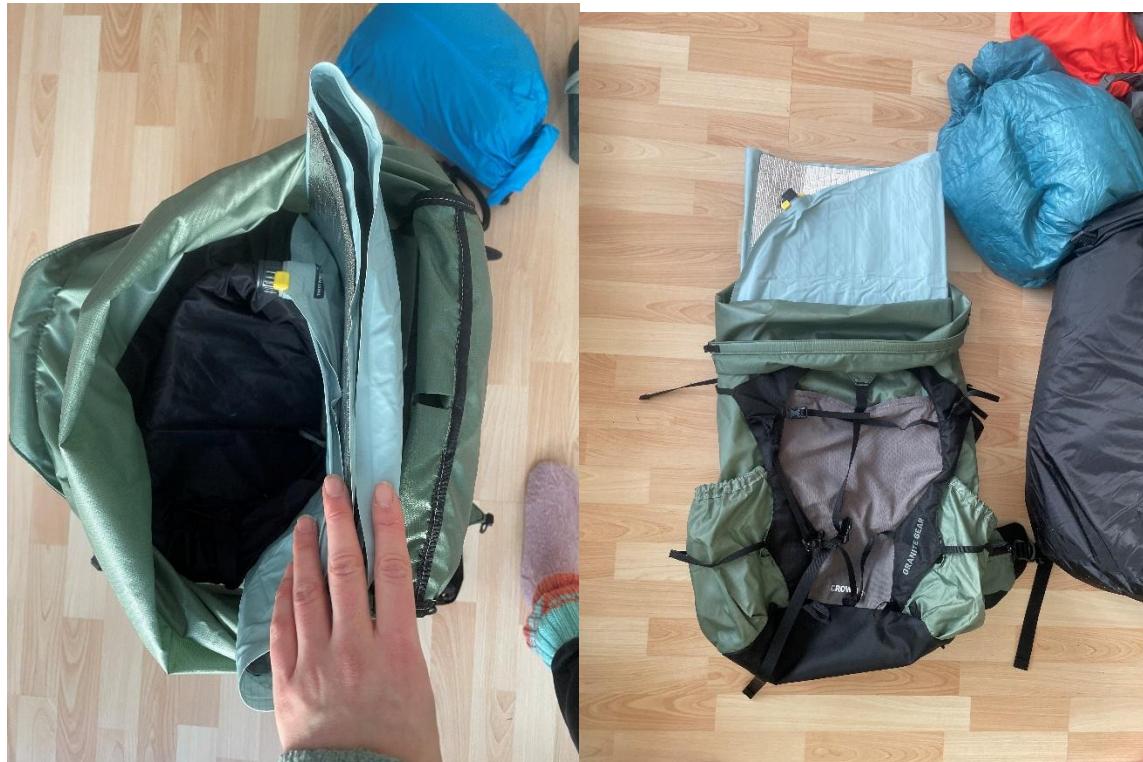
### **Packing strategy (for winter)**

Before I used comprehension bags for the sleeping bag and had my clothes in extra bags and the sleeping pad rolled also in a bag. In summer this is no problem, but in the end you loose space with this method.

Here some ideas to save space:

1. Don't roll your sleeping pad, fold it and put it inside of your backpack direct on the back side:

You can see that I also added the thin solumuovi to it. The thicker solumuovi will be attached outside the backpack on the bottom, so it's easy accessible for breaks while hiking to sit on it.



2. Use one big backpack liner and stuff in there your sleeping bags, and clothes:



I always stuff my sleeping clothes in the sleeping bag liner (orange one). I use the pump sack with some clothes inside as a pillow.



→ In that big bag I add my electronics and the gas bottles and depending on the temperatures also the water bottles for more insulation.

- I close that liner bag, and add on top my tent, food bag and a bag with extra clothes for the day. (first aid repair kit & hygiene goes sometimes also there or inside smaller pockets of the backpack)



## 2. Sled/Rulkka

### Sled systems for rent

**You can just use your own backpack and borrow a sled from me with all the straps you need to attach the backpack to the sled and the “pulling rope system”.**

I have these little different sleds (and will still add the straps on all.)

I focused on an easy DIY but comfortable version.

I just made holes with a knife and sissors on the sides and added a loop of a rope through them.

You could then just by two longer pack strap with each only one buckle to connect it to your backpack.

I decided to buy for each rulkka two straps and 4 buckles, to have on buckle each side of the sled. That makes it easier to get the snowshoes from the sides.

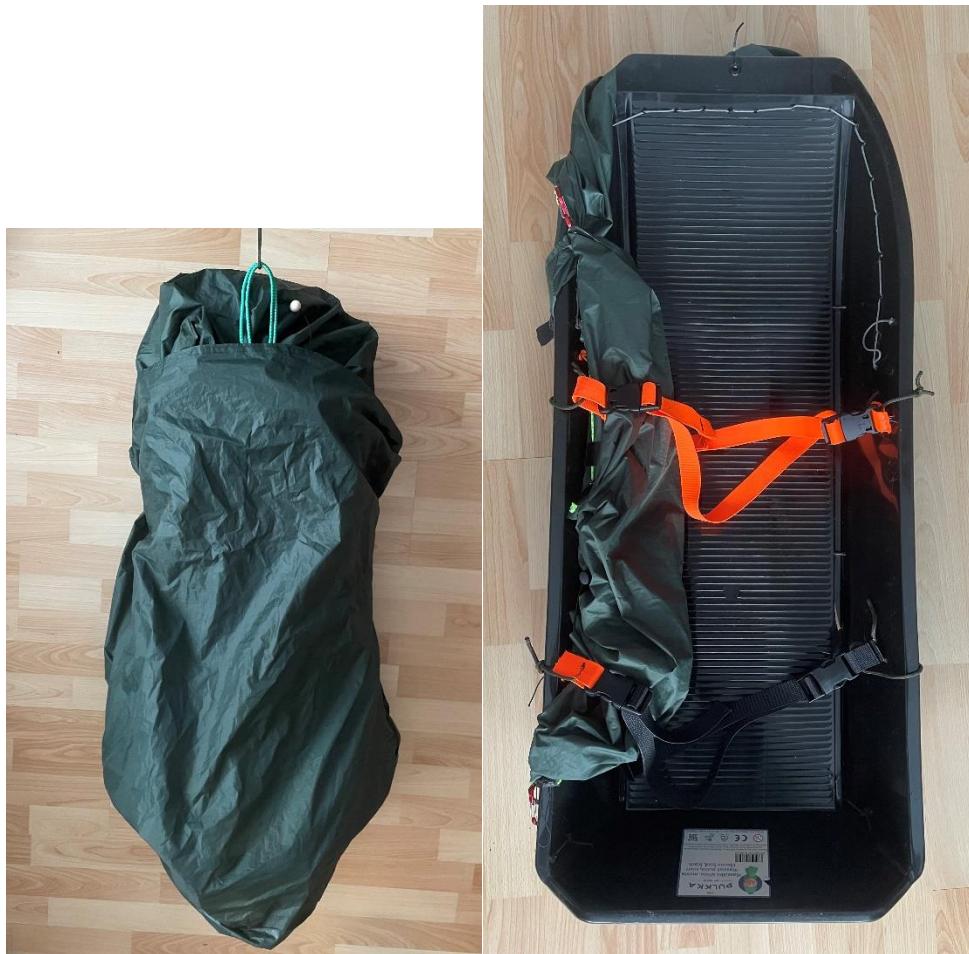
Here the sleds I can borrow + the strap and pulling system:





You can see on the pictures that I added also an raincover, for the rulkka system, will test it on the hike in January and then maybe add to all the sleds.





→ Here you can see the raincover/protection what could be wrapped around the rulkka while pulling it on the ground

#### More rulkka building inspirations/ideas

The easiest option is to use an childrens sled like the ahkiopulkka (Plastex) or the ahkiopulkka classic 636 or 455 (Wiitta). They differ all a bit in lenghts, height and width.

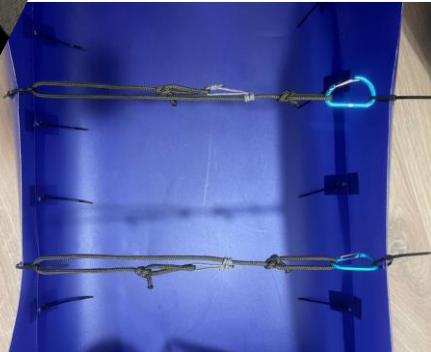
Last year I also tested to build my own version, what is more lighter and rollable, but to make things not too complicated I decided to focus on that “standard version” for our hike.

Still some pictures as inspiration what you could do, if you want to build your own.

DIY



Narusysteemi irtoremmien sijaan (prusiksolmu)

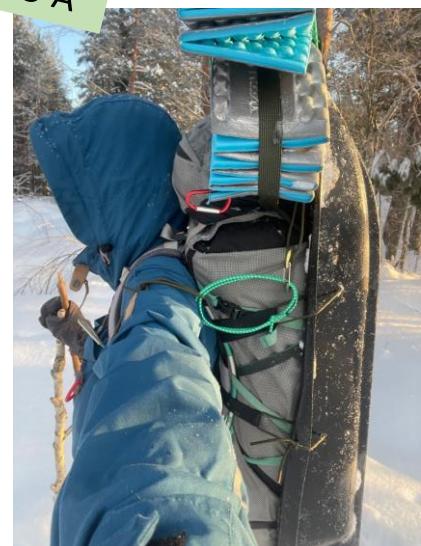


kunnon versio

DIY



VERSIO A



... ja esimerkkinä  
omat versiot...

→ These were my first attempts, now I learned it's easier to put the sleeping pad on the bottom of the backpack. Some backpack have already a cord there to attached it, but usually it's easy to just add a flexible cord by yourself. And as you can see on the left picture I first also had my tent outside of the backpack.



→ You could also buy one...

DIY



... ja esimerkkinä  
kaupallinen versio...

### Jemtlander Pullpac 8L

€187



Paino: 1200 grammaa



<https://backpackinglight.fi/brands/jemtlander/jemtlander-pullpac-8l>

- jousto-osa (noin 5mm paksu joustava naru)
- Vyö (hip-bag) + sulkurengas
- suoraan vyölaukkuun



<https://www.partioaitta.fi/oppaat/ahkion-tuunaus/>



Here would be a more expert version to make this pulling string, but as the rulkka is not so heavy, you don't have to put to much effort in it.

Depending on the sled and backpack you could either attach the pulling rope to the sled or the backpack.

<https://www.partioaitta.fi/oppaat/ahkion-tuunaus/>

### 3. Snowshoes and Poles

You can spend between 40€ and 300€ and I am still testing what will work.

When choosing snowshoes for a rulkka hike, again it's not only the point how they work in what kind of terrain, but also how easily they can be attached to the rulkka. Easiest to attach were those, which are flat and have a binding system, what can be made flat. And of course, which are not too heavy.

I will test the 40€ snowshoes from Tokmanni on my hikes in January and if they work, you could decide if you want to test in February the low-budget version or the 300€ ultralight snowshoes. Or of course use your own ones!

#### About ultralight lumikenkäily, a short text from the newsletter from farlite:

<https://preview.mailerlite.io/emails/webview/188979/143156653153322864>

→ They also focused when testing the snowshoes on Lapland condition, but the last sentence cheered me up!

*"Älä myöskään unohda lähiretkileylä, sillä lumikengät ovat usein suksia kätevämmät lähikohteessa talvisaikaan!"*

That is what we are going to do <3

**Snowshoes for rent:**

1. Alpidex snowshoe (not sure what version, still have it from Germany, maybe this:  
[https://www.alpidex.com/alpidex-schneeschuh\\_16007](https://www.alpidex.com/alpidex-schneeschuh_16007) )
2. MSR revo explore
3. Northern Lites Women's Elite Ultralight All-Terrain
4. Vaeltaja lumikengät (tokmanni)





### **Poles for rent**

After I lost my Black Diamond skiing poles last year in the bus, I started questioning if I need different poles for winter and 3-seasons.

This winter I want to try to use the 3-season hiking poles with added snow baskets.

Also here a low budget version from lidl to more expensive hiking poles for renting:

1. 2x Lidl hiking poles
2. Black Diamond trekking pole
3. Fizan ultralight hiking pole

+ snow baskets



#### 4. Winter boots

Personally I felt that this is much more important than the snowshoes, as I would love to focus also on walking and not only going off trail through deep snow. Also I see “alternative winter hiking” as something I would love to do through the whole winter, what means also wet conditions in the beginning of the winter and the end. Or here around Helsinki, it can be also wet in the middle of the winter.

So for me there is nothing over (winter)-rubber boots. They keep my feet warm and dry I can just go freely exploring without being scared to break through some ice in a deeper puddle under snow in the forest or in swampy areas.

When I started my nature-guide studies in Rovaniemi, we all had to get the Nokia Kaira boots for the winter time in school. They really served me well through the whole winter in Rovaniemi and I also use them here to go to the forest. They are heavy but stable. As you already live longer than me in Finland, you might have your own winter boots solutions, what works for you.

Of course renting boots is a little bit more tricky than renting 3 same size sleeping pads. But I feel they are just really important, so I tried to get some options for rent.

I started testing through autumn some barefoot rubber boots, as they would have been a good option to rent in autumn, if people go hiking with their own boots and the rubber boots could be just taken with them in the backpack for the swamp parts, as they are light.

I got curious, if they could also work in winter, adding a “huopavuori” inside and spikes outside. Of course they have to be a bigger size (+3), but I thought they could still work than in autumn for friends with bigger feet.

→ I will still test in January on the two hikes how the barefoot rubber boot system works. Until now it was great on day walks so far. On my daily walks I already enjoyed to change from the big huopa to the smaller one, depending on temeperatures. I will take both (huopa) with me on the hike, to see if it could also bring an advance for regulation feet temperature on a 5-day hike



#### List of boots for rent (+ spikes):

rubberboots					
	nokia autumn	nokia kaira	barefoot	huopat long	huopat short
37			1	1	1
38			2 1 (38S/35W)	2	3
39		1	2 1 (39S/36W)	3	3
40			1 1 (40S/37W)	2	3
41			1 (41S/38W)		1
42			2 (42S/39W)		1
43			1 (43S/40W)		1
44			1 (44S/41W)		1

In the barefoot slot the S means the size for summer and the W the size for winter.

## 5. Belly and hip bag as space support and keeping the gas bottle and the water filter warm

### ***Belly bag, maybe necessary/ useful?! Big hip bag – useful!***

Okay, now it get's maybe little bit crazy/complicated. But in the end there are also other ways to do this and this strange belly bag might even not be needed in our February hike, if we have only few minus degrees.

Maybe you were already wondering, were the kitchen stuff is , when I gave the example how to pack the backpack.

Long story short, a little tricky thing of winter hiking, is cooking.

I didn't want to change to a "bensakeitin", as it is more expensive and something new to learn, and too big for the rulkka.

So the best option was to stay with a gas stove and learn how to use it also in winter, what means for example keeping the gas bottle warm (see next point).

Another question is how to save your water from getting frozen. Of course you could use a thermos bottle, but it takes also more space and is heavy.

What I found in books and in blogs was the hint to have a 0,5l water bottle and a gas bottle in your pockets of a inner jacket/hoodie to keep them warm with your body warmth. I struggled a bit with having big enough pockets for those and the hard water bottle felt uncomfortable.



VERSIO 1

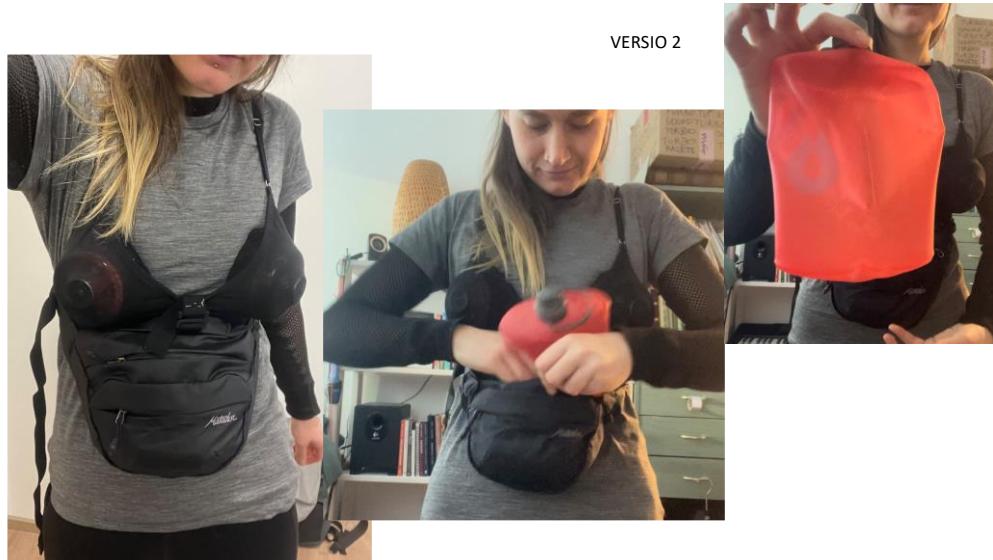


If you hike in winter and there is always enough snow to melt, basically you don't have to carry too much water with you. So basically, the water bottles in the backpack could be empty sometimes, but

you need always a little bit of water, as you need a small amount of water in your pot to start melting snow.

I decided on a concept of having 2x 0,5 bottles with a thin DIY-isolation in my backpack and a soft water bottle filled between 0,5l -1l near to my body (this soft water bag felt so much better than the hard plastic bottle).

As the pocket solution didn't work for me, I tried this out last year:



For me it worked, but I didn't feel that this could be the only solution I want to share in an "alternative winter hiking course", as that solution just fitted perfectly to my body, but maybe not to other bodies. And an extra hip bag around the belly is also another gear to buy...

So here my solution what I am going to test now in January. If it works good, I will try to make more of the belly bags for borrowing (but only the sack, you would have to find your own way how to attach it to your clothes/body). The hip bags I already have for borrowing.

#### **DIY belly and hip bag:**

I uploaded a video to show you, as it felt easier than making pictures, hope you can get the idea:

<https://youtu.be/eWbL7sVldmM?si=cv-kOHkwGIYmoX5V>

##### **1. Belly bag:**

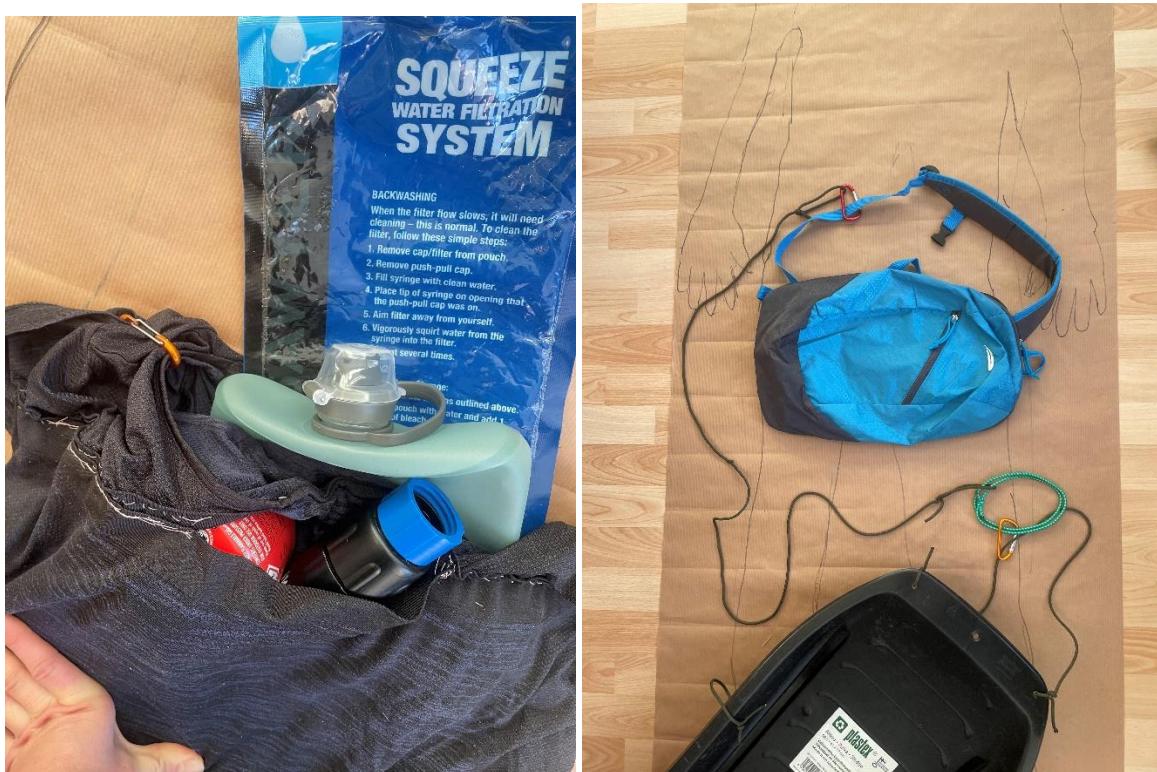
1. I used an old sport t-shirt and made a bag out of it where the soft water bottle and one gas can fit perfectly. Plus the water filter + the filtering softbottle.
2. I tried to sew it an a way, that it gets really flat, so it's not too annoying and taking space
3. I made an flexible system to attach it to a bra and going to build one without a bra
4. If this works good in January, I can upload a detailed sewing pattern
5. **Depending on the February conditions we** can also forget about the water filter and only concentrate on melting snow, so there would be only the need to keep the gas and some water warm. And in the case we just have a few minus degrees the gas bottle and the bottles can also be in the backpack wrapped in a jacket , and there is **NO NEED** for that belly bag

## 2. Hip bag:

You can borrow that one, or use your own version/hip bag (this one doesn't look so fancy, but it works well 😊)

1. You need a hip bag anyway as it functions to pull the rulkka.
2. I thought it would be useful if there would be more space, as it could make the packing easier
3. A small, light backpack from tokmanni works as a hip bag, when you cut off one shoulder strap.
4. Space for: stove, mug, pot, snacks and some extra clothes etc.

→ The hip bag works little bit like a “päivä reppu”, what people use also, when they pull a big ahkio. When temperatures are not too cold, you could also just put the gas bottle from the belly bag there, and only put it back in the belly bag (or just in a fleece jacket pocket or drop it between your first and second upper layer for pre-heating some time before cooking).



**Belly bag, maybe necessary/ useful?! Big hip bag – absolutely useful!**

## 3. Kitchen

As I already wrote I focused on how to make the 3-season gas stove working or to find out what kind of gas stove works, to avoid that “bensakeitit”.

The following part gives ideas on how to use gas stoves and what I can rent:

There are some tricks to get gas stoves working in winter and you can read more about them in the link. So if you have an gas stove already and you want to try it, you could test these tricks.

<https://retkilehti.fi/talvikaasujen-voodoo-nain-kaytat-kaasukeitinta-talvella/>

And here a video what shows the tricks from the article to picture it better:

**Winter camping gas canister tips | Optimus Vega | Soto Windmaster**

<https://www.youtube.com/watch?v=kTesTfyBM3Y>

For our hike I decided to buy 4 “nestesyöttöiset kaasukeittimet”, to offer a little bit more easy/comfort way, because as written in the article:

*“Kolmas vaihtoehto ovat nestesyöttöiset kaasukeittimet. Ne ovatkin usein paras vaihtoehto, sillä niiden käytössä tarvitaan vähiten noitatohtorin taitoja.”*

You can rent:

1. 1x optimus vega
2. 3x kovea spider
3. + wind protection and protection under the stove (DIY)
4. Bowl what works for a water bath for the gas cans
5. TOAKS LIGHT Titanium 700 ml Pot (also would have a 1l and 1,5l one, but I think these 0,7l work really well and you save space)
6. Water filter + filter bottle-sack
7. 2x 0,5l Nalgene bottles per person + DIY insulation cover (from the kaira extreme pad) → they work also as warm bottles over night in the sleeping bag, for me also the advantage compared to a thermos bottle, I prefer two 0,5 bottles instead of 1l bottle, as you can put one warm bottle to your feet and one to your hips. Also one bottle can be for clear drinking water and the under one for adding “hydration tablets/electrolyytit” to compensate the missing minerals from melted snow. But for a few days, the minerals from the food should be also enough.
8. 1l soft bottle per person



You will have to buy only your own gas cans and bring your own spoon, the plastic bag on the picture is a rubbish bag for collecting snow for melting. I recommend using as a spoon just a small tea spoon what has a plastic handle. After breaking a lot of these “plastic hiking spoons”, I just went to the second hand store to get a tea spoon (plastic handle because it feels better in your hands in winter). The other version on the picture is a wooden foldable spoon, it worked well.

- ➔ Although these stoves should work in really freezing conditions, I would go with the system to still try to keep the gas can warm with preheating with body warmth and then using maybe also the water bath. It's still easier to use them when the fuel comes out in gas form. If you have to turn the gas can upside down and the fuel starts coming in liquid, the stoves get a little bit trickier to regulate. Will explain more in the theory workshop 😊

#### Water filter/melting snow:

The water filter has to be kept warm all the time, as if it gets frozen the filter will break (without you noticing it). Still it could be useful for Southern conditions, as you probably will find small creeks. Basically melted snow should be safe to drink without boiling, but of course you can never be 100 percent sure. You could either boil it or why not filter the water, to save gas, if the filter is with you anyway? So basically, both is possible, I think I can tell you more how we do it in February in the theory-workshop. Both are options for the South and you can find out, what is your preference. It's always good to have medicine with you in case you get a stomach disease.

## **Suggestion how the water-system could work throughout the days (without water filter):**

I would suggest this system for our hike, as it could work good in a group. Of course you can also take more water bottles etc. And if you go alone, you can decide to even melt more often snow on the day or take a bigger amount of water with you to do the snow melting only in the morning and evening.

### **First day**

Morning: Start with 2x0,5l water bottles in your backpack + 0,5l softbottle in your jacketpocket/bellybag

→ You can drink 1,25l until the lunch break

Lunch break: use rest of your water to start melting snow. Melt either only snow to fill up your bottles or also for cooking (or just eat bread)

Evening: A lot of time to melt snow. You will need to melt snow for cooking and some drinking water. Melt snow before going to sleep to have all your bottles full (warm bottles for the night)

### **Second day**

You wake up with 2l of water → cooking tea/coffee an porridge and I would recommend to drink 0,5l-1l before leaving the camp and again melt snow to fill up your bottles, so you could start in the day again with 1,5l

→ .....

## **Keittiö:**

- N-butaanin kiehumispiste on -0,5 ° ja isobuutaanin -12° (alemmin kaasu on nestemäisessä olomuodossa)

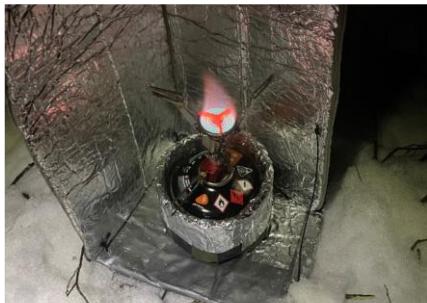
→A: Nestesyöttöinen: Raja on noin -20° ja -24° välin



On the picture you can see the optimus vega and kovea spider, what I could rent for the February hike

## B: Tai/ja niksit miten lämmittää patruunaan

- Esilämmittää patruunan taskussa/makuupussissa (itse tykkäään siksi enemmän 100g kaasu -patruunat)
- Käytön aikana:
  - Vesihautteen käyttö
  - Hyvä tuulensuoja



I built this waterbath last year (stove: msr pocket rocket, but haven't too much experience with it, just found it tricky, that when the gas can gets more empty, it start to "move around in the water bath")



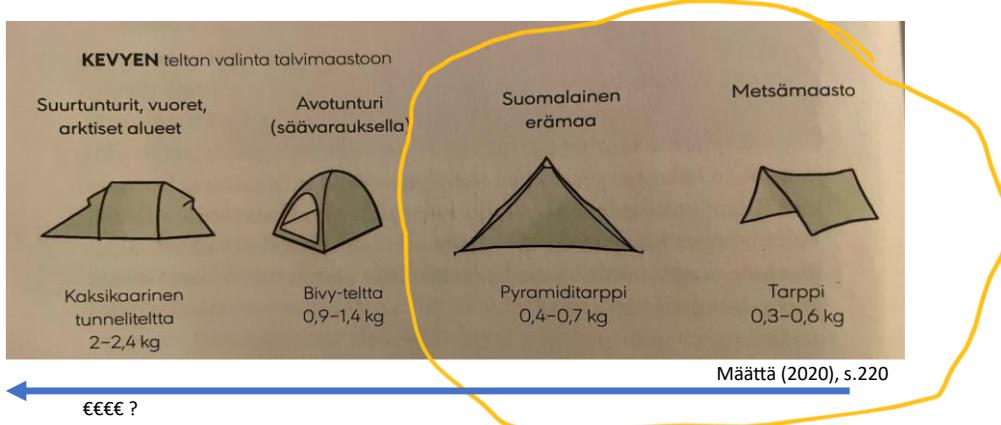
Kovea spider +  
waterbath +  
tuulensuoja

## 7. Tent + winter stakes + shovel

Here an overview on tents for winter from the book "Kevytretkeilijän opas" from Ossi Määttä.:

# Majoite

- Tuuli, lumen paino
- Kevyen ratkaisun kanssa on tärkeää valitse hyvän paikan



Last year I slept almost through the whole winter only under tarps, as they are working for Southern conditions and they are cheaper then tents. But it is also much more work to set it up and I used them basically for 1-2 nights. For a longer hike I would choose a tent.

You don't need a "winter-tent", I tested also my 3-season "kupoliteltat". As one is pretty light, I was only worried that the tent poles could break, if it would rain a lot of snow on top.

The difference from 3-season to winter tents is often, that winter tents are closed on the sides to the bottom, to prevent the wind blowing snow inside, but they have extra vents for ventilation to prevent condensation and they have more stronger fabrics to deal with storms and snow.

But for Southern conditions it's easy to find a protected place and you can just put some snow over the edges to close that open gap. Or even better build a wall with snow around it, to be safe from wind, but still have ventilation.

Another question is a single wall or double wall. Single wall is of course smaller and lighter, but the condensation from the night will freeze on the tent wall and come down when you touch it. But also a single wall tent works good, if you just keep the frozen wall in mind. And try to avoid touching it with your body in the morning and just brush it off, when packing the tent. If it's not snowing or to windy you can also leave a door open and try to get ventilations through the side spaces near the bottom.

As the tunnel tents get really expensive and we don't need them for winters in the South, I have no experience with them.

I chose to buy for our hikes pyramid tents, as the snow just flows down from them and they are also stable in the wind.

I chose also small and light ones, as the tent is one of the "big player" to save space and weight.

You can spent also 500-1000€ on a ultralight tent, I choose the low budget 200€ versions (lanshan) and bought a more expensive one cheaper from tori (durston x-mid).

They work all as 4-season tents. So you could borrow these, or test your own tent:

I will introduce you to them on the theory-workshop with more pictures or upload even here in the next weeks and tell more about how they work in the snow, what are the differences etc. (I'm still in the testing period, sorry!)

1. 1x Lanshan 1 (double wall) (830g)
2. 2x Lanshan 1 pro (single wall, 750g)
3. Durston x mid 1 (double wall, 840g)
4. 9x winter pegs per person (toaks titanium with cordline and carabiner)
5. Kakkalapio as shovel

→ For all tents you need hiking poles to set them up, you can get them from me or use your own



Lanshan double wall, 2xsingle wall, Durston x mid (compared with 0,5l bottle)



This is the lanshan 1 pro (single wall). What I like about all these tents are that you can open the front, so you can be cozy in your tent and still have that "tarp feeling".

The lanshan are a bit tricky at the start, to do the set up correctly, the durston is maybe more comfort fromt that perspective.

### **Winter stakes**

This is one thing what just doesn't work with normal 3-season stakes.

As in winter you have usually longer ones with holes, what you burry in the snow with a rope connected to your tent to tight it.

A cheap version are just to cut these plastic orange road marks and use them, but unfortunately this works good for Lapland with a lot of snow, but will be tricky, if we don't have enough snow.

You can buy winter pegs, what are working, but are in my opinion pretty expensive. You can pay over 20€ for only one peg...

**For our hike I focused on those:**

<https://farlite.fi/en/tuote/toaks-titanium-large-v-shaped-peg-pack-of-6/>

I like them, because I use them also in the other season, and as they are sharp, they work also when there is not enough snow to burry them, but you can get them in the ground, what would be difficult with barely snow pegs. And they are pretty light and small. And also cheaper than winter pegs.

I added a rope and a carabiner to all. The rope is adjustable to tighten the tent and get tension.

On this picture you can see a basic 3-season peg, a still smaller winter peg and on the right the toaks titanium peg, what I decided to use for winter or in general for 4-season.









## SHOVEL:



When I started with winter hiking in Rovaniemi, I thought I need a shovel. Nowadays I switched to this trowel (kakka-lappio), it's really enough. I just use my feet, dig with my hands and if its more frozen I use the kakka-lappio for support. It is definetly helpful in the morning, when the tent stakes are frozen into a harder snow layer.

I used that last winter, and it worked great:

[https://scandinavianoutdoor.fi/boglerco/varusteet/retkeily-ja-pientarvikkeet/bogler-ul-trowel/?currency=EUR&delivery\\_country=FI&gad\\_source=1&gclid=CjwKCAiAhP67BhAVEiwA2E\\_9g77QwSlo9DIwE0l8iea6YA0vEjxGdTWHZDMgcVzUihNzFZMp9e-VFhoCJQgQAvD\\_BwE](https://scandinavianoutdoor.fi/boglerco/varusteet/retkeily-ja-pientarvikkeet/bogler-ul-trowel/?currency=EUR&delivery_country=FI&gad_source=1&gclid=CjwKCAiAhP67BhAVEiwA2E_9g77QwSlo9DIwE0l8iea6YA0vEjxGdTWHZDMgcVzUihNzFZMp9e-VFhoCJQgQAvD_BwE)

Now I try out the cheaper version, but as it is not so sharp the first impression isn't that good, will still try out in January and let you know then: [https://www.retkitukku.fi/sea-to-summit-pocket-trowel-reinforced-nylon?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=P - Performance Max - High Potential&utm\\_id=21406838133&gad\\_source=1&gclid=CjwKCAiAhP67BhAVEiwA2E\\_9g\\_sxIUhCyuDzbmgC-ntJCK4qv9RmSZAQBUkqnyP5mmnA\\_PpiP9zBoCr44QAvD\\_BwE](https://www.retkitukku.fi/sea-to-summit-pocket-trowel-reinforced-nylon?utm_source=google&utm_medium=cpc&utm_campaign=P - Performance Max - High Potential&utm_id=21406838133&gad_source=1&gclid=CjwKCAiAhP67BhAVEiwA2E_9g_sxIUhCyuDzbmgC-ntJCK4qv9RmSZAQBUkqnyP5mmnA_PpiP9zBoCr44QAvD_BwE)

## So keep in mind, if you go for testing your (3-season) tent:

1. You will need some kind of winter stakes (buy or DIY) and cordlines to connect the stakes with your tent.
2. First find a place and stamp the snow down on the area where you are going to put your tent, wait a bit, that the surface gets hard
3. Pitch your tent, and burry the tent stakes, also here wait a bit until the snow gets hard ( of course depends totally on the conditions if you have wet snow or a -10C° pulver snow. You can also stick them in the snow/ground like in 3-seasons if conditions allow it)

4. You can dig a hole in front of your door, so you can sit in the tent and have your feet down in the hole, that's comfort 😊
5. Shovel snow on top of the sides, so that fresh snow does not blow under the tent fly → but of course this will also decrease the ventilation and increase the condensation. You could also build with snow a small wall around the tent sides what could prevent wind blowing snow inside, but still make ventilation possible. Depends totally on your tent and the conditions (not always necessary).
6. I personally like these snow-digging action, and with the tarp you can also instead of stamping the snow, dig the snow away under your tarp, so you create more space → This is why pyramid tarp tents, which don't have a inner tent are practice, as you could dig more space and just use a ground sheet. Or how about just using the upper layer of your tent? Could work with some.

Here some pictures from different tarp set-ups I tried last year with a 2x3m tarp and a 3x3m tarp:

Tarpit:

2x3m



Tarpit: 2x3m



Mutta lempitapa...

Tarpit:  
2x3m



<https://www.youtube.com/watch?v=gifxpeo-7AE>

Tarpit:

3x3m



3x3m

Vaikka teltta!

+suht kevyt ja halpa  
ratkaisu(esim.690g, 70€, DD  
hammocks 3x3)

+ hyvä kahdelle hengelle  
tai paljon tilaa yhdelle

+ paljon mahdollisuksia

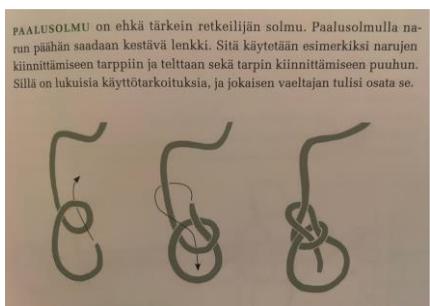
- liian iso? Enemmän töitä  
(maastossa ja kotona)



What you can see on that picture is also often used in winter, as this gives the most protection, in this video you find a lot of ways to set up a tarp, also with a lot of important knots:

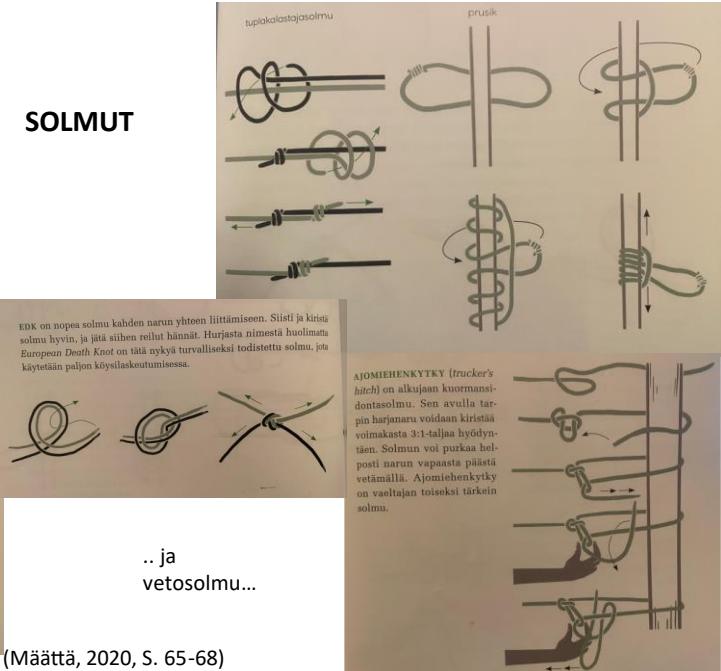
<https://scandinavianoutdoor.fi/elamaa-ulkona/tarpin-valinta-ja-pystytys/>

These are knots I often use while hiking:



PAALUSOLMU on ehkä tärkein retkeilijän solmu. Paalusolmulla narun päähän saadaan kosteävän lenkki. Sitä käytetään esimerkiksi narujen kiinnittämiseen tarpun ja telttaan sekä tarpin kiinnittämiseen puuhun. Sillä on lukuisia käyttötarkoituksia, ja jokaisen vaeltajan tulisi osata se.

## SOLMUT



(Määttä, 2020, S. 65-68)

## 21. Sleeping system

It consists of a good insulation from sleeping pads, sleeping bags and then your clothes, especially small “accesoirs” like wrist warmers, a tube around your hips, warm bottle,

Our bodies are all different, so you have to find out what works for you. The following are just an example of what you could try out. If you have for example a good down jacket and trousers, it can compensate a more expensive sleeping bag etc. So I wanted to give you little bit more wider ideas. It's said that the r-arvo for winter of the sleeping pad system should be around 8.

I started to get winter equipment when living in Rovaniemi, of course the conditions and that I didn't had any experience influenced my decision. I wouldn't buy now any more a big winter sleeping bag.

So the following are ideas what I tested, going also to the limits of feeling comfort at night. It also depends on what are your goals for winter hiking. If it is just smaller trips (1-5 days) around Helsinki, it's probably also possible to avoid the few -20 degrees days, so that you don't need that tough winter equipment.

**For our hike in February I chose a more comfort and secure versions to rent! So you can also just skip these examples and check what will be our solution 😊**

## Nukkuminen

### Kombinaatiot

- 3-vuodenajan (-1 comfort) + Thermo liner
- Thermarest z-lite (2r) + Neo x Lite NXT (4,5) = 6,5
- Untuva housut+ takki
- Paljon vaatteet
- Sadehousut
- Bivy
- lämpöpullo



### Yksi kunnon talvi-setti

- Untuva talvimakuupussi (-18 comfort naiset)
- Thermarest xtherm (7,3 r) + thermarest z-lite (2 r) = 9,3 r



→ Lyhenee solmumuovi-patjan, sen sijaan käyttää eristeenä: tyhjä reppu, vaateet, kuivapussit, rukkaset, makaronit,...

### VERSIO 1

VS

### VERSIO 2

#### Isot tekijät:

Rinkka: Osprey Ariel Pro  
Teltta: ul-tarppi 2x3 bushmen

#### Isot tekijät:

Rinkka: Osprey Ariel Pro  
Teltta: MSR Hubba Hubba NX2 1750g

Makuupussi: Marmout ouray regular (-18C)  
1795g  
Makuualusta 1:thermarest neo air xtherm large (R7,3) 570g  
Makuualusta 2:thermarest z-lite sol (R2,0) 420g

→ R-arvo: 9,3  
→ Paino: 6,25 kg

1700g  
340g

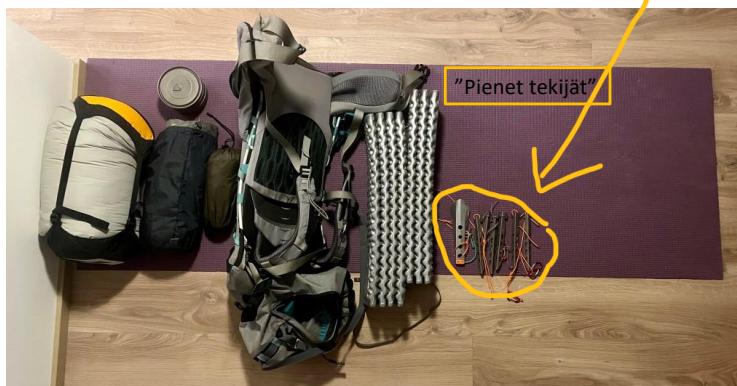
1700g

420g



Ei nii iso painoneroa,  
mutta paljon  
enemmän tilaa!!!

Isot tekijät:  
• Vaihdoin vain teltan tarppiin.  
Pienet tekijät:  
• Jätin 1l pulon+ eriste + termospulon pois.  
• Lumilapio -> kakkalapio  
• Paljon pienemmät talvikilat  
• 1,2l kattila → 0,7l kattila



Aloitin nukkua luonnossa talvella, kun asuin Rovaniemellä, ostan-18° comfort talvimakuupussin, ja siellä se oli ihan hyvä, koska nukuin pari kertaa, kun oli -30° asteetta.

Talvi 23/24 asuin jo Helsingissä, täälläkin nautin talvimakuupussin kanssa-25° yöstää. Mutta useammin oli toki lämpimämpi.

Sitten muistin, että olin vaeltanut minun 3-vuodenajanmakuupussin (-1°Comfort) ja 3-vuodenanajan makuualustan kanssa kuukausi, kun on ollut aina yöllä pakkasta, välillä-7° asti. Syntyi halu kokeilla niiden rajat ja kun olen lisäksi halunnut ottaa ystäväni mukaan metsään, päätin että lainaan hänelle minun talvi-makuupussin ja talvi-makuualustan ja itse yritän käyttää ne 3-vuodenajan varusteita.

Lisäsin vielä termolinerin ja enemmän vaateitä, toki untuvavaateet.

Toimi, mutta kun oli -10°, oli vähän "epämukava kylmää"

- Lisäksi kovan käytön kanssa makupussin Comfort varma ei enää ole -1
- Niiden kokemuksien perusteella tutkin ja ostan uudet varusteet....



#### VERSIO 1 vs VERSIO 2 vs VERSIO 3

##### Isot tekijät:

Rinkka: Osprey Ariel Pro  
Teltta: ul-tarppi 2x3bushmen

1700g  
340g

Makuupussi:Marmoutouray regular (-18 C) 1795g  
Makuualusta 1:thermarest neo air x-therm large (R7,3) 570g  
Makuualusta 2:thermarest z-lite sol (R2,0)

420g

→ R-arvo: 9,3  
→ Paino: 4,85 kg



##### Isot tekijät:

Rinkka: Granite Gear Crown 3 60 Women's  
Teltta: ul-tarppi 2x3bushmen

1088g  
340g

Makuupussi: Sea to Summit FlameFmll Women (c -4) 665g  
Makuualusta 1:thermarest neo air x-therm large (R7,3) 570g  
Makuualusta 2: kairæxtreme (R 0,6) 140g  
Thermolite Reactor Compact Plus Liner 260g  
Bivy pussi 200g

→ R-arvo: 7,9  
→ Paino: 3,3 kg



→ So these was my process from last year. But I had to admit, the result is nothing I felt good with to only suggest others. And not possible to rent these kind of more experimental equipment to others. But share as inspirations how you could test your own gear

**So this is what I could borrow you (per person):**

**Sleeping pads: I decided to offer you a system consisting of 3 pads. You could also leave easily the ½ thicker solumuovi at home. I'm sure you will make it without it. It's more a question of comfort. And as it is still pretty light and thought it could be nice to have with you.**

1. Theramrest xtherm regular long (weight 570g, R arvo 7,3)  
+  
2. Kaira xtreme (thin solumuovi, r-arvo 0,5, 145 g)  
+  
3. ½ kaira artic (265g → 130 g, r arvo 1,5) or ½ thermarest z-lite sol (r-arvo 2, 410g → 205g)  
(thicker solumuovi)

**Explanations:**

**1. air matress with high r-arvo (thermarest xtherm):**

I really can recommend to get yourself a pad like the thermarest xtherm for 4-seasons. It has an high r-arvo and is still small and light, so perfect for winter. I also started using it in summer and will sell my other 3-season pads.

**2. A thiner solumuovi patja (Kaira xtreme):**

You can use it also in the 3-seasons to protect the air matress from being damaged. If there is a good snow base down you in winter, you could put in on your air pad, as it increases the warmth. The air matress will feel a bit cold on your body, so putting a thin solumuovi on top can help. Or you put it a little bit next to you in the tent, for more comfort space.

**3. A thicker solumuovi patja (kaira artic, thermarest z-lite)**

It is definetly not necessary to use both, the thinner and thicker one. I decided to go with that system for borrowing, so there will be always some thinner one under the matress for protection and the ½ thicker one can be on top of the air matress to give you extra warmth around your hips and upper back. As it's more difficult to borrow you clothes, I thought makes sense to provide a good and warm sleeping pas system 😊

→ The thermarest z-lite is a little bit more comfortable, but I think these kaira works good, and as the air thermarest is already pretty expensive, the kaira products are a good compromise, they are light, affordable made in Finland and you can get them at Prisma.



Sleeping bags:

I can offer 4 versions:

1. 1 Winter sleeping bag
2. 3 different 3-season bags + a quilt

→ so you could test a winter sleeping back or for example if you have already an 3-season sleeping bag, you could use your own and just add the liner and the quilt from me

- 3-season + quilt: A quilt is a sleeping bag, where the backpart is missing, but you can strap the quilt on your sleeping pad. The idea is, that the backpart is useless, because when you lie on it, it gets flat and the insulation effect is almost zero. So leaving away the backpart saves material (weight). You can open the quilts completely so they are just like a blanket. I'm not an expert in quilts, but for me I found it important that you can close the footbox properly and that you can also tightn it around your neck. The good thing about a quilt and 3-season sleeping bag is, that you could invest for example in a better down quilt, what you can also use in 3-seasons, as you just open it or use it as a blanket when it gets too warm. In addition you could get a 3-season sleeping bag from tori to make your winter sleeping system complete. In comparison to a winter sleeping bag you have then two sleeping bags what you could use, share with a friend etc...
- Depending on the size of the 3-season sleeping bag you could eather stuff the quilt in your sleeping bag or fix the quilt to the pad and go inside the quilt with the 3-season bag.
- The optimal case is that you have as an outside layer the cheaper (maybe even synthetic) sleeping bag, as the condensation what you produce with your body lays down on the outside

layer. So it would make more sense to protect the better down sleeping bag with having it inside the other one. But the decision could also depend on the size if the bags you already have, what way makes sense.



→ For example with that sleeping bag I prefer to have the quilt inside, because the sleeping bag is a little bit to wide for me, what makes me freeze around my hips.

Here the idea of a quilt:





## Sleeping bags, I can borrow:



## 3 season sleeping bags:

1. Marmot Trestles Elite Eco (synthetic, c-1 C°, 1041g)
2. sea to summit jounrey joll (c -1C°,down 925g )
3. Sea to Summit Flame FmIII Women (down, c -4C°, 665g)

## Quilt:

3x Gramjakt UL Quilt -6C Regular / Wide V2 (down 796g, <https://farlite.fi/en/tuote/gramjakt-ul-quilt-6c-regular-wide-v2-2/> )

## Winter sleeping bag:

marmot ouray regular (down, c -18C°, 1795g)

## Liners:

1. sea to summit reactor compact plus short
2. sea to summit reactor regular
3. sea to summit reactor extreme regular
4. sea to summit reactor extreme long

- So as you can see there are different options to make a mix&match, different in size, weight and warmth, so I am sure we find a good solution for everyone, an propably some of you can add own sleeping bags to that system.
- Here it gets again a little bit more tricky with the rulkka, as with a big ahkio, you can also use just two big 3-season synthetic sleeping bags, but they would never fit in the rulkka....



Winter sleeping bag and a picture of the quilt, to show that it's longer

+ X (small things to increase warmth in the night

1. More clothes (ofc down clothes are great, but fleece is also good, just remember when using more layers, that the upper ones should be larger, that it doesn't get to tight, air in between the layers is important)
2. Usually bodies get cold on the head, feet, arm wrists and around the hips, use small accessories to keep these part extra warm (also DIY)
3. Drinking bottle with hot water gives you extra warmth
4. Always go to pee, if you have to, your body starts freezing otherwise
5. Move a bit before going to sleep, eat chocolate
6. Close your sleeping bag as much as possible

➔ For some clothes I could borrow check the next point

## 9. Clothes

This is maybe the most difficult point. At least for borrowing something. I still thought with what kind of things I could pimp up your winter- set, for more warmth and safety, fitting to different body types.

But first some thoughts on winter clothing for hiking. (Again as you already live longer here, you probably have more experience).

As temperatures can change so much, a perfect winter set keeps you somehow warm at -25° and dry if there is +2C° and rain. So I guess it's much more easier to work with a lot of different layers, than having less but maybe "too warm" clothes. When sleeping once a week outside last winter, I had definitely more often the problem, that I was sweating while moving, than freezing, because I didn't adapt enough to the changing temperatures. And that's the worst.

Layers:

1. First layer(s) keep you dry and warm (merino or polypropleeni) *I use a thinner and warmer base layer and use them separately or wear both. I also have good experience with these airbase (verkkokaasu): <https://svala.com/mallisto/airbase/> They really keep warm and dry.*  
+ boxers/shorts: To keep your body around the hips warm (day and night), I also like to wear a boxer/shorts over my long first layer. I just use old tight running shorts. But you can also buy merino boxers/shorts.
2. *Middle layer(s) give insulation, for example fleece or wool. 1-3 layers depending on other clothes/conditions*
3. The most important task of the outside layer is to protect you from wind, to keep you warm. And from rain, to keep you dry: So doesn't have to be a winter jacket, can be your 3-season jacket. Should be also somehow breathable to make you not sweat. You could also have a extra rain jacket in your backpack. (I recommend to google that point, and then decide what works for you, depending on what you already have/are used to in 3-season hiking).  
→ *Taukotakki ja housut: An easy way are of course a warm down jacket and down trousers to add over or under the outside layer to keep you warm in the lunch break etc. But it could be also something else. Try out what you have at home and just keep always in mind that some layers have to be larger than your usual size to fit the other layers under it. I often use my rain trousers to keep me little bit warmer and dry, if the snow is more on the wet side. As a small DIY project, I made a toppahame from a rainskirt and the kaira xtreme pad. Will test it out in January and then could also borrow these, if they work.*



Rain skirt: I still don't know do I like the rain trousers more or the skirt in 3-seasons. For winter I definitely would recommend to take rain trousers with you, if you have. I decided to still test rain skirts as an additional layer and for borrowing, as they fit to different body sizes. I read somewhere you could add a part of the kaira xtreme solumuovi pad to build a more insulated rain skirt for winter. Will test and let you know in february! A nice side effect of the rainskirt is, that it protects the hip bag.

Gloves:

Same layer principle as with the clothes:

1. First layer: Some use a merino layer, but I switched to a polartec glove. Merino gets super fast wet, if you touch something and the polartec works also as only glove while hiking, if it's not too cold
2. Second and third layer: insulation. Again try what you have. For example some mitts with this extra layer "Irrotettava sisäatumppu". So you could use your first layer with the warmer mitts, when it's cold or while moving take the inner layer off.
3. Waterproof outside layer: As the snow can be wet or it could even rain, it is good to have rain mitts with you. I use them when digging in the snow and building up the tent, to prevent my gloves from getting wet. Sometimes I also just use the polartec gloves and over them the rain gloves while moving, as they protect from wind. You could add in between some wool gloves or a "sisäatumppu/rukkasten sisäkäsine"

→ Again try what you have, as temperatures change and there is the difference between moving and making a break, you will need different layers to regulate your temperature. And some extra pair in your drysack is always also good.



This is for example the glove system I use (+a spare merino layer in the backpack). The Hestra is really super warm and more like an emergency glove. I probably wouldn't have bought it, if I wouldn't be every week outside.



What is sometimes recommended as a “low budget” hiking glove, is to use a winter working glove. We got those in school in Rovaniemi and I used them through the whole winter there in combination with liners

#### Socks:

Depends of course on your boots. As in the other seasons, it's important that they fit you well, that you don't get blisters. So a good fitting hiking sock/merino sock as first layer and an additional warmer sock if needed.

And extra layer could be Vapour Barrier Socks (höyrysulkusukat). **You can buy those or use plastic bags.** You wear them over your first layer sock, so if you sweat only this sock will get wet and not your whole socks and the boot inside. As it's much more easier to change only that one sock and dry it, than your boots.

If it's cold you can wear them over your first layer sock and wool sock, so they also keep you warm.

Also in the other way, if your boots get wet from the outside, they could help to keep your socks dry.

#### **Head:**

The same princip, you will need different layers to regulate temperature.

Base layers, to keep your head dry and warm: A thin merinopipo and a merino-huppu ( I added a link, to show what I mean: [https://svala.com/tuote/merino-extreme-huppu/?attribute\\_pa\\_vari=musta&attribute\\_pa\\_koko=l&gad\\_source=1&gclid=Cj0KCQiAvvO7BhCARlsAGFyToW\\_7CydEwrbxDopvtEGcCG94gOCb5E534kgH\\_Ij5NEq7WcA0TpNAaAjtVEALw\\_wcB](https://svala.com/tuote/merino-extreme-huppu/?attribute_pa_vari=musta&attribute_pa_koko=l&gad_source=1&gclid=Cj0KCQiAvvO7BhCARlsAGFyToW_7CydEwrbxDopvtEGcCG94gOCb5E534kgH_Ij5NEq7WcA0TpNAaAjtVEALw_wcB) )

- ➔ I definetly recommend to use a huppu, they keep you much more warm than only a pipo and a scarf(buff)
- ➔ To keep your neck warm add also some merino tube (if it is long enough, you can also pull it over your head). Of course a warmer one than in autumn is good.

And as second layer a beanie or another fleece huppu, my middle layers from the clotes all have hoodies so I just add them to keep my head warm.



This is my base set for my head + all the hoodies from my clothes + sometimes an extra buff

I could borrow:

1. Black diamond waterproof overmitts (I though you might have gloves and I think waterproof overmitts are definitely a necessity in winter, as they help to keep your gloves dry)
2. 3x merino tube
3. 3x fleece “kypärähuppu” (to add for example in the night)
4. 2x down socks
5. Polartec fleece tubes for the hips in the night
6. 1xvapour socks
7. This big black thing on the right, is just a peace of fleece. I am going to try this out in January on the two hikes, how it could work to have that as an extra in my sleeping bag, to wrap in on the body part, where I feel cold (Again if we just have some -10C° the sleeping bags will be more than enough and cozy, I somehow try to experiment with “small/low budget things” to add, if temperatures drop to -25C° etc. (but until now the winter was super warm and no need for additional features :D)



## Ideas how to dry clothes in winter over night:

- Put wet socks over the hot bottle
- Put socks/merino gloves under your shirt
- If trousers are wet, you could put them in between the two layers of your sleeping pads, so at least they keep warm and will not be frozen in the morning or put them in a plastic bag and then in your sleeping bag (trousers are too big to dry in the sleeping bag)
- .....

## 10. Extras

Could also borrow:

1. 3x Kompass
2. 3x GPS
3. 3x Power bank (20.000mah)
4. 3x Kakka lapio/ trowel
5. 3x headlamp

## 11. Sources and more to read:

### 1. Ossi Määttä:

Talivaelluksen ultralight teesit

<https://kevyestikairassa.com/2022/02/04/ultrakevyen-talvivaelluksen-teesuja/>

rulkana esitys:

<https://kevyestikairassa.com/2019/04/26/rulkka-rinkan-ja-pulkkan-yhdistelma/>

rulkka + ultra-light hiihtovaellus:

<https://kevyestikairassa.com/2019/04/12/kevytvarustus-hiihtovaellukselle-autiotupien-ulkopuolelle/>

### 2. Rinkka & Pulkka blogi (UL-vaeltaja Teemu Hartikainen)

<https://rinkkajapulkka.com/varusteet-talvivaellukselle-norjan-halki/>

### 3. Kaasukeitin talvella:

Talvikaasujen voodoo – Nän käytät kaasukeitintä talvella (retkilehti)

<https://retkilehti.fi/talvikaasujen-voodoo-nain-kaytat-kaasukeitinta-talvella/>

Winter camping gas canister tips | Optimus Vega | Soto Windmaster (youtube)

<https://www.youtube.com/watch?v=kTesTfyBM3Y>

### 4. Farlite- suomalainen Ultralight- kauppa

<https://farlite.fi/>

--> Tykkäään itse katsoa minkälaiset varusteet he suosittelevat. Siellä voi vähän orientoida, jos UL-vaellus kiinnostaa, koska heillä on kokemuksia suomalaisen olosuhteissa. Lisäksi heillä on myös halvat vaihtoehdot, välillä aika kallista.

**Minun mielestäni on hyvää, että heillä on myös aina aika pitkä teksti tuotteen kuvauksella. Sieltä löytyvät hyviä vinkkejä, vaikka ei ostaa mitään.**

**5. Shelby-Outdoor kauppa:**

<https://www.shelbyoutdoor.com/?cPath=402>

→ Sieltä voitte saada paljon materiaalia DIY-projektiin:

"Shelby Outdoor tarjoaa sinulle parhaita materiaaleja, ompelutarvikkeita, ulkoiluvaatekaavoja sekä ulkoiluvarusteita ääriolosuhteisiin."

**6. Facebookryhmät:**

- Kevytretkeilijät
- talvivaellus
- Retkeily ja vaellus kirpputori

**7. Kirjat:**

**Laaksonen, Jouni (2022):** Talviretkeilijän opas

**Määttä, Ossi (2020):** Kevyt-retkeilijän opas

**Määttä, Ossi (2022):** Vaellusvarusteet

8. Last but not least: I like the Instagram account from Minna Jakosuo (hiking guide). She has a lot of Gear-info and DIY-ideas and also a lot inspiration to dry your own food for hiking. As I am not (yet?) the right person for a food inspiration like that. I like to keep it simple and go with that, what I can get easily from Lidl etc...

## 12. Example packing list

--> Esimerkki-pakkaus lista Ossi Määttän kevyt-retkeilijän opas- kirjasta (s. 227-229):

I used this packing list also for some orientation, and then tried to adapt it to Southern conditions and my gear and preferences.

→ I will test the hike for the second time until 28.01., after that I will share with you before or at least until the theory-workshop:

- My own detailed packing list for these 5 days
- A blank packing list for you
- A detailed list of the food I packed for the 5 days + how much gas etc

**ESIMERKKIVARUSTELISTA:** Kevyt varustus viiden päivän hiihtovaelukselle Tunturi-Lappiin

Kategoria	Varuste	Esimerkki	Paino
Kantovälineet	Reppu	Hyperlite Mountain Gear Porter 4400	1 129 g
	Vedenpitävä sisäpussi	Jätesäkki	70 g
Liikkumisvälineet	Sukset	Madshus Voss MGV, BC-sisteeet	2 370 g
	Sauvat	Åsnes Spidsbergen Expedition	420 g
	Nousukarvat	Colltex Tödi mix	204 g
Vaatteet, puettu	Aluspaita	Patagonia R1 Hoody	312 g
	Välipaita	Patagonia Nano-Air Light Hoody	309 g
	Tuulitakki	Arc'teryx Squamish Hoody	155 g
	Alushousut	Saxx Quest 2.0 Long Leg	86 g
	Pitkät alushousut	Aclima Woolnet Long Pants	178 g
	Housut	Black Diamond Dawn Patrol Pants	587 g
	Liner-hanskat	Montane Power Stretch Pro Grippy Glove	50 g
	Hanskat	Hestra Army Leather Heli Ski	173 g
	Pipo	Buff Polar Hat	19 g
	Buffi	Buff Merino	39 g
	Aurinkolippa	Montane Via Visor	53 g
	Monot	Alfa Quest Advance GTX	1 624 g
	Linerisukat	Ohuet nylonsukat	12 g
	Höyrysulkusukat	Vahva pakastuspussi	32 g
	Sukat	Lorpen Inferno Expedition Polartec	88 g
	Aurinkolasit	Julbo Tamang	27 g
	Kello	Suunto Ambit 3 Peak	92 g

Vaatteet, repussa	Nukkumissukat	Vaelussukat	50 g
	Taukotakki	Patagonia Grade VII Parka	675 g
	(Untuvahousut)	Cumulus Basic Down Pants	185 g
	Sadetakki	Montane Minimus Jacket	188 g
	(Sadehousut)	Montane Minimus Pants	147 g
	Rukkaset	Hestra Army Leather Heli Ski Mitt	170 g
	Untuvatöppöset	Western Mountaineering Down Booties	214 g
Työkalut	Puukko	Mora Eldris	79 g
	Sakset	Westcott Sewing Titanium Bonded Fine Cut Scissors 2,5"	7 g
	Lapio	Arva Plume	390 g
Keittiö	Keitin	Optimus Vega	178 g
	Tuulisuosa	Keittimen oma	35 g
	Keittimen alusta	Solumuovipalan päälle liimattu alumiinivuoka	36 g
	Kattila	Evernew Titanium Ultra Light 1,3 l	130 g
	Kahva	Ei tarvita erillistä	
	Lumenkeräyspussi	Muovipussi	10 g
	Kahvikuppi	Wildo Fold-a-cup	25 g
	Lusikka	Titaaninen lusikkahaarukka	17 g
	Pullo 1 ja 2	Hünersdorff 1000 ml X2	214 g
	Pullo 3	Platypus Platyp 2 l	37 g
Nukkuminen	Suppilo	Pieni suppilo	18 g
	Tiski	Tiskisieni	5 g
	Makuualusta	Therm-a-Rest Neoair Xtherm	430 g
	Toinen makuualus- ta	Therm-a-Rest Z-lite Sol Small	290 g
	Makuupussi	Cumulus Teneqa 850	1 310 g
	(Päällipussi)	GramXpert Simplite Quilt, leveä mitoitus	600 g
	Tyyny	Sea to Summit Aeros Ultra- light Pillow	48 g
	Pissapullo	Mehukas pakastustölkki 1 l	90 g

<b>Majoite</b>	Majoite	Mountain Laurel Designs Duomid DCF	491 g
	Maavaate	Tesa Moll Thermo Cover Polycryo	71 g
	Kiilat	TopLander Snow Pegs X6	228 g
	Kartta	Vedenkestävä kartta	57 g
<b>Suunnistus</b>	Kompassi	Suunto M3	49 g
	Korjauspakkaus	Sisältää varusteet suksen ja siteiden korjaukseen	150 g
	EA-pakkaus	Ensiaputarvikkeet	100 g
<b>Muut</b>	Otsalamppu	Black Diamond Spot li- tiumparistoilla	89 g
	Hygienia	Hygieniatarvikkeet	35 g
	(Vara-aurinkolasit)	Toiset aurinkolasit	27 g
	Kamera	Sony RX100 III	290 g
	Käynykkä	Android-puhelin kestää pakkasta paremmin kuin iPhone	156 g
	Käynykkäpussi	Eskimo Tuplis	5 g
	Lompakko	Rahaa, henkilöllisyyspa- perit	13 g
	Sytytin	Bic Mini	11 g
	WC-paperi	Vajaa rulla	50 g
	Retkikaasu	Iso patruuna (450 g netto) talvikaasua	645 g
<b>Kulutustavarat</b>	Ruoka	Energiapitoista retkiruokaa viideksi päiväksi	5 000 g
	<b>Yhteensä</b>		<b>5 695 g</b>
	<b>Peruspaino</b>	<b>Yhteensä</b>	<b>8 549 g</b>
<b>Puettu paino ja liikkumisväl- neet</b>			<b>6 830 g</b>

Gear rent overview

		name	name	name
<b>Backpacks</b>	<ul style="list-style-type: none"> <li>-Granite Gear Crown 3 60 Women's (weight 1088g)</li> <li>-Lundhags Padje Light 60 L Regular Short (1105g)</li> <li>-Lundhags Padje Light 60 L Regular Long (1115g)</li> <li>-Osprey Ariel Pro 65l (1690g)</li> <li>-Deuter quantum 60 SL (2790g)</li> </ul>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comments:</i>
<b>Drybags</b>	<ul style="list-style-type: none"> <li>- Osprey ultralight pack liner M (per person)</li> <li>- 2l, 4l, 8l, drybag (per person)</li> </ul>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comments:</i>
<b>Sleds</b>	4x sled + straps for backpack + pulling system (eventually + raincover)			
<b>snowshoes</b>	<ul style="list-style-type: none"> <li>- Alpidex snowshoe</li> <li>-MSR revo explore</li> </ul>	<i>using own gear:</i>  <i>want to borrow:</i>	<i>using own gear:</i>  <i>want to borrow:</i>	<i>using own gear:</i>  <i>want to borrow:</i>

	<ul style="list-style-type: none"> <li>-Northern Lites Women's Elite Ultralight All-Terrain</li> <li>-Vaeltaja lumikengät (3x) (tokmanni)</li> </ul>	<p><i>questions/comment s:</i></p>	<p><i>questions/comment s:</i></p>	<p><i>questions/comments:</i></p>
<b>Poles</b>	<ul style="list-style-type: none"> <li>-2x Lidl hiking poles</li> <li>- Black Diamond trekking pole</li> <li>- Fizan ultralight hiking pole</li> <li>+ snow baskets</li> </ul>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comments:</i></p>
<b>winter boots</b>	<p>Nokia kaira:</p> <ul style="list-style-type: none"> <li>• 37</li> <li>• 38 (2x)</li> <li>• 39 (2x)</li> <li>• 40</li> </ul> <p>barefoot rubber boots(already added 3 sizes to get the winter size):</p> <ul style="list-style-type: none"> <li>• 36</li> <li>• 37</li> <li>• 38</li> <li>• 39 (2x)</li> <li>• 40</li> <li>• 41</li> </ul> <p>→ for all sizes short and long huopa</p> <p>→ spikes</p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comments:</i></p>

<b>Belly bag</b>	Could make 3 for borrowing, what you have to attach by yourself to your body/clothes → comment if you are interested, want to do your own or just try without	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comments:</i>
<b>Hip bag</b>	3x spacy hip bag (works as "päiväreppu" and for pulling the rulkka	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comments:</i>
<b>Kitchen</b>	- optimus vega stove (1x)  -kovea spider stove (3x)  + wind protection and protection under the stove (DIY)  - Bowl what works for a water bath for the gas cans (3x)  -TOAKS LIGHT Titanium 700 ml pot (also would have a 1l and 1,5l one, but I think these 0,7l work	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comments:</i>

	<p>really well and you save space) (3x)</p> <p>-3x cup (wildl fold-A-cup)</p> <p>-Water filter + filter bottle-sack (3x)</p> <p>-2x 0,5l Nalgene bottles per person + DIY insulation cover</p> <p>-1l soft bottle (3x)</p>			
<b>Tent + pegs + shovel</b>	<p>-1x Lanshan 1 (double wall) (830g)</p> <p>-2x Lanshan 1 pro (single wall, 750g)</p> <p>-Durston x mid 1 (double wall, 840g)</p> <p>-9x winter pegs per person (toaks titanium with cordline and carabiner)</p> <p>-Kakkalapio as shovel</p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comments:</i></p>
<b>Sleeping pad</b>	<p><b>All 3x (same set)</b></p> <p>-Theramrest xtherm regular long (weight</p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comments:</i></p>

	<p>570g, R arvo 7,3)</p> <p>+</p> <p>- Kaira xtreme (thin solumuovi, r- arvo 0,5, 145 g)</p> <p>+</p> <p>- ½ kaira artic (265g 130 g, r arvo 1,5) or ½ thermarest z- lite sol (r-arvo 2, 410g 205g) (thicker solumuovi)</p>			
<b>sleeping bags</b>	<p><b>3 season sleeping bags:</b></p> <p>-Marmot Trestles Elite Eco (synthetic, c-1 C°, 1041g)</p> <p>-sea to summit jounrey joll (c -1C°,down 925g )</p> <p>-Sea to Summit Flame FmIII Women (down, c -4C°, 665g)</p> <p>+</p> <p><b>Quilts:</b></p> <p>-<b>3x</b> Gramjakt UL Quilt -6C Regular / Wide V2 (down 796g)</p> <p><b>Winter sleeping bag:</b></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comments:</i></p>

	<p>-marmot ouray regular (down, c -18C°, 1795g)</p> <p><b>Liners:</b></p> <p>-sea to summit reactor compact plus short</p> <p>-sea to summit reactor regular</p> <p>- sea to summit reactor extreme regular</p> <p>-sea to summit reactor extreme long</p>			
<b>clothes</b>	<p>-Black diamond waterproof overmitts (3x)</p> <p>-3x merino tube</p> <p>-3x fleece "kyppärähuppu"</p> <p>-2x down socks</p> <p>-Polartec fleece tubes for the hips in the night (2x, S, M)</p> <p>-1x vapour socks</p> <p>-Peace of fleece for adding in the night to body parts that are cold (3x)</p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comment s:</i></p>	<p><i>using own gear:</i></p> <p><i>want to borrow:</i></p> <p><i>questions/comments:,, 0,,</i></p>

	-3x rainskirt (+ insulation from solumuovi pad)			
<b>extras</b>	3x Kompass -3x GPS -3x Power bank (20.000mah) -3x headlamp	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comment s:</i>	<i>using own gear:</i>  <i>want to borrow:</i>  <i>questions/comments:</i>
		More questions:	More questions:	More questions: