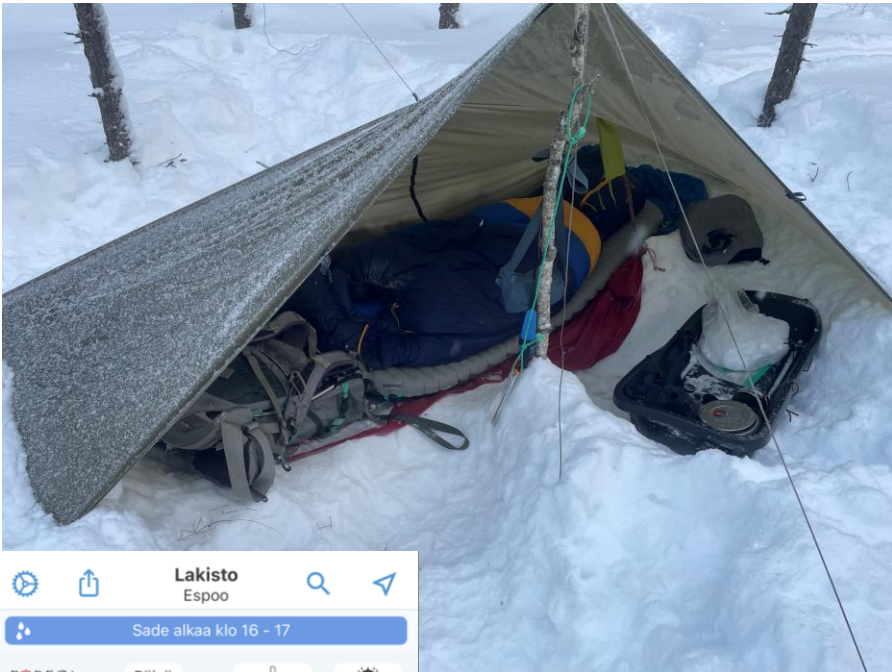


Alternative winter hiking



Lakisto Espoo				
Sade alkaa klo 16 - 17				
FORECA	Päivä			
LA 03		2°	0° 2°	3,7 mm
SU 04		1°	-3° 1°	0,2 cm
MA 05		-3°	-7° -3°	0,3 cm
TI 06		-9°	-16° -7°	0,3 cm
KE 07		-11°	-20° -11°	0,4 cm
TO 08		-10°	-16° -10°	0,5 cm
PE 09		-10°	-19° -10°	0,6 cm
LA 10		-5°	-11° -4°	10,9 cm
SU 11		2°	-4° 2°	0,9 cm

January 2024, -25°

January 2025, +5°

How do you feel? Where are you in your preparation process? Own (winter-) hiking experience? How did you end up here?

Båtvik Kirkkonummi				
KE 22		2°	-3° 2°	2,6 mm
TO 23		2°	0° 2°	0,9 mm
PE 24		2°	0° 2°	3,2 mm
LA 25		4°	1° 4°	2,9 mm
SU 26		3°	0° 3°	2,6 mm
MA 27		2°	0° 2°	12 mm
TI 28		3°	1° 3°	1,1 mm
KE 29		4°	2° 4°	0,5 mm
TO 30		4°	2° 4°	1,9 mm
PE 31		3°	2° 3°	3,9 mm

I love that feeling while hiking, that
my body* is my home

*(+ clothes + backpack and everything what is inside)

Winter-Hiking felt this year like...

...I'm moving in a new home and there are still too much moving boxes, things don't have yet their place...

- Reduce
- Structure new home
- Make it functional



Body* = Home

*(+ clothes + backpack and everything what is inside)

my emotional/motivational
compass above „hiking-
skills“ and gear

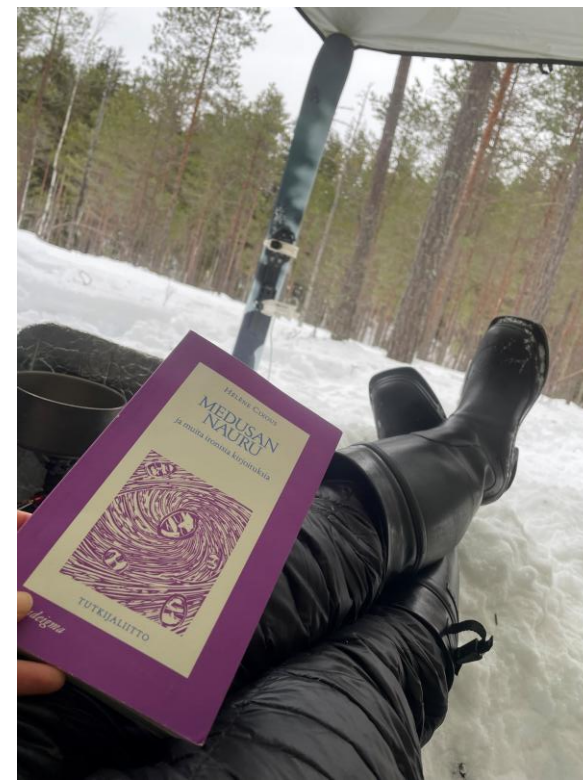
alone

walking

body-relationship

writing/reading

hiking-skills as base



Emotional preparation

- What brings joy?
- Balance between comfort zone / non comfort zones
- Base: taking care of your body (shoes vs. tent)
- Small group advantage → winter hiking course (more flexible)

Riot trails: feminist solitary hiking project for body-liberation, empowerment and joy (alone but together, out of your own door, intersectional feminist view)

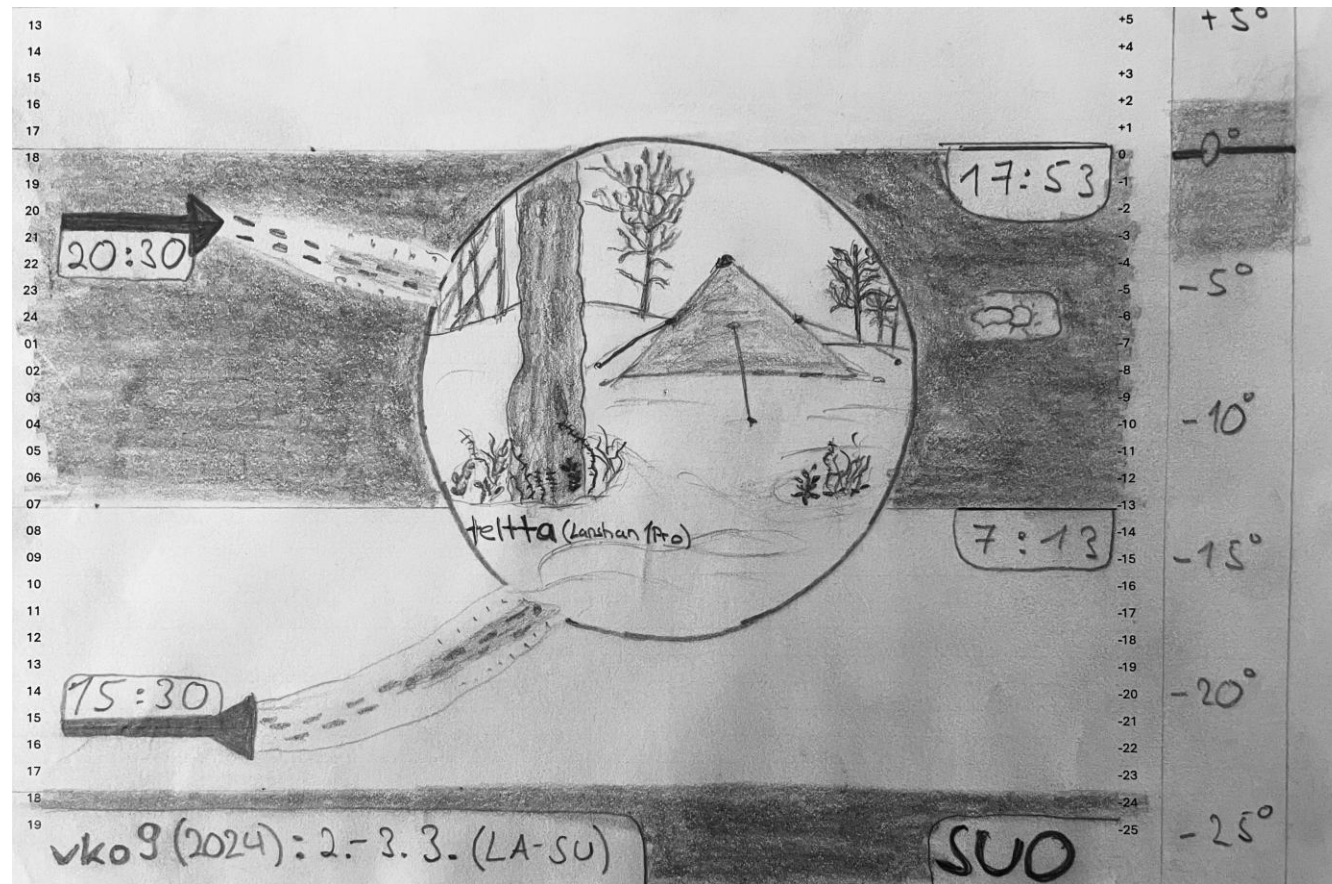
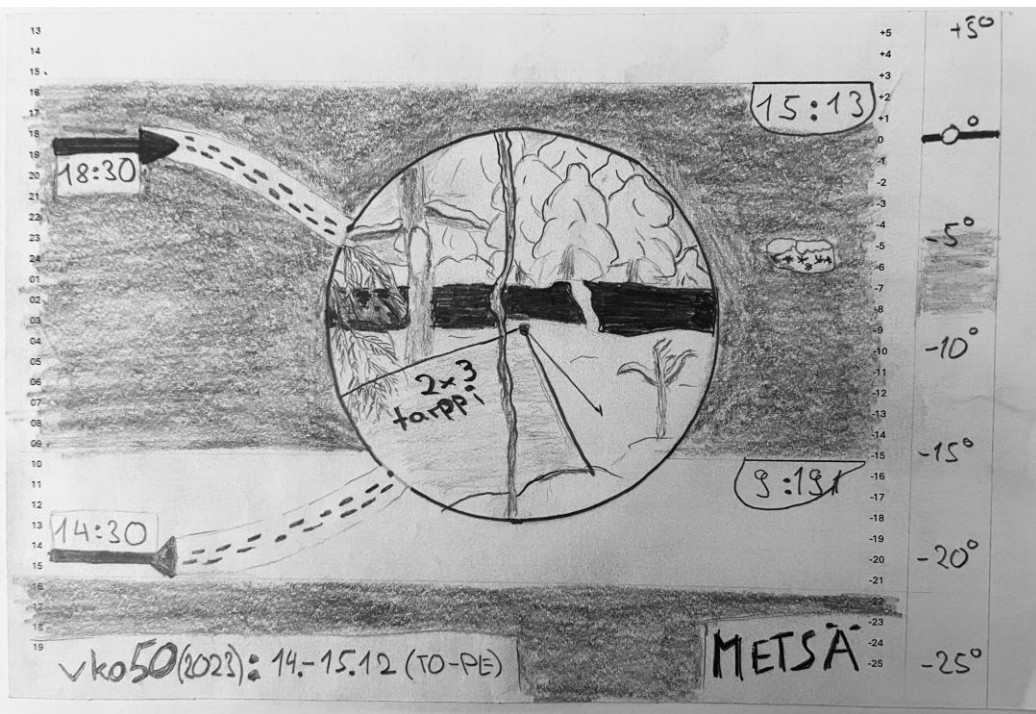
→ Values also for winter hiking

Paikka		Aika maastossa	
Lämpötila/sää		Auringonnous u/ lasku	
Teltta/tarppi jne?/miten meni/maaston kuvaus			
Vaatetus yöllä/ kylmä/kuuma?			
Ruoka/vesi			

Luonto-
havainnot

Mitä fiilis yöllä

Muu
faktat/opinko
uutta? Jotain
tehtävä ennen
seuraavaa yötä?



Alternative winter-hiking

Part 1: Walking

1. Rulikka
2. Where?
3. Snowshoes
4. Winter boots + spikes
5. Backpack
6. Clothing (in general)

Part 2: Sleeping

1. Shelter
 1. 3 season vs 4 season,
 2. single wall / double wall
 3. freestanding,
 4. winter tent stakes,
 5. how to set up
2. Tarps
3. Tents
 1. Dome/kupoli
 2. Pyramid tents
4. Sleeping pad
5. Sleeping bag

Part 3: Eating

1. How to get water
 1. Melting snow
 2. Filtering water
2. How to use a gas stove in winter
3. How to transport/keep gas/water warm
4. Food example

Other gear stuff

Part 4: Out trail

1. Trail description
2. Risk and how to avoid them
3. Organization praxis day/night/rent

+ rent / your own gear

Your experience, questions, ideas, ...

Part 1: Walking

1. Rulkka
2. Where?
3. Snowshoes
4. Boots + spikes
5. Backpack
6. Clothing (general)

Walking ideally is a state in which the **mind**, the **body** and the **world** are aligned, as though they were three characters finally in conversation together, three notes suddenly making a **chord**.

Rebecca Solnit

1. Rulkka

Pros:

- More flexible than an “ahkio” → going up and down and through forest parts
- Works well in Lapland, on a lake, swamp
- Public transportation, start from home
- DIY



Cons:

- Not flexible enough for too unstable winter conditions in the South + changing trail types (in the end more carrying)
- More limited in packing (light gear + not possible to use whole backpack)

→ Solution would be a light and rollable/foldable version to have also space for snowshoes etc. and that it doesn't bother you, if you have to carry it







2. Where?

If you build your on trail, MIX OF:

- Marked trails (luontopolku, jne.)
- Streets, sideways
- Soratie/metsätie (also the not maintained ones)
- Offtrail
 - With good snow/ice conditions: Almost everywhere
 - Less snow/wet: Räme/neva with pines/rahkasammal/suopursu works better than more wet swamps (lehtipuut, kuusi)
 - Less snow: natural forest easier than industrial forest (especially kuiva kangas-metsä – tuore kangas ja lehto could be more difficult)
 - Fields: Still figuring out... (some work well, some are under water, depending on surroundings at what was grown there?)
 - Golf area
 - Following electricity lines (terrain can be tricky, but you don't have to navigate)

Ideas around Helsinki

Marked trails:

Reitti 2000

Seitsemän veljeksien vaellusreitti

Ilvesreitti (Riihimäki)

Other ideas:

-Espoo- Inkoo

-Karjaa – Hanko

-...

With rulkka:

-Saima

-Repovesi

-Torronsuo

- Fields

3. Snowshoes

Own conflict:

“I don’t use them all the time while hiking I don’t want to think too much about them / spent money”

VS.

“I don’t use them all the time, so I don’t want them to be heavy”



Cheap version (40€):

- Weight over 2kg
- Uncomfortable to walk
- Loud
- Broke on the second day
- Snowballs/iceballs (makes walking even more difficult, they way 10 times more)

- https://www.tokmanni.fi/lumikengat-putkirunko-mukana-kassi-6438565154960?gad_source=1&gclid=CjwKCAiA-ty8BhA_EiwAkyoa30QL9YEaS1tX8yrJmbMDfwS-7fIT2LDadFbTicBXrCP3khNNetnVCBoCg2lQAvD_BwE



Expensive version (280€)

- Weight 1kg
- Comfortable to walk
- So far no problems
- No snowballs (technic to avoid that)

https://farlite.fi/en/tuote/northern-lites-elite-mens-2/?srsltid=AfmBOopa85GWRJ2xXU3p3Fail8rVjchwk1wSCuMz_drXMKZIn-RWreyH

So snowshoes.....? (not enough experience to say too much)

- Longer ones keep you better up on deep snow, shorter ones are easier to use in steep terrain and moving is general easier
- More surface can carry more weight (own weight + backpack)
- Anti-iceball?
- “Mens” /”womens” ? (shoesize)
- Quality/price/weight

Personally I decided on:

Good quality, but as small and light and possible (minus :won't carry so good on deep snow)

Or no snowshoes at all?

- Could be in the South also an option, if you build up a trail using streets and marked trails, what are a lot in use
- For searching for a tent place in the forest, you can walk also through deep snow for a while without snowshoes.
- BUT: If you don't have snowshoes to stamp down a surface on the snow for your tent, you will need a real shovel, to shovel a free space for your tent



I hope we can use those, as they are lighter and smaller (shoesize main question)

Northern Lites Mans Elite
Ultralight All-Terrain (25):

load capacity is 82 kg

•**Length:** 25" or 64 cm

•**Width:** 21 cm

•**Max Shoe Size:** 47

•**Weight:** 1,177 kg

Northern Lites Women's Elite
Ultralight All-Terrain (25) **(2x)**

load capacity is 82 kg

Length: 25" (64 cm)

•**Width:** 20.3 cm

•**Max shoe size:** EU 45

•**Weight:** 1,119 kg

TSL SMART M

•Sopii kengille 39-46

•Mitat 44x17 cm

•Paino 890 g

- MSr lightning man (30)
- Paino: 2,2 kg
- Mitat : 76x20 cm
- Käyttäjän paino: enintään 127 kg
- Koko: 39 - 48**

MSR revo explore women (25)
Shoe size **36-43** (6W-12W)

Weight 1.91 kg (4 lbs 3 oz) per

Width 20 cm (8 in)

Length 64 cm (25 in)

Load 54-95 kg (120-210 lbs)

Hiking poles



4. Winter boots + spikes

→ Southern conditions: boots for -25° to +5° (snow, rain, ice, water)

→ Personally feels hard to imagine anything else than winter rubber boots (but I also go a lot offtrail)

My experience with nokia kaira + spikes



Worked perfectly for tough winter conditions

Enough space to add easily
3-4 pair of socks

Durable, high enough, can walk through snow, swamps, water, gives me safety&freedom



They are too wide for me...

Struggled when walking in temperatures over zero degrees → too big

Spikes / Liikuesteet

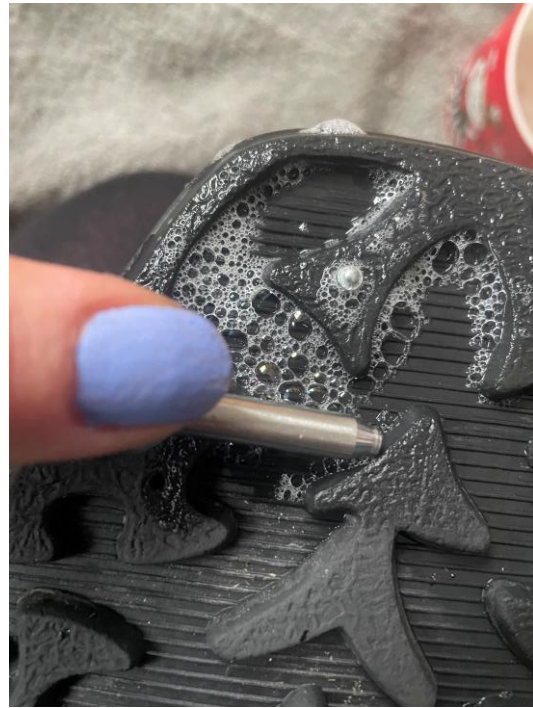
- Lost them two times
- Really uncomfortable to walk, when not necessary
- On and off is annoying

→ Solutions....

Added a extra string to prevent loosing spikes in the forest

- Fixed my spikes to my hiking poles to not always have to take them from the backpack
- Or just get used to walking with them on asphalt?





Testing now these “nastat” what you can add directly:

- More comfortable while walking
- But not as good on ice as the spikes (DIY small spikes with me)



added a sole from hiking boots + these extra parts to walk with the boots in + degrees



- The system with the socks

- First layer: Thin sock (merino, something what dries fast)
- Second layer: vapour sock or plastic bag
- Third layer: Hiking sock
- Fourth (and fifth layer): wool-sock

→ Only the thin liner sock gets wet, you can dry it in the evening

→ Good to test before on a daily walk (personally still figuring out, how it works for me: nice to have dry boots, but I got a blister)

→ **Test your boots + spikes + socks before the hike**, go for a walk (maybe also with a backpack), maybe there is something, what you could still optimize

Backpack + packing

60-70 liters (of course more is okay, if you are used to carry it)
I have light gear, so also a light backpack (can't carry too much in winter, or it gets uncomfortable)
pack smart, to save space, as winter-gear is in general more and more bulky

Hip bag for gloves, snacks etc?

Pack smart:



Instead of rolling the sleeping pad, fold it and add it in you backpack near your bag. Takes less space.



Use a big waterproof liner and just stuff your sleepingbag(s), liner inside. Stuff your sleeping clothes in one of the sleeping bags. This makes it possible to use all the space from the down-side of your backpack. Add electricity, etc. and then close the liner. On top goes the more heavy stuff like food.



Alternative: use a comprehension back to make one sleeping-bag smaller



The rest is pretty individual and easy without the rulkka, same than in other seasons:

- Pack deep inside, what you don't need on the day
- Waterproof, what has to be waterproof ☺
- Easy to reach, what you need on the day (tauko-takki, evtl. Kitchen, food for the day,.. Rain clothes, ...
- Weight near your back and more up/balanced (if your backpack feels uncomfortable, testing a new packing strategy often helps a lot)



5. Clothing

1.Layer: Keeps you dry (merino or polypropylene). *I have good experience with these airbase first layer (verkkoasu): <https://svala.com/mallisto/airbase/> → I add tight running shorts after the first layer, because I need extra warmth around my hips*

2.Layer: *Insulation/warmth: Fleece or wool*

3.Layer: *Protection from wind and rain (same jacket or different ones?, raintrousers vs. Rainskirt, poncho?)*

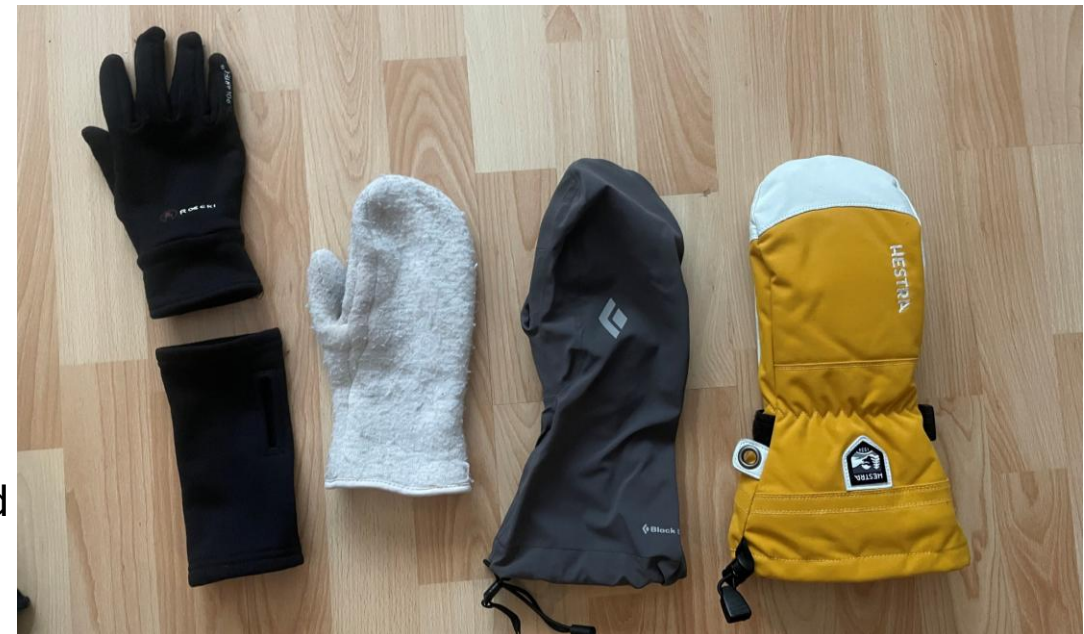
- **More thin layers**, what dry fast and what you can add or reduce, are better than less and thicker ones, what are not drying, you will get warm while moving (+ backpack gives warmth)
- Keep in mind that if you add layers the **outside layers have to be bigger** than your usual size
- **While moving:** less and thinner layers (reducing sweating: - If possible try to avoid it through reducing clothes, opening up your jacket or ventilation parts from trousers, jackets etc, open the zipper of your middle layers, take of gloves,..)
- **When resting:** The easiest way is of course to add immediately a down jacket/trousers over your clothes. Or add more second layers (3-season down jacket, fleece). Rain trousers, “toppahame”,
- **While sleeping:** Basically I wear the same than on the day + extra layers (depends a lot on your sleeping bag and individual bodyfeeling etc.) → warmbottles really work pretty good! You could try also small accessories like fleece around arm-wrist, adding a fleece skirt, if you freeze on your hips (or just work with the warm bottles)

DIY toppahame

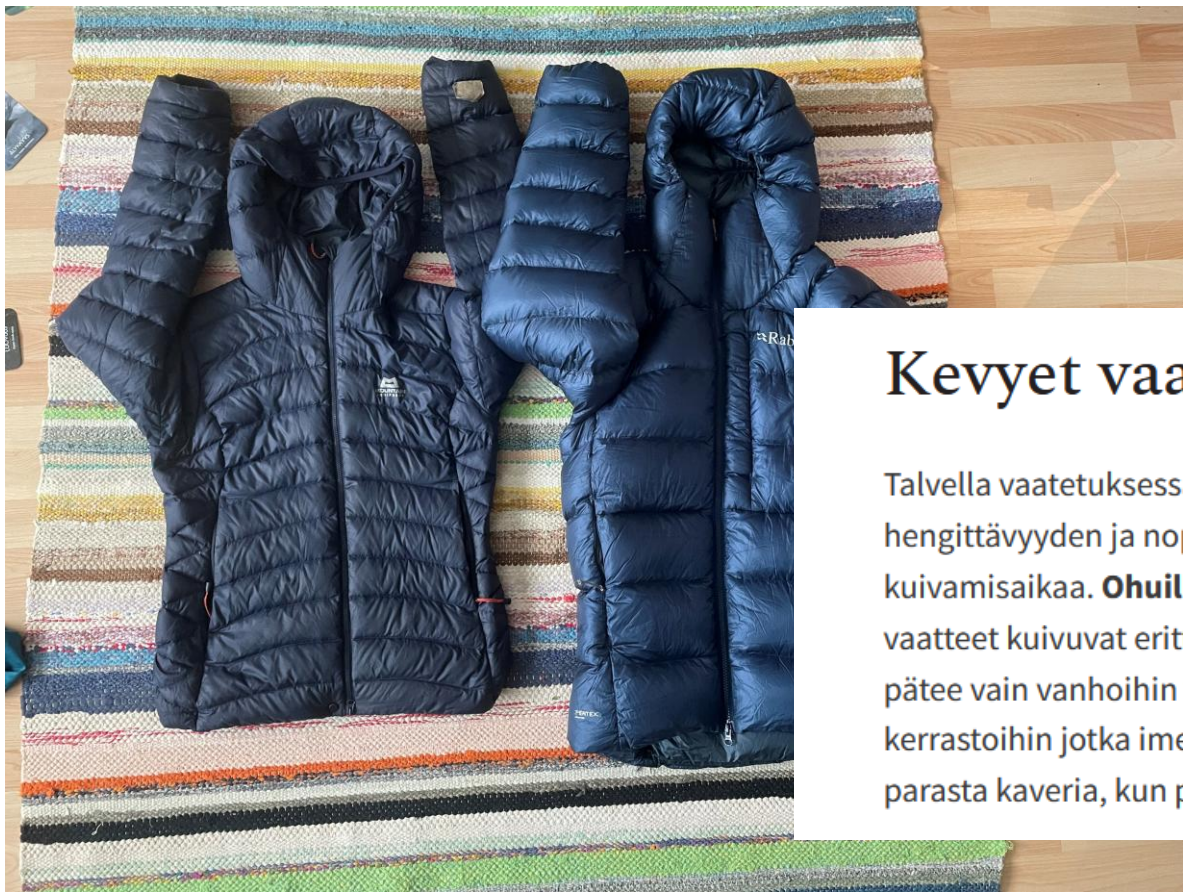


Connected the buff + balaclava
→ Sensitive neck
→ Need protections on my neck, especially when I open to jacket, because of sweating
→ thing in the middle..

Same layer system for hands/head







- Winter down jacket?
- Down trousers?

Kevyet vaatteet talvivaelluksella

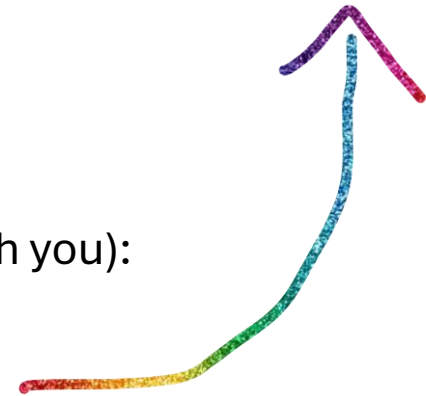
Talvella vaatetuksessa on mielestäni tärkeää, että materiaalit on valittu tarkoin mahdollistamaan hyvän hengittävyys ja nopean kuivuvuuden. Paksut vaatteet tarkoittavat kapeaa käyttölämpötilaa, sekä pitkää kuivamisaikaa. **Ohuilla kerroksilla ja vaatteilla hikoilusta ei ole talvellakaan mitään haittaa**, sillä vaatteet kuivuvat erittäin lyhyessä ajassa päälle kun liike lakkaa. Vanha oppi hikoilun välttämisestä talvella pätee vain vanhoihin vaatteisiin eli puuvillaisiin tai muuten paksumpiin vaatteisiin ja painavampiin kerrastoihin jotka imevät enemmän kosteutta itseensä. Polyester ja polypropyleeni ovat talvivaeltajan kaksi parasta kaveria, kun puhutaan vaatteista, niiden kuivuvumisvauhdista ja kulutuksenkestosta.

Check what you have, read different opinions/hints, test...

Two little different ways of clothing (of course with an ahkio you can take just more with you):

-<https://rinkkajapulkka.com/varusteet-pitkalla-hiihtovaelluksella-norjassa-2700-km/>

-<https://viimeistamuruamyoten.com/pukeutuminen-talvivaelluksella-liikkuessa-tauolla-leirissa-ja-nukkuessa/>



Part 2: Sleeping

1. Shelter

1. 3 season vs 4 season,
2. single wall / double wall
3. freestanding,
4. winter tent stakes,
5. how to set up

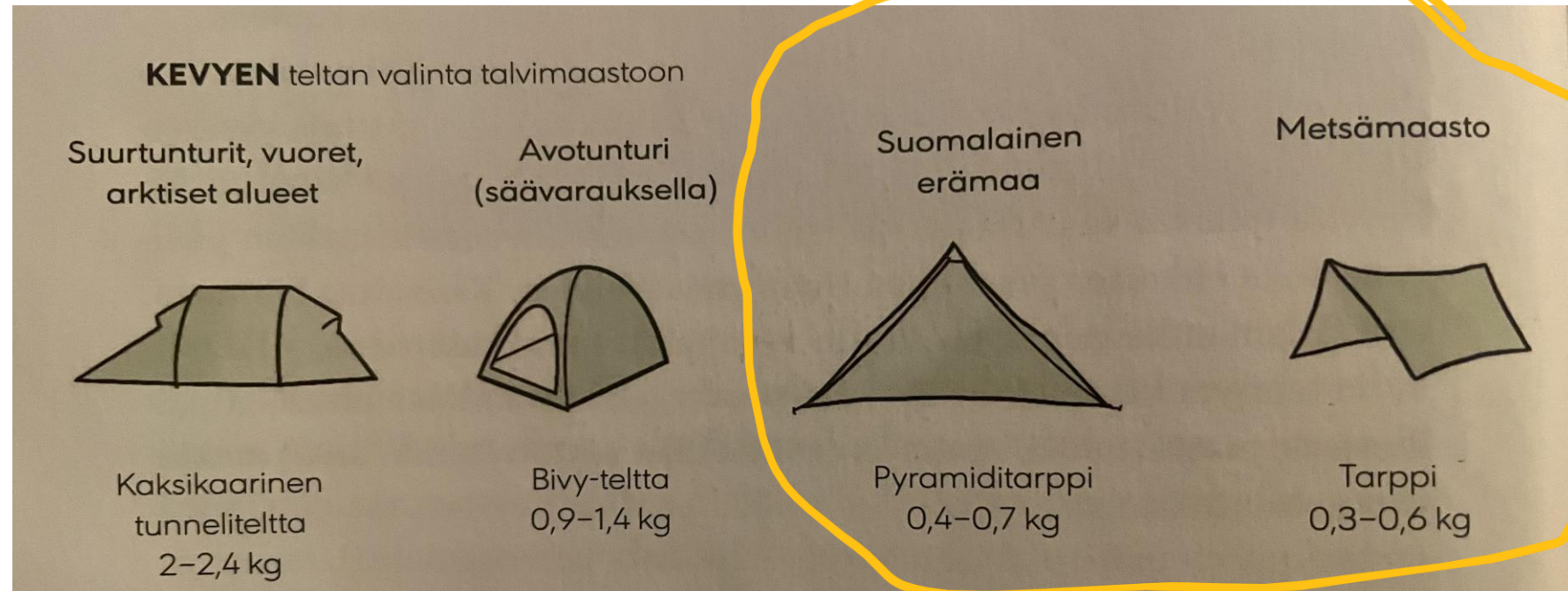
2. Tarps

3. Tents

1. Dome/kupoli
2. Pyramid tents

4. Sleeping pad

5. Sleeping bag



€€€€ ?

Tent + pegs + shovel	-1x <u>Lanshan</u> 1 (double wall) (830g) -2x <u>Lanshan</u> 1 pro (single wall, 750g) -Durstun x mid 1 (double wall, 840g) -9x winter pegs per person (<u>toaks</u> titanium with cordline and carabiner) -Kakkalapio as shovel	<i>using own gear: I have my own tent and a tarp, I would like to use these but have not decided yet about which one. For the tarp I would need pegs to borrow</i> <i>want to borrow:</i> <i>questions/comments:</i>	<i>using own gear: I'll use my own tent, pegs and shovel</i> <i>want to borrow:</i> <i>questions/comments:</i>	<i>using own gear:</i> <i>want to borrow:</i> <i>questions/comments:</i> <i>I have a light 1 person tent from Big Agnes, but I'm not sure if it is ok for the winter hike. What do you think?</i>
Sleeping pad	All 3x (same set)	<i>using own gear:</i>	<i>using own gear:</i>	<i>using own gear:</i> ▼



Mia
16.40 21.1.

just curious, what tent you have?



kaisa kapanen
11.15 24.1.

I have Robens boulder 2 tent. So far it was okay for -10 conditions but I just found out the whole tent got completely soaked when we were camping for 2 nights and it went from - to + conditions. It's a 2 person tent so it's again on the bigger side for solo hiking and at this point I'm unsure if it's a good fit for this particular project.

1.1. 3-season vs. 4-season – necessary?

4-season:

- Inner tent has a more “higher bottom” and the mesh is more fine → prevent snow getting in
- The outside fly goes down to the floor → protection from snow and wind
- More durable to wind and heavy snow (shape/poles)
- More space

How to use 3-season tent?

- Build a snow wall as protection from snow and wind coming in
- Choose a more protected place
- heavy snowfall (add a tarp/some sheet)
- Some use a 2 person tent

1.2. Single wall vs. double wall : Hello condensation!

Double wall:

- Condensation only on the outside layer
- Possibility to pack them separately that your inner tent stays more dry



Condensation:

- Warmer air contacts to a colder surface → condensation
- Hard to avoid in winter
- What could help:
 - Use the ventilation vents, if your tent has them
 - Set up your tent under trees
 - If it's not too windy, keep doors open

- Single wall:
 - Condensation directly on the inside walls of your tent
- be careful in the morning not to touch it too much with your sleeping bag / clothes
- +degrees: wall is wet → use a rätti to dry it
- - degrees: frozen layer on the wall → be careful in the morning and when packing your tent you can just scratch/shake it off (I use my waterproof overmats for that)



1.3. Freestanding?

- could be definitely an advantage for winter-hiking in Southern conditions: easier to set up, if there is no snow, but frozen ground
- Frozen ground: more soft ground still works (moss etc.,) be creative... 😊

I love to search for nice spots, so I try to manage, also the surface is not optimal for my tent 😊



1.4. Winter tent stakes?



Upper one: DIY winter tent stake from “aurauskeppi”
→ doesn’t work when not enough snow

Middle one: normal stake → not really usable in winter

Down: msr winter stake → good for snow, but not working on frozen ground/no snow



My solution: TOAKS Titanium Large V-shaped Peg (right)

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

- Works 4-season
- Add yourself a cord
- Important that it is easy to attach to your tent (can you do it with gloves)
- Check before what changes in the system if you use this stake what goes under the snow

- if you have a inner tent + rainfly, what you pitched before over on stake, how does it work now? → how to tension everything tight?

*With a lot of snow you can also use:
skis, ski poles, a bag full of snow,
wooden sticks from nature....*

What stakes did you use so far?

1.5. How to set up

Deep snow, -10°

- Pack down the snow on the area where you are going to set up your tent/tarp (wider than your tent, to stake the guylines, move around)
- Use snowshoes for that (or shovel the snow away with a winter hiking shovel)
- → wait a bit that the surface gets hard
- Bury the snowstakes into the snow or stick them → you will have to wait again a bit
- set up your tent (add more tent-stakes/guylines = same principle- once the snow is hard, they stay quite well)
- The better you prepare guylines and stakes before, the faster you are (the more you can do with gloves the better, but you might have to take them off sometimes)
- Build additional snow walls, if needed (condensation vs. coldness from wind/snow coming in)
- Think about the wind direction, how it fits to your tent/tarp → possibility to sit in your tent and have one door open to cook
- you can dig a space for your feet in front of your door, so you can really “sit” + you get more space for your backpack etc
- if you use a tarp it also makes sense after setting up to dig little snow away → you get more space! → roof gets “higher”



- With the tarp you can use the snow to build extra “walls” “hyllly” (kitchen etc.
- I always put on rain trousers before I start digging in the snow
- using ½ of the solumuovi pad to kneel on it while working
- I have no shovel, I just use my feet to stamp the snow around or the throwel as a shovel







I did this a lot last winter, this winter only one time....

When it's only few minus degrees/changing to plus degrees, setting up the tent is much easier, as the stakes just keep in the more heavy snow
Challenging when no snow, but frozen ground:
be creative

Exciting what conditions we will have!

2.Tarps

Advantage:

- Cheaper
- In forest areas flexibility to choose a spot
- More intense nature experience (1 night outdoors, stay there longer)
- Creativity, fun, learning new skills
- Frozen ground: use more trees

Disadvantage:

- Less protection (or you have to keep more in mind when building it up, wind etc...)
- Snow in your “sleeping room”: easy when freezing temperatures, when wet snow, snow can be everywhere (but it’s not cold 😊) → maybe bigger ground sheet or bivy sack

- 3x3m
- 2x3m
- 2,75 x 2,75 (vaikea saatavilla Suomessa -> ompele itse!)

Katso tarpin pystytysvideo täältä:



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

Tarpit:

2x3m



Mutta lempitapa...



2x3m



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

Tarpit:

2x3m

+ kevyt ja halppa
ratkaisu(esim.300g
70-90€ ,bushmen
ultralight 2x3)

+ hyvää yhdelle
hengelle

- vähemmän
mahdollisuuksia
(2,75x2,75 olisi
ratkaisu siihen)



Tarpit:

3x3m



3x3m

- +suht kevyt ja halpa ratkaisu(esim.690g, 70€ , DD hammocks 3x3)
- + hyvää kahdelle hengelle tai paljon tilaa yhdelle
- + paljon mahdollisuuksia
- liian iso? Enemmän töitä (maastossa ja kotona)

Vaikka telttä!



3.Tents

3.1 Dome/kupoli



Msr 1 pers carbon reflex



Light kupoli-teltha: Problem could be heavy snowfall + increasing temperatures in the night → snow stays on the flat top, gets more heavy and maybe the poles could break?

Solution: Use a small tarp or your groundsheet as protections to guide the snow away from the top? Could it work?

→ More steeper than on the picture!

→ of course means extra work, but you don't have to do it every night, so a possibility to continue using your 3-season light kupoli-teltha?

2 pers. Msr hubba hubba nx

- I had my most comfort nights, as it offers so much space
- But: heavy (2kg)
- Challenging to set up on snow in a storm → almost impossible alone



3. 2 Pyramid tents

3F UL Gear Lanshan 1 Pro (single wall)



My experience: works, but shoveling snow on top of the sides means also that the walls press inside and you have less space



“The tent is sold as a 3-season tent (the inner wall is a mosquito net), but nothing prevents it from being used on winter trips to forested areas. Shovel snow on top of the sides, so that fresh snow does not blow under the tent fly. The snow slides down from the slippery walls of the pyramid-shaped tent quite well.”





3F UL Gear Lanshan 1 (double wall)



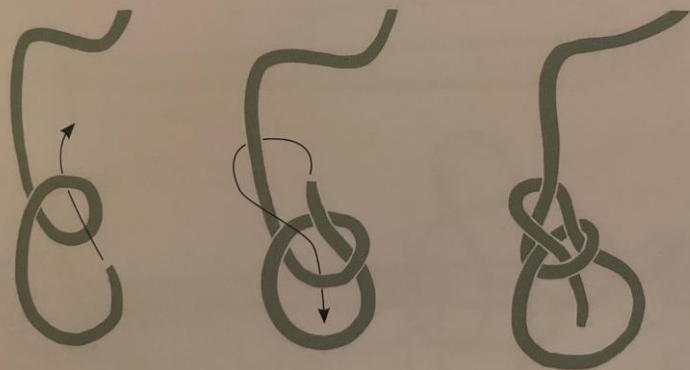
I'm lacking of snow experinene due to this winter.
Easier to set up than the Lanshan, but had much more
space under the walls, so definitely would have to
build some snow walls

- All are different, but a lot of tricks to learn, to go one using your tent?
- What do you think?

<https://durstongear.com/products/x-mid-1-tent-ultralight-backpacking>

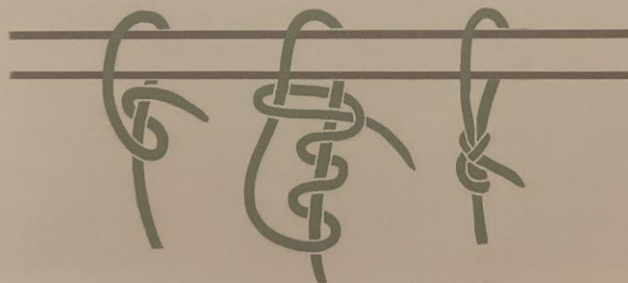


PAALUSOLMU on ehkä tärkein retkeilijän solmu. Paalusolmulla narun päähän saadaan kestävä lenkki. Sitä käytetään esimerkiksi narujen kiinnittämiseen tarppiin ja teltaan sekä tarpin kiinnittämiseen puuhun. Sillä on lukuisia käyttötarkoituksia, ja jokaisen vaeltajan tulisi osata se.



SOLMUT

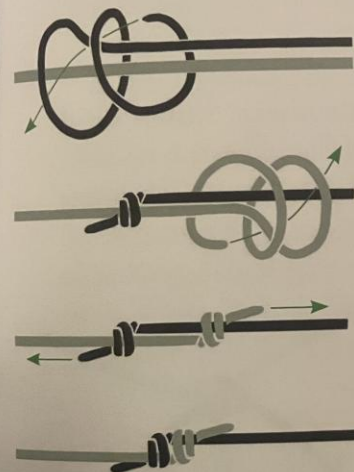
SÄÄTÖSORKKA (*adjustable grip hitch*) hyödyntää prusik-mekanismia. Sitä käytetään teltan tai tarpin narujen kiinnittämiseen kiilaan niin, että narua voidaan kiristää tai sen pituutta säätää. Säätösorkka on mielestäni parempi kuin telttasolmu (*tautline hitch*).



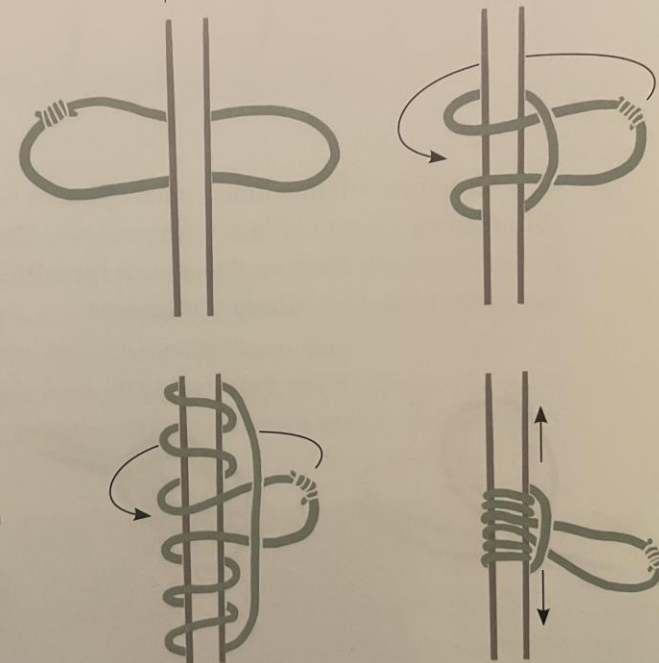
.. ja
vetosolmu...

(Määttä, 2020, S. 65-68)

tuuplakalastajasolmu



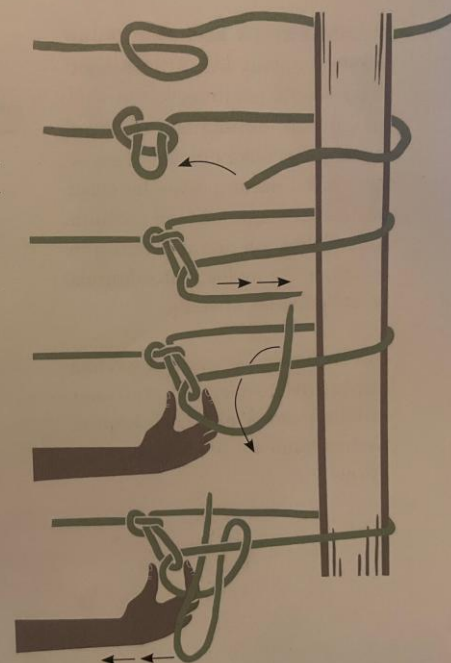
prusik



EDK on nopea solmu kahden narun yhteen liittämiseen. Siisti ja kiristä solmu hyvin, ja jätä siihen reilut hännät. Hurjasta nimestä huolimatta *European Death Knot* on tätä nykyä turvallisesti todistettu solmu, jota käytetään paljon köysilaskeutumisessa.



AJOMIEHENKYTKY (*trucker's hitch*) on alkujaan kuormansi-dontasolmu. Sen avulla tarpin harjanaru voidaan kiristää voimakasta 3:1-taljaa hyödyntäen. Solmun voi purkaa helposti narun vapaasta päästä vetämällä. Ajomiehenkytky on vaeltajan toiseksi tärkein solmu.



4. Sleeping pad



- 1. Theramrest xtherm regular long (weight 570g, R arvo 7,3)
 - +
 - 1. Kaira xtreme (thin solumuovi, r-arvo 0,5, 145 g)
 - +
 - 1. ½ kaira artic (265g → 130 g, r arvo 1,5) or ½ thermarest z-lite sol (r-arvo 2, 410g → 205g) (thicker solumuovi)
- R-arvo for winter is said to be around 8 (maybe less enough in Southern conditions?)
- 4-season option: if you invest in a light inflatable sleeping pad with a high R-arvo, you can use it also 4-season
 - Add a cheaper solumuovi (protection for the inflatable one + another solumuovi for extra warmth on top, as the inflatable one will feel cold)
 - Two would be also enough, but the solumuovi doesn't weigh anything, so for me it's worth carrying it around.



I tested last year also my 3-season extra small sleeping pad (r-arvo 4,5)

→ Had to fix myself to the pad to not fall down and freeze (in the summer I fall little down, but that's not such a problem)

→ Tested also -1 comfort sleeping bag

→ At -10° it was doable but uncomfortable cold

5. Sleeping bag

1. Winter sleeping bag

- **Only use for winter**
- Pretty big and heavy or you have to pay a lot
- I started with a -18 comfort winter bag (not too expensive, not too bulky)

2. 2x 3-season sleeping bag

- 4-season use of both bags
- One has to be bigger
- Both down or one synthetic/kuitumakuupussi
- Would be better if the down is inside
- Also from bulky to more expensive and light/small

+ add a thermo liner (**if you have good down clothes**, leave the thermo liner at home...?)

- Difficult to say what you need, as it depends on conditions, your purpose your tent, sleeping pad, clothes etc...
- Going for single nights out is a good option to test different conditions/gear

2. 3-season sleeping bag + quilt

- 4-season use of both bags
- More flexible than the 2x3-season, as you can open the quilt to adjust to temperature
- For example (-1 comfort 3-season down bag + -6 comfort quilt)

“Hyvänä nyrkkisääntöä voisi sanoa, että retkipeiton ja hyvälaatuinen untuvamakuupussi yhdistelmän painon tulisi olla noin kahden kilon tietämällä, jotta sillä pärjää noin 30 pakkasasteessa. Mikäli sekä peitto että pussi ovat untuvaa, tulisi sen yhteismäärän olla 1000-1400g” (Määtä, 2020, s.225)





How to reduce weight?



Example from last year



VERSIO 1 vs VERSIO 2 vs VERSIO 3

Isot tekijät:

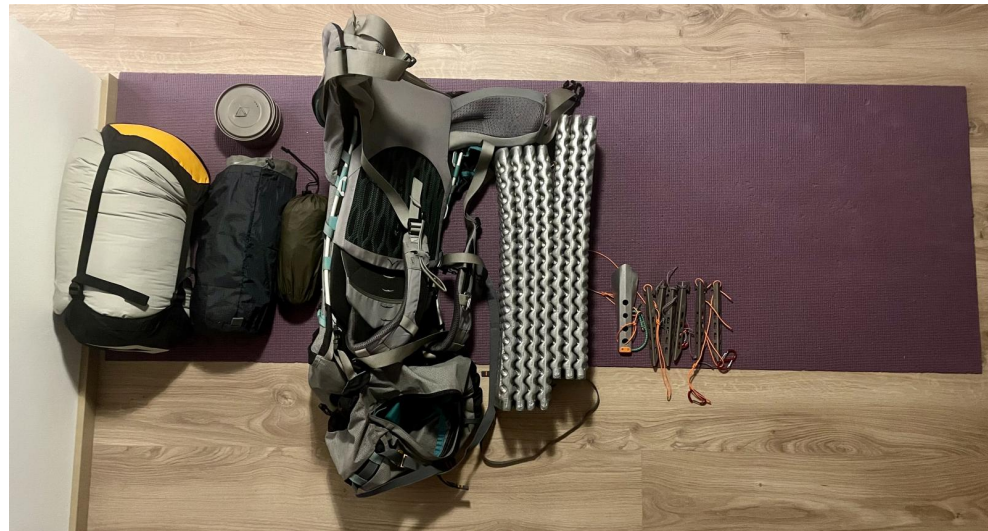
Rinkka: Osprey Ariel Pro
Teltta: ul-tarppi 2x3 bushmen

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

→ **R-arvo: 9,3**
→ **Paino: 4,85 kg**

1700g
340g

1795g
570g
420g



VERSIO 1

→ **R-arvo: 9,3**
→ **Paino: 6,25 kg**

Isot tekijät:

Rinkka: Granite Gear Crown 3 60 Women's 1088g

Teltta: ul-tarppi 2x3 bushmen
340g

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

→ **R-arvo: 7,9**
→ **Paino: 3,3 kg**

140g
260g
200g

VERSIO 2



VERSIO 3

VERSIO 1 VS VERSIO 2

Isot tekijät:

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

Makuupussi: Marmout ouray 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

Ei niin isoa
painoneroa, mutta
paljon enemmän
tilaa!!!

Isot tekijät:

- Vaihdoin vain teltan tarppiin.

Pienet tekijät:

- Jätin 1l pulon+ eriste + termos pulon pois.
- Lumilapio -> kakkalapio
- Paljon pienemmät talvikiilat
- 1,2l kattila → 0,7l kattila

Isot tekijät:

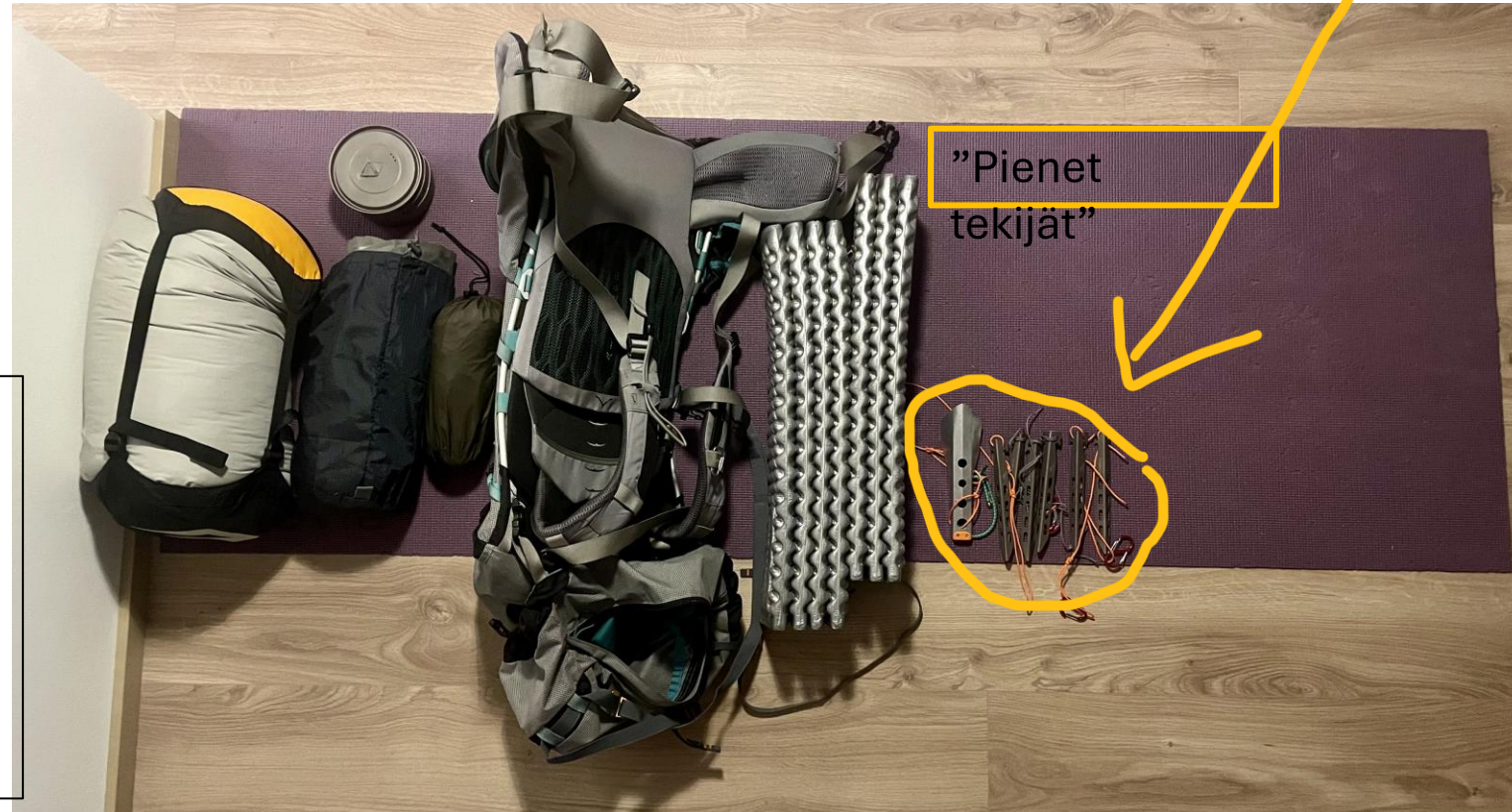
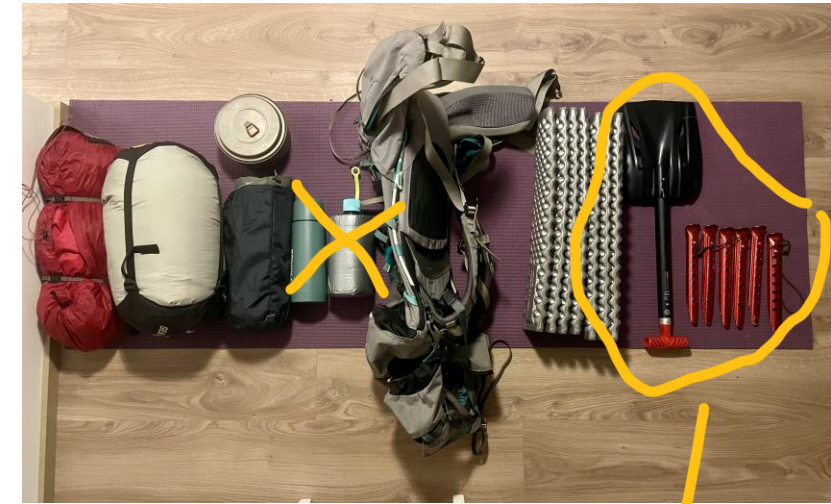
Rinkka: Osprey Ariel Pro
Teltta: MSR Hubba Hubba NX2

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

→ R-arvo: 9,3
→ Paino: 6,25 kg

1700g
1750g

570g
420g



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

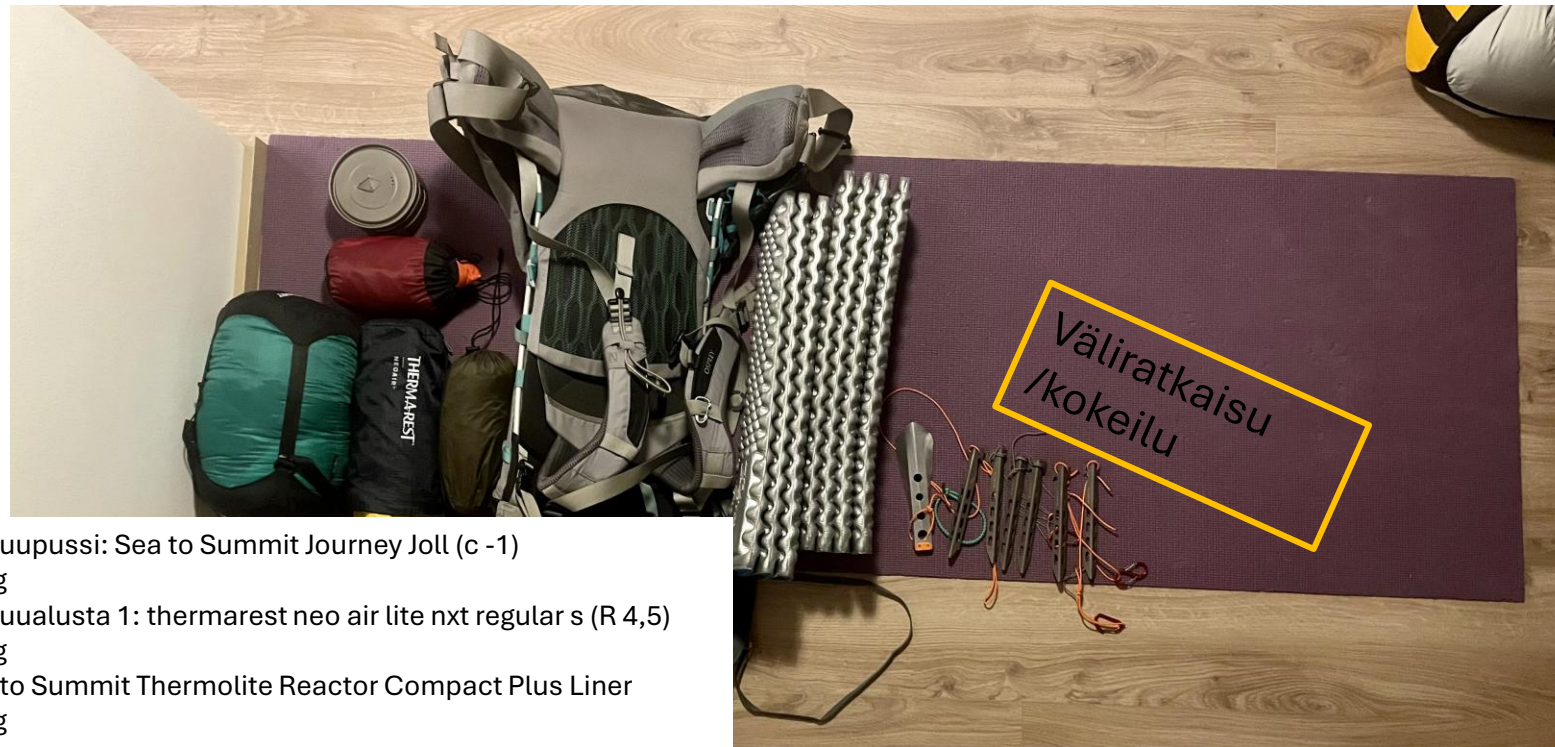
Talvi 23/24 asuin jo Helsingissä, täälläkin nautin talvimakuupussin kanssa -25° yöstä. Mutta useammin oli toki lämpimämpi.

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

Lisäsin vielä termolinerin ja enemmän vaateita, 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 ostin uudet varusteet....



Makuupussi: Sea to Summit Journey Joll (c -1)
925g
Makuualusta 1: thermarest neo air lite nxt regular s (R 4,5)
330g
Sea to Summit Thermolite Reactor Compact Plus Liner
260g

→ R-arvo: 6,5
→ Paino: 4 kg

- + 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 too tight, air in between the layers is important)
2. Usually bodies get cold on the head, feet, hands/arm wrists and around the hips, use small accessories to keep these parts extra warm (also DIY)
3. Drinking bottle with hot water gives you extra warmth (use two bottles to add warmth there where you need it → SO GOOD, helps a lot and is cozy)
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 (but try to avoid to breathe in your sleeping bag, but in super cold nights I also had only a hole for my nose...)

Condensation again. And moisture from your body.

- Your sleeping bag will get wet (there might be in the morning small waterdrops on the outside layer or ice)
- That's why it would be better to have kuitumakupussi/ synthetic one outside (it dries easier and is cheaper, down doesn't work anymore if it gets wet and you can't dry it properly)
- so my down quilt system is not perfect...
- → I use a small towel to dry it in the morning, open up the quilt and the door so it can dry a bit from the wind... If conditions allow it, hanging it outside would be best

→ Morning / lunch break → depending on conditions dry your tent and sleeping bag

Part 3: Eating

1. How to get water
 1. Melting snow
 2. Filtering water
2. How to use a gas stove?
3. How to keep your waterfilter / water / gas can warm while moving and sleeping?
4. Food example

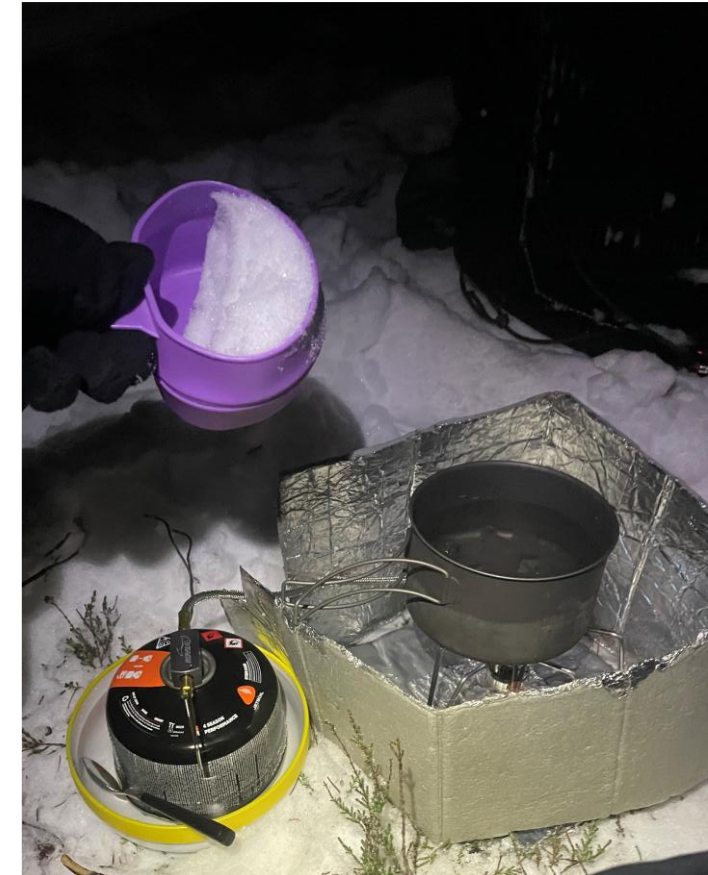
1. How to get water

1.1 Melting snow

- Collect snow: plastic bag (durable one, freezing bag? “rubbish bag broke through the night”)
- Heat up about 200ml of water (without water, your pot can burn)
- Add snow → and again
- I use a 700ml pot, although a lot use big pots, but I don't see the sense...
- Melting snow “should” be safe to drink, but as you never know, you could also boil it (or filter?)
- longer hikes: “hydration tablets/electrolytit” to compensate the missing minerals from melted snow. Or enough from food?

→ Takes long, needs a lot of gas

→ Can be annoying or joyfull 😊



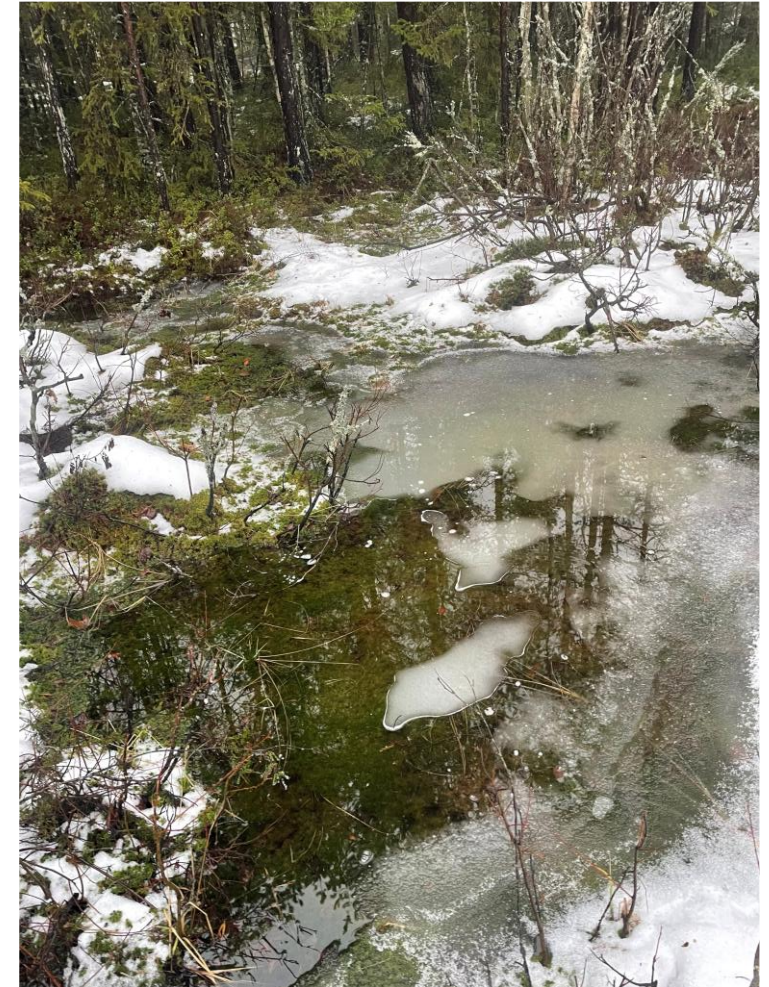
Where to find water?

(depending on conditions)

- Creeks or rivers are often still open in the South
- Winter with +degrees means nature **is full of water**: swamps, creeks, forest puddles,...
- Can be more challenging when minus temperatures for a longer time (but then hopefully snow to melt or focus on flooding water)



1. 2 Filtering water

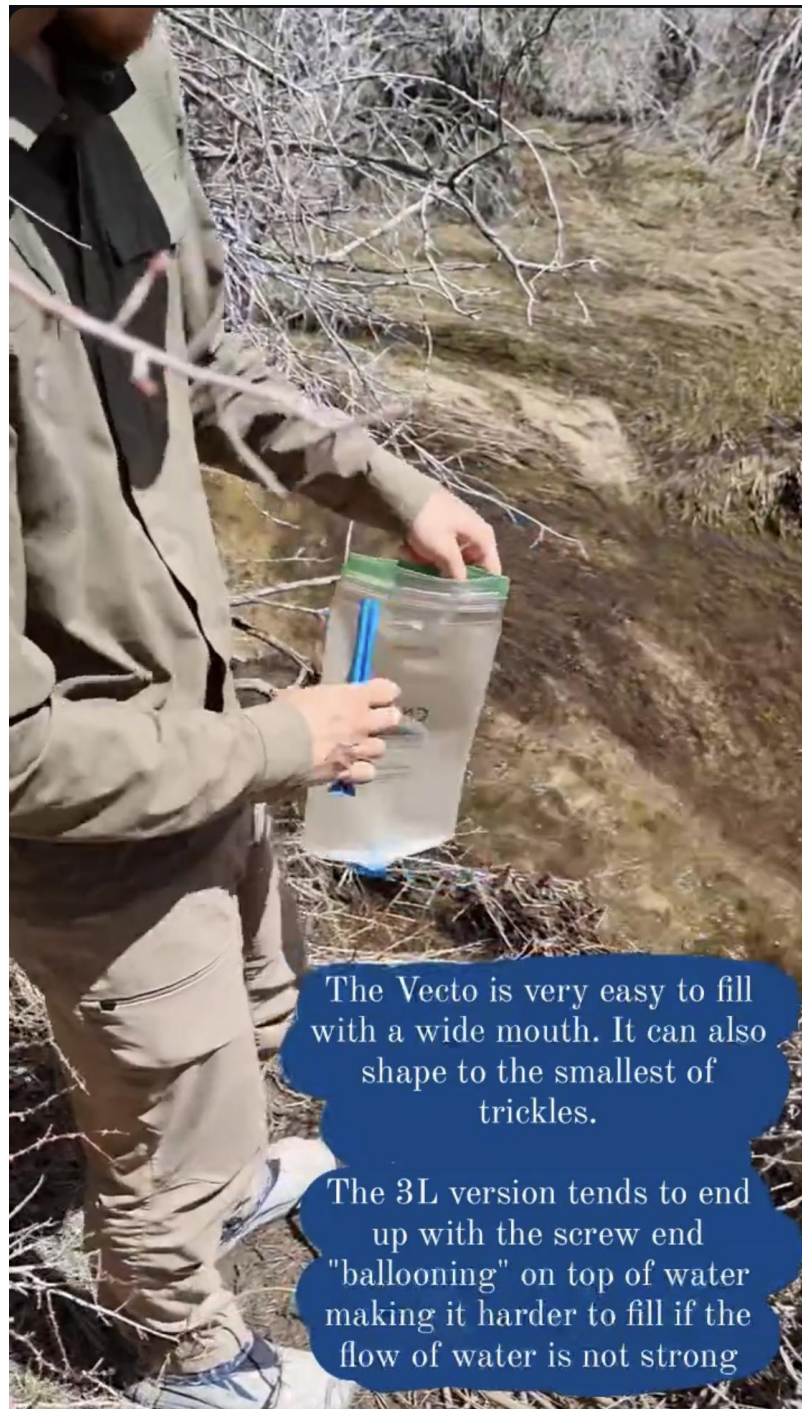




1. Fill up the squeeze bottle
 → Started using my cup in winter (maybe would be good to have a second one for “dirty water?”)



In summer collecting water feels more easy, as it's not cold. As it's difficult to collect water with that squeeze bottle, I started using a Nalgene (only for dirty water)



Maybe getting some day a better squeeze bottle?

Source: Instagram “teemuofftrail”

The Vecto is very easy to fill with a wide mouth. It can also shape to the smallest of trickles.

The 3L version tends to end up with the screw end "ballooning" on top of water making it harder to fill if the flow of water is not strong



If it's difficult to reach the water...



2. Put the filter on and...

A. Drink directly – even while walking



B: Filter water directly in your pot to make food



B: Filter water in a bottle for transportation

- For winter I first switched completely to Nalgene bottles, because they are recommended to use also as warm bottles in your sleeping bag
- BUT: If you filter water in a Nalgene –bottle you have to focus, that the water doesn't go somewhere else (on you)
- I decided to take one basic 0,5l plastic bottle with me for filtering (still it could be a warm water bottle, but not so hot)



Already in autumn the squeezing process made me freeze sometimes, when the water was already cold. So the idea of filtering water at -10 degrees felt not so good. But: How about heating up a little bit water and adding it to the squeeze bag? I guess it would be still faster than melting snow.

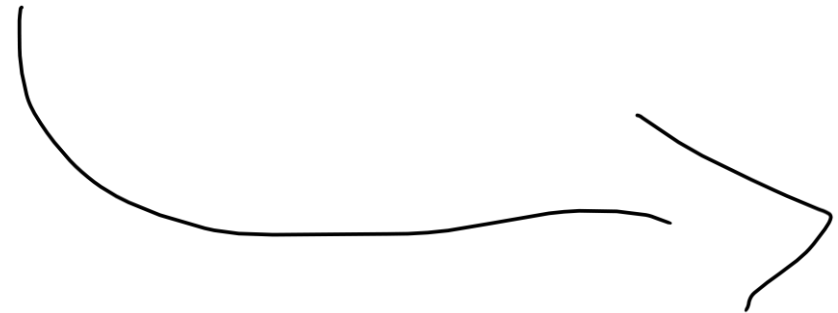
Easy so far? Where is the challenge?

Filtering water

- Water filter will break if it gets frozen and you can't test this
- Necessary to carry it next to your body
- Also the squeeze bottle?
Squeezing ice in the filter also bad idea?

Melting snow (aka using a gas stove in winter)

- Gas stove the usual 3-season stove and often the lightest ones
- But there is a problem with gas and cold temperatures...



2. How to use a gas stove?

- Although they are “gas cans”, because of the pressure inside the can, the gas is liquid
- By opening up the gas bottle (ventil of your stove) the pressure drops and the liquid gas vaporizes and comes out in “gas form”

Boiling point (over this the gas is in “gas form”, under it is liquid:

N- butane boiling point: $-0,5^{\circ}$

Iso-butane: -12°

Propane: -42°

Problem 2: The process “liquid \rightarrow gas form” takes energy, what makes the gas bottle even get colder during the use (it literally freezes and can be covered with ice)

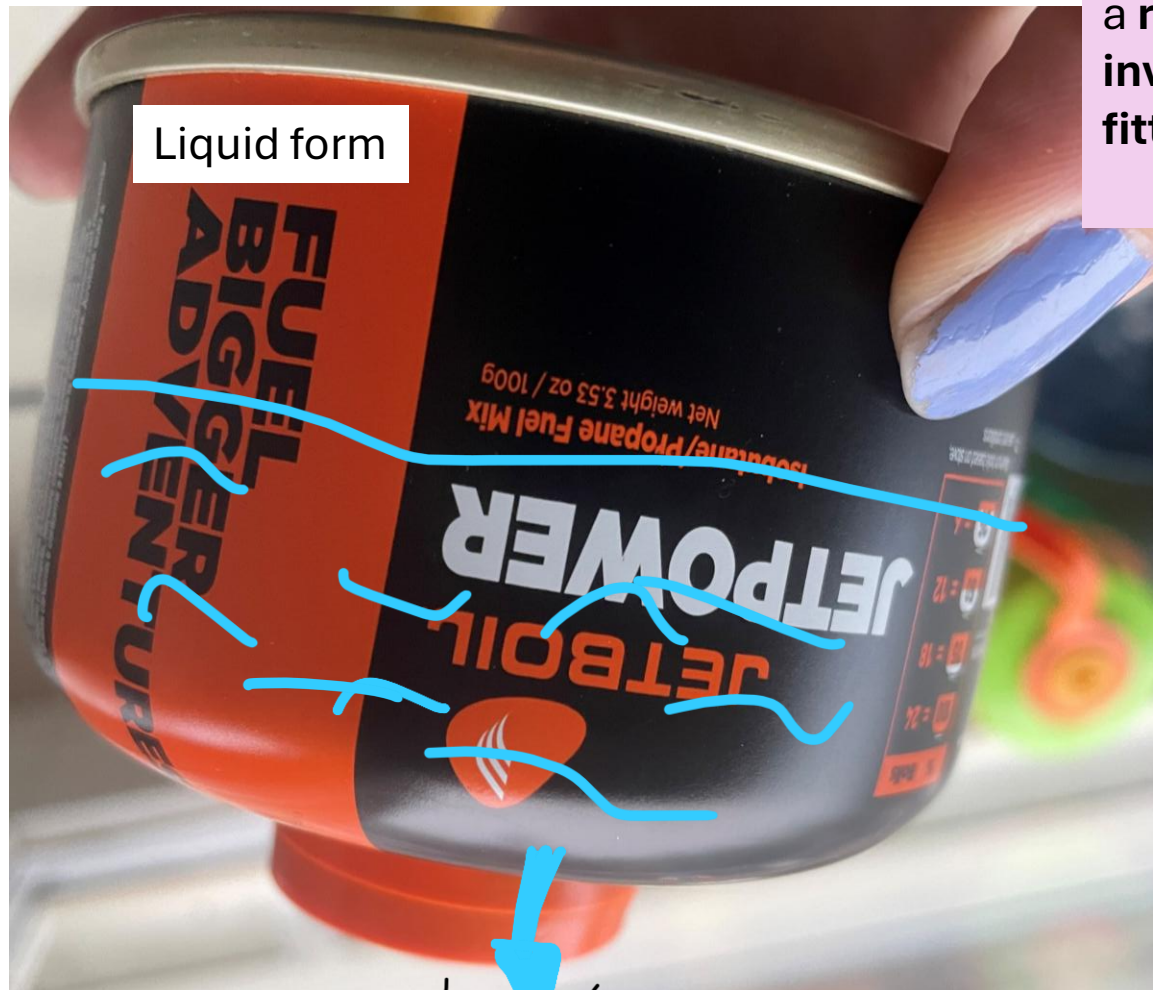
\rightarrow You will notice that your stove will work worser and worser....



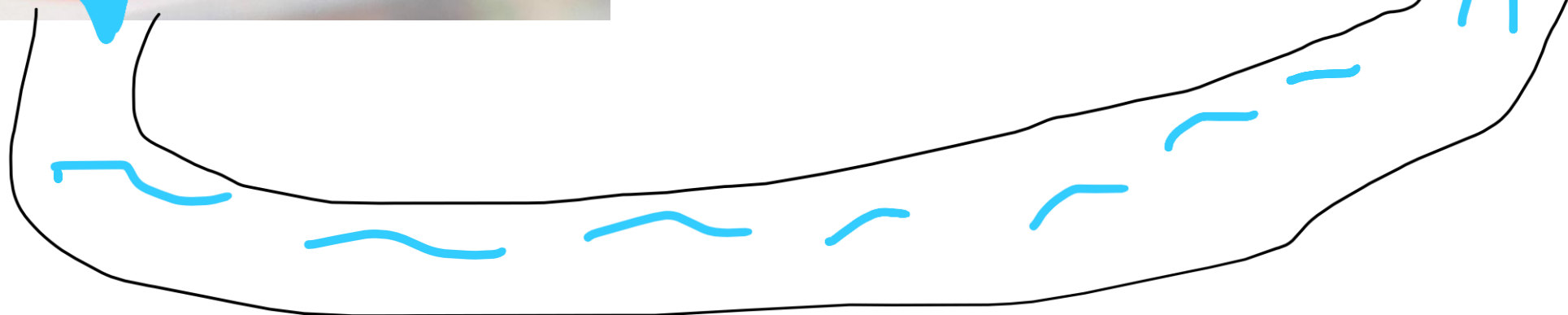
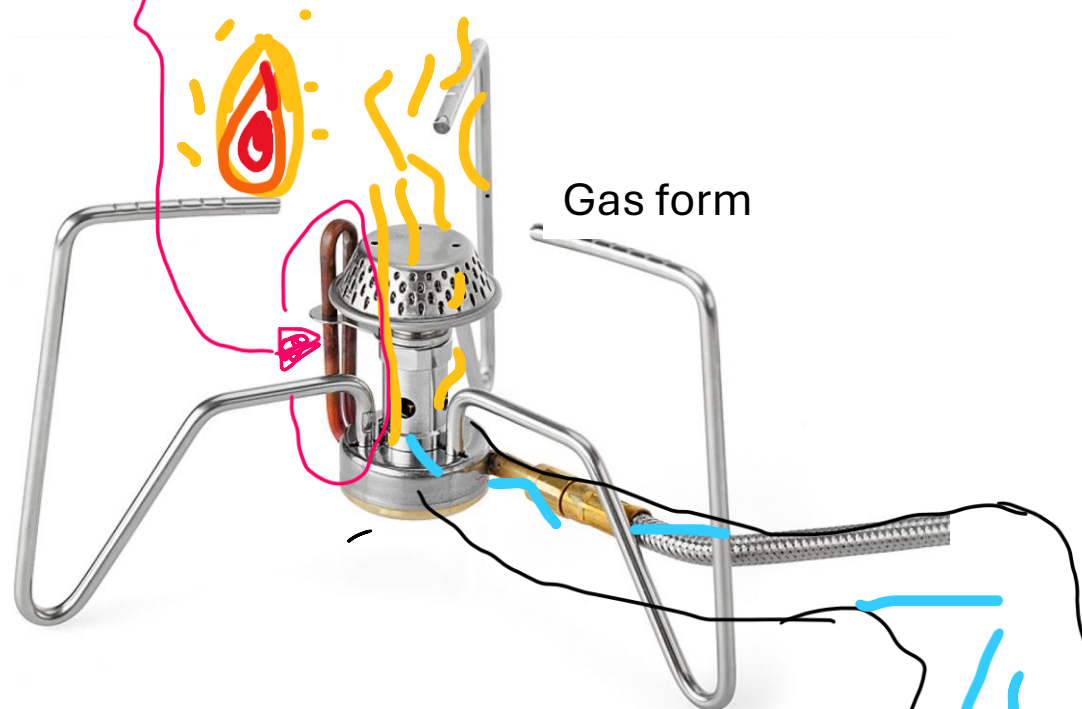
Problem 1: Under this temperatures the gas stays in liquid form and won't come out

\rightarrow Could mean that also you have the feeling there is still gas inside, it doesn't come out any more, because all Propane is used.



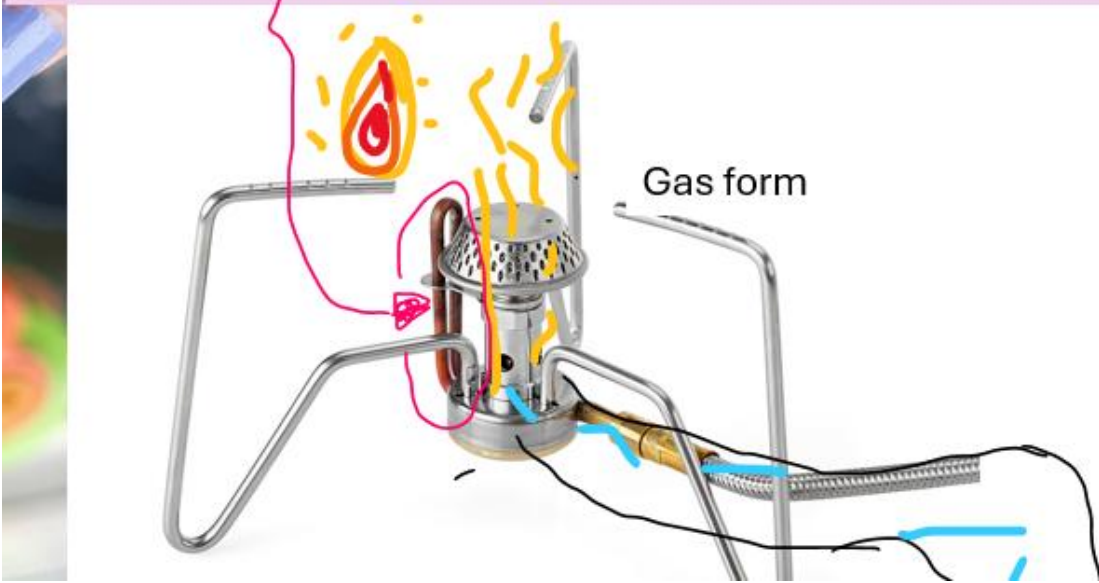


One solution:
a **remote stove** (stove and gas can are separated), that can be **inverted** (turned upside down) and fitted with a pre-heat tube (for liquid fuel to vaporize)



One solution:

a **remote stove** (stove and gas can are separated), that can be **inverted** (turned upside down) and **fitted with a pre-heat tube** (for liquid fuel to vaporize)



→ pre-heat tube means, that you have to make the gas stove work some time before to get this tube hot. Only after this you can invert your canister.

→ Means although you have this “4-season gas stove” you always have to either keep your gas bottle warm or pre-heat it under your jacket before using etc.

Problem 1: Under these temperatures the gas stays in liquid form and won't come out

Problem 2: The process "liquid → gas form" takes energy, what makes the gas bottle even get colder during the use (it literally freezes and can be covered with ice)



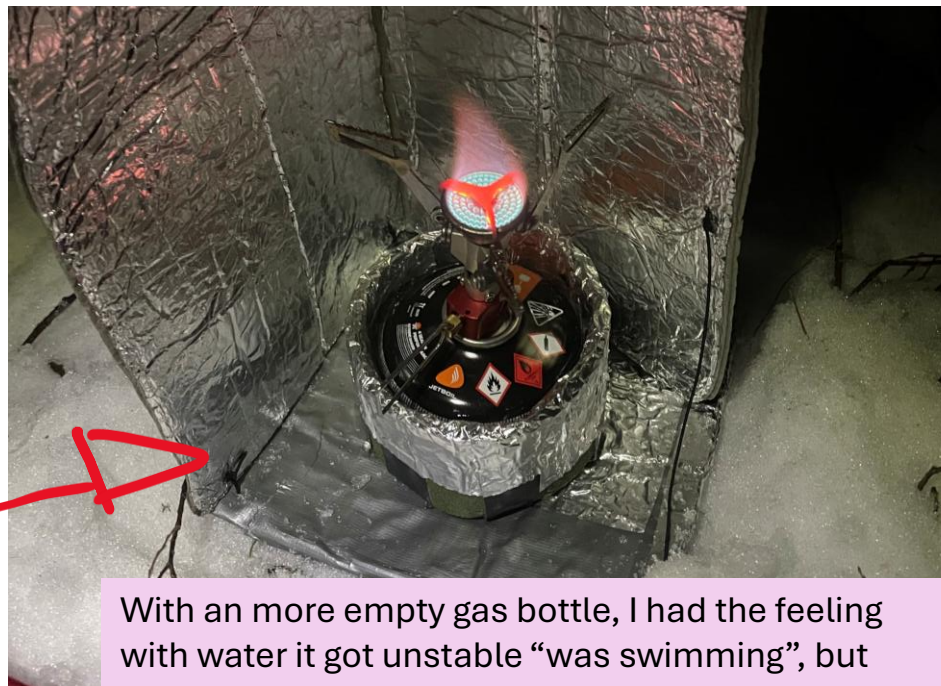
Pre-heating the gas bottle + keeping it warm while using



- Near your body while hiking
- Transport in backpack, but warm up next to your body before cooking
- In the sleeping bag over night

- Water bath
- Wind protection + keeping near the stove
- (moulder strip,...)

Water-bath



With an more empty gas bottle, I had the feeling with water it got unstable “was swimming”, but maybe I used too much water?



<https://www.camp4.de/blog/produkte/gas-kocher-tuning-im-herbst/?srsltid=AfmBOooooHIKLuwX8ulhzSuE49KYUuSeDw3obYi8FC7MsbzUiw8yTTsJ4>



- Water bath to keep the gas can warm while using, as long as the water is not frozen, the temperature in the can should be around 0°
- Depending on temperatures you will have to add warm water during the use (not too hot)
- Makes it also possible to use the stoves what are on top of the can (you have to reach the boiling point, as you can't work with liquid gas)



Kuuman vesitilkan kaataminen termospullosta patruunan haudekuppiin saa sisällä olevan kaasun kiehumaan niin, että sen kuulee omin korvin. Älä kaada kuumaa vettä keittimen ollessa päällä, sillä se voi saada liekin hulmahtamaan paineen äkillisesti noustessa.

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

- I had about -12° and the water-bath started to get frozen, I added warm water and also could hear noises from the gas can, what scared me a bit, but seem to be normal 😊
- Turn your stove off before you add warm water or the flame can increase a little bit too much



- Be prepared that when connecting gas + stove, the gas what comes out can hurt on your bare fingers, if it's really cold
- Scratching away the ice before taking bottle in sleeping bag 😊



4-season vs winter gas:

- propane/isobutane mix is the same
- But....

“Primus Winter Gas™ is optimized to deliver reliable performance even in really cold conditions when it was previously not possible to use gas as fuel. Through a combination of a highly absorbent paper on the inside of the gas canister and an optimized gas mixture Primus Winter Gas has the extra power needed to melt snow or prepare a lifesaving meal. In cold conditions, the pressure is decreased in conventional gas canister causing the stove to burn with a lower power or not at all. Primus innovative Winter Gas holds a higher pressure which makes the stove more efficient. The absorbent paper, VaporMesh, increases the surface area for the evaporation process. Thus, LP gas can change phase from liquid to gas much easier and faster making the Winter Gas deliver better in temperatures down to -22°C than a conventional canister. After 60 minutes of cooking, a Winter Gas cartridge is approximately 9 % more powerful than one without VaporMesh. After 120 minutes of use it delivers about 15 % more power.”



<https://varuste.net/en/p61098/primus-winter-gas-450-g>



→ Check your stove!

Trangia ?

- Has the pre-heating tube
- Can be inverted?
- Heavy and bulky but good wind protection

Primus essential trail stove

PRIMUS



Think also about efficiency of your stove, I love in 3-seasons my small msr pocket rocket, but had do admit, that although I can make it work with a water-bath, it's in general not so strong, so melting snow takes long. I tested the pocket rocket deluxe, and melting snow was much faster (but using also more gas?)



3. How to keep your waterfilter / water / gas can warm while moving and sleeping?



I tested a lot and got really crazy, nothing feels really good, so took a step back to priorate...



Water- filter
0,5 l water

Squeeze- bag of the water filter?

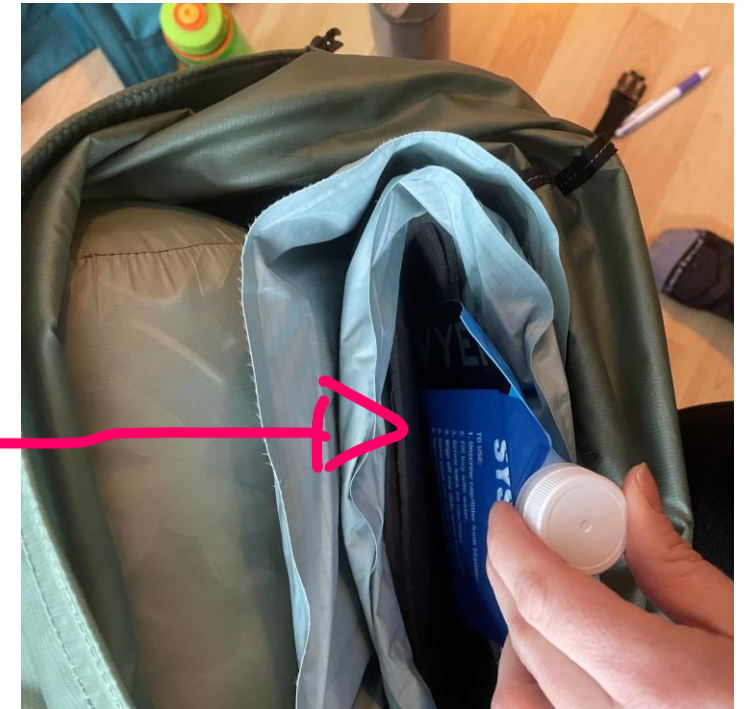
Gas- can

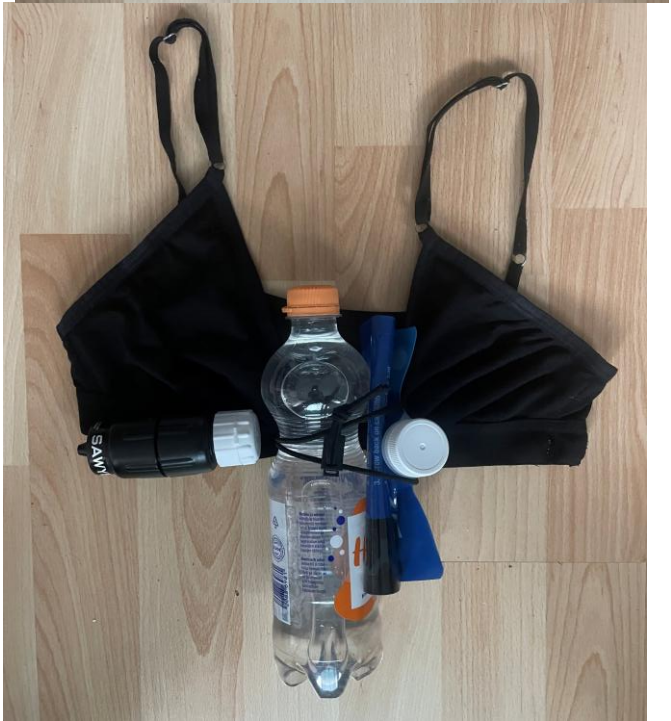
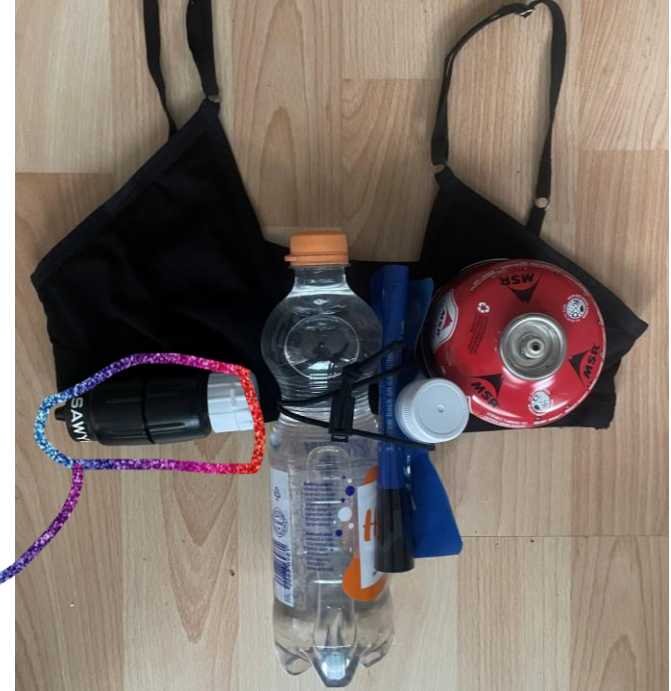
Towards my body

- 0,5l water could be also a thermos in the end (for drinking + water for melting snow....

- Next to my body or in the backpack between the solumuovi, what is near my back?

Near body or in the in the backpack (inside down jacket)
→ pre-heating only before use not keeping warm

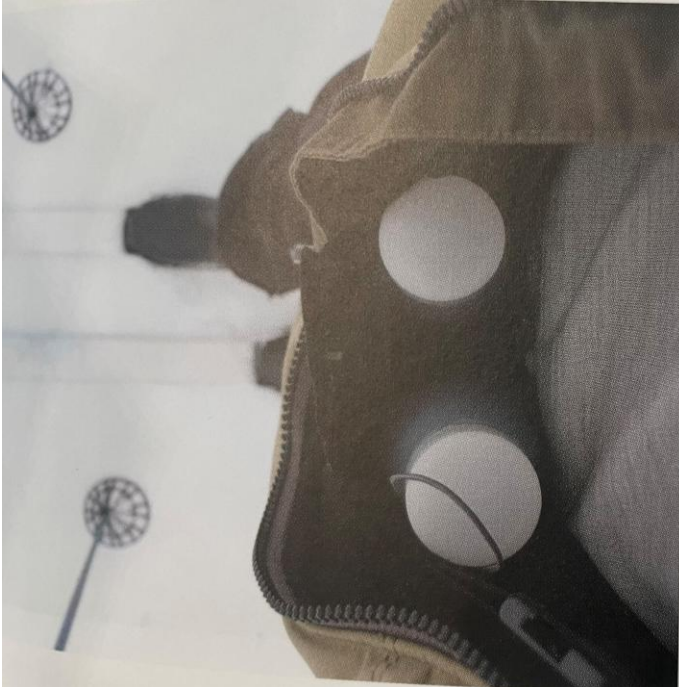








<https://rinkkajapulkka.com/varusteet-pitkalla-hiihtovaelluksella-norjassa-2700-km/>



Olen ommellut joustavasta kankaasta pitkulaiset taskut kahdelle puolen litran pullolle puolihaalarimallisten housujeni etuosaan. Valkeiset ohuet kumilenkit ovat uusin lisäys. Niiden ansiosta pullot eivät pääse putoamaan kumartuessa. Tällä maaliskuisella Vätsärin ja Inarijärven hiihtovaelluksella riitti, kun pullot olivat takin ja housujen suojaissa. Keskenmällä talvea puen lisäksi välikerrokseksi fleecen, eli sekin eristää pulloja ulkoilmasta. Tällöin vesi ei jäädy 40 asteen pakkasessakaan. Kuvan pullot ovat LDPE-muovia. Juon vähemmän kuin keskivertoretkeilijä enkä kaipaa tämän enempää pullotilavuutta. Kaamosvaellukselle otan lisäksi pienen termospullon lounastaukoa ripeyttämään.

Probably you will have also more water than 0,5 l....

- Thermos solves a bit the problem, but you can't use it as a worm bottle
- My current strategy:
 - 1 basic plastic bottle for filtering water
 - 2 x Nalgene (more durable to hot water)
 - 1 self-made insulations

Night: all three bottles as warm bottles? Gas can in the sleeping bag yes or no? (there is also the electricity...) + water filter

Day: the plastic for filtering near my body and the two other in the backpack, depending on temperatures also wrapped in down jacket etc.

So I have bottles for 1,5l + if necessary could transport 1 l more in the squeeze bag, if there would ne no snow to melt and no water to filter at the camp



What to keep in mind when building up your own system

- Can you use pockets of your mid layer? → but that means you are limited to this piece of clothes
- Buy something like a running vest / some bag what could work
- Use a bra, where you could put the filter in
- Make your own bag what fits to your body and how it feels comfortable while hiking
- Transporting more at your body means more space in the backpack
- But also means, that it could be more difficult to add more layers, if clothes are too small
- It can be uncomfortable to have all the stuff near your body
- The backpack strings help to “keep it up”
- If you build your own, it’s important that the material doesn’t make you sweat more or dries fast (I made the mistake with the old sport t-shirt, it got wet and didn’t dry)
- the hard plastic bottle felt uncomfortable at my body, so I tried some soft bottles, but not happy with the solution, as they didn’t have a good closing system → scared to get wet

→ The less water you carry with you, the less you have to take care of (also less weight)

→ I am used to carrying a lot of water, maybe I have to learn to let go and be open to the situation to have to search sometimes for the next drinking spot (in daily life I also don’t drink all the time...)

4. Food example



5-day hike (bread missing)...., but we can fill up supplies, so a idea could be:

Light and fast + small space:

- Mashed potatoes
- Couscous
- Soya granulat
- makkaroni/noodles (need more water + take more space)
- I don't make a warm lunch, I eat just nuts and mysly bars or bread
- Sometimes just mysly bar/nuts for breakfast → my lunch is porridge (do that in 3-season → winter decide due to conditions)

Snacks and nuts are important to eat while walking in short breaks, I personally prefer to walk longer and find a good spot to make a lunch break / walk until rain is over...

Day 1

Morning:
-

Lunch:
-

Evening:
70g m. potatoes p.
Kuuma kuppi

Snacks
Kakao
50 g chocolate
50g nuts
1 mysly bar

Day 2

Morning:
Coffee
50g porridge

Lunch:
Bread + x

Evening:
70g m. potatoes p.
Kuuma kuppi

Snacks
Kakao
50 g chocolate
100g nuts
50g dried fruits
2 mysly bar

Day 3

Morning:
Coffee
50g porridge

Lunch:
Bread + x

Something fresh 😊

A B C

Evening:
Noodles +30 g
soyagranulat
+ ½ package tomato-sauce (or no cooking at eat/buy something from ABC)

Snacks
Kakao
50 g chocolate
100g nuts
50g dried fruits
2 mysly bar

Day 4

Morning:
Coffee
50g porridge (or something nice from ABC)

Lunch:
Bread/nuts/nakkileipä

Evening:
Noodles +30g
soyagranulat
+ ½ package tomato-sauce

Snacks
Kakao
50 g chocolate
100g nuts
50g dried fruits
2 mysly bar

Day 5

Morning:
Coffee
50g porridge

Lunch:
Bread/nuts/nakkileipä

Evening:
-

Snacks
100g nuts
50g dried fruits
2 mysly bar

Take from home Buy on day 3 at ABC

How much gas? Maybe a small one + 2x big, if melting snow. Without snow 1 big, 1 small?

Other gear stuff

First aid, take with you:

- Ibuprofen (against pain / fever)
- Something against stomach disease
- Personal medication (migraine,...)
- Plasters (normal or also blisters), ... disinfection (käsidesi works also)

Repair kit:

- Extra lighter
- Knife (puukko)
- needle and thread
- Repair patches for sleeping pad
- Some cord
- Tape (gorilla), not the whole roll, you can wrap some around a old bank card etc.

What else?

- Suncreme ?
- Hygiene stuff (toothbrush + cream, deo?, käsidesi, toilet paper, kakkalapio, menstruation stuff?)
- Electronics: mobile phone (+ charger + zip bag), power bank, GPS (+ extra batteries), headlamp (+ extra batteries)

Book? E-book reader? Hiking-diary?
Camera? Audio-book? Music?

Gear: DIY, ultra-light, 4-season

DIY

- Rulkka
- Bottle insulation
- Wind protection
- Pegs
- Extra pocktes (gas/filter)
- Clothes

Ultra-light

- Focus on functionality and less stuff (freedom)
- Light equipment can mean more joy and safety
- Winter: reducing weight and volume to get winter-gear in backpack
- Personal preferences (comfort, money, weight, purpose)

4-season

- Buy for 4-season (sleeping pad, tent, stove, ...)
- Adapt to winter-conditions (tricks with gas-stoves, tent, throwel as shovel,...)

- Tent stakes
- Spikes
- sleeping bag(s),
- Extra layers

Additional winter gear:

Snowshoes (?)

Clothing:

- Winter boots
- Extra warm down pants/jacket
- Gloves

Part 4:

1. Our trail (about 50 km)

A DIY- trail to my nearby nature

- Easy to follow (my goal would be more that you have the feeling, that you don't need me as a "hiking guide")
- Tried to adapt it to a group hike (2x official sleeping spot, shorter distances)
- Various terrain and nature (but also: enjoy the small things instead of wide wilderness areas in Lapland)
- Searching for sleeping spots in nearby nature
- "Alone but together"-parts?
- Road 51 where the bus to HKI goes is always "close"

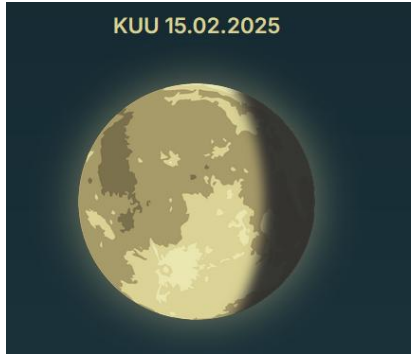
Feedback for future

- Theory
- Gear rent + testing
- Route description → go alone or with a friend

Did you had time to check the description? If yes, what impression/feeling did you get? Have you been to these areas already? How familiar with reading "maasto-kartta"?



Safe conditions:



Sunrise: 7:58

Sunset: 17:11



7:47

17:21

Unclear conditions:

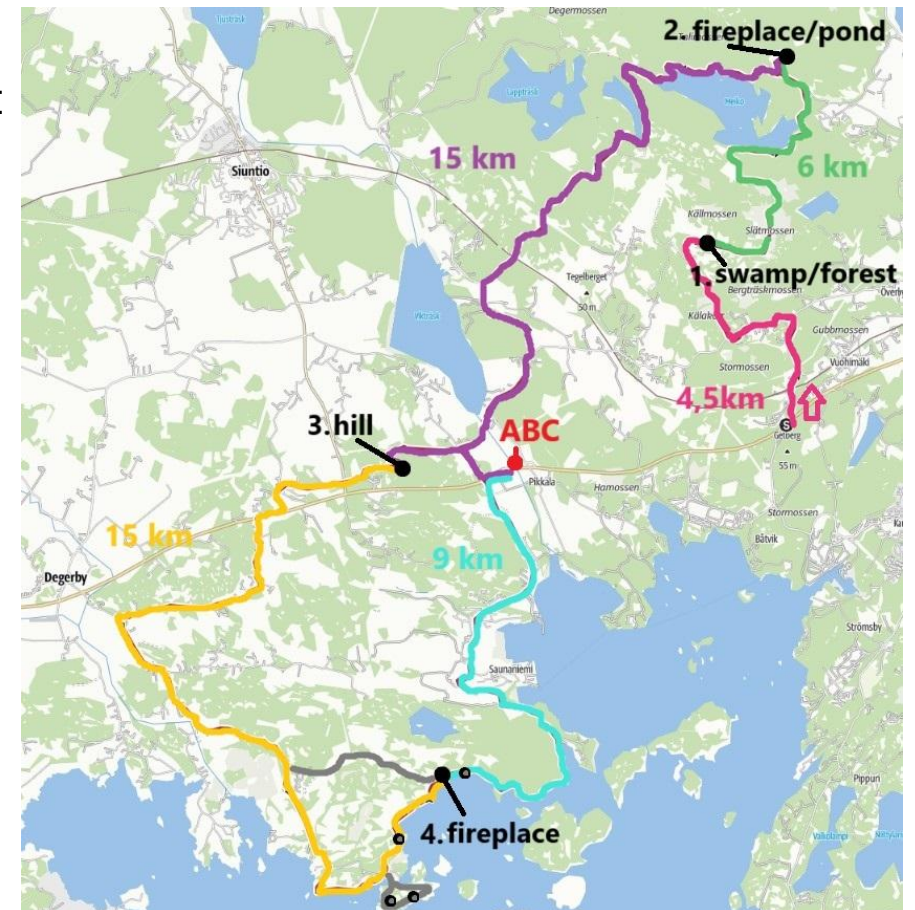
- Snow?
- Frozen ground?
- temperatures?
- Raining? Snowing? Sunny?

- Starting around 10 in the morning
 - Around sunset at next sleeping spot
- but let's adapt to daily conditions

How to navigate?

- GPS
- Outdooractive/komoot
- Karttaselain (app)
- Map + kompass

A lot of snow and -15° could mean that setting up your tent takes 1,5h. No snow/ less and wet/hard snow and everything is done in 20 min)



DAY 1: Isosuontie - Port to Meiko

2,6 km street

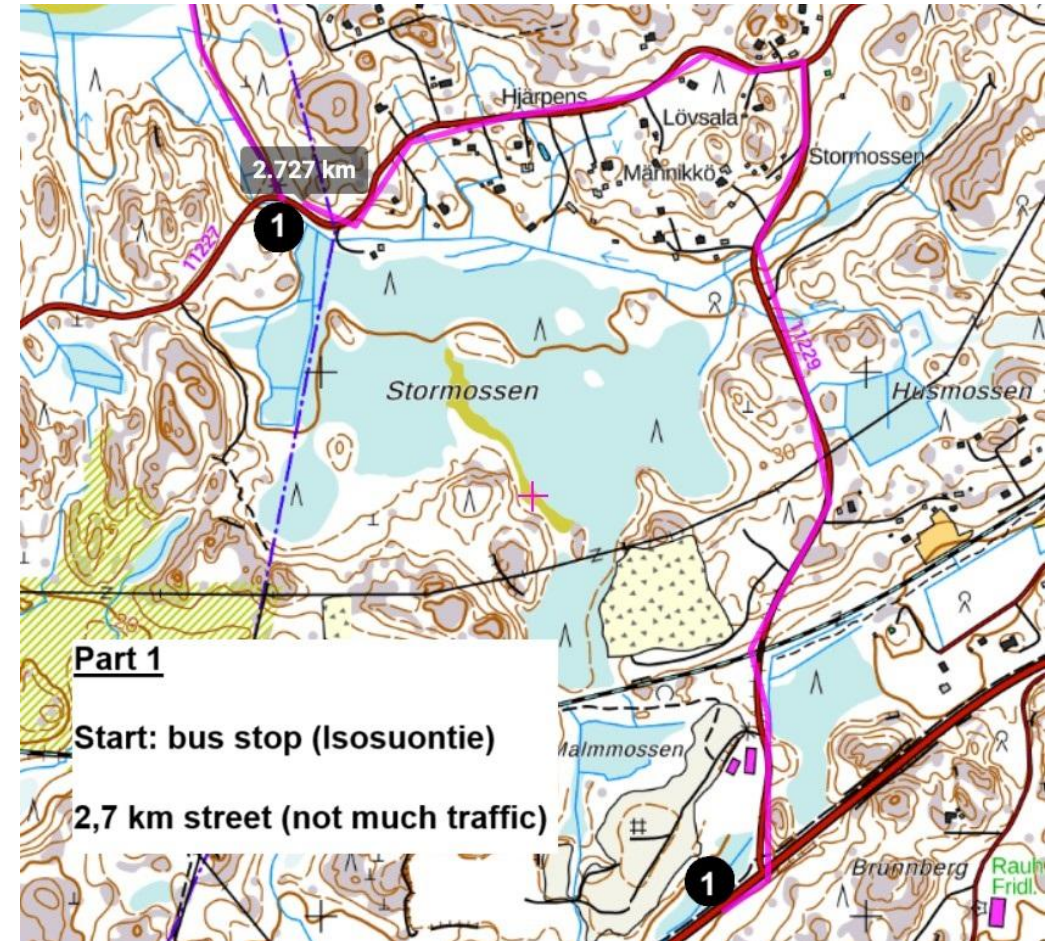
1,4 km forest road (not maintained)

0,5 km offtrail

Sleeping place:

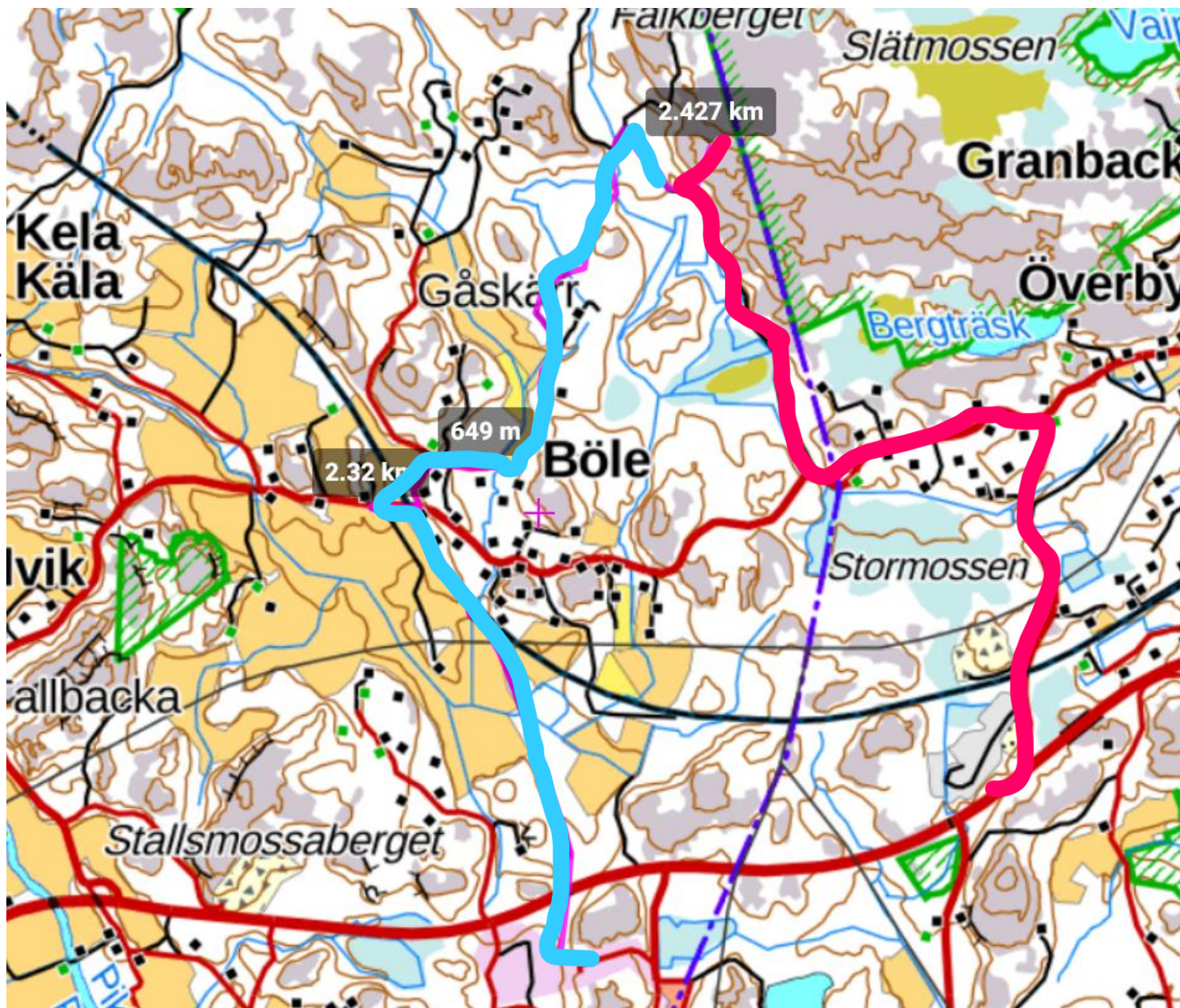
- offtrail
- rocks/ forest/ swamp (räme)
- water: snow or creek

4,5 km

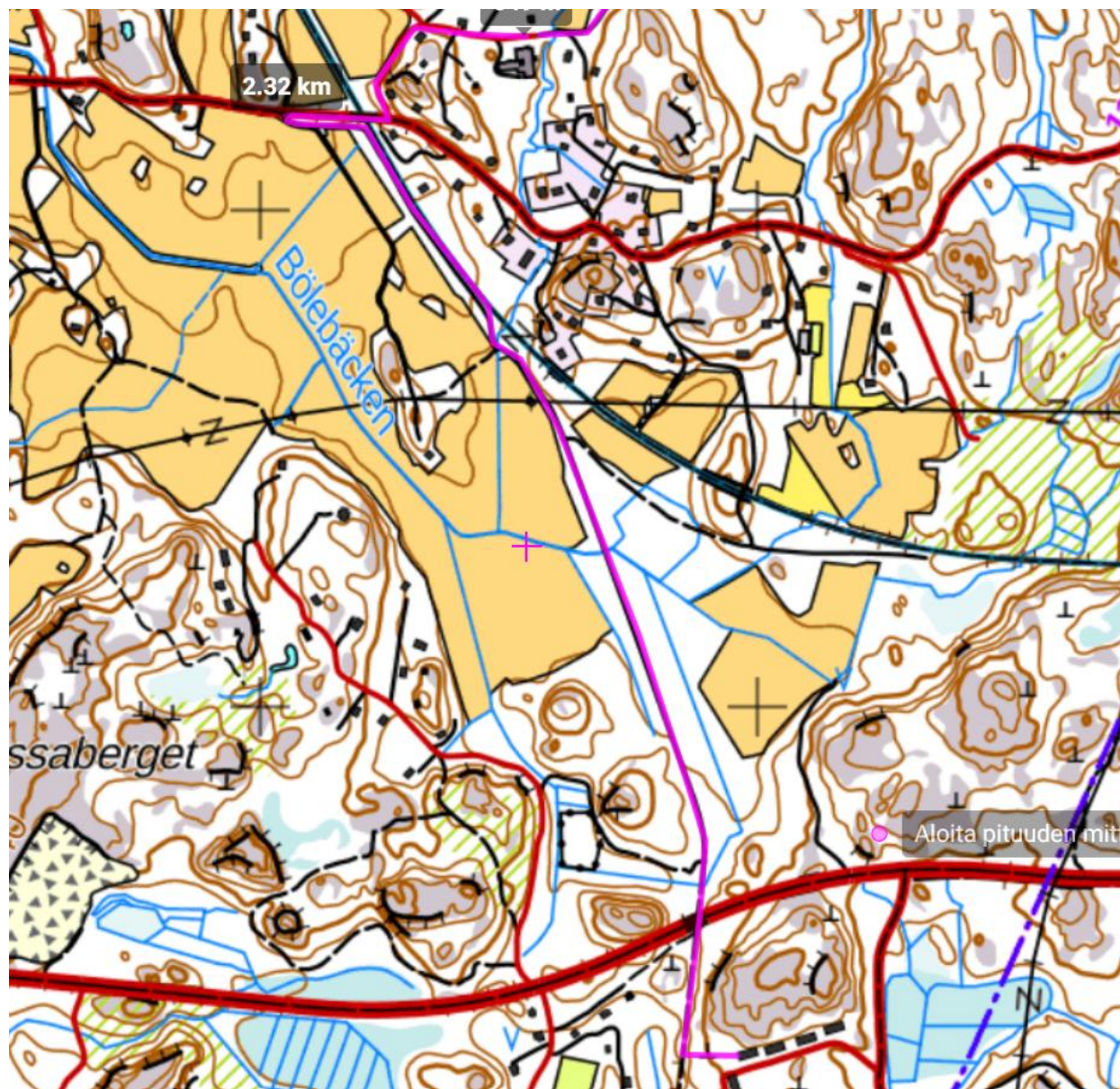


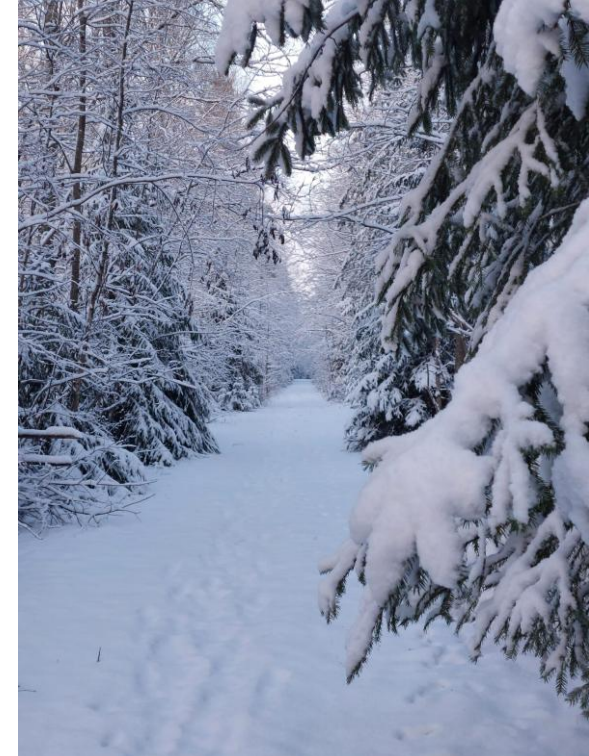
New route

- 5,5 km
- Start at my place
- Toilet/fill up water

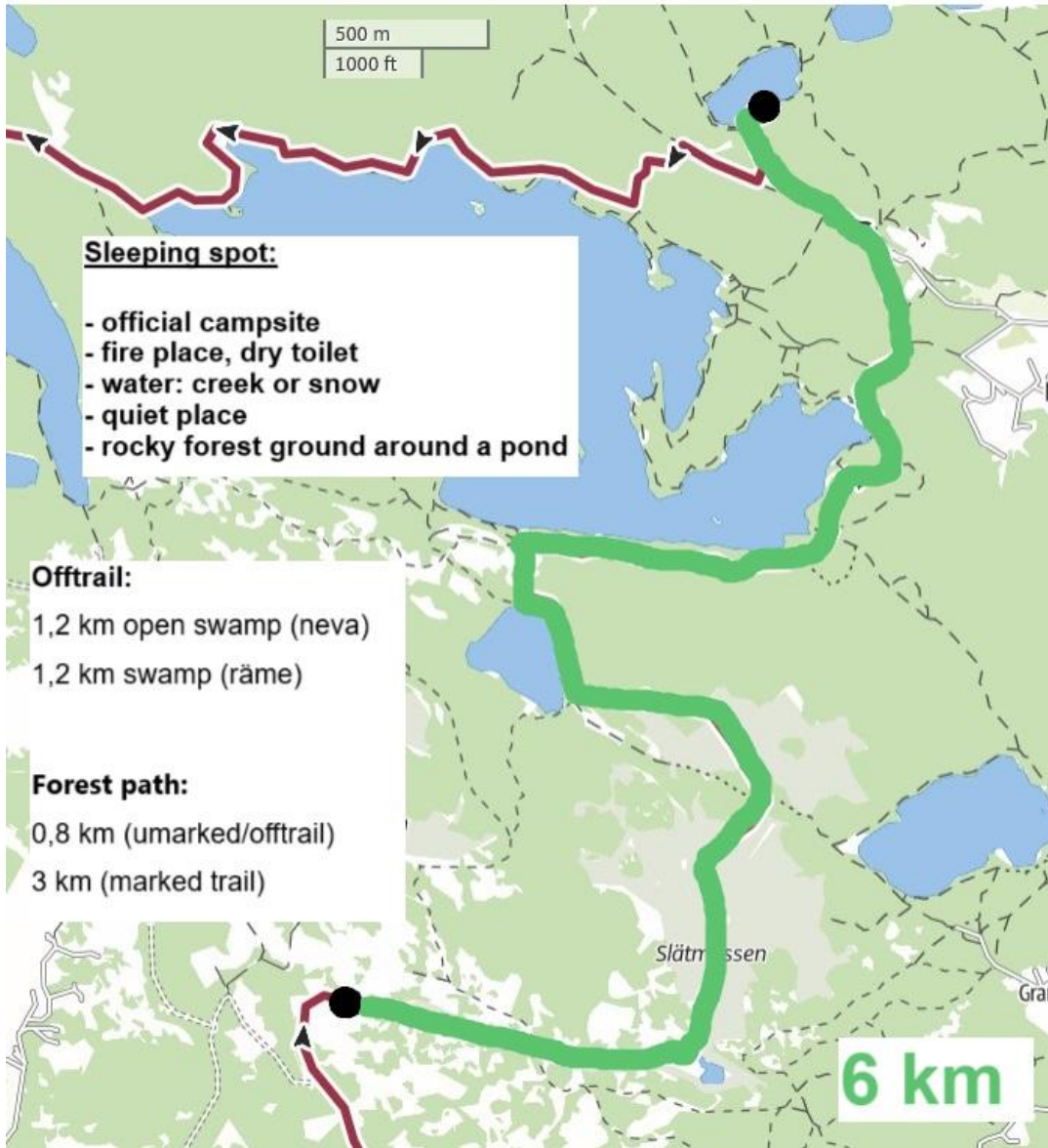


Old route 4,5km





DAY 2: Port to Meiko - Fireplace Korsolampi











yesterday



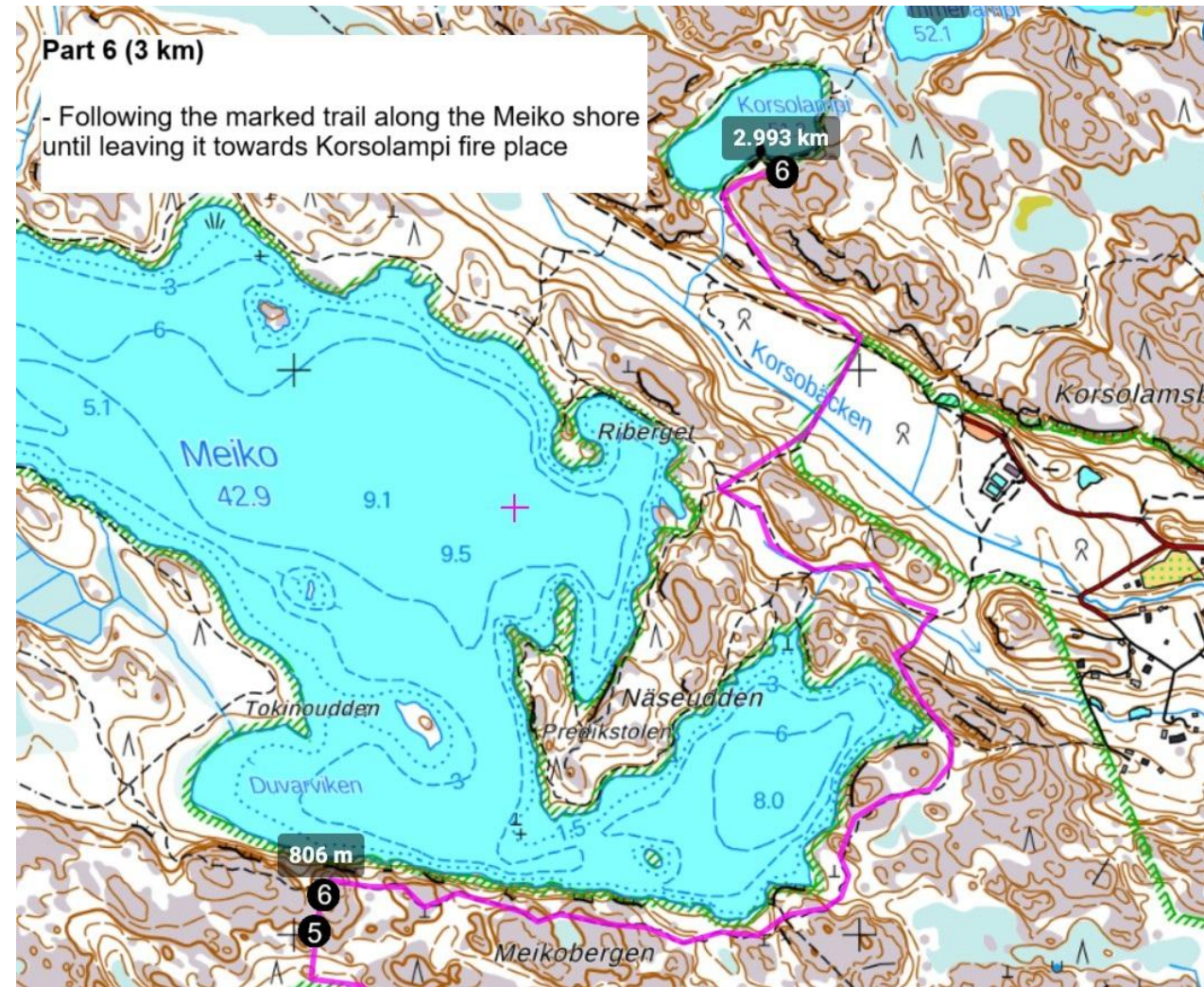
Part 5 (1 km)

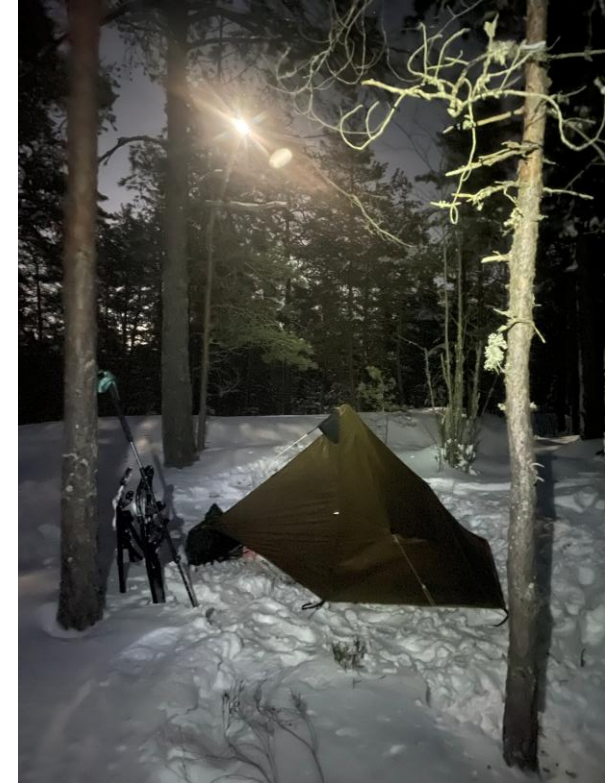
- North-west through forest until Vitträsk lake
- follow shore until north end
- towards north to lake Meiko (nice view point)
- forest path, but can be hard to find



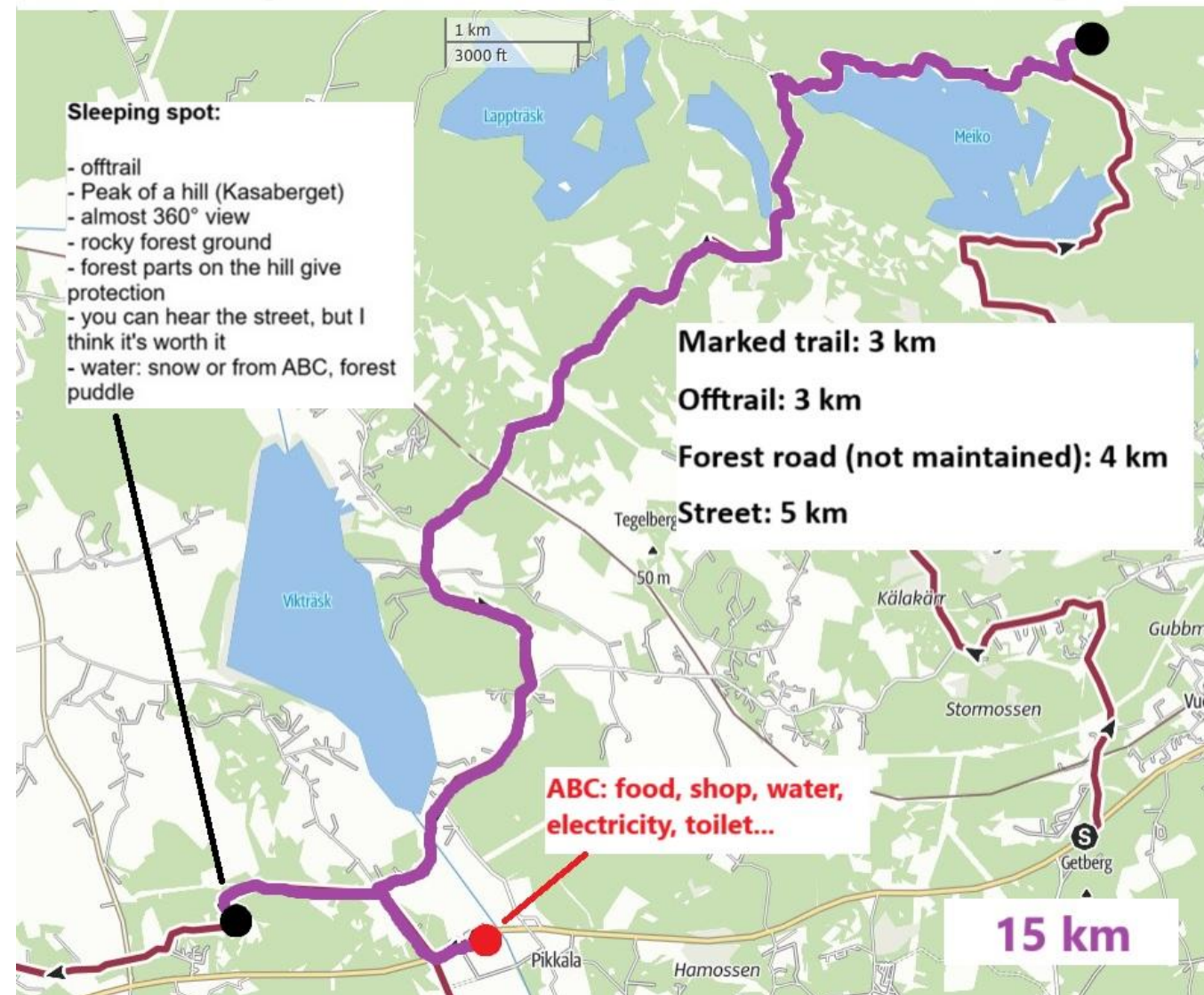
Part 6 (3 km)

- Following the marked trail along the Meiko shore until leaving it towards Korsolampi fire place





DAY 3: Fireplace Korsolampi - Peak of Kasaberget



- Alone to ABC from beginning or the forest road/street part?

Part 1: Following the marked trail along the north Meiko shore

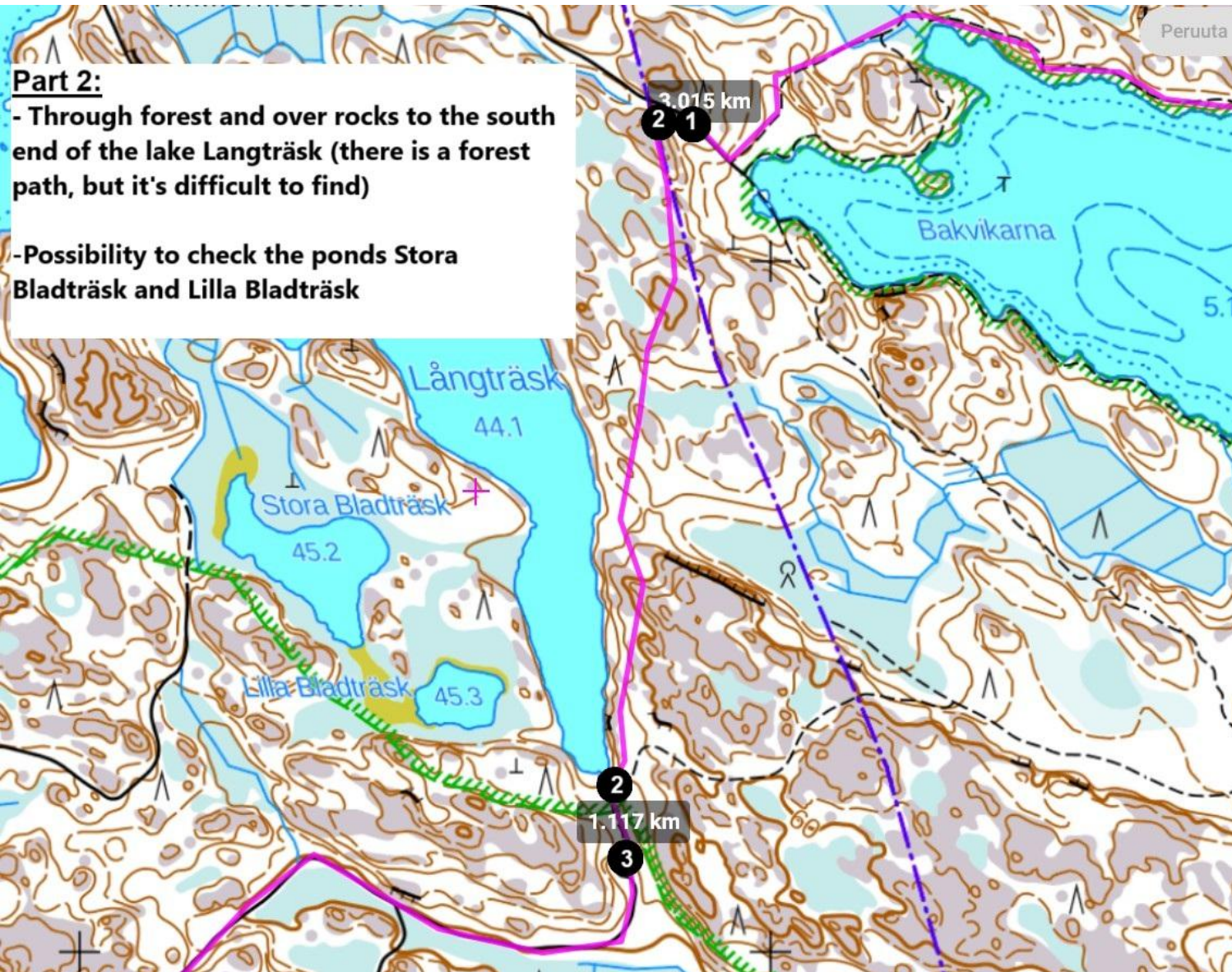


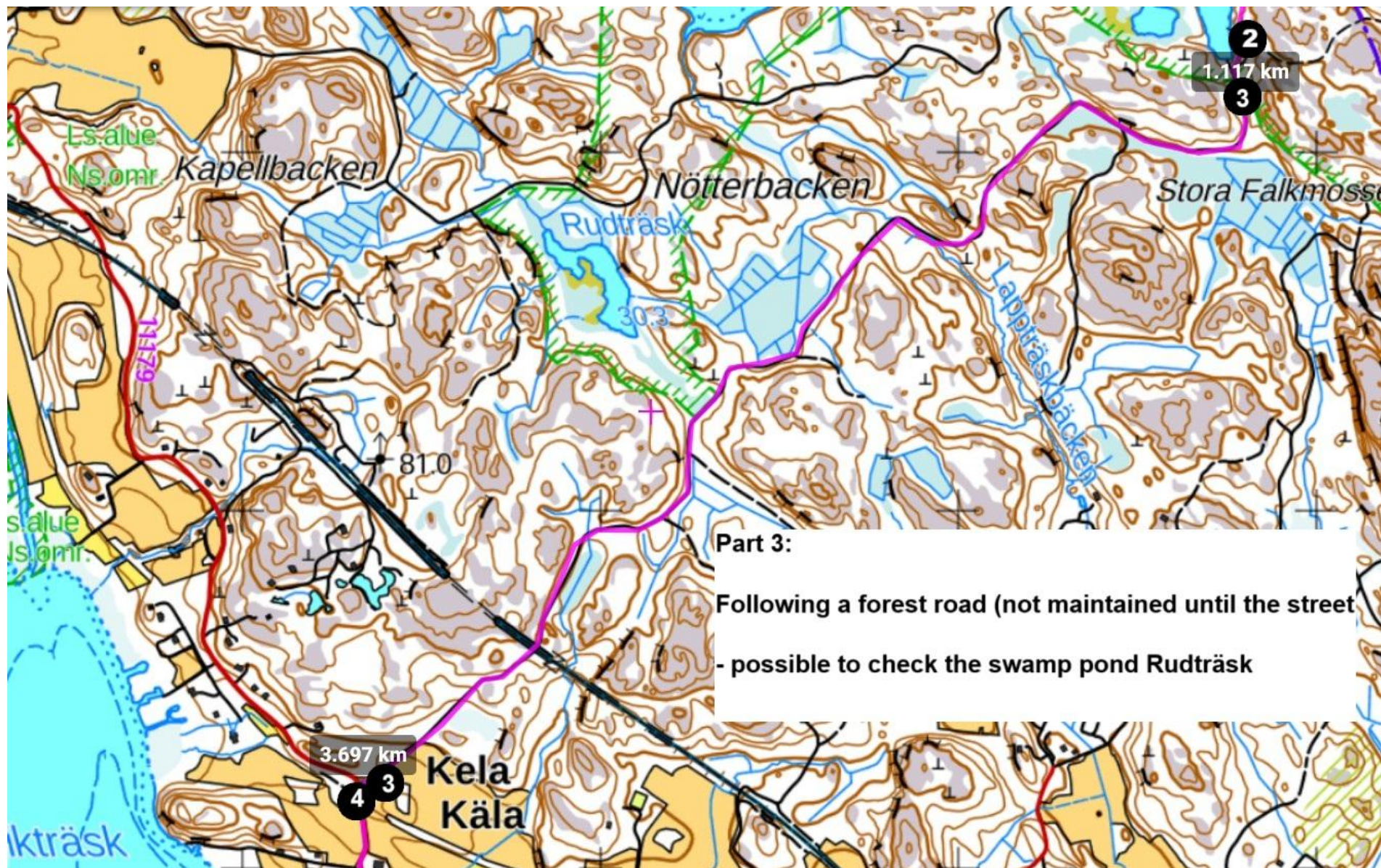


Part 2:

- Through forest and over rocks to the south end of the lake Langträsk (there is a forest path, but it's difficult to find)

- Possibility to check the ponds Stora Bladträsk and Lilla Bladträsk



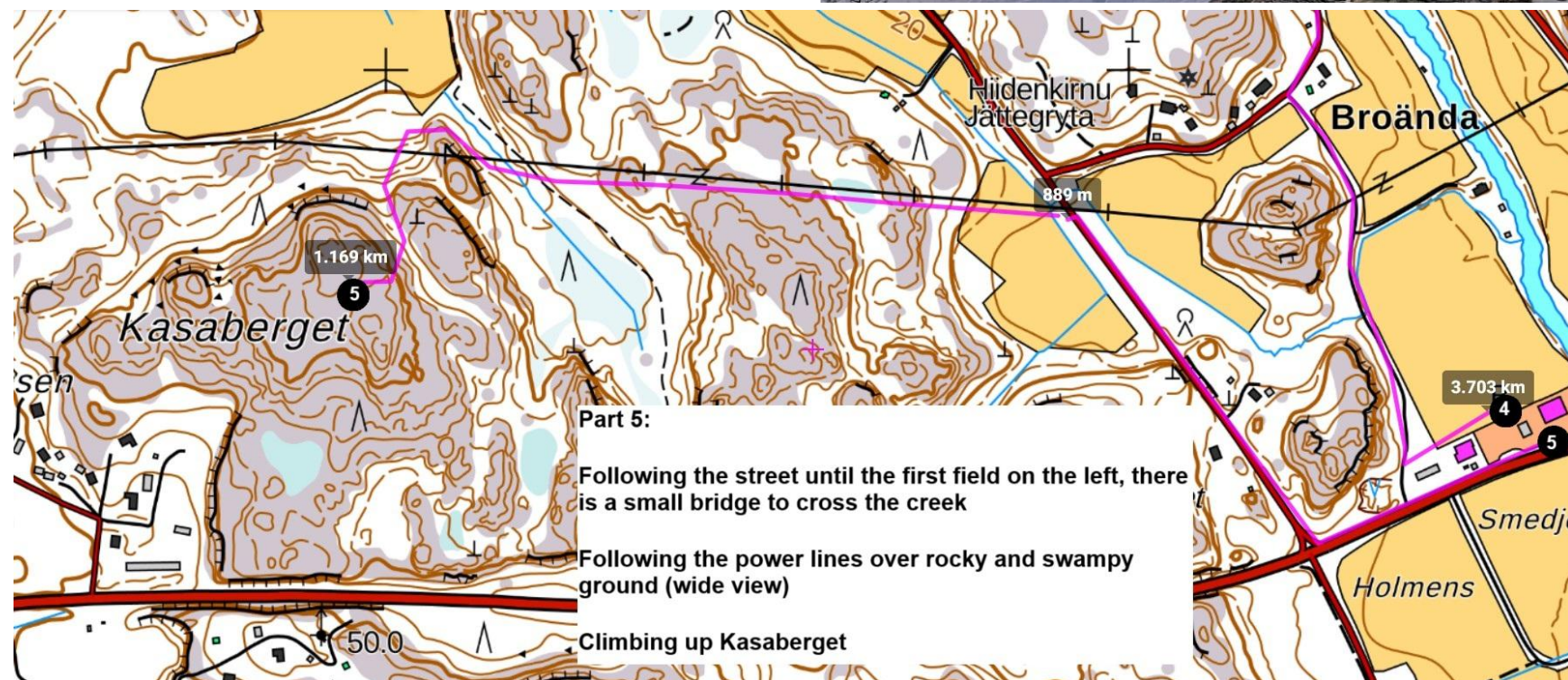






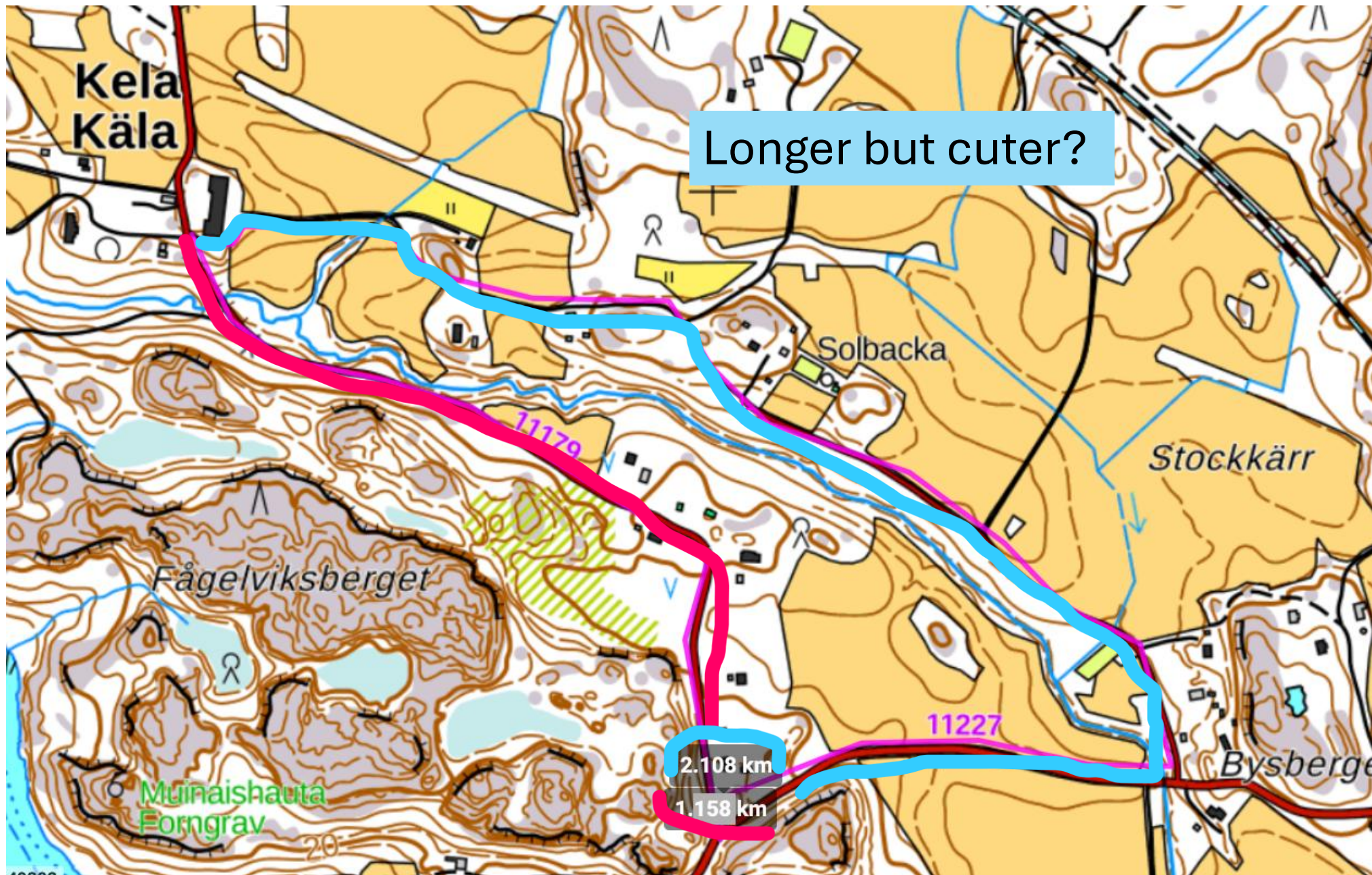
Part 4:

- Following the street (less traffic) until turning right on the "läntinen kuningastie"
- turning left after the river and heading to the ABC gas Station/restaurant
- Possibility to fill up food/water/electricity etc. at the ABC (unfortunately no gas)



Part 5:

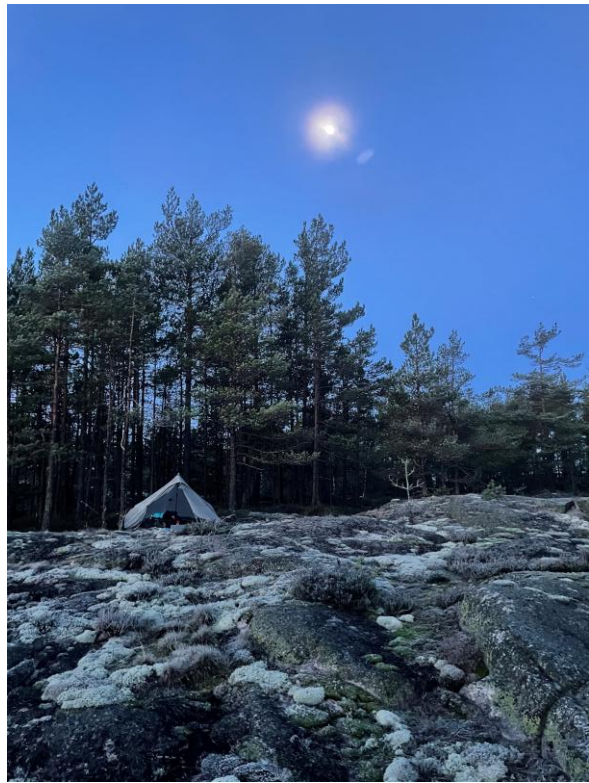
- Following the street until the first field on the left, there is a small bridge to cross the creek
- Following the power lines over rocky and swampy ground (wide view)
- Climbing up Kasaberget





ABC Pikkala





DAY 4: Peak of Kasaberget - Shore of Kopparnäs



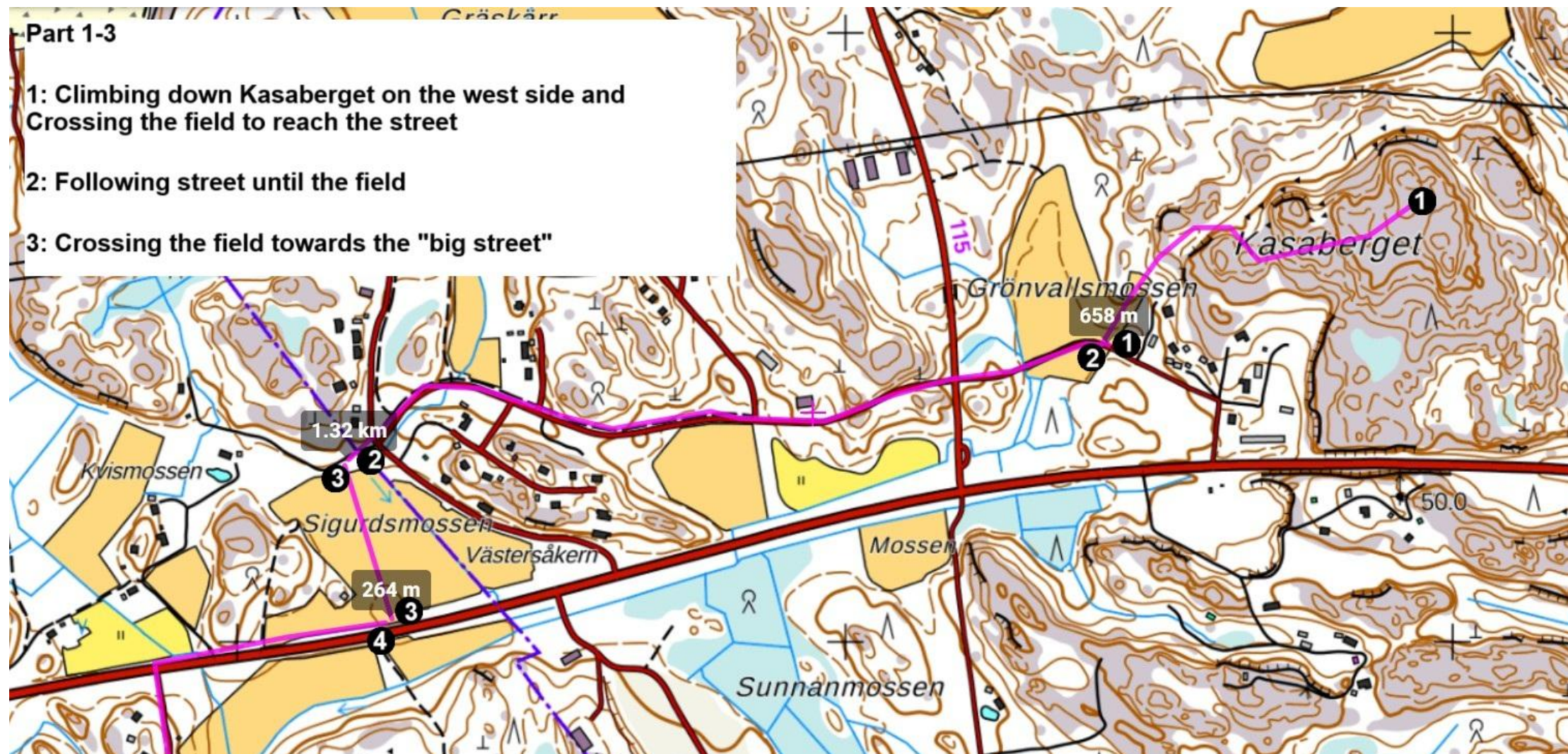
Alone? From start or before the “long part?”

Part 1-3

1: Climbing down Kasaberget on the west side and Crossing the field to reach the street

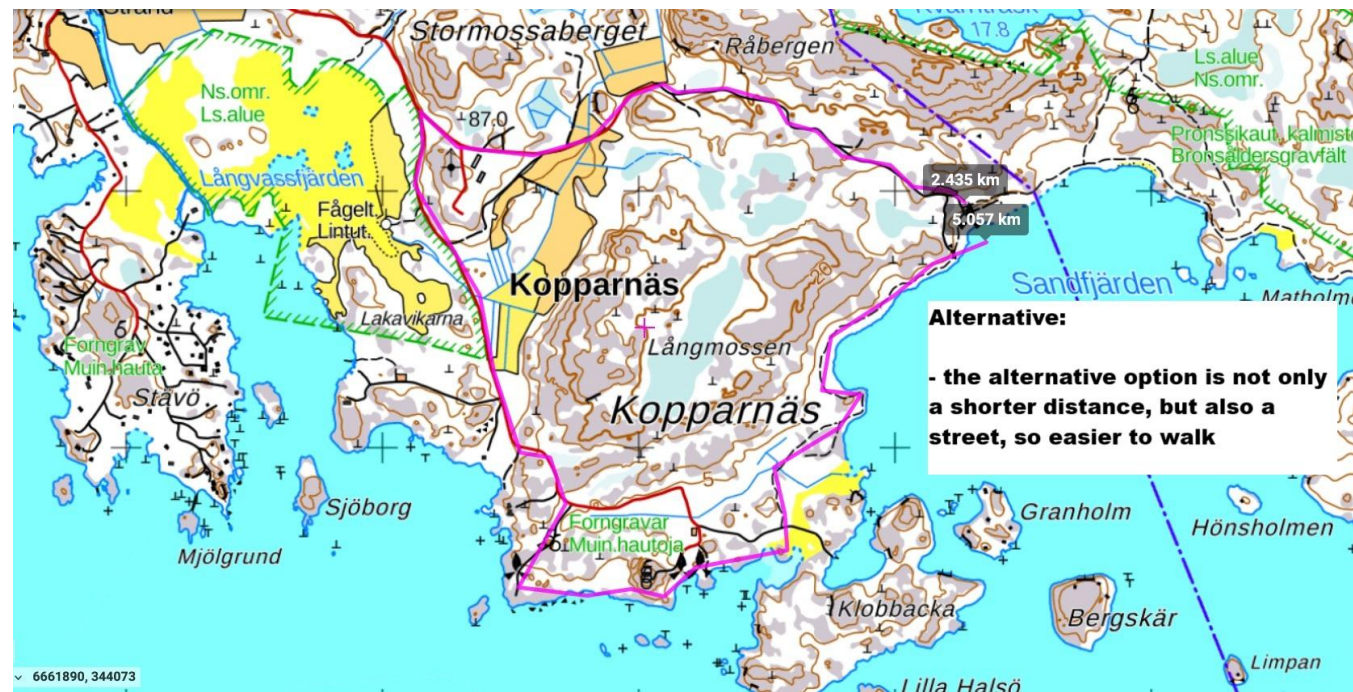
2: Following street until the field

3: Crossing the field towards the "big street"





Small shelter + info map kopparnäs





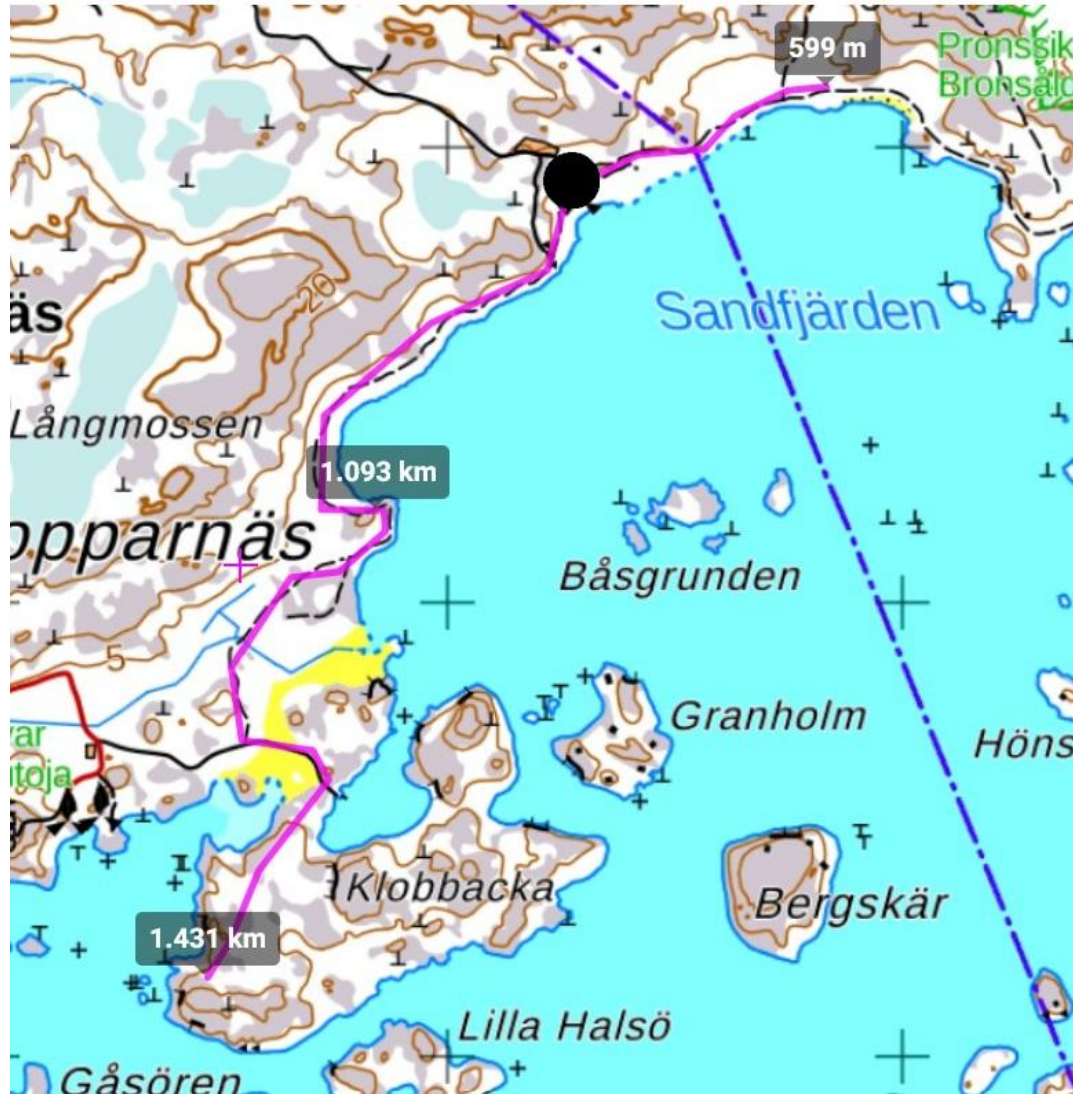
Small shelter + info map kopparnäs

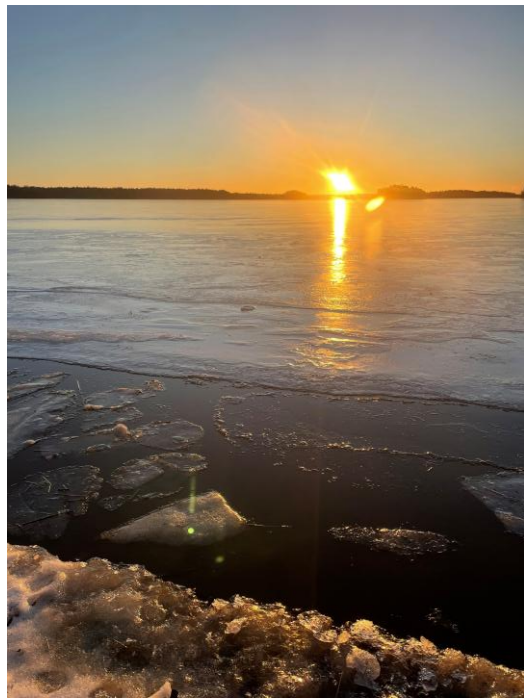




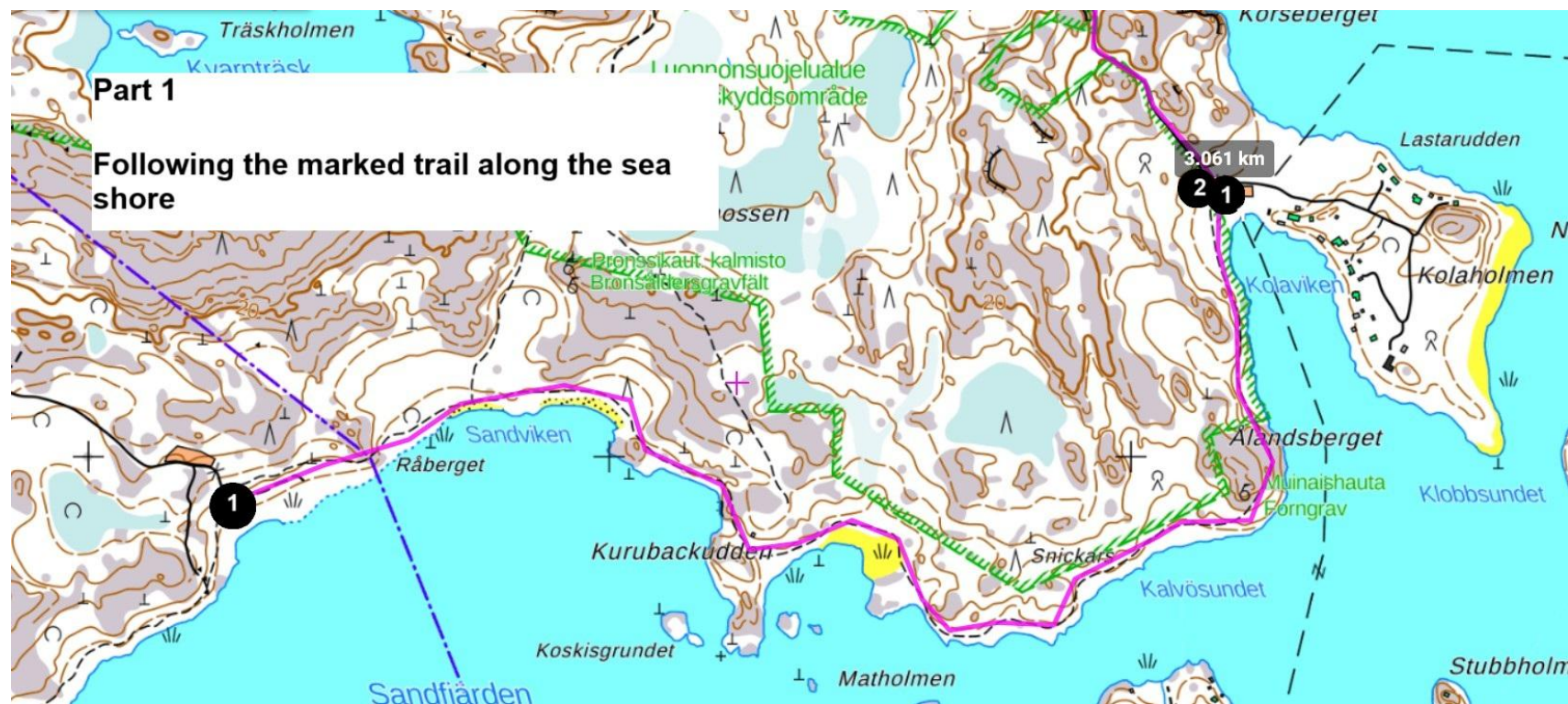
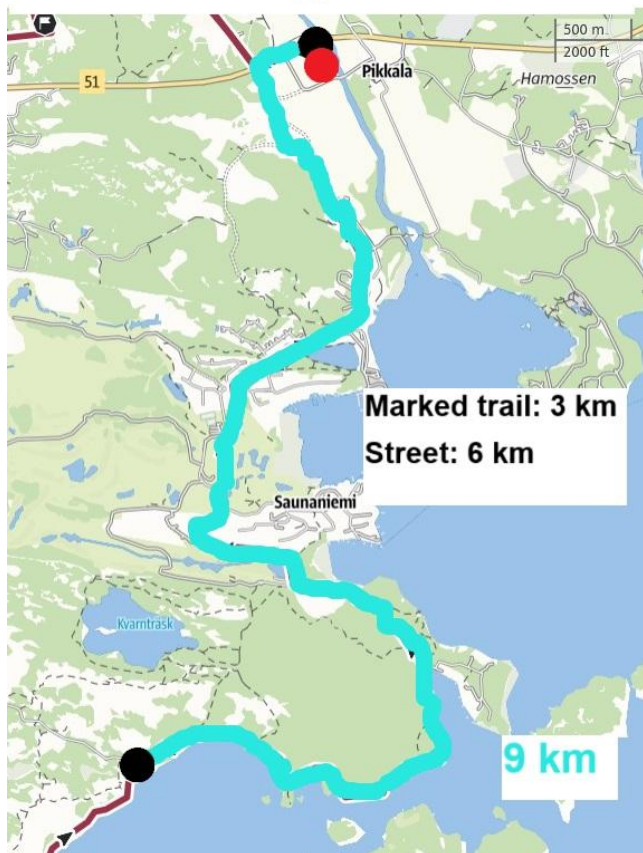
Optional sleeping spots:

- find a single spot on Klobbacka
- 1 km back to west is a nice single spot
- 600 m more east the next official campfire-spot (more quiet)

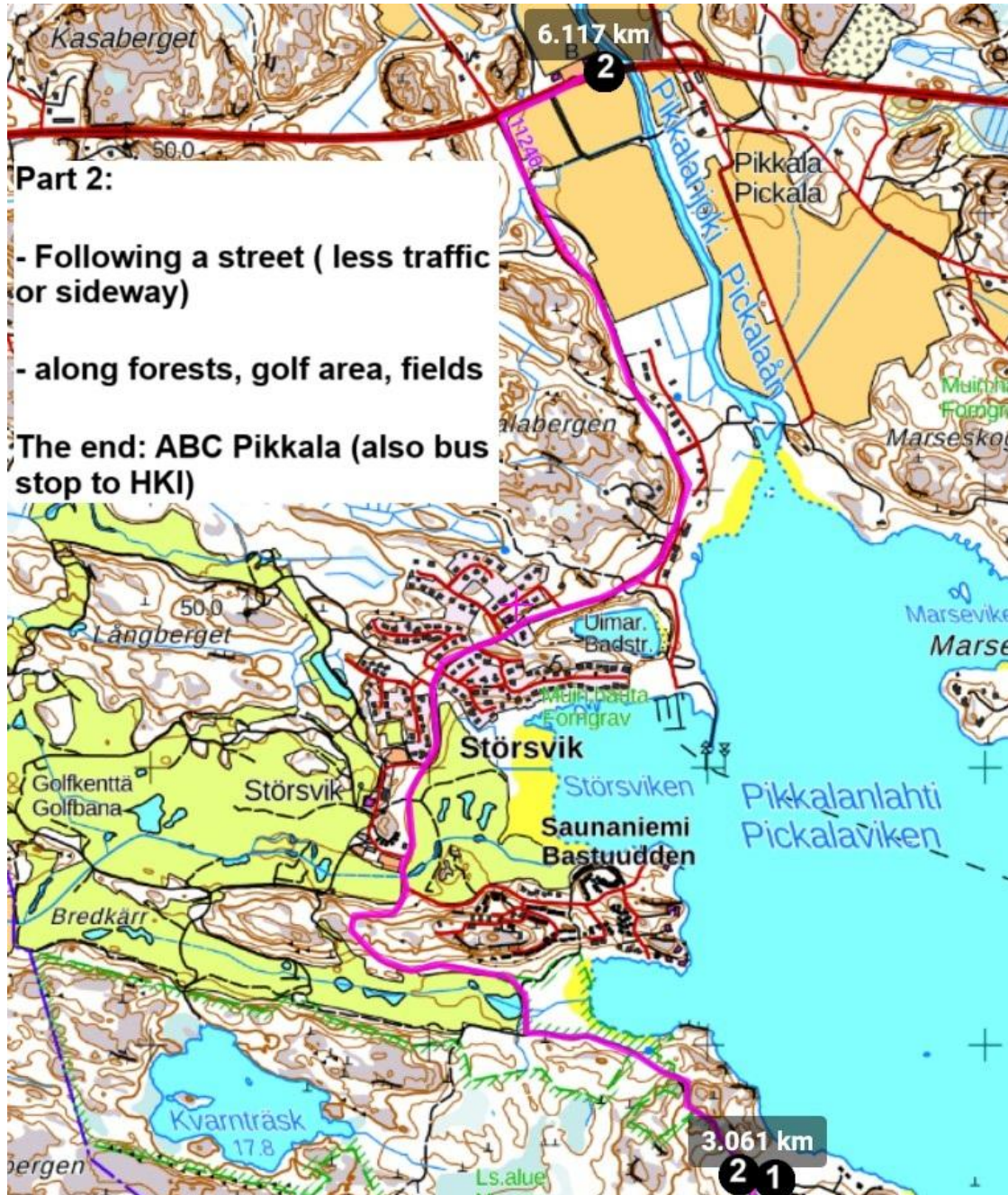




DAY 5: Shore of Kopparnäs - Pikkala ABC



ALONE? (or with me)



2. Risks and how to avoid them

- Falling, stumbling (ice or tricky terrain) → move slowly
 - Getting wet (breaking through ice) → move carefully / dry clothes waterproof packed + plastic bags for wet shoes
 - Freezing → enough clothes / dry changing clothes
 - Burning (stove /hot water) → be carefull /slowly
 - Ice freezing (bare hands on pot/tent stakes) → gloves, be carefull, when bare hands
 - Weakness /feeling bad → eat/drink/sleep/breaks
 - Stomach disease → hygiene
 - Blisters → test shoes before (first aid for blisters with you)
-
- Tell each other, if you feel sick/something happened etc...
 - Ask if you have the feeling that one of us is doing bad
 - Take care of yourself and each other 😊
- 112 Suomi app
 - If hiking alone: send someone the trail before, update in the evening
 - If someone gets hurt/sick/wants to discontinue → google maps shows next bus stop / street → bus / taxi /friends with car

3. Organization praxis

day/night/rent/ reflection meeting

Next week:

- Updated version from combination gear pdf + power point?
- Packing list (blank, 4x in goggle docs to see what others are packing?)