

PACKING LIST FINLAND:

YOUR CHECKLIST TO TICK OFF

DOCUMENTS

- COVID certificate
- Valid passport (check the validity and renew if necessary)
- Copy of passport (save digitally or keep separately from original)
- eVisa (to be applied for in time before travel)
- Insurance certificate for health insurance abroad (online)
- Vaccination card (check if you need to refresh vaccinations)
- Flight ticket (printout or e-ticket)
- Travel credit card
- Cash
- List of emergency contacts and allergies, if any
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TOILET BAG

- Toothbrush
- Toothpaste
- Dental floss
- Deodorant
- Hairbrush
- Razor
- Nail care
- Face lotion
- Lip protection
- Tweezers
- Toiletries
- Contact lenses (glasses can freeze)
- Optional:** Make-up
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TRAVEL PHARMACY

- Hand sanitizer or wipes
- Painkillers (e.g. ibuprofen, aspirin)
- Diarrhea medication (e.g. Imodium Akut, charcoal tablets)
- Wound cream (e.g. Bepanthen)
- Band-aids and blister plasters
- If necessary, tablets against travel sickness
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ELECTRONICS

- Mobile phone with charger
- Headphones
- Powerbank or solar charger
- Flashlight/headlamp (if available)
- Optional:** Camera with charger
- Optional:** Spare batteries (empty quickly in cold temperatures)
- Optional:** Rain cover for your camera
- Optional:** Tri-pod for northern lights
- Optional:** Laptop/tablet/e-reader/kindle with charger
- Optional:** Multiple power socket

PERSONAL COMFORT

- Backpack 25-40L (pay attention to hand luggage dimensions: 55x40x20cm for the plane)
- Sunscreen
- Sunglasses
- Earplugs/Ohropax
- Books/Magazines
- Headgear/Cap
- Sleeping mask
- Microfiber towel
- Travel pillow (for flight and longer trips)
- Optional:** Ski goggles
- Optional:** Knee pads (helps to keep warm)

ENVIRONMENTALLY CONSCIOUS TRAVEL

- Reusable bottle (preferably stainless steel for hot and cold)
- Optional:** Reusable cup (preferably stainless steel for hot and cold)
- Optional:** Stainless steel outdoor cutlery (knife, spoon, fork, chopsticks, straw)

DO NOT WORRY ABOUT THAT

- Arctic winter jacket and pants
- Arctic winter shoes
- Arctic gloves and hat
- Towels
- Shower gel/shampoo/hair dryer
- Thermos bottle (if not available)
- Headlamp (if not available)

CLOTHES & SHOES SUMMER

- Underwear
- Thermal underwear
- Thin socks
- Hiking socks/wool socks
- Pyjamas/sleepwear
- Swimwear
- Tshirts
- Thin and thick sweaters
- Jeans/long pants
- Shorts
- Hiking pants
- Wind- and rainproof jacket
- Rainproof (overcoat) pants
- Fleece jacket
- Hat
- Scarf/multi-functional scarf
- Thin gloves
- Waterproof (hiking) shoes
- Sneaker
- Slippers and/or flip-flops
- Very important:** Sleeping mask and sunglasses
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CLOTHES & SHOES WINTER

- Underwear
- Thermal underwear (synthetic or wool)
- Thin socks
- Wool socks/hiking socks
- Pyjamas/sleepwear
- Swimwear
- Tshirts
- Thin and thick sweaters
- Jeans/long pants
- Sportswear (for under winter clothes)
- Hiking pants
- Warm wind- and rainproof (ski) jacket
- Warm wind and rainproof (ski) pants
- Fleece jacket
- Hat and scarf/multi-functional scarf
- Ski and woolen gloves
- Warm waterproof (hiking) shoes
- Sneakers
- Slippers and/or flip-flops
- Optional:** Wool sweater
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