

ESSENTIAL INFORMATION FINLAND & SWEDEN: LAPLAND

PASSPORT AND VISA INFORMATION

Your passport needs to be valid for at least six (6) months after your journey and should have a minimum of two (2) blank visa pages for entry and exit stamps.

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Finland or Sweden for stays of up to 90 days.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at visacentral.com/abercrombiekent or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

REQUIREMENTS RELATED TO COVID-19

Visit the U.S. Department of State at travel.state.gov or the Government of Canada at travel.gc.ca/travelling/advisories for comprehensive and up-to-date country entry requirements as well as information for onward travel.

Entry Requirements

The following are the current COVID-19 screening requirements for entry into Finland for U.S. and Canadian residents. Requirements are subject to change.

- All travellers entering Finland must present the following:
 - An original COVID-19 vaccination certificate indicating full vaccination completed at least 14 days prior to arrival. The current approved vaccines are Pfizer, Moderna, AstraZeneca and Janssen (Johnson & Johnson).

Entry Requirements

The following are the current COVID-19 screening requirements for entry into Sweden for U.S. and Canadian residents. Requirements are subject to change.

- **U.S. residents** are not permitted to enter Sweden directly from the US. However, US residents may enter from another EU or Nordic country as follows (provided that all entry requirements of the country being travelled through have first been met):
 - U.S. residents are permitted to enter Sweden from another EU country (even in transit) by providing proof a negative COVID-19 PCR or Rapid Antigen test taken no earlier than 48 hours prior to arrival.
 - U.S. residents are permitted to enter Sweden from a Nordic country (Denmark, Finland, Iceland, Norway) with no additional requirements.
- **Canadian residents** (ages 18 and over) entering Sweden must provide proof a negative COVID-19 PCR or Rapid Antigen test taken no earlier than 48 hours prior to arrival.

Requirements for Returning Home or Onward Travel

A&K will arrange COVID-19 PCR or Rapid Antigen testing during your time in Finland. The current cost for local testing ranges from free of charge (in public clinics) to USD \$355 (subject to change), plus any necessary transport, and can be paid by credit card. Results are typically provided within 24 hours (less for rapid tests).

A&K will arrange COVID-19 PCR or Rapid Antigen testing during your time in Sweden. The current cost for local testing ranges from USD \$140-\$350 (subject to change), plus any necessary transport, and can be paid by credit card or cash in local currency. Results are typically provided within 24-48 hours (less for rapid tests).

Guests returning to the United States

All travellers, including U.S. passport holders, must provide printed or electronic proof of a negative COVID-19 viral test taken within three (3) days of boarding their flight to the United States or written documentation verifying they have recovered from COVID-19 within 90 days preceding travel. Additional details can be found at [U.S. COVID-19 Entry Requirements | CDC](#). State COVID-19 entry requirements may vary and can be found at [COVID-19 Travel Planner | CDC](#).

Guests returning to Canada

All travellers, including Canadian passport holders, must provide printed or electronic proof of a negative COVID-19 molecular test taken within 72 hours of boarding their flight to Canada. Additional information can be found at travel.gc.ca/travelling/advisories.

Note all guests with flights connecting through and/or continuing to other countries should check the specific COVID-19 entry requirements.

STAY HEALTHY ON THE ROAD

We encourage you to bring your own masks; a supply will be on hand where needed. Note all protocols are subject to change in accordance with relevant guidelines, local regulations and conditions.

Finland

In accordance with local regulations, wearing a face mask on public transportation is recommended and physical distancing must be practiced in all public places.

Sweden

In accordance with local regulations, face masks must be worn during any indoor or outdoor public activities, where physical distancing cannot be maintained.

Guests should be in good physical condition and feel comfortable walking on uneven surfaces such as snow and ice. Activities such as snowmobiling, dog-sledding or snowshoeing may not be suitable for guests with back or heart problems.

CASH & CREDIT CARDS

Major credit cards are widely accepted, and there is easy access to ATM outlets in both countries.

OF SPECIAL NOTE

Reduced Daylight in Winter

In southern areas, the shortest day in winter is 6 hours long; although in general, Helsinki and Stockholm average about 12 hours of daylight at this time of the year. In winter, the Lapland region experiences a phenomenon known as polar night when the sun never fully rises. The effect is not pitch black, but almost like twilight. Lapland receives only about 3-4 hours of daylight in December and January. In February, days average about 5-8 hours of sunshine. In March, days are getting brighter and Lapland receives about 9-12 hours of daylight.

Cold Weather Photography

Battery life is greatly reduced in cold weather. Bring two sets of rechargeable batteries and a charger. During outings, a set of spare batteries should be carried in an inside pocket to keep them as warm as possible. If you have a small camera, attach it to a lanyard so you can carry it under your parka. It also helps to keep it in a waterproof bag when not taking pictures; snow can

disable a camera. If you have a larger camera, consider a specialized waterproof covering. Also be sure to bring lens cleaning materials such as a micro-cloth.

Keep Connected

Extreme cold weather will diminish your phone's charge and it's best to keep your mobile phone in an inner pocket of your parka and avoid taking it out in frigid temperatures.

Please be prepared for periods of time during your journey where Wi-Fi internet access may not be available. On daily excursions, there may be remote wilderness locations where reception will be affected.

PACKING LIST & BAGGAGE RESTRICTIONS

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to find and manage your luggage for you.

On flights within Finland and Sweden checked baggage allowance is one piece weighing no more than 50 pounds (23 kilos). Carry-on luggage is limited to one piece, maximum dimensions (length x width x height) 22 inches x 16 inches x 9 inches (55 centimeters x 40 centimeters x 23 centimeters), weighing no more than 17 pounds (8 kilos).

Safe Travel Essentials

Be sure to bring personal protective equipment (PPE), including face masks, travel-sized hand sanitizer with at least 60% alcohol, facial tissues and disinfecting wipes or spray.

Clothing

Daytime attire: It is imperative that you pack clothing that is specifically created for cold climate and windy conditions. Pack a comfortable, warm coat and boots, along with casual clothing in breathable fabrics that you can layer.

Evening attire: You may want to pack one or two smart casual outfits for evening dining in restaurants. Formal clothing is not necessary.

TIPS FOR STAYING WARM

As a general rule, pack clothing you can layer. In colder destinations, it's important not to overdress to the point of perspiration, and important to wear waterproof clothing. Wet skin can quickly lead to a dangerous loss of body heat. Wearing several medium-weight layers of clothing made of breathable materials under your parka allows you to adjust your personal temperature at will.

Each layer has a function. The **base layer** "transfers" moisture to upper layers and will help keep your body dry and comfortable. It's best to have long thermal underwear made of lightweight, breathable material against your skin. Thermal underwear should fit snugly. Woolen thermals, silk or a combination of synthetic and merino wool are recommended. Avoid cotton, as it traps moisture and can cause you to become chilled.

The **mid layer** provides insulation to trap warmth created by your body heat. Fabrics such as Polartec®, Pertex® or lightweight wool materials will keep you warm. Clothing should fit loosely. Clothing that is too tight does not allow for airflow, causing you to feel cold.

The **outer layer** should provide protection against moisture and wind and allow freedom of movement. Wind and water-resistant materials are the best protection in wet snow. The outer layer should be large enough to fit over the top of several mid layers.

- Your hat should protect your head, ears and neck. Wool or fleece with a wind-protecting liner is best. Gloves should be windproof, have a warm liner and enough "wobble room"

for your fingers. In very cold weather, both gloves and mittens provide the best protection. Shoes should be large enough to allow space for extra socks or insoles.

Outdoor Clothing - Outer Layer

- Windproof and water-resistant hooded jacket
- Windproof and water-resistant winter pants
- Pair of warm and comfortable boots with sturdy soles
- 1-2 Pairs of ski mittens or gloves with glove liners
- 3-4 Pairs of high socks thermal socks
- 3-4 Pairs of high socks thermal socks
- Balaclava (ski mask)

Outdoor Clothing - Mid Layer

- Insulated jacket
- Thin fleece jacket

Outdoor Clothing - Base Layer

- 2-3 Thermal tops
- Thermal pants
- 3-4 Pairs of high socks thermal sock liners
- 1-2 Glove liners

Outdoor Accessories

- Polypropylene or wool ski cap (beanie)
- Tube-style scarf
- Small backpack
- Sunglasses (100 UV protection)
- Optional: Hand and foot warmers
- Sunscreen (high SPF of 30 or higher)

Additional Clothing Suggestions

- 2-3 Pairs of warm casual trousers to wear under snow pants (Expedition Stretch fabric, wool or corduroy fabric work well)
- 2-3 Warm woolen sweaters
- 2-3 Warm turtlenecks or long-sleeved tops/shirts (Expedition Stretch fabric, wool or corduroy fabric work well)
- Casual evening outfit
- Sleepwear
- Personal garments including thermal or silk long underwear
- Pair of comfortable walking shoes with low or no heels
- Swimwear/cover-up for sauna

Miscellaneous Items

- Photography equipment: Batteries (lithium batteries recommended for longer life), memory cards, charging cables. Waterproof case or lens brush are also recommended
- Aspirin/pain relievers
- Zippered plastic bags for camera equipment, wet or dirty cloth
- Moisturizing cream and lip balm
- Prescription medications and copy of prescriptions
- Antacids/laxatives/anti-diarrhea medicine/motion sickness tablets
- Personal toiletries (hotels will provide basic toiletries and hair dryers)

Slippers (for comfort after a long day of activities). Although it's Nordic custom to remove your shoes when entering a home, this is not a requirement at the hotels

First aid kit including Band-Aids and moleskin

Personal electronics and chargers; global travel adapter

Flashlight

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

TIPPING GUIDELINES

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey:

	All Small Group Journeys and Pre/Post Tour Extensions	Tailor Made Journeys
Resident Tour Director or Group Extension Guide	\$20 per person, per day	Not applicable
Local Guides	Included	\$25 per person, per day (full day)
Drivers	Included	\$15 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.