



Arctic Panorama Lodge Clothing Advise

Dressing for the Arctic Winter: Your Essential Guide

Packing for the Arctic winter isn't just about style - it's about safety and comfort. The key is **layering**, which traps warmth and allows you to adapt to changing conditions, from a cozy lodge to a northern lights chase under a starry sky.

Follow this layering system:

1. **The Base Layer:** Your second skin. Choose **merino wool or synthetic** fabrics that wick moisture away from your body. Avoid cotton, as it holds dampness and will make you cold.
2. **The Mid Layer:** This is your insulation. A thick **fleece** or a **down/synthetic insulated jacket** is perfect for retaining core body heat.
3. **The Outer Layer (Shell):** Your fortress against the elements. A windproof and **waterproof (and breathable) jacket and trousers** are non-negotiable to protect against snow, wind, and sleet.

Don't Forget Your Extremities:

- **Head:** A warm **wool beanie** that covers your ears is essential.
- **Neck:** A **buff or scarf** to protect your neck and face from the biting wind.
- **Hands:** **Mittens** are warmer than gloves. Consider thin liner gloves underneath for when you need to use your phone or camera.
- **Feet:** **Insulated, waterproof boots** with a good grip are vital. Wear them with thick **wool socks**—and bring extras!

The Arctic cold is formidable, but with the right clothing, you'll be free to fully enjoy the breathtaking magic of a Norwegian winter.

NOTA BENE: From the moment you arrive at the Arctic Panorama Lodge until you leave, we provide our guests with high-quality thermal clothing, including overalls, hats, mittens and boots.