



## Comfort and Safety Hints & Tips

On your Lapland adventure with us you will be able to enjoy a range of exciting activities, both during your Search for Santa Day and as one or more of the Optional Adventures available. The following advice will help you and your family enjoy them in comfort and safety.

### Clothing

- We recommend that you use the 'all-in-one' thermal Arctic suit and special insulated boots, socks and mittens that we provide you with rather than your own ski or other winter clothing, which may not be so effective above the Arctic Circle.
- To provide the best insulation, it is recommended you wear several layers of loose fitting clothing beneath the suit. Wicking materials, fleece and wool are advised but cotton and denim should be avoided unless only worn indoors.
- The use of the special mittens provided is strongly recommended, as they are much warmer than even good quality ski gloves. You can supplement the mittens with lightweight silk or woollen inner gloves. It is worth having a spare set for your children as gloves could get damp with children playing in the snow.
- Please ensure your thermal boots are at least a size larger than normal, so two pairs of socks may be worn if necessary and still allow for a loose fit. You need layers of air round your feet to help with insulation.
- Children will naturally revel in fun and games in the snow, so inevitably will get wet hands and possibly feet. We advise extra pairs of gloves and additional woollen socks are brought for them and taken with you on your outings! It is advisable that you take additional layers with you as the temperature can fluctuate a lot throughout the day.

### Husky Sledding

- Sleds seat an adult and 1 or 2 small children, with an adult driver standing at the rear. Passengers must keep their arms inside the sled at all times.
- The driver stands on two grip-pads on the rear sled-runners, and operates the foot brake by standing on it to push the brake's claws into the snow. It may also be necessary to dismount on hills to reduce the weight and then run with the sled before jumping back on again when the going gets easier. S/he needs to be sufficiently strong and agile to do this braking and running.
- Bearing this in mind, if nobody in your family feels confident about driving a sled, a driver can normally be allocated to your family's sled(s). If you require this service, please let our staff know in advance so it can be organised. It may be difficult to arrange for a driver if this is requested at the last minute.
- The dogs are generally good-natured but they are working dogs and not pets. Dogs can be alarmed or unnerved by strangers or by children's natural exuberance. We therefore highly recommend that you or your children do not approach the huskies or attempt to pet them, unless supervised by a dog-handler.

### Tobogganing

- In Saariselkä, Santa's Lapland and the hotels provide toboggans which can be used free of charge. There may be a deposit to be paid, but this is refunded upon the safe return of the toboggan.
- Please supervise children in using toboggans carefully and only use them on footpaths and on the resort's dedicated tobogganing slopes; do not use them in car parks or on roads. The village roads are usually snow-covered and therefore not always obvious as roads.
- On our Search for Santa Days at our Arctic Circle Centre, toboggan slopes are set up by the safari company - please adhere to their and our staff's instructions when using them. Riders should clear themselves and their toboggans quickly from the bottom of the runs and climb back up at the sides of the slope, not up the middle.

- Everyone must sit on the toboggan and descend feet first. For obvious reasons it is extremely dangerous to come down head-first and this practice is therefore forbidden.
- Adults who use the toboggans are asked to be particularly careful to avoid children, as adult-on-child collisions are clearly more dangerous than minor bumps between small children.
- Please do not take the toboggans to your bedroom but return them to the hotel reception when you have finished with them for others to enjoy.

## **Reindeer Sleigh Rides**

- There is one reindeer per sleigh and the small convoy of sleighs goes at walking pace, headed by a guide.
- Each reindeer is roped to the sled in front. When the convoy slows down, the reindeer behind will often come alongside your sleigh. Please be aware that their heads and antlers may then be in close proximity to the passenger on that side of the sleigh, who should not be alarmed but should take care to avoid the antlers.
- In December, some of the reindeer will be shedding their antlers, leaving stumps. This is a natural, yearly process and any concerned children should be re-assured that it is completely normal and, as reindeers' antlers get bigger as they grow older, they need to shed this year's antlers in the winter in order to grow back a new, bigger set for next year.
- The reindeer are generally good-natured but they are semi wild working animals. Reindeer can be alarmed or unnerved by strangers or by children's natural exuberance. We therefore highly recommend that you or your children do not approach the reindeer or attempt to pet them.

## **Snowmobile Excursions**

- Drivers have to be at least 18 years old and hold a full driving licence.
- A snowmobile is a motorised vehicle, so do not drink alcohol before driving one.
- Although the snowmobile's controls are similar to a motorcycle's, there are differences: the throttle is a sprung thumb-trigger operated by the driver's right hand; releasing the trigger cuts the throttle and the snowmobile immediately slows and stops. There is one brake, operated by the left hand. There is no foot brake. There is also an emergency engine cut-off. You must know how to operate this before you drive a snowmobile.
- You will be held responsible for any accident or incident ascribable to your mishandling of the vehicle. Ensure you are fully conversant with all the controls and how to operate the machine before setting off. If in doubt, ask.
- Ensure that you have the handle-bar warmers switched on, as this makes an enormous difference to your comfort!
- There is room for one pillion passenger per snowmobile. There is no specific age limit for pillion passengers, but the passenger must be large enough to reach the footrests and support him/herself on them, and strong and sensible enough to hold on properly around the driver's waist or using the hand-grips.
- Both riders must keep their feet in the foot-slots at all times. Although it is instinctive to do so, putting a foot out if a snowmobile leans or falls over on uneven ground can result in serious injury.
- For smaller children and any adults who prefer not to ride pillion, the safari company provides large sledges towed by a guide's snowmobile. Seats in the sledges must be requested at the time of booking.
- All participants are provided with helmets (with balaclava liners) which must be worn at all times.
- Pay careful attention to the safety instructions and hand signals that will be demonstrated before departure.
- Please note that the insurance provided by the safari company does not cover damage that you may cause to the snowmobile.

***Enjoy your stay with us in magical Lapland!***