



Packing List and Tour summary Naturguiden 2027

Everything you need to know before you step onto the ice. What we provide, what to wear, how safety works and why the guide's judgment is the most important piece of equipment on the tour.

Tour

What the Nordic skating adventure looks like

Naturguiden tours is a 4-day, fully guided Nordic skating adventure on natural ice in Sweden. You arrive at Stockholm Arlanda Airport on Thursday morning and depart on Sunday evening. Transport, accommodation, meals, equipment and daily route planning are all handled by your local ice guide.

We do not fix the route in advance. Ice conditions on natural lakes and the Baltic Sea archipelago change daily, so your guide selects the best available ice each morning, usually within 60 minutes morning drive of accommodation

This core flexibility allows us to consistently put our guests on best available ice of the day.

Your guide picks you up in the arrivals hall at Terminal 2 between 10:30 and 11:00 and drives you by minivan to our base camp, about ten minutes from the airport. If you are arriving from a different location, picking up at another agreed site is possible by prior arrangement with your guide.

At the base camp you change into skating clothes and collect your full equipment, including your skates, boots and all safety gear. After that you drive to the nearest suitable ice for your first skate and lunch. Depending on where the best conditions are on arrival day, the drive can be 30 minutes or up to three - four hours.

Accommodation is booked 24 to 72 hours in advance, once we know where the best ice will be. We aim to stay in the same place for all three nights, but if conditions shift significantly, we may move closer to a better skating area. All accommodation, whether hostel or hotel, is chosen with the ice in mind first.

The price includes full board for all three nights. Alcoholic drinks, energy bars and similar personal items are not included.

4 days / 3 nights All-inclusive Max 8 guests



Safety

How we approach ice safety

Nordic skating on natural ice involves inherent risk. No two days on the ice are the same, and the decisions about distance, route and when to turn back require genuine experience. Our 15 guides are trained leaders from Swedish ice-skating clubs with hundreds of seasons on natural ice between them.

Before you step onto the ice, your guide runs a full safety briefing and shows you exactly how to use every piece of equipment. The guide always skates first, you follow the same tracks.

Three rules that keep you safe on the ice

We go through these together before every tour. They are not optional.

1. Never skate in front of or out of sight of your guide.

The guide always goes first, testing the ice and choosing the safest line. Your safety depends on following exactly where the guide has already been.

2. Always follow the same tracks as your guide.

Ice thickness varies across a lake. The guide's tracks show where the ice has already been tested and confirmed safe. Moving off the line puts you at risk.

3. We practice with the safety equipment before anyone sets foot on the ice.

Every guest practices how to use ice claws, the rescue line and the backpack before the tour begins.

Equipment

Provided for every guest by Naturguiden:

- Nordic skates and insulated boots
- Ice claws, for self-rescue if you break through the surface
- Skating backpack, acts as a flotation device if you fall through
- Helmet, required on all Naturguiden tours (you can bring your own)
- Dry bag, waterproof bag inside your backpack with a full change of clothes
- Rescue line, so your guide can pull you to safety from a distance
- Skating poles



- Knee and elbow pads, provided and recommended for all guests
- First aid kit, always carried by the guide

Packing List You bring:

- Complete change of clothes (packed in the plastic bag)
- Moisture-wicking base layer
- Mid layer, fleece or light insulation
- Light down jacket (also used during breaks)
- Windproof outer layer
- Mittens, warmer than gloves on open ice
- Beanie that fits under a helmet
- Socks and 2 plastic bags that fit your feet or waterproof socks
- underwear, trousers and long-sleeved shirt

Useful extras to pack

- European Insurance card or proof of insurance
- Small dry bag for phone, wallet and valuables
- Portable battery pack
- Lip balm and sunscreen, the winter sun on open ice is stronger than it looks
- Energy bars and personal snacks for between stops



What to wear

What you wear on a Nordic skating tour

Nordic skating is physically comparable to cross-country skiing, a sustained moderate effort across open terrain. You will generate heat while moving and cool down quickly during stops. The 3-layer principle handles this well: manage moisture close to the skin, retain heat in the mid layer, and block wind and precipitation with the outer layer.

Expect temperatures between 0°C (32°F) and minus 15°C (5°F). Wind on open ice makes it feel colder. The key is being able to add or remove a layer quickly. A light down jacket or a warm sweater in your backpack covers most situations.

Layer	Purpose	What Works
Base layer	Move moisture away from skin	Merino wool or synthetic, never cotton
Mid layer	Retain body heat	Fleece or lightweight insulated jacket
Down jacket	Warmth during breaks and lunch	Light and packable, fits easily in your backpack
Outer layer	Block wind and light precipitation	Windproof shell, breathable is a bonus
Hands	Warmth while skating	Mittens, significantly warmer than gloves on open ice
Head	Retain heat, fit under helmet	A not-too-thick beanie that sits flat under the helmet