



1. Where is the retreat being held?

The retreat will be held at the Kakslauttanen Arctic Resort in Finland, located in the beautiful Arctic wilderness. This retreat offers a peaceful escape and a unique experience of Finland's natural wonders.

2. What are the retreat dates?

The retreat runs from April 3 to April 6, 2025.

3. What can I expect in terms of accommodation? Can I upgrade?

Our package includes Kelo-Glass Igloos for all guests, which are the best accommodations the resort offers. These igloos provide a perfect balance of comfort and a unique Arctic experience.

To read more details about the Kelo-Glass Igloos, please visit the resort's website:

<https://www.kakslauttanen.fi/accommodation/>.

Upgrades are not necessary or available, as all participants will be staying in the highest standard of rooms reserved for HSA.

4. How do I get to Kakslauttanen?

To reach the Kakslauttanen Arctic Resort, you will need to fly into Helsinki first and then take a connecting domestic flight to Ivalo.

Flight Information

- Recommended Flight to Ivalo

We recommend taking the flight on **April 3rd at 8:10 AM** from Helsinki to Ivalo. This flight provides a comfortable arrival time for the retreat.

- Return Flight from Ivalo

For the return journey, we recommend taking the flight from Ivalo to Helsinki on **April 6th at 11:50 AM**.

Please book your flights directly through Finnair's website at <https://www.finnair.com>.

- Airport Transfer

We will arrange a complimentary shuttle service from Ivalo Airport to the resort and back. The transfer takes approximately 30 minutes and is included in the retreat package, making your arrival and departure as seamless as possible.

5. Can I book additional nights at the resort?

Yes, you can book extra nights before or after the retreat. Early arrivals or extended stays need to be reserved directly on Kakslauttanen's website at <http://www.kakslauttanen.fi>, where you can explore other accommodation options.

Please note that if you book additional nights, you will have two separate reservations for your stay.

6. What should I expect in terms of weather?

In early April, temperatures in Kakslauttanen range from +10°C to -10°C, with plenty of snow that's perfect for enjoying winter activities.

Please pack warm, winter-appropriate clothing. Below are our detailed packing recommendations to help you prepare.

7. What should I pack?

To stay warm and comfortable during your stay, please consider the following packing list:

Clothing for Layering

- Thermal underwear / Base layers: Essential for keeping warm.
- Woolen socks.
- Thermal or skiing pants: Snow-proof pants are ideal.
- Long sleeve shirts.
- Down or fleece jacket: To wear under your winter coat.
- Warm and waterproof winter coat.

Footwear

- Winter boots with good traction: Waterproof boots with insulation are recommended.
- High heels are not recommended due to snowy pathways.

Accessories

- Warm (waterproof) gloves/mittens: Consider gloves that allow for smartphone use.
- Scarves.
- Beanies or hats.
- Sunglasses: Important during spring for protection against glare from the snow.
- Headlamp: For Northern Lights expeditions.

Electronics

- Travel adapter (EU Type C): To charge your devices.
- Warm phone cover: Cold temperatures can drain your phone battery quickly.
- Power bank: For extra battery life.
- Camera tripod and extra battery if you are bringing a camera for Northern Lights photography.

Cosmetic Tips

- Moisturizers and hand cream: The cold weather can be very drying.
- Waterproof makeup: Eyelashes can freeze and melt when coming back indoors.
- Lip balm: To keep your lips from chapping during outdoor excursions.

Special Items

- Swimwear: For the sauna or ice pool dip.
- Driver's license: Required for snowmobile driving.

Comfortable Clothing for Indoors

- Long pajamas and comfortable socks for relaxing in your accommodation.