

## PRACTICAL HINTS FOR FINLINE

The best way to learn FinLine is learning-by-doing. However, to avoid some classic mistakes, here are practical hints for FinLine, including packing and preparations:

1. **If you have two pairs of skates, take the *softer* ones with you.** Very few have skated a complete FinLine with hard race boots. The Finnish roads are sometimes rough, and race boots are generally not designed for skating for several long days in a row.
2. **If you have two sets of wheels, take the *softer* ones with you.** The Finnish roads are rougher than Central-European counterparts. Hard wheels may be faster but on FinLine you should prefer convenience to speed. Good wheel hardness varies by brand and skater weight but in most cases, 85A is slightly too hard for FinLine.
3. **Use duct tape to build splash guards on your rear wheels.** If you by purpose or by accident have to skate on wet road, your legs and back will stay clean! If it gets sunny again, you will feel yourself much nicer without all that dry mud on your skin. Tape does not stick to wet skates, so the guard should be installed beforehand. It does not generate any harm while skating. – Also the fellow skaters will thank you for not throwing mud and water into their eyes.
4. **Take spare parts for your skates.** Spares for skates are generally very difficult to find in Finland. Some fellow participants may carry some spare parts in their luggage but most probably none for your brand of skates (Murphy's law).
5. **Choose bright colors for all skating clothes**, e.g., red, orange, or yellow. This applies at least to any own shirts and (rain) jackets because the event shirt is provided by the organizers. We will be skating on the roadway and cars are driving up to 100 km/h (60 mph) towards us. Every second of reaction time is valuable, so make you clearly visible in the front of the dark forest.
6. **You need surprisingly small amount of "general clothes" on FinLine.** Think about this: we skate from 9 a.m. to 5 p.m. – free-time clothes are needed only a few hours in each evening and on the breakfast. You do not need to take new clothes for each evening. Just only two shirts may be enough for the whole event + naturally a party dress for the final night.
7. **Things that are worth of carrying all the time with you while skating:** skate tools (Allen key), camera, spare memory cards / battery, wet cleaning towels for hands, spare socks, drink bottle, sun protection lotion. Although the service bus is close to us, it may not be there when you need these!
8. **When there is a risk of rain, carry these, too:** rain covers / plastic bags & tape for skates, water-tight zip-lock bags for mobile phone and camera. If we meet a sudden thunderstorm, verified FinLine experience is that we may get completely soaked before we reach the service bus.
9. **Things that are worth of keeping always readily available in the bus** (not in the luggage compartment): more sun lotion, swimsuit, towel, rain jacket (if you plan to continue skating in case of rain). Keep in mind that you should not access your luggage during the day-trip. – You will not want to miss a swimming break just because you cannot find your swimming gear.
10. **Finnish sauna is usually available after each day-trip.** If you are not used to visit a Finnish sauna, FinLine is a week when it is time to get used to it. In sauna we discuss about the leg (plus everything else) and relax after the hard day. – Take the following items with you to the sauna: towel, swimsuit, personal shower gels etc., clean underwear and clothes, refreshing drinks (you can visit shops during the day-trip for some drinks which are enjoyed in/after sauna), camera for lake scenery. Flip-flops or similar are the best sauna shoes because you can use them also when going swimming from sauna.

