

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 often rough, and race boots are generally not designed for skating 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 a FinLine holiday you should prefer comfort over everything else. Good wheel hardness varies by brand, wheel size, skater's weight and tremor tolerance but in most cases, over 85A is slightly too hard for FinLine.
 3. **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. Use for example two layers of duct tape, adhesive surfaces facing each other. Tape does not stick to wet skates, so the guard should be installed before the rain. – In addition, 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 your own skating shirts and especially rain jackets. 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 8 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 block 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, confirmed 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 block 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, camera for lake scenery. Flip-flops or similar are the best sauna shoes.
- + **Drinking own alcoholic drinks is forbidden in most hotel sauna facilities by law.** Because we do it *anyway*, do it discreetly and avoid conflict with the staff. Carry your and others' empty cans away.

