

# IAF Excursion to the Light and Darkness

## Survival Camp in the Finnish Forest

Let's escape the city life together for a relaxing overnight journey to Nuuksio National Park. Come and experience the true light and darkness - and the best of Finland - nature.

During our camp you might learn something related to -  
Orientation in the forest

- Making good campfires -
- Making shelters
- First aid skills
- Cookery
- Heating up the sauna
- And most likely something unexpected.

Hiking in October is not common. The daylight is getting shorter and shorter, but there is no snow yet. The colourful autumn is gone and the weather is usually wet, cold and dark.

Don't worry, the harsher the conditions are, the better you feel when you are back at home. Hiking is such an efficient stress relief - when your mind is fully concentrated on finding the campsite before it gets dark, finding water for cooking and staying warm through the day and night - it's impossible to think of anything else (e.g. work). Sitting by the campfire in the middle of the darkness is effortless meditation. This is difficult to explain - come and experienced it!

Nuuksio is a national park, large enough to get seriously lost in. And we'll be heading for the most remote corners of it.

<http://www.luontoon.fi/page.asp?Section=5131>

## Preliminary program

Sunday 17th October 2010

14:00 Beginning

- Gathering together
- Transportation from Sofia to Nuuksio by cars (60 min) - Arrival to Nuuksio and getting ready

15:30 Experiencing the forest (the camp begins)

- Walking and admiring the landscapes
- Getting to know each other through environmental art - Finding the camp site

18:00 Experiencing the darkness (the sun sets)

- Dinner by the campfire
- Getting ready for the night and other challenges - Sauna and swimming
- Sleeping outdoors

Monday 18th October 2010

8:00 Experiencing the light (the sun gets up)

- Breakfast
- Getting our stuff together
- Orientation challenges
- Walking and admiring the landscapes

12:00 Experiencing the civilization (the camp ends)

- Transportation to Helsinki Central Station or the Airport



### Equipment that you will need:

- Good shoes/boots for walking in the forest (6-20 km)
- Wind and waterproof warm outdoor clothing (You will need a hat and gloves, it gets cold at night. Notice that there is no such weather condition that would cancel our camp.)
- Water bottle(s) full of fresh water (1-2 liter)
- Warm sleeping bag
- Hiking mattress (we have few that someone can borrow) -
- Headlamp or flashlight (we have few that someone can borrow)
- Small towel
- First aid kit
- Knife / multipurpose tool (we have few that you can borrow)
- Phone and camera if you wish (notice that recharging is impossible)
- Compass (if you have one)
- Plate/bowl, mug, fork and spoon
- Pencil and paper
- Back bag (30-50 liters)
- Snacks (something to eat while walking)
- Please notice that for safety reasons alcohol is not allowed (you may bring one bottle of beer for the sauna)
- Minimize the weight and be prepared to carry in your back bag your own things plus about 5kg of shared stuff while walking.

### We will provide

- Transportation
- Maps
- Toilet paper
- Shelter materials for the night
- Firewood and matches
- Cooking equipment
- Dishwashing equipment
- Dinner
- Breakfast

### Estimated costs:

- General costs in total 200-350 euro (transportation, equipment and sauna)
- Food per person 30 euro

The costs are divided among the participants and the final cost per person depends on the group size.

## Guides:

Your guides Piritta Kantojärvi and Tarja Kantojärvi are both experienced hikers. Piritta has published an online cooking book for hikers ([www.cookinginlandscapes.com](http://www.cookinginlandscapes.com) - in Finnish, but some translations will follow). Tarja is certified first aid teacher. We are happy to answer any questions concerning the camp.

Piritta Tel. +358 400 664 889  
email: [piritta@grapepeople.fi](mailto:piritta@grapepeople.fi)

## Group of participants:

Please notice that the space is limited to max 8 participants. This camp is organized if there are at least 3 participants.

## Registrations:

Preliminary registrations:

Please send an email to Piritta Kantojärvi and mention

- That you are interested in this camp
- Who are you and where do you come from and what kind of hiking experiences do you have
- Your special dietary wishes
- Equipment that you might like to borrow

The places for the camp are filled in the order of preliminary registrations.

Binding registrations by 1st October.

Cancellations after that are possible but we'll have to charge your part of the general costs.

Welcome to the woods!

