

SORRISNIVA

Alta, Norway



How to sleep in the Igloo Hotel

Sleeping Arrangements

The temperature inside the Igloo Hotel is a steady -4 to -7 °C. You'll be sleeping on top of a layer of reindeer skins and you get two Arctic sleeping bags per person, each withstands up to -30°C. You can put one into the other, or, if you're travelling in two, you can zip two sleeping bags together and thus share body heat. Snow absorbs sound, so the rooms are extremely quiet and together with the fresh air they offer a relaxing good night's sleep.

Dos...

Only take the sleeping bags inside the Igloo Hotel once you want to go to sleep. Leaving them in the cold without using them will make them uncomfortably clammy.

If the sleeping bag is too long, you can put some clothes inside or fold the end underneath your feet.



Take as little as possible inside the hotel. Everything you take with you, be it your phone or extra clothes, should stay with you inside the sleeping bag. If it's left outside, it will either freeze or the batteries will be depleted long before morning.

What to Wear

Long woollen thermal underwear, a hat, a scarf and wool socks will be sufficient. For your comfort you can take a Reece and maybe mittens with you. Put your sleeping clothes on in the changing rooms before you go inside the Igloo Hotel. Keep on your winter boots and leave them next to the bed so that you can find them easily if you have to get up during the night.



... and Don'ts

Don't drink tea, coffee or beer about an hour or two before you go to sleep. It will make you go to the toilet during the

night, and you want to avoid that. Also, go to the toilet before you go in the Igloo Hotel to sleep.

Don't take a shower or go to the sauna before you go to sleep in the hotel. Wet hair or skin will freeze and make you uncomfortable.

Don't put anything made of metal on the ice tables - coins freeze especially well and you'll need an icepick to get them off the table in the morning.

The Morning After

The sauna is heated from 7 am, so you can lounge in the heat for a while if you feel like it. Breakfast is a rich buffet with local and international food which is served between 8 am and 10 am next to the fireplace.

