

Lars Fält probably knows more about survival in nature than anyone else in Sweden. He has worked for the Swedish Army's commando unit all his professional life. He is also a trained survival instructor for the British and US military special forces, and has written eight books about survival and the outdoor life.

Lars Fält probably knows more about survival in the wild than anyone else in Sweden. He has worked for the Swedish army throughout his professional life, and has also exercised with US and British special forces, as well as finding time to write eight books about survival and the outdoor life. He is now an active pensioner who still runs survival courses, 200 km north of the Arctic Circle in Swedish Lapland, together with his British friend Ray Mears (famous from the BBC). On week-long courses, the students have to try to survive in the bitter Arctic climate. Among other things, they learn different trapping and fishing techniques and travel on traditional wooden skis deep into the forest, where they build and spend the night in bivouacs, usually at temperatures of around -30°C. Above all, they learn how to dress and act in order to survive in these conditions that are so inhospitable to city-dwellers.

#### Throw-away culture has taken over

In recent years, Lars has noticed how mass consumption has affected attitudes among today's outdoor people as regards their view of looking after equipment. "You have to look after your equipment," he says. "In today's outdoor life, this has been almost completely

forgotten." He maintains that looking after things is part of outdoor life, and that it is not necessary to buy masses of new items all the time – you can look after what you already have. "If you buy quality equipment and take good care of it, it will last for many years. This is good for the environment and, in the long term, also good for the outdoor life."

#### The Fält Glove

Lars often works in extreme climates and places great demands on his equipment which, according to him, comprises solely quality products. He has chosen a pair of Guide Leather Gloves from Hestra to protect his hands. "These are the best-made gloves I have ever seen," he says. "If you look after your gloves, they will last as long as you want." Lars wears his gloves on around 100 days each winter, as well as for a couple of weeks during the autumn. He has had his Hestra gloves for three years and, thanks to Lars' ingenious care, they are still just as functional as a brand new pair. In order to honor Lars Fält and his quality and care philosophy, the Guide Leather Glove model will go by the name of the Fält Glove from this year.



This is how Lars Fält looks after his gloves

Take out the inner glove and allow the glove and inner glove to dry slowly (not with excessive heat).

Oil the gloves every week with Hestra Leather Balm.



Lars Fält's well-tended gloves, which he has used on more than a hundred days a year in each of the past three years.