

Suggested Kit List for Iceland

Luggage:

We recommend taking as little as possible whilst ensuring you have sufficient to enjoy your trip. Taking too much luggage can be a nuisance, especially if you exceed luggage allowance limits on the flight, or wish to buy souvenirs to bring home.

Students should be able to comfortably carry their luggage themselves.

Clothing:

The key to enjoying a trip to Iceland is to ensure that you remain warm and dry. It is essential to carry a couple of changes of clothing in case you get wet.

- **Sturdy comfortable walking boots are required.** They should be firm at the front to ensure the crampons for our glacier walk fit securely. Trainers will not be suitable.
- **Warm socks** (additional to their normal socks, at least 3 pairs)
- **Waterproof outerwear:** a good wind and rainproof jacket with a hood and rainproof trousers or leggings are essential.
- **Warm hat and gloves** (a **scarf** may also be useful)
- **Layered clothing:** thermal t shirts/ long-sleeved t shirts/ jumpers and fleece
- **Trousers** - warm outdoor or walking trousers. Keep jeans for indoors where it is warm and dry.
- Long johns they can be very useful to keep warm.
- **Indoors:** the accommodation is warm and comfortable so normal clothes and sliders/trainers for inside are fine.
- **Sleepwear:** hotel accommodation is of a good standard and rooms are warm and comfortable. Pyjamas are adequate.
- **Swimwear and towel**

General Items:

- Day bag – this should be a rucksack. A shoulder bag or satchel will not be appropriate for trekking.
- **Sun glasses, sun cream, lip balm and moisturiser / after-sun** protection. Whilst it is cold, it could be sunny!
- **Phone charger**
- **Toiletries**
- **Power adaptors**

Other:

Glasses: should you wear contact lenses then we recommend bringing a spare pair of glasses as dusty conditions can make wearing lenses very uncomfortable.

Medication Please remember to bring any medication required during your stay. If any students have one of the following:

- An epipen
- Insulin
- Any other self-administered medication, whether over-the-counter or prescribed.

Students must obtain a prescription or doctor's certificate confirming that the drugs are medically required and have been obtained legally, to ease passing through security at the airport.