

VOLCANO AND ICECAP TREK KIT LIST

✓ Please use this check-list to help you pack!

Important Documents & Money

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| Passport + photocopy | <i>10-year essential (for adults); valid for 3 months after departing Iceland</i> |
| Money | <i>Icelandic Krona available from the UK – see Factsheet for more detail</i> |
| Credit Card | <i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i> |
| Insurance Documentation | <i>Advisable to leave a copy with your next of kin too</i> |
| Air Tickets | <i>To be collected at the airport from your tour leader</i> |
| Immunisations Record | <i>Useful as a record/proof of your vaccinations; (see Factsheet for recommendations)</i> |
| Money belt | <i>Safest way to carry cash and valuables</i> |

Luggage

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| Rucksack/expedition kitbag | <i>For your main luggage; see luggage notes (below)</i> |
| Large strong plastic bags (eg rubble sacks) | <i>To keep things dry inside your main bag (especially sleeping-bag)</i> |
| Small day-sack | <i>At least 25-30 litre capacity; see luggage notes (below)</i> |

Trekking Gear

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| Walking boots | <i>With good sole pattern and firm ankle support. Must be well worn in and waterproofed. Wear on flight; well worn in boots are irreplaceable</i> |
| Walking socks (2 or 3 pairs) | <i>No need for a clean pair per day but enough to have dry socks each morning</i> |
| Base layers / T-shirts x 3 | <i>Wicking tops (eg dryflo) recommended and better than cotton</i> |
| Waterproof windproof jacket Waterproof windproof trousers | <i>Good quality (eg gore-tex) essential; material should be breathable and seam-sealed. Thinner outer top layers should be combined with a fleece layer for trekking.</i> |
| Trek sandals | <i>Required for river crossings – must have heel straps eg Texas</i> |
| Hat / cap | <i>For sun protection</i> |
| Sunglasses | <i>Wraparound style useful</i> |
| Shorts x 2 Trek trousers x 1 | <i>Zip-off trekking trousers ideal</i> |
| Gaiters | <i>Protection for boots & socks / stops pebbles getting into boots</i> |

General Clothing

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| Extra pair trousers | <i>Spare for trekking / evening</i> |
| Loose long sleeved shirt | <i>Spare layer or for evenings; useful for sun protection on hot days</i> |
| Fleece / thick jumper | <i>Extra trekking layer or for cool evenings and mornings</i> |
| Thermal / down jacket | <i>For cold evenings in camp</i> |
| Thermals | <i>Useful to sleep in or for extra cold times</i> |
| Underwear & socks | <i>Non-trekking socks for evenings / back at hotel</i> |
| Warm hat and gloves | <i>Sleep in your hat for extra warmth if needed!</i> |
| Towel | <i>Lightweight to minimise space</i> |
| Tracksuit bottoms | <i>Good for sleeping in and as spares</i> |
| Trainers / spare footwear | <i>For evenings, to give your feet a break from boots</i> |
| Spare set of clean clothes | <i>For when you get back to Reykjavik; can be left in hotel</i> |
| Swimming costume | <i>Optional (can be useful to wash in while camping)</i> |

Camping / General Equipment

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| Sleeping-bag + liner | <i>3 season minimum; liner provides extra warmth (silk is best)</i> |
| Sleeping mat | <i>For extra warmth & comfort; (self-inflating thermarest style recommended)</i> |
| Water bottle(s) / platypus | <i>Should be able to carry min 2 litres</i> |
| Trekking poles | <i>Optional; useful on steep / uneven ground (use them when training)</i> |
| Water purification tablets | <i>Small pack as back-up only – this is purely a safety measure</i> |

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| Liquid handwash | <i>Waterless for easy hygienic hand-washing</i> |
| 1 roll toilet paper + plastic bags | <i>Bags for disposal of loo paper; fragranced nappy bags are best</i> |
| Ear plugs | <i>Useful if you are a light sleeper or if there are snorers in camp!</i> |
| Alarm clock | <i>Optional; useful if you have problems waking up (rarely a problem in camp)</i> |
| Whistle | <i>For safety reasons if you become separated</i> |
| Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies) | <i>Some snacks will be provided each day but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy</i> |
| Wash kit (eg toothbrush, soap) | <i>Include wet wipes (useful in all sorts of situations!)</i> |
| Camera | <i>Bring spare batteries, memory cards etc (little opportunity to recharge)</i> |
| Book / travel games / cards | <i>Useful in long light evenings in camp!</i> |

Small Personal First Aid Kit

Include any medication you take regularly or while exercising, plus:

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| Diarrhoea tablets | <i>eg imodium</i> |
| Sun block / sun cream | <i>Minimum SPF 30</i> |
| SPF lip balm Aftersun / moisturiser | <i>Exposure to the elements can make skin very dry</i> |
| Painkillers | <i>eg ibuprofen, paracetamol</i> |
| Rehydration sachets | <i>eg dioralyte</i> |
| Plasters and blister dressing | <i>compeed / moleskin / tape and dressings (whatever works best for your feet)</i> |
| Insect repellent | <i>Eg Mosi-guard, Ultrathon, Repel</i> |

CLIMATE

The weather in Iceland is renowned for changing frequently throughout the day and can be completely different 2km away. We may have rain, strong winds or even hailstorms, as well as clear sunny skies. Therefore you do have to be prepared for all weathers and need good quality kit – you will enjoy the trekking more if your equipment keeps you warm and comfortable and allows you to get a good night's sleep! Make sure you have a spare set of trekking clothes in case your clothes get very wet during the day. A pair of thermals is a good idea if you feel the cold at night, and a warm hat! Loose-fitting garments that trap air around your body are better than tight nightclothes. *For temperatures refer to your Factsheet.*

LUGGAGE

- Please be careful when packing your luggage as we are restricted by space available. We recommend a **soft expedition-type kitbag** (contact the Discover Adventure office for our low-cost kitbag designed for this kind of trip). A soft rucksack (no external frames) is fine but it's harder to access the kit you need in a tent – especially for rucksacks with top access only. **NO SUITCASES PLEASE.** A spare bag or stuff sack is useful for leaving behind in Reykjavik with gear not needed on the trek.
- You must only have **ONE** bag as well as your day-sack. Please bring large strong bags to line the inside of your main bag and wrap your sleeping bag in. Storage space on the trek will be limited. Your luggage allowance on the plane is 20kg - this must be adhered to. Airlines are getting stricter in terms of charging for excess baggage, so please do try to keep within the limit. Be aware that hand-luggage restrictions may sometimes change due to airport security measures.
- Remember not to pack any liquids, penknives, scissors, tweezers etc in your hand luggage.
- Trekking poles should also not be carried on as hand-luggage. They should be packed into your main bag – dismantling them will make them smaller, but if they don't fit, the best option is to secure them well and label them separately in case they become detached.
- It is best not to pack any valuables into the side pockets of the bag you check in. As a general rule, avoid travelling with anything valuable or irreplaceable.
- Everyone will carry a day-sack with camera, spare clothes, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day: you will not be able to access your main pack until you reach camp. A day-sack with adjustable shoulder-straps and hip belt is essential.