

PACKING LIST – ICELAND WINTER DELIGHTS

OUTDOOR CLOTHING: Temperatures on this trip can range from 20 to 45, and with the wind chill it can often feel colder. We recommend dressing in layers from long underwear to a wind-proof outer layer. If you have questions about what to bring or what you can make do with, please give us a call (toll free) 877-439-4042.

- 1 pair light to mid-weight hiking boots that are waterproof
- 2-3 pairs hiking socks: wool or synthetic equivalent
- 2 pair liner socks: silk or synthetic equivalent (only if you routinely use them)
- 1 – 2 long sleeve synthetic shirts (For clothing, see ‘Notes on Packing List’ for details.
- 1-2 pair lightweight, quick-drying hiking pants.
- 1 pair lightweight long underwear top and bottoms
- 1 medium-weight wool/fleece sweater or shirt
- 1 warm down/fleece jacket
- 1 rain jacket with hood and rain pants See ‘Notes on Packing List’ for details
- 1 warm hat and gloves: wool or fleece.
- 1 buff or neck gaiter
- 1 wide-brimmed hat or baseball cap for rain/sun

INDOOR CLOTHING:

- 1 pair comfortable shoes to wear when we’re not hiking. Athletic shoes or sandals work well.
- Underwear/nightwear
- Casual clothing for around the lodge and going out to dinner in Reykjavík
- Bathing suit for hot tub and Blue Lagoon

ESSENTIALS

- Passport and Xeroxed copy**
- 1 bandana
- 1 one-quart water bottle
- Sunglasses with case and retention strap
- Sunscreen and lip balm with at least SPF 15
- 1 day pack large enough to hold your supplies for the day See ‘Notes on Packing List’ for details
- 1 Pack Cover for day pack or line your pack with 1 large trash bag for waterproofing.
- Small flashlight or headlamp
- Watch/travel clock

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, lotion, shampoo, conditioner, personal hygiene items, contact lens paraphernalia/glasses - if you wear them
- Personal “patch kit” See ‘Notes on Packing List’ for details

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL PERSONAL GEAR

- Trekking poles (optional but useful on icy paths)
- Ear plugs
- Your favorite snack

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches (24 - 30 liters) with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.