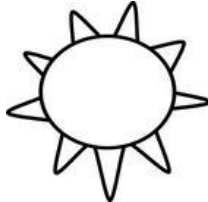



Northern Lights Winter Trek Kit List

Taking the right equipment for your challenge is very important so just get in touch with any questions – we'll be happy to talk you through it. The following recommendations include clothing for all weathers you may encounter; you may not end up needing all of it, but being prepared is vital.

<p>Weather Conditions</p> <p>Icelandic weather is known for being changeable; conditions can change rapidly. Pack so you can add or remove layers as needed. You need good quality kit to keep you warm and dry.</p> <p>Be prepared for very cold conditions, though it could be milder and wet. We could have rain, snow and strong winds. Early mornings and evenings could be very cold – ensure you have plenty of warm layers for being outside in the evenings to watch for the Northern Lights.</p>	 <p>Average min/max Temp -2 – 5°C</p>	 <p>Average Rainfall 30 – 40mm</p>
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ON TREK

✓	ESSENTIAL Trekking Kit & Clothing	<i>We can't stress enough that you have good quality clothing – it can have a huge impact on how much you enjoy the trek, and whether you are able to complete your challenge. Remember that you will be trekking for full days, whatever the weather. Test your kit out in all weather conditions during training, so you have full confidence in it.</i>
	Walking boots	With firm ankle support for uneven ground. Must be well worn in so they are comfortable; ensure the sole pattern provides plenty of grip on rocky ground and is not too worn. Ensure they are waterproofed. Well worn-in boots are irreplaceable so wear on flight in the (rare) case your luggage is misplaced
	Walking socks	Enough for dry (not necessarily clean!) socks each morning. Ensure your socks provide as much warmth as possible – thermal socks are recommended, especially if you know your feet get cold
	Thermal base layers (top and leggings)	Tops made from wicking material are essential in regulating your body temperature; avoid cotton as it absorbs sweat and will make you cold
	Insulating mid-layer(s)	Warm long-sleeved layer (eg light fleece). Thinner layers trap warmth and are more effective and versatile than wearing one thick top
	Outer fleece / thermal layer	Good quality essential
	Waterproof windproof jacket Waterproof over-trousers	Good quality (eg gore-tex) essential; we are in winter conditions. Material should be breathable and seam-sealed. Combining a lightweight waterproof with a fleece is more versatile than a heavy jacket which may be too hot. Must keep you dry in heavy rain, not just showers – test it while training
	Trek trousers	Bring at least two pairs
	Warm hat & balaclava/buff	Hat should be wind-proof and protect the ears, worn with a balaclava or buff to protect your face. Spare hat & buff useful if main one gets wet
	Mittens / gloves	Mittens are warmer than gloves; must be warm and wind-proof (bring a spare pair). If very cold, gloves with thick wind-proof mittens over the top are perfect combination
	Gaiters	Protection for boots & socks / stops snow or rain getting into boots
	Sunglasses	Well-fitting; wraparound style useful to avoid any glare from snow
	Small day-sack	To carry camera, spare layers, fleece, waterproofs, first aid kit, sun cream, snacks and anything else you need for the day. At least 25-30 litre capacity, adjustable shoulder-straps and hip belt essential. Most have compartments for hydration bladders (below)
	Water bottle(s) / hydration bladder	Should be able to carry min 2 litres. A bladder (eg platypus) allows you to drink easily and regularly without stopping and is highly recommended – ensure a compatible fit with your day-pack

	Liquid handwash (waterless)	Small bottle for easy hygienic hand-washing before lunch / snacks – this prevents any bugs spreading around the group
	Toilet paper / wet wipes + plastic bags	There won't always be toilets where you need them! Bags for disposal en-route; fragranced nappy bags are best
	Whistle	For safety reasons if you become separated
	Snacks (e.g energy bars / dextrose tablets / dried fruit packs / jelly babies)	Extra sources of energy are highly recommended if you are having a tough day, or have special dietary requirements and need a source of extra energy, or if you just need your personal favourites to motivate you! Don't weigh your bag down too much though

✓	OPTIONAL Trekking Kit & Clothing	<i>Use your training walks to experiment with your kit. You may not feel you need all the suggestions below, but they can make your trek much more enjoyable or convenient.</i>
	Sleeping-bag liner	Strongly recommended for extra warmth (and convenience of washing); silk is warmer and lighter than cotton
	Trekking poles	Useful on steep and uneven ground especially if you are tired. Consider these essential if you are unsteady on uneven ground. Reduces the impact on your knees considerably. Use them when training to get used to them
	Waterproof rucksack cover	Keeps your day-sack and its contents dry; alternatively line with plastic bags
	Set of clean clothes	For end of trip
	Talcum powder / vaseline	Can help with blister prevention - experiment at home while training
	Muscle rub	e.g. deep heat, radian B
	Swimming costume	Needed if there's an opportunity to have a dip in a geothermal pool or if you are visiting the Blue Lagoon thermal spa
	Money belt	Safe way to carry cash and valuables
	Alarm clock	We generally start early! Many phones have an alarm, but be aware of battery life and ease of recharging
	Thermos flask	Non-breakable, 1L capacity. Useful if you want to carry a warm drink

NON-TREKKING

✓	General Clothing & Equipment	
	Spare trekking trousers Spare long-sleeved tops Underwear & socks Trainers / spare footwear	General clothing for when you're not trekking: ensure you have enough for evenings, sight-seeing and travelling home, but don't over-pack!
	Thick fleece / down jacket	Extra layer for cold evenings and mornings. NB: Down jackets are perfect in dry conditions, but have an alternative if wet
	Nightwear	Tracksuit bottoms are good for sleeping in / as spares; thermals are a good idea if you feel the cold
	Sleeping-bag Comfort Rating 0°	Should be comfortable at temperatures down to 0°C (2-3 season minimum)
	Torch with spare battery	Useful in huts; head torch keeps your hands free
	Wash kit (eg toothbrush, etc)	Wet wipes can be handy, and ear-plugs if you're a light sleeper
	Towel	Lightweight to minimise space
	Camera / phone	Be aware of how quickly your battery runs down; you will not be able to recharge your phone on trek
	Chargers / adaptors / spare batteries	For phone, camera etc

	Travel games / cards	Useful for long dark evenings!
	Rucksack / Expedition Kitbag for main luggage	For your main luggage; left in huts during the day. Soft-sided luggage is essential due to space available in vehicles
	Large strong plastic bags	To keep contents of your main bag dry (especially sleeping bag)

✓	Small Personal First Aid Kit	<i>Should be carried in your day-pack each day; everyone is different so judge what to trek with and what can be left in your main luggage</i>
	Regular medication	Anything you take regularly or while exercising
	Sun block / sun cream	Minimum SPF 30
	SPF lip balm After sun / moisturiser	Exposure to the elements can make skin very dry
	Painkillers	e.g. ibuprofen, paracetamol
	Anti-histamines	For any allergies
	Plasters and blister dressing	Zinc oxide tape and dressings recommended for covering hot spots and blisters – compeed works well at end of trip, but not recommended when days of trekking still remain
	Rehydration sachets	e.g. dioralyte
	Diarrhoea tablets	e.g. Imodium
	Water purification tablets	Small pack as back-up only – this is purely a safety measure

✓	Important Documents & Money	<i>We recommend you have digital copies stored in a safe place you can access if required</i>
	Passport + photocopy	10-year essential (for adults); valid for at least three months after departing Iceland
	Money	Icelandic Krona available from the UK – see Factsheet for more detail
	Flight Tickets	To be collected from your tour leader / DA representative at the airport
	Credit Card	Always carry a credit card in case of emergencies
	Travel Insurance Documentation	Advisable to leave a copy with your next of kin too
	Immunisations Record	Useful if you need a record/proof of your vaccinations (see Factsheet)

Note on Luggage:

- Our support vehicles do not have unlimited space for your luggage, so please ensure it all fits in one soft-sided bag (NOT a hard-sided suitcase or rucksack with external frames), with an additional day-sack for the flight / when trekking
- If you do not have a suitable soft-sided bag for your main luggage, see the [Discover Adventure kitbag](#) which is designed for this kind of trip
- Your luggage allowance on the plane is 20kg. You should not need this much, but you are responsible for any excess baggage costs charged by the airline – most are quite strict. Remember to leave some room for souvenirs!
- Remember not to pack any penknives, scissors, tweezers etc in your hand luggage. Liquids can be carried subject to current restrictions – see <https://www.gov.uk/hand-luggage-restrictions>
- Trekking poles should 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
- Be aware that hand-luggage restrictions may sometimes change due to airport security measures
- As a general rule, avoid travelling with anything valuable or irreplaceable