



ICELAND

PACKING LIST & TIPS

WHAT TO BRING

- Wind & waterproof jacket
- Season-appropriate clothing (one set per day)
- Three pairs of pants for hiking (avoid jeans, water & windproof pants are suggested)
- Swimsuit
- Sleepwear
- Undergarments/socks
- Waterproof hiking boots (required)
- Flip flops (for showering at Blue Lagoon)
- Gloves, scarf & hat
- Camera & charger or batteries
- Cell phone & charger
- European plug adapter
- Small backpack or daypack
- Water bottle that fits in pack
- Pen or pencil
- Three gallon-sized bags for wet clothes & to protect your Discovery Journal
- Toiletries
- Sunscreen & sunglasses with strap
- Alcohol-based hand sanitizer
- Disinfectant wipes
- Prescription medicine
- Spending money (exchange some money prior to departure)
- Original passport & two copies of passport
- A copy of your insurance card

OPTIONAL ITEMS TO BRING

- Motion sickness pills
- Headphones
- Snacks
- Hand & foot warmers

HELPFUL PACKING TIPS

- Don't forget your passport! Be sure that the name on your passport matches the name on your airplane ticket exactly. And make sure to keep your passport with you—do not put it in your checked baggage.
- Make two copies of your passport. Keep one in your checked baggage, separate from your actual passport, and give one to your Program Leader.
- Put your full name on all personal items.
- Dress in layers on top and bottom, and have two pairs of socks per day. Jeans are discouraged.
- Don't overpack! A common mistake is to take too many clothes, unnecessary toiletries, etc. You must be able to carry your own luggage. Usually one suitcase and a backpack are sufficient.
- Be sure to follow the TSA restrictions on the amount of liquids or gels that can be packed in carry-on bags. You can bring a single 1-quart-sized zip-top clear plastic bag with 3.4-ounce bottles or less.
- Don't forget that WorldStrides doesn't cover checked baggage fees. To avoid these fees, you may bring a carry-on suitcase and a backpack on the plane.
- Make sure to have alcohol-based hand sanitizer on the plane/bus (pack it in your carry-on).
- Food service on planes and in airports may be limited, so be sure to bring snacks.
- Remember to pack prescriptions and essential items in your carry-on and consider bringing extra with you in case of emergency.