

APOGEE ADVENTURES

2024 Iceland Mountains & Coast

Packing List

Please find the packing list for our *Iceland Mountains & Coast* (IMC) trip. As always, be in touch with any questions about the items on this list, where to find them, or packing questions.

Please review our [Gear Recommendations](#) blog post with our more specific recommendations for many of the items on the packing list.

Travel Document Essentials

- ❑ **Valid Passport** (*Must be valid for 90 days past the date of entry into Iceland – should be valid for a full six months past the date of entry*)
- ❑ **Declaration of Consent to Travel** (*Available through CampMinder in February – students should carry the original copy with them on travel day*)

Hiking Essentials

- ❑ **Sturdy, well-broken-in* hiking boots or hiking shoes** (*not running or basketball shoes – see our blog on [hiking footwear](#) if you have questions about what is appropriate*)
**The importance of breaking in your boots ahead of time cannot be overstated – your trip could be cut short by bad blisters.*
- ❑ **Day Pack** (*25-35 liters / 1600-2200 cubic inches – most school backpacks fall in this range and will work well*)
- ❑ **Medium to large duffel bag** (*soft-sided, 90-120 liters – this will act as a storage locker. A hard-bottomed, rolling duffel is fine*)
- ❑ **Safety whistle with lanyard** (*to wear around your neck; the whistle that is connected to many backpacks' sternum strap is not sufficient – you will need a separate whistle that can be carried with you at all times.*)

Optional

- ❑ 2.5- to 3-liter hydration reservoir (*just the reservoir to be inserted into hiking backpack*)
- ❑ Telescoping hiking poles (*Leki is a recommended brand*)

Clothing Essentials (Check out our [Gear Store](#) for Apogee-branded apparel and gear)

Please take the warm layers listed below seriously – it can get chilly in the evenings.

- ❑ 3-4 Hiking shirts (*synthetic/non-cotton and at least one long sleeve*)
- ❑ 1-2 Shirts for wearing around camp (*can be cotton and short or long sleeve*)
- ❑ 2 Pairs of athletic/synthetic shorts (*not heavy, cotton cargo shorts*)
- ❑ 6-7 Pairs of underwear, 4-5 sport bras (*as necessary*)
- ❑ 6 Pairs of socks (*synthetic or wool blend socks – do not bring cotton*)
- ❑ 1 Wool or synthetic long underwear top and bottom (*medium weight, long sleeve*)
- ❑ 1 Light or mid-weight fleece jacket or pullover
- ❑ 1 Medium-weight, down or synthetic fill, packable, insulating jacket
- ❑ 1 Weatherproof shell jacket (*should be made of coated nylon, Gore-Tex, H2NO, or some other wind- and waterproof material*) – Note that **water resistant** is not **waterproof**; water resistant is insufficient.
- ❑ 1 Pair of waterproof pants

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- ❑ 2 Pairs of leggings or lightweight, synthetic hiking pants
- ❑ 1 Quick-drying swimsuit (*can also substitute with synthetic shorts and sports bra*)
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of wool or synthetic mittens or gloves
- ❑ 1 Pair of sandals for sport sandals with heel strap for around camp and kayaking (*flip-flops are not adequate*).
- ❑ 1 Baseball cap or sun hat

Optional

- ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well*)
- ❑ 1 Pair of liner socks (*for helping prevent blisters*)
- ❑ Students may also bring one extra outfit for travel at the end of their trip.

Camping Essentials

- ❑ Synthetic sleeping bag (*20° or 30° temperature rating*)
- ❑ Inflatable or closed-cell foam sleeping pad (*closed-cell foam pad should be no larger than 1 ½" x 30" x 72" when unrolled*)
- ❑ 2 One-liter plastic or stainless steel water bottles
- ❑ Tupperware/Rubbermaid/plastic bowl (*6" to 8"*) with lid and cutlery (*will serve as a plate and bowl*)
- ❑ Headlamp with one set of extra batteries
- ❑ Waterproof backpack cover (*or two heavyweight garbage bags*)
- ❑ 6-8 Re-sealable plastic freezer bags (*two-gallon size for keeping clothing or other items dry and organized*)

Optional

- ❑ Small, packable sleeping bag liner
- ❑ Portable camping chair
- ❑ Camping pillow (*inflatable or very compact – note that a sleeping bag stuff sack filled with clothes works well, too.*)
- ❑ Travel mug

Personal Essentials

- ❑ 1 Travel-size bottle of hand sanitizer
- ❑ Eye mask for sleeping (*Summer days in Iceland typically have 18-20 hours of sunlight*)
- ❑ Personal toiletry items (*toothbrush, toothpaste, soap, brush/comb, etc. – pack shampoos & conditioners in small travel-size bottles*)
- ❑ Medium-sized quick-drying camp towel
- ❑ Lip balm (*with sun protection*)
- ❑ 1-2 packs of Moleskin blister prevention pads
- ❑ Sunglasses with leash
- ❑ Extra pair of glasses/contacts (as applicable)
- ❑ Sun block (SPF 30 or higher)

Other Essentials

- ❑ Spending money (*we recommend no more than \$75 for the trip – consider exchanging money to Krona before the trip to avoid high exchange rates. If your child has an ATM card, they can withdraw Krona at a reasonable conversion rate from any ATM machine – check with your bank regarding any international transaction fees. Include money for laundry and showers (approximately \$10) throughout the trip. Spending money can be put on a debit or travel gift card – note that many VISA gift cards do not work outside of the US*)

Optional

- ❑ Disposable or digital camera (*please do not plan to use a cell phone/smart phone as a camera*)
- ❑ Charger for digital camera/GoPro/any approved electronic device you're bringing (with European plug adapter)
- ❑ Journal and pencil/pen
- ❑ Book for reading (*paperback recommended*)

Remember to check out our [Gear Recommendations](#) blog post for links to many of the items on this packing list!

Just as important as what your child packs, we also want to specifically address items your child *should not* bring with them to their Apogee experience. **Please do not pack the following:**

- ❑ **Smart watches, Kindles, video games, or other electronic devices.** A cell phone is permitted for students traveling to the trip start by airplane, bus, or train but must be handed over to leaders upon arrival. If a student brings a cell phone, Apogee is not responsible for its damage or loss under any circumstances. *Please see our "Electronics and Personal Property Policy" document for more information.*
- ❑ **Bulky cotton items like sweatpants or denim clothing such as jeans.** They are heavy, take a long time to dry when wet, and can be dangerous in cold weather. Synthetic clothing is much more practical. It wicks moisture away in hot conditions and keeps you cool. In cold, wet conditions it will keep you dry and warm.
- ❑ **Knives or multi-tools of any kind.**
- ❑ **More than is suggested on the packing list.** Through years of experience, we feel confident that we recommend sufficient gear and clothing while minimizing unnecessary items.
 - ❑ As there is no dedicated vehicle for this trip, there is no place to store excess gear throughout the trip. Please stick to this packing list and do not over-pack.

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Packing Instructions

Packing Instructions:

1. Please label everything with your child's name
2. This trip is not van-supported; the group will be using private shuttles. Your child will keep their belongings in their duffel bag over the course of the trip, but will need to pack everything up into their duffel and day pack while the group is shuttled from one camp to the next.
3. **If your child is flying:**
 - Please pack your child's day pack with a change of clothes, any important medication, and a water bottle. This bag will act as their primary carry-on item on the plane.
 - Students should carry-on their sleeping bag (as a personal item). We ask this so that your child has something to sleep in if their bag does not arrive on time. *Optional:* If you'd also like to carry on your sleeping pad, you can tape your sleeping pad and bag together (so that they only count as one carry-on item).
 - Students should wear their hiking boots for plane travel.
 - Everything else should be in your child's duffel and the duffel should be checked.