2027 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 in your family portal 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)*
- ❑ **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 soft-sided duffel is preferred, but 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

Clothing Essentials

Please take the warm layers listed below seriously – average summer highs in Iceland are 55-60°F and mornings/evenings are frequently cooler.

- ❑ 6-7 Pairs of underwear, 4-5 sports bras *(as necessary)*
- ❑ 7 Pairs of socks *(synthetic or wool blend socks – do not bring cotton)*
- ❑ 1 Hiking T-Shirt *(synthetic/non-cotton)*
- ❑ 3 Hiking Long Sleeve Shirts *(synthetic/non-cotton)*
- ❑ 1-2 Shirts for wearing around camp *(can be cotton and short or long sleeve)*
- ❑ 1 Pair of athletic/synthetic shorts *(not heavy, cotton cargo shorts)*
- ❑ 3 Pairs of leggings or lightweight, synthetic hiking pants
- ❑ 1 Wool or synthetic long underwear top *(medium weight, long sleeve)*
- ❑ 1 Wool or synthetic long underwear bottom
- ❑ 1 Light or mid-weight fleece jacket, pullover, or synthetic hooded sweatshirt
- ❑ 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.*

Questions? 207.725.7025 or info@apogeeadventures.com

- ❑ 1 Pair of waterproof pants
- ❑ 2 Quick-drying swimsuits *(one for use when showering, one for use when swimming)*
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of mittens or gloves
- ❑ 1 Pair of sport sandals with heel strap for around camp and kayaking (*flip-flops are <u>not</u> adequate*).
- ❑ 1 Baseball cap or sun hat
- ❑ 1 Pair of pajamas (*long-sleeve flannel PJs recommended due to chilly evening temperatures)*

Optional

- ❑ 1 Pair of liner socks *(for helping prevent blisters)*
- ❑ Students may also bring <u>one</u> extra outfit for travel at the end of their trip.

Camping Essentials

- ❑ Synthetic sleeping bag *(20° 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)*
- ❑ Travel mug
- ❑ 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

- ❑ Headlamp with one set of extra batteries
- ❑ Sleeping bag liner *(if you are a cold sleeper, can help increase the temperature rating of your sleeping bag for chilly Icelandic evenings)*
- ❑ Portable camping chair
- ❑ Camping pillow *(inflatable or very compact – note that a sleeping bag stuff sack filled with clothes works well, too.)*

Personal Essentials

- ❑ 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
- ❑ Medium-sized beach towel
- ❑ Lip balm *(with sun protection)*
- ❑ 1-2 packs of Moleskin blister prevention pads
- ❑ Sunglasses with leash
- ❑ Extra pair of glasses/contacts *(as applicable)*

Optional

- ❑ Sunscreen *(leaders will have sunscreen for the group, but students are welcome to bring a small, personal bottle if they would prefer)*

Other Essentials

- ❑ Spending money for souvenirs, laundry, and showers *(we recommend no more than $100 for the trip – trip leaders will designate appropriate times to use personal spending money. If you are sending cash, consider exchanging money to Icelandic Krona before the trip. If your child has an ATM card, they can withdraw Krona at a reasonable conversion rate*

from any ATM (be sure to put travel alerts on your child's card, as appropriate). 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 are bringing (with European plug adapter)
- ❑ Journal and pencil/pen
- ❑ Book for reading *(paperback recommended)*
- ❑ Deck of Cards

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 or other electronic device, Apogee is not responsible for its damage or loss under any circumstances. *Please see our "Electronics and Personal Property Policy" document (available through your family portal in February) 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.**
- ❑ **Medications other than what is listed on your child's Health History Form.** Any medication (over the counter or prescription) that your child is taking must be listed on their Health History Form (available through your family portal in February). Additionally, our trip leaders carry Advil, Tylenol, Benadryl, Zyrtec, Pepto-Bismol, and Tums to administer as necessary to students. Unless your child takes one of those medications daily, please do not send your child with those medications.
- ❑ **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.

2027 Iceland Mountains & Coast 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, packing items into their day-pack as needed for daily access during activities.
3. **If your child is flying**:
    - Please pack your child's day pack with a change of clothes, their rain jacket, 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 duffel 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.