



## Iceland Packing List

### 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.
- Don't over pack! 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.
- Dress in layers on top and bottom, and have two pairs of socks per day. Jeans are discouraged.
- 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 at no extra cost.
- If traveling by air, adults (18 years and older) must carry a picture ID (driver's license, ID card, passport, etc.) that matches the name on your ticket.

### WHAT TO BRING

- Wind and 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
- Flip flops (for showering at Blue Lagoon)
- Spending money (exchange some money prior to departure)
- Gloves, scarf, hat
- Sunscreen & sunglasses with strap
- Camera and charger or batteries
- Cell phone and charger
- Picture ID (if applicable)
- Toiletries
- European plug adapter
- Small backpack or daypack
- Plastic water bottle that fits in pack
- Pen or pencil
- Three gallon-sized bags for wet clothes & to protect your Discovery Journal

### OPTIONAL ITEMS

- Travel alarm clock/watch
- Dramamine pills (not patches)
- Snacks for plane ride
- Hand and foot warmers
- Headphones for plane ride