

Iceland – Clothing and Equipment List

Venturing into any potentially hostile environment without the appropriate clothing and equipment will very probably compromise your comfort and/or safety. You will enjoy your experience and be safe if you follow a few simple instructions and wear appropriate clothing.

There is no need to spend a fortune buying the state of the art Alpine/Arctic equipment!

Your son/daughter will not be asked to endure or undertake any potentially hazardous activities. They could however, be subjected to sub-zero temperatures, cold winds, rain and snow. They will be expected to walk on rough terrain, snow and ice.

KEEPING WARM

- Layering is the key to retaining body heat because air is trapped between the layers and therefore 'insulates' your body from the cold.
- Several thin layers are more effective than any one thick garment.
- Woollen fabrics are better insulators than synthetic fabrics such as nylon or polyester.
- Some modern fabrics are excellent, allowing water vapour to pass through without losing any heat.
- Don't forget your legs! Warm trousers (not jeans) are essential, but bring light ones for summer and always bring waterproof trousers whatever the time of year.
- ... on your feet! Thick woollen socks are best (not nylon)
- A Hat! Needed all year – more heat is lost through the head than any other part for the body. A warm one for winter that also can cover the ears is good.
- Gloves (waterproof): frozen fingers hurt, wet fingers lose heat: uncovered wrists can have significant heat loss.
- Depending on the weather, 3 layers would be normal (and include shorts just in case!!). Whatever time of year, be prepared to carry an extra layer in your daysack.
- Ideas for layers: Base layer of a thermal vest/long johns if cold
Cotton T-shirt if warm
Collared shirt/rugby top or polo sweater (scarf if not polo)
Woollen/breathable fleece/sweater
Insulated jacket/fleece
Waterproof outer garments (top and bottom)

WARNING: Overheating (too many layers) can be as debilitating and dangerous as getting cold, so don't start your day looking like an arctic explorer/Michelin man or woman by wearing everything!

KEEPING DRY

- Getting wet leads to cold/heat loss which can lead to hypothermia which is very serious
- A fully waterproof out garment is ABSOLUTELY essential. Beware of misleading claims common amongst cheaper brands of nylon-based garments. Gore-Tex, Paramo or similar fabric is advisable.
- Waterproof trousers are a must.

STAYING UPRIGHT

- Boots are essential! Trainers, however expensive, are no substitute as they don't give you ankle support. Wellington boots are not to be used as although they are waterproof, they're useless for gripping on wet rocks.
- Please don't feel obliged to spend a small fortune on 4-season boots which may only be used for a week. Any waterproof with a vibram or similar moulded rubber sole will be adequate. Please wear them in before going to Iceland

INDOOR CLOTHING

The places where we stay are warm and comfortable and so you will need light clothing and footwear (eg trainers) to change into during the evening.

OTHER EQUIPMENT

- Sunglasses – all year round there's a high albedo (reflection of sunlight) off snow and ice. They also protect you from dust-storms if there are high winds blowing off ash areas. Contact lens users may wish to bring 'goggles'.
- A small day-sack – big enough to carry spare jumper/waterproofs plus packed lunch, drinks bottle, camera etc
- Sun-block cream

PERSONAL

- Towel (suitable for when swimming)
- Swim-wear
- Personal Toiletries
- Personal medications (staff can look after any prescribed medications if necessary)

OTHER USEFUL THINGS TO HAVE

- Thermos flask or water bottle in summer
- Packed lunch box
- Snacks to add to packed lunch
- Plasters and paracetamol etc
- Writing paper, pens, pencils
- Plastic bags
- Iceland booklet (will be given out nearer the time)

ELECTRICAL ITEMS

For reasons of safety, the use of musical devices etc with head-phones/ear pieces is not permitted when out in the field. You must have your own personal insurance for any such items

GROUP/INDIVIDUAL SAFETY

- Rules and regulations will be kept to a minimum
- When instructions are given, they are given for a reason ... YOUR SAFETY!
- Follow all instructions from your staff/party leader
- Disregarding any instructions will be viewed as being a serious breach of discipline

WE, the staff, rely heavily on **YOU** to make this a successful, enjoyable and memorable experience: we are a team together!