

KIT LIST

Below is a suggested list of items for a Geography Study Tour to Iceland. Each individual's weight limit for baggage is **44 lbs. (20 KG.)**. Everyone should carry essential items (cash, passport, camera, film) as hand baggage.

For main baggage, only one or two units should be used. Rucksacks are not necessary (although they are acceptable) and a **suitcase** or a **sturdy sports holdall** is adequate and often better (they pack more efficiently into the coach). Everyone must be able to carry all their luggage short distances. It is a good idea to use a **day rucksack** for your one piece of *hand* luggage.

As a guide to the type of clothing to take, you will want to be able to dress to be **warm, dry and windproof** at all times and on successive days.

Passport		
Walking boots (broken in)	Washing Kit	Camera
Walking socks	* Towels	Film/memory cards
Trainers	Travel wash	Batteries and charger
Socks (thick and thin)	Day rucksack	Cash (sterling)
Casual trousers	Midge repellent	Icelandic Kronur
Lined trousers (start/end yr)	Suntan oil (honestly!)	Snack food
Waterproof over-trousers	Water bottle	Scarf
Warm outer jacket	Personal stereo	Gloves
Sturdy outer waterproof	CD's and tapes	Hat/baseball cap
Jumpers	Playing cards	A book/magazine
Shirts/Tee-shirts	Sunglasses (really!)	Medications
Underclothing	Field notebook (A5; hardcover)	Lip salve
Swimming costume	Pens, pencils, crayons	Eyeshades (for sleeping)
Plastic bags for dirty clothes	European adaptor plug	Geography study material

* Your own towel for use at swimming pools is a good idea. Best of all are the quick drying towels available from Outdoor Stores.

Since much of your time will be outdoors then clothes need not be *too* fashionable – *function* rather than fashion! “Good” clothes might only be required for days in Reykjavik.

To help keep to weight limitations it's quite acceptable for everyone to wear their walking/hiking boots between the U.K. and Reykjavik.

Any unexposed or exposed film should always be carried in **hand** luggage.