

Packing List Spring Break Program in Iceland

When deciding your packing list for our program, please keep in mind your luggage space AND carrying your bags. YOU and only YOU are responsible for carrying your own weight so PACK MINDFULLY! Bring luggage with wheels or a duffel bag. Anything you can carry easily yourself. Luggage cannot exceed 50 lbs. Not only will you incur outrageous baggage fees, you'll carry that weight around the entire trip. One checked bag AND a personal carry on item- like a sturdy backpack will do quite well. Put a spare t-shirt and undergarments in your backpack for the flight, in the event we have luggage delays or issues, you're covered for a day! LABEL YOUR LUGGAGE! The airport will have luggage tags, but if you or your parents have some grab those as well. Consider a TSA approved luggage lock as well.

Use the following as guidelines and suggestions to thoroughly pack for Iceland. While we want you to come prepared. Please consult with your parents and program leaders with questions PRIOR to departure!

We can expect temperatures to be as high as 37 during the daytime hours, and as low as 28 degrees in the evenings. Consider a day-pack that might fold up into your luggage and be used daily on the trip.

WHAT TO BRING

PASSPORT! PASSPORT! PASSPORT! (and an extra copy)

- Bring a Day Bag, can / should be used as your carry-on
- 8 warm, long sleeve shirts
- 1-2 Warm insulating layers (fleece and/or light puffy jacket)
- Winter Coat (outdoor ski-jacket type and waterproof required)
- 3-5 pairs of jeans or warm pants
- 1-2 pairs of leggings / thermal long underwear for under pants
- Waterproof pants
- Winter Hat & Scarf or Neck Gaiter
- 1 Pair of Insulated Winter Gloves
- Underwear and heavy socks
- One nice outfit (for a meeting or dinner)
- Flip flops / shower shoes for hot springs visits
- Comfortable indoor shoes for time at guesthouses
- Bathing suit and towel
- Winter Boots and / or comfortable outdoor shoes (**waterproof!**)
- European power adapter (and converter if necessary).
- Toiletries! — shampoo, conditioner, brush/comb, toothbrush, toothpaste, face cleansers, deodorant, contact lens stuff.
- Sunscreen (it can be very sunny on the glacier)
- Personal medications. Any scripts need to be cleared by the Health and Wellness Center.
- All of your full-size liquids **MUST** go in your checked back- so consider a plastic bag in case of an unforeseen accident. Liquids you want to bring in your carry-on must pass TSA guidelines.

Consult the TSA website for regulations; usually 3oz or less. This includes makeup! They'll take any items that do not meet regulations. This will slow us down at TSA checkpoints.

- Glasses / sunglasses (polarized preferred)
- Travel alarm clock. Don't rely just on your phones for alarms; trust us, we've seen how that works.
- Chargers for phone; or any mobile device you bring. And the correct adapter.
- **YOUR JOURNAL! Pens/pencil**
- Headlamp with extra batteries
- Refillable Water Bottle
- Small wallet or money belt for valuables
- Money. Consider nothing more than \$200 in cash with you. All of your greatest hopes and dreams for an extraordinary experience in Greece!

WHAT TO LEAVE BEHIND

- Any item that would lead you to departing early from the trip because it violates MSRs. This includes but is not limited to; vaporizers, pods, drugs, alcohol, any tobacco products. Leave it off of this trip, and strongly consider eliminating it from your life entirely.
- Anything of irreplaceable value. Use a wallet/money belt. Something inconspicuous. Items lost or stolen will likely not be recovered.
- All of the negative vibes.