



Keep your eyes to the skies on our Icelandic trek

LAND OF THE NORTHERN LIGHTS

1 - 5 November 2024



www.different-travel.com

info@different-travel.com

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Iceland Land of the Northern Lights Trek

1 – 5 November 2024



Trip overview

The Trek

Explore the other-worldly landscapes of Iceland. Spend three days trekking across fields of geothermal activity with bubbling mud pools and hot springs, the peaks of the Mount Hengill heritage site and the fault lines between Europe and America. Keep your eyes to the skies and you might be lucky enough to experience Lady Aurora herself!

Iceland

Iceland is a Nordic island sitting in the North Atlantic and Arctic Ocean, just outside of the Arctic Circle. It is the most sparsely populated country in Europe and with its constantly active geologic border is littered with volcanoes, glaciers, mountains, geysers and lava fields.

It's capital Reykjavík, the world's most northerly capital, is the heart of Iceland's cultural, economic and governmental activity. Established as the first Icelandic settlement in 870 AD, Reykjavík has gone through many changes in its long and storied existence. It's home to the National and Saga museums, tracing Iceland's Viking history. The striking concrete Hallgrímskirkja church with its rotating Perlan glass dome, and the modern glass honeycomb structure of the Harpa concert hall and conference centre are architectural marvels offering sweeping views of the sea and nearby hills.

What is the experience like?

Who accompanies us?

You will be accompanied by local guides who have an excellent knowledge of culture and hiking in the region. The guides are first aid trained and will support you throughout your journey. You will also be accompanied by a Different Travel Company UK tour manager.

How tough is it?

This trek is graded **moderate to challenging**. You will be trekking long distances over varying terrain on consecutive days.

What is the climate like?

Temperatures can typically peak to around 6°C during the day and drop to around 1°C at night however you must be prepared for variations to this which are out of our control. Weather during the adventure will be dry with light winds and rain is possible. Please note: the temperatures and conditions above are historically accurate but climate change can impact the seasons so you may experience uncharacteristic conditions during the trip which are out of our control. The guides will assess the situation and make decisions to ensure the best enjoyment and safety of the group.



Where will we stay?

You will stay in a hotel or similar for the duration of the trip. Travel to and from the airport and hotel will be by private minibus.

What is the food like?

You will be provided with plenty of hearty Icelandic meals which typically include fish and lamb and will keep your energy levels high for each day of discovery. Please inform us in advance if you have any dietary requirements.

Practical information

Who can take part?

The minimum age is 18. It may be possible to participate if you are 16 or 17 years old but you must be accompanied by a parent or guardian. There is no upper age limit. The ideal candidate would be fit, healthy and determined, open to adventure and adaptable to unexpected changes.

How fit do I need to be?

If you do not already regularly exercise you should aim to start training (including plenty of hills) as early as possible. The best training is hill walking, which will prepare you for the type of terrain you will experience. Other activities which can complement hill walking include running, cycling, gym workouts, boot camps etc.

Building up your core and leg muscle strength is important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home – no gym needed. You can download a number of free apps, which will help you train and track your progress, e.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal (for a variety of sports).

You must take your training seriously and arrive as fit as you can be, so you get the most out of this challenge.

How should I prepare?

You must engage in training (including plenty of walking up and down hills) before departure to ensure your best chance of enjoyment on the trip. This could include hill walking, running, cycling, gym workouts, boot camps, etc. You can download a number of free apps to help you train and track your progress, e.g. MapMyWalk, C25K, MyFitnessPal, etc. Attempting to complete the trek without training will make it more challenging than necessary and will be detrimental to your experience, and the experience of your teammates.

Medical Declaration

We require a medical form to be completed by everyone upon registering, and any pre-existing conditions, medications used and other medical issues must be specified. All your medical details are treated in the strictest confidence.

The information will be securely screened by a qualified medical professional, and details provided to your tour manager and local guides so our staff are adequately informed and prepared to support you during the trip. By completing our booking form you are giving consent for us to contact you confidentially with any follow up questions regarding your health.

If you declare any medical conditions you may be asked to provide more information, or we may request to contact your GP.

In the event that your medical issues at the time of booking represent a concern for your safety and wellbeing, or the safety and wellbeing of others in the group, you may be recommended not to take part. If this happens your booking will not be confirmed and the deposit will be refunded.

We must be informed if any conditions or medication change, or if new conditions develop. If necessary confirmation of fitness to travel from your GP or specialist may be required.

Please note that we will never unreasonably deny participation on a trip nor contravene the Equality Act 2010.

Covid-19

Your health and safety is our top priority so rest assured that we are taking steps to ensure you not only have a memorable experience, but a safe one too.

We constantly monitor and follow the advice of the British Foreign, Commonwealth and Development Office (FCDO) who provide recommendations and advice to British travellers about travel to a certain destination.

Health and safety is our top priority so we will **NEVER** operate a trip in an area where there is clear and present risk to our team members, whether that is due to a health outbreak, political instability, natural disasters or anything else.

If travel restrictions either in the UK or Iceland prevent safe travel we will look to either postpone or cancel your trip at no cost to you.

Please note that at the time of travel there may be enhanced safety and security measures in airports, bag drop may take longer, and you may need to provide a certificate of health or proof of vaccination.

We will inform you about any information pertinent to your travel arrangements.

If you have any questions or concerns, please contact us on info@different-travel.com.



Trip cost

A £375 registration fee is payable at the time of booking. You can then choose one of the three payment options:

1. **Self-funded:** Pay your own tour costs balance of £1,450 by 2 August 2024. You are welcome to fundraise separately for any charity of your choice, but this is not mandatory. Any fundraising undertaken cannot be used for your trip costs.
2. **Sponsorship:** Fundraise £2,900 for your chosen charity by 19 July 2024. This includes your £1,450 tour costs balance and a £1,450 donation to charity.
3. **Flexi:** Pay your own tour costs balance of £1,450 and fundraise £1,450 for a charity of your choice by 2 August 2024. Any fundraising undertaken cannot be used for your trip costs.

What is included?

- ✓ Return flights from London (inc. current taxes and fuel surcharges),
- ✓ Transfers and transport in Iceland
- ✓ Accommodation in hotels (4 nights)
- ✓ Meals as specified
- ✓ Local guides
- ✓ Different Travel UK tour manager.

What is excluded?

- ✗ Travel insurance
- ✗ Tips (suggested £50-60pp)
- ✗ Personal expenses (e.g. drinks, souvenirs etc.)
- ✗ Vaccinations



Itinerary

Day 1 (Friday 1 November 2024):

London - Reykjavik

Depart London for Reykjavik and transfer to a hotel on the southern coast of Iceland.

Overnight: Hotel

Meals: Dinner

Day 2 (Saturday 2 November 2024):

Nesjavellir – Reykjadalur – Hveragerdi

After breakfast we drive to Nesjavellir from where our day's hike starts. We will hike across a field of geothermal activity with bubbling mud pools to Ölkelduháls. From there we continue down to the magical valley of Solfataras and hot springs called Reykjadalur where those brave enough can dip into a natural hot river. We continue down to the car park near Hveragerði where our bus waits us. Short drive back to our hotel.

Overnight: Hotel

Meals: Breakfast, lunch, dinner

Trek: approx. 14km

Day 3 (Sunday 3 November 2024):

Hengill – Mt. Vorduskeggi

After a good breakfast we drive up to the Mt Hengill area. From there we will hike up to Vörðuskeggi Peak (805m). From the top you will enjoy views of Lake Þingvellir and Langjökull to the north and Eyjafjallajökull and the distant Westman Islands. From there we will hike up to Mt Skeggi the highest peak in Hengill heritage site. We will then return to our hotel for dinner and a jacuzzi!

Overnight: Hotel

Meals: Breakfast, lunch, dinner

Trek: approx. 13-14km

Day 4 (Monday 4 November 2024):

Þingvellir National Park - Reykjavik

A short drive brings us to the National Park of Thingvellir where we will hike along the fault lines that divides America and Europe. After the hike we drive to Reykjavik for your celebration dinner in town and last night at a hotel.

Overnight: Hotel

Meals: Breakfast, lunch, dinner

Trek: approx. 10km



Day 5 (Tuesday 5 November 2024)

Reykjavik - London

Today we take the flight home back to London.

Meals: Breakfast

N.B. This itinerary may change due to weather, the ability of the group and so on. We will do our best to keep to the itinerary but we cannot be held responsible for changes outside of our control. In all circumstances your guide and tour leader will have the final say in the interest health and safety.

Before you go! Information to prepare you for the trip

Travel practicalities and country information
Trek knowledge
Food and drink
Kit tips
Luggage
Responsible travel and culture
Fitness, health and safety
Kit list

Travel practicalities and country information

Visas

British passport holders do not currently require a visa to enter Iceland. Travellers of other nationalities must check the entry requirements at the Embassy of Iceland. You must have at least six months validity on your passport from the date of entry.

Travel insurance

The Different Travel Company will do everything possible to ensure a safe and enjoyable trip however unexpected things can occur such as delays, medical problems, baggage loss, cancellation by you etc. The purchase of travel insurance is mandatory; you are advised to organise it at the time of booking to ensure you are covered immediately.

Different Travel is an Unregulated Introducer of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

You can find out more here: <https://microsite.campbellirvinedirect.com/differenttravel>

Please note: most travel insurance policies protect you before departure too so it is advised to buy insurance as close to booking as possible as it may protect you against the loss of your non-refundable, non-transferable registration fee if you cancel due to injury, illness etc.

Phone and Wi-Fi access

Iceland is served by three main mobile networks: Siminn, Vodafone and Nova. Coverage can be good in major towns and popular routes but patchy in more rural areas (especially in the Golden Circle) but your access to phone reception will vary depending on your home network, roaming capabilities, contract type and mobile handset. In general most people should have reception while in the cities. Wi-Fi is available in hotels. Please contact your phone provider to find out details about costs and remember to turn off data roaming on your phone to avoid incurring high data charges.

Electricity

Electricity in Iceland is 220V. The plugs used are European two round pin plugs. Electricity is only available at the hotels. Please bring the necessary plug adaptor, ideally one which has USB ports so you can charge multiple devices at once. If access to electricity during the trip is important to you, you are advised to bring a portable power pack (power bank or battery pack) which when fully charged allows you multiple charges of USB-powered devices such as phones. You should buy a power pack with a minimum capacity of 15,000mAh (max. 20,000mAh due to airline regulations) and these are widely available online. Solar powered chargers are usually fairly reliable for this trek due to the high possibility of sunny conditions however they do not usually store power so devices need to be plugged in while the solar panel charges.

Money

The currency of Iceland is the Icelandic króna. At the time of writing there were approx. 173 Icelandic króna to the pound (correct at December 2022). You need to bring money for tips (approx. £50-60), drinks and souvenirs; around £200 should suffice depending on how much you wish to buy.

Accessing cash

Iceland is an almost cashless society and the majority of purchases are made by credit or debit card so be aware that your bank may charge for overseas withdrawals and transactions and some banks block overseas transactions; inform your bank of your travel plans before departure and check fees.

Tipping

Tipping your trek team is welcomed and expected, and we would recommend allowing around £50-60 in total for tips per trekker.

Photocopies

Remember to photocopy of all your documents (insurance details, passport, credit/debit cards etc.) and take a copy with you during the trip, stored separately from the original copies. You should also scan and email these documents to yourself and leave a copy with a trusted family member or friend. If you lose any of your documents you will then have access to a copy with you and online. You may also wish to upload your documents to cloud storage such as Dropbox or Google Drive.

Photography

When taking photographs of the local people, you must ask their permission. Taking a photograph of someone without their permission can cause offence. In contrast, taking photographs of someone you have become friendly with is usually very welcome.

Language

Icelandic is the official language of Iceland but 98% of the population speak English. Some helpful phrases in Icelandic include:

Hello	<i>Halló</i>	Please	<i>vinsamlegast</i>
How are you?	<i>hvernig hefurðu það</i>	Good morning	<i>Góðan daginn</i>
I'm fine, thank you	<i>ég hef það gott, takk fyrir</i>	Good evening	<i>gott kvöld</i>
Yes	<i>Já</i>	Good night	<i>góða nótt</i>
No	<i>nei</i>	Goodbye	<i>bless</i>
Thank you	<i>þakka þér fyrir</i>	Cheers	<i>skál</i>

Trek knowledge

Accommodation

You will stay in a hotel or similar for the duration of the trip. A single-occupancy hotel room may be possible subject to availability and payment of a single supplement.

Hygiene and toilet facilities

The hotels have en-suite facilities with flushing toilets and hot showers.

If you need to use the toilet during the trekking day you must find a private area off the trail. You must never leave used toilet paper on the ground; this must be packed up into a nappy bag or sanitary disposal bag, pop it in your daypack and dispose of it properly at the accommodation (please bring your own nappy sacks with you). You should bring one roll of toilet paper for your own use.

Altitude

This trek does not take place in an area of high altitude.

Food and drink

Water

It is perfectly safe to drink the water in Iceland. The water in Iceland is amongst the purest as it comes from a natural spring source. Taps are marked if, for any reason, the water is not safe to drink from. It is advised to fill your water bottles at the start of each day at your accommodation.

Keeping hydrated

During the adventure you will need to drink at least 3 litres of water per day to stay hydrated, *plus* any soups or hot drinks served. Electrolyte tablets (e.g. Nuun, High5, PowerBar etc.) are flavoured effervescent tablets which contain salts and minerals which are naturally lost from your body when you sweat. By adding these tablets to your water it not only offers flavour to your water but it can help prevent dehydration before it begins. Electrolyte tablets are widely available in outdoors stores and online for around £8 for 12 tablets. You may also wish to bring a small supply of rehydration salts (e.g. Dioralyte) which treat dehydration.

Water bottle

You will need to bring your own bottles to carry at least three litres of water per day. Some people will bring a 2-3 litre CamelBak hydration system (for effortless access to water while you trek) plus one 1-litre water bottles (e.g. plastic Nalgene or metal Sigg bottle). Some people prefer to bring three 1-litre bottles. The choice is yours. If you're bringing a CamelBak hydration system, a separate 1-litre bottle is essential as it can be used as a backup if your hydration system fails.

Please write your name on all your bottles in marker pen. Please note that 'own brand' and cheap hydration systems are notorious for splitting, leaking or valves not functioning properly. CamelBak and Platypus are the leader in this market because their products are significantly better quality and more reliable.

Dietary requirements

The majority of special diets, such as vegetarian, vegan, gluten-free, etc., can be catered for if we are notified in advance. Please ensure that you notify us of any dietary requirements at the time of booking or as soon as possible. Please note that we cannot guarantee that food preparation will have taken place in a contamination free environment.

Food

Breakfast, lunch and dinner are included throughout the trip as specified on the itinerary. Most meals are likely to consist of fish or lamb.

Snacks

You may wish to bring a selection of snacks for energy, a pick-me-up or a little taste of home. Please bring snacks you have tried before (and enjoy!) so they are appetising to you. Items such as sweets, individually wrapped cake bars, protein bars and dried fruit are ideal but don't forget to bring savoury treats also such as salted nuts, Cheddar biscuits or salted crackers.

Kit tips

Discount

When you book you will receive a discount and vouchers booklet. Please check the documents section of your online profile.

Clothing

Your clothes should be made of technical fabrics designed to wick sweat away from your body which keep clothes dry and smelling fresh. Merino wool, nylon, polyester, polypropylene and bamboo fabrics are all effective technical fabrics. Cotton clothes absorb sweat, stay damp and can lead to chafing, discomfort (and also get smelly fast). Technical items can be worn for days without smelling meaning you don't need to buy, or pack, as many items of clothing.

Sports, gym or running clothes are usually non-cotton so check what you have already before you go shopping. If you select the right garments you can comfortably wear these for the entire trek. Remember it gets cold at night and in the mornings so please bring warm layers (e.g. fleece, hoody, insulated jacket) and a hat.

Footwear

You should bring lightweight, breathable trekking boots with good ankle support and a high quality flexible sole such as Vibram; walking trainers are unsuitable. Please do not bring Army style 'desert boots', normal trekking boots are fine. If you are buying a new pair of boots, please try on lots of pairs before you buy; don't buy online unless you've tried them on first. Please ensure you buy new boots well in advance of departure so you have time to break them in properly. You are strongly advised to wear your boots on the plane (or take in your hand baggage) in case there are any problems or delays with your luggage. Comfortable boots are the most difficult item to replace at short notice.

Socks

It is important that the socks you choose are high quality, non-cotton and will not slip down in your boots which causes blisters. Never wear cotton socks which absorb sweat making them damp and more likely to rub against your feet, causing blisters. Socks containing Coolmax (a brand of polyester) or nylon have wicking properties which means that it pulls sweat away from the skin for it to evaporate. Good brands to consider include Bridgedale, Smartwool and Brasher.

Hiking poles

Hiking poles can be very useful on ascents and descents, particularly when carrying a heavy pack on uneven terrain. Poles are also very useful for stability. They are not mandatory but are recommended. You should use them on your training walks to familiarise yourself on how to use them. If you bring hiking poles they must fit inside your suitcase/kitbag for the purposes of the international flight.

Headwear

A hat with a wide brim is recommended and/or a Buff (see <https://www.buff.com/>).

Head torch

This is a vital piece of kit. Petzl is one brand which makes good quality headlamps but there are many head torches available from other companies. Please ensure you take an LED torch as ones with bulbs are not bright enough. Bring your head torch with fresh batteries inside it, and take a full set of spare batteries. Do not bring a wind-up head torch as these are unreliable. Keep your head torch in your backpack every day. Please ensure you put fresh batteries in before departure, and bring some spare batteries.

Sunglasses

These are important even on overcast days. They must offer a minimum of 100% UV protection, and polarized sunglasses are ideal. Taking a spare pair is recommended.

Luggage

This trip is different to a standard holiday so you will need the following luggage items:

1. A small daypack

You are responsible for carrying your own daypack containing essentials for each day. We recommend you bring a 25 litre rucksack which **must** have a hip belt and a chest strap. High quality brands to consider when looking for a suitable pack include Osprey, Berghaus and Lowe Alpine (amongst others) and you are strongly advised to visit a reputable store like Cotswold to have your backpack fitted, as they come in a variety of sizes, and some brands offer male and female specific fits. You can expect to carry your personal first aid kit, sun cream, three litres of water, snacks, toilet paper, wet wipes and camera. It could weigh 6-8kg when packed, so you should make your backpack selection carefully and ensure it fits correctly and is comfortable. You will not have access to your main pack while trekking.

2. A suitcase

If you bring a suitcase, it will be stored at the hotel along with anything not required for the trek (e.g. toiletries, travel clothes, books etc.). You will have access to this luggage each night throughout the trip.

3. You should bring some **combination padlocks** to secure your luggage.

Responsible travel

We are environmentally conscious and aim to minimise our impact as much as possible. Key points:

- Never leave toilet paper or litter on the trail.
- Don't dispose of fruit peel, cores or seeds on the ground; although they decompose eventually they are unsightly and may attract animals.
- Turn off lights when not in rooms.
- Minimise your water usage by having short showers.

Etiquette

Always endeavour to be polite and respectful. If you show respect, then it will be reciprocated. Some tips include:

- Respect other accommodation guests by keeping noise to a minimum, especially early in the morning and late at night.
- Be respectful to your guides; don't forget to say please and thank you.
- Be considerate of the feelings of other group members.

Fitness, health and safety

Fitness training

You should start training when you have booked your place on the challenge. The best form of training for a trek is get outside and start walking. If you're not a regular walker, start slowly with short distances then as you get more comfortable, increase your mileage and add in more challenging terrain until you can comfortably walk for several consecutive days, for around 8 hours at a time, on hilly terrain while maintaining a comfortable pace without needing to stop more than frequently than once an hour for a 5-minute rest.

Hill walking while carrying a fully packed backpack while wearing your hiking boots should feature predominantly in your training as this will help prepare your body for the terrain and baggage load you will experience during the trek.

Other activities which can complement hill walking include running, cycling, gym workouts and boot camps etc. Developing your core and leg muscle strength is also important so exercises such as squats, lunges, push-ups, planks and crunches will really enhance your training. These exercises can be done at home; no gym needed.

You can download a number of free apps, which will help you train and track your progress. E.g. MapMyWalk, C25K (couch to 5k run), MyFitnessPal.

Please note that attempting to complete the trek without any training may make the experience unnecessarily difficult and hinder your experience, and also the experience of your teammates.

The local guides, in consultation with your Different travel tour manager, may advise that if you are not fit enough to continue that you leave the trek.

Vaccinations and travel health

Different Travel regrets that we cannot provide medical advice or recommendations. You are advised to seek medical advice at least 8 weeks before travelling to ensure that all appropriate vaccinations are up to date. For general information visit www.fitfortravel.scot.nhs.uk or www.travelhealthpro.org.uk but your GP or travel health professional should be the first stop for a consultation tailored to your medical history. Please note that failure to be adequately vaccinated, or take necessary prophylactic medication can invalidate travel insurance policies as it is considered that you have not taken necessary precautions.

First aid kit

You should bring a small first aid kit of essential items which is for your own personal use and keep it in your backpack. Suggested items to include: personal prescription medicine, Compeed blister plasters, painkillers, plasters, antiseptic wipes, anti-histamine tablets, indigestion remedy, Imodium (Loperamide), rehydration sachets, lip balm with SPF, antiseptic cream, zinc oxide tape etc. Please keep the contents to a minimum as you have to carry it yourself.

Emergencies and evacuations

In the unlikely event of a serious illness or accident, the local team will ensure you are transferred as swiftly as possible to the nearest hospital. Please ensure your travel insurance covers you for airlifting/emergency evacuations as this can be required to reach casualties on more remote trails in an emergency. You are recommended to bring a credit card during the trip in the event that you need to pay for medical treatment upfront in the event of an emergency.

Safety

Please take common-sense precautions while travelling to ensure your safety and the protection of your belongings. For example: leave flashy jewellery, watches and accessories at home; keep wallets out of sight stowed in a handbag or backpack rather than sticking out of a pocket; don't leave bags unattended at any time; carry cameras in their cases rather than carrying them openly with the camera strap; split cash into different pockets rather than carrying all your money in one place, especially immediately after you have used the ATM; and so on.

Zinc Oxide tape

This tape is really useful to prevent blisters. When you feel your boots start to rub against your feet, you should stop and remove any debris from your boots and check your feet. If a hot spot is developing (a red, sore area without broken skin) you can apply zinc oxide tape to the area and it will stop (or slow down) a blister developing. If you are too late to prevent the blister then you should clean the area and apply a Compeed blister plaster instead.

Last updated January 2023

KIT LIST - LAND OF THE NORTHERN LIGHTS

The kit you take on your trek can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous trekking experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport and Copy	ESSENTIAL
E-Tickets	ESSENTIAL
Travel insurance	ESSENTIAL
ATM and credit card (s)	ESSENTIAL
Cash (£ Sterling)	ESSENTIAL
Pen for immigration forms	ESSENTIAL
Sunglasses (preferably polarized)	ESSENTIAL
Mobile phone + charger	ESSENTIAL
Camera + spare batteries	SUGGESTED

LUGGAGE	✓
Suitcase/large holdall	ESSENTIAL
Daypack (25 – 30 litres)	ESSENTIAL
Hand Luggage (take note of dimensions from airline)	ESSENTIAL
Combination padlocks	ESSENTIAL

CLOTHING AND FOOTWEAR	✓
Trekking boots: Wear on flight or carry in hand luggage	ESSENTIAL
Lightweight trek trousers (zip off trousers ideal)	ESSENTIAL
Non-cotton base layer	ESSENTIAL
Non-cotton, technical t-shirts	ESSENTIAL
Non-cotton long sleeved top/shirt	ESSENTIAL
Trek socks	ESSENTIAL
Underwear	ESSENTIAL
Warm jacket (e.g. down/Primaloft)	ESSENTIAL
Warm mid layer or fleece	ESSENTIAL
Waterproof jacket	ESSENTIAL
Waterproof trousers	ESSENTIAL
Thermal top and bottoms (can also be used as pyjamas)	ESSENTIAL
Sun hat	ESSENTIAL
Warm hat	ESSENTIAL
Warm gloves	ESSENTIAL
Buff (www.buffwear.co.uk)	SUGGESTED

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner, shower gel, nailbrush and nail care kit	ESSENTIAL
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat), throat lozenges, decongestant, Vaseline	ESSENTIAL
Hairbrush/comb	ESSENTIAL
Lateral flow tests (Min x2)	ESSENTIAL
Disposable masks	ESSENTIAL
Feminine care products	SUGGESTED
Travel towel	SUGGESTED

OTHER KIT	✓
Sun block (high SPF)	ESSENTIAL
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	ESSENTIAL
2 ltr water hydration system (e.g. Camelbak)	ESSENTIAL
1 ltr water bottle	ESSENTIAL
LED head torch + spare batteries	ESSENTIAL
Adaptor (European 2 round pin)	ESSENTIAL
Ear plugs	ESSENTIAL
Trainers/casual shoes for evening	ESSENTIAL
Casual clothing for travel days	ESSENTIAL
Hiking poles – to be stowed in hold luggage for flight	SUGGESTED
Energy food/snack bars	SUGGESTED
Swimwear	OPTIONAL
Bags for dirty washing	OPTIONAL
Spare glasses/contact lenses	OPTIONAL
Video camera + charger	OPTIONAL
MP3 player/ipod	OPTIONAL
Portable power bank	OPTIONAL
Books/packs of cards	OPTIONAL
Travel pillow	OPTIONAL