

# PACKING LIST - ICELAND BY HORSEBACK

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your horseback riding adventure in Iceland. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

### Packing Considerations

On this trip, you can expect temperatures from 40° to 57°F. The weather in Iceland is notoriously variable and often very windy. When it is sunny, you need to wear strong sunscreen. Good layers of thermal underwear paired with a windproof jacket will keep you warm and snug even in colder temperatures. Good gloves and socks are important as well. Always remember: A warm rider is a happy rider!

Please note that helmets will be provided, and you must bring 2 pairs of NEW riding gloves that have never touched a horse.

If you want to bring your own riding gear:

Please see and follow the restrictions of the Icelandic Veterinary Authority in regard to bringing used riding clothes to Iceland: <http://www.mast.is/english/frontpage/import-export/import/ridingequipment/>

Icelandic horses are not vaccinated and are therefore susceptible to infectious agents from abroad. Visitors are asked to adopt strict biosecurity measures.

Importing the following equipment without proper disinfection is strictly prohibited:

- Used riding equipment, such as saddles, bridles, nose-bands, pads, rugs, whips, leather boots etc.
- Used riding gloves

Cleaning and disinfection: Used riding clothes and boots should be washed in a washing machine or dry cleaned prior to entering the country. Used riding clothes and boots that cannot be placed in a washing machine or dry cleaned should be washed and disinfected as follows:

- Rinse thoroughly with detergent
- Dry
- Spray with 1% VirkonS® (10g per liter of water)
- Store for at least five days prior to bringing the clothes into contact with horses in Iceland

Note that used leather riding boots are not allowed. Leather riding boots must be NEW.

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## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- Knee-high rubber riding boots
- Slippers/flip flops to wear inside
- 4-5 pairs wool socks
- 2-3 long underwear tops
- 2-3 long underwear bottoms
- 2-3 wool sweaters/fleece jackets
- 2 pairs good-quality riding pants (not jeans, even if you are used to riding in them at home)
- 1 set of nicer clothes for the farewell dinner
- 1 waterproof/windproof jacket
- Underwear & bras
- 1-2 bandanas/Buff
- 1-2 thin balaclavas/buff to wear underneath your helmet (helmets will be provided)
- 2 pairs of riding gloves (must be new and never on contact with a horse)
- 1 bathing suit
- Sleepwear
- Heavy-duty rain gear (jacket and pants)
- Comfortable walking shoes/trail shoes for walking in on the street and hiking
- Small water bottle or flask to fit in a coat pocket in case a saddle bag is not provided
- Optional Head Net - sometimes the flies are out on the beach

### AdventureWomen Essentials

- Travel documents (passport, airline tickets, money)
- 2-3 spare passport photos (in case of lost passport)
- Optional locks for your suitcase/duffel bag
- Optional travel alarm clock with spare batteries or phone

- Binoculars (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- Optional digital camera, memory cards, battery charger
- Phone/Camera strap
- Power adapters
- Optional power bank
- Sunglasses, case, and strap
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Optional sleep mask
- Optional assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- Reading material/journal and pens
- Masks/face coverings

### Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen - if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- After-bite anti itch cream
- Cotton-tipped applicators
- Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes

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- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*