



GoBeyond Iceland

Packing List

Important Notes

Pack smart and travel light! – For your travel bags, bring no more than the following...

- 1 large bag – This bag should be reasonably sized (no more than 50-70 liter capacity), as students are responsible for carrying their own bags. Wheeled luggage is allowed but should be easy to carry over long stretches of rough terrain (dirt ground, cobblestone streets, stairs, etc.). Oftentimes students prefer a wilderness-style backpack for their ease of use in various environments abroad.
- 1 small backpack/daypack – This bag will be used for day trips, so should be large enough to carry a few small items (water bottle, raincoat, warm layers, snacks, camera, etc.).

Weather – July is one of the warmest and driest months for Iceland, yet only averages highs in the mid to upper 50s (°F) and lows in the mid to upper 40s (°F). With occasional rain showers and windy days, please bring raingear and clothing that can be easily layered to adjust to swings in the environment.

Dress Etiquette – Sleeveless and/or low cut shirts (tank top style, those with spaghetti straps, etc.) and other beach-style attire are not appropriate dress for many of our projects and excursions. People dress professionally and conservatively in Iceland, so we ask that the majority of your shirt tops be traditional t-shirts with short or long sleeves, without V-necks, scoop, or low cuts and that you are prepared for excursions on land with appropriate pants and shorts (NOT board shorts or leggings).

Laundry – Students will have one opportunity to do laundry during the trip. Before travel, please use a permanent marker to label your items. Any lost, unlabeled items found at the end of the program will be donated to our affiliate organizations. Also, for the service projects and excursions, please pack clothes that you don't mind getting dirty. GoBeyond is a focused community service experience, so clothes can and do get ruined on program!

Bedding – Our accommodations in Iceland range from eco-villages to B&Bs to hotels and more basic cabins. Bed linens will be provided. Though not required, if you are more comfortable in your own bedding, we suggest bringing along a mid-weight sleeping bag.

Valuables – GoBeyond is not responsible for lost, stolen, or damaged items. If you are concerned about losing/damaging an item, then please leave it at home. DO NOT bring tablet computers or laptops. Please see the Cell Phone & Electronics Policy section of the GoBeyond Pre-Trip Packet for more information on what is and what is not allowed on program.

Travel day – Place necessary travel-sized toiletries, a change of clothes, some snacks, any prescription medication, and other important items in your carry-on, just in case your large bag does

not make it onto the same flight as you do. Please pack all toiletries in zip-lock freezer bags, and beware of airline restrictions regarding the size and quantity of liquids in your carry-on luggage.

Travel Documents, Cash & Credit Card

- Valid Passport (see Pre-Trip Packet for details)
- Visas (Not required for U.S. citizens; All others, please see the passport and visa section in the Pre-Trip Packet)
- Spending cash (see Pre-Trip Packet for details)
- Credit or debit card (see Pre-Trip Packet for details)
- All pertinent flight documents and information (e-tickets, itineraries, etc.)
- Copy of medical or travel insurance card
- 1 Photocopy of other important documents (see Pre-Trip Packet for details)
- Student I.D. or additional identification (optional)
- List of emergency contacts and important addresses (for postcards, etc.)

Clothing & Travel Gear

- Your GoBeyond shirt
- 4 short sleeve t-shirts
- 4-5 long sleeve t-shirts
- 2-3 warm sweatshirts/sweaters/fleeces
- 2 pr long-sleeved thermal underwear
- 1 rainproof jacket (rain pants optional)
- 3 pr warm pants (sweatpants, etc.) for cooler nights
- 2-3 pr pants for projects and hiking excursions
- 2 pr shorts (shorts should come to just above the knee or lower...Capri style is great!)
- 1-2 dress-casual outfits for our nicer dinners and closing program
- 1 pr warm gloves
- 1 pr sturdy, leather work gloves
- 1 scarf
- 1 warm hat that covers the ears
- 1 sun hat, baseball cap, or visor
- 7 pr socks (at least 3 pr should be thick and warm for colder nights)
- 2-3 pr warm sleep wear
- 1 swimsuit (For snorkeling and hot springs excursions. Girls, please bring full-coverage bikini bottoms. No thong or cheeky bikinis.)
- Any underwear quantity desired
- 1 pr sport type shoes such as sneakers, tennis shoes, sandals with heel strap, etc.
- 1 pr hiking-style boots with good support to walk and work in (must be broken in!)
- 1 pr flip-flops or slippers for nights at accommodations (optional)

Toiletries & Traveler's Health

- Toothbrush, paste, and floss
- Soap or body wash
- Shampoo
- Deodorant

- Chapstick or similar sun block lip crème
- Spare glasses and/or contact lenses (optional)
- Waterproof sun block (SPF30 or higher)
- Travel size laundry detergent for hand laundry
- UV protected sunglasses
- Medications (clearly identified, labeled with instructions) needed over the course of the program
- Small bottle of insect repellent (for black flies)
- 1 towel and 1 washcloth
- Battery powered razor or blades (optional)
- Personal first aid kit (optional...see the GoBeyond Pre-Trip Packet)
- Antibacterial hand sanitizer (the kind that works without water is great)
- Mesh laundry bag labeled with name
- Ear plugs and/or sleep mask (can help ensure a restful night!)
- Any personal, misc. toiletries (feminine hygiene products, etc.) you need not on this list

Miscellaneous Items

- Cell phone for travel days (**NOTE: ALL CELL PHONES will be collected** at the beginning of the program, even if the phone doubles as the student's music player, camera, gaming system, address list, etc. No exceptions! Cell phones will be made available at designated times throughout the program for making calls home.)
- Small Ziploc bags (for carrying a small supply of toilet paper when out)
- Water bottle (32oz)
- Small flashlight or headlamp with extra batteries
- Travel alarm clock (you will not be able to use your cell phone for this function)
- Locks for luggage (optional)
- 1 journal and 2 pens – for logging project hours and activities
- Camera
- Travel binoculars (optional)