



WILD WOMEN

EXPEDITIONS


Iceland Horseback Riding Adventure


Packing Checklist

Gear Note: We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!

Fabric Note: We recommend that you choose multi-purpose, quick-dry clothing such as Patagonia Capilene (recycled polyester fabric) base layers and merino wool socks. Proper layering is essential! You can bring cotton or denim items but be aware that they won't be easy to wash or dry.

 **Laundry note:** There are no laundry facilities available throughout the trip.

 **Travel tip:** Checked luggage can often get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. hiking boots, fleece) and pack your raincoat, waterproof pants, camera/phone, paperwork and medications in your carry-on. If space permits, pack a change of socks, underwear and an extra t-shirt.

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*), if you know you will never use it - think about how you travel and what works best for you.

Required Items

- Main luggage: suggested small-medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack
- Small waist bag or fanny pack (to use when riding)
- Riding Boots: you will be wearing these for 90% of your trip! Make sure they're disinfected or new. You may want to add a waterproofing sealant if they're leather, or look for boots with a Gore-Tex layer. Rubber boots are ok, but your feet will sweat!
- Pair of slippers/crocs/sandals: To wear inside huts / guest houses / cottages and the hotel.
- Socks: three or four pairs. Socks should be comfortable in your boots and warm when wet. Keep a pair dry for sleeping in!
- Wind/Waterproof Jacket: in case it rains, to keep off the bugs at night and for added warmth. Rubber rain gear (in sexy neon orange) is supplied, but it's nice to have another jacket to wear at the huts and while sightseeing (that doesn't smell like horse).
- Fleece/down jacket and/or wool sweater: one or two. Something nice and warm for cold days and nights. Consider having 1 for riding (a.k.a. being dirty and smelling like a horse) and 1 for relaxing in the evenings (a clean one!).
- Water bottles or CamelBak hydration system (you will need to carry 1 to 2L per day). You can also fill one with electrolyte powder for hydration if you wish.

Recommended Items

- Long sleeve shirts: two, one for riding in and one to wear at the huts.
- Short sleeved shirts: two or three, lightweight and made of moisture-wicking fabric. They will be good for the hotter times of the day and be next to skin layer on cold days
- Riding pants: Ideally, look for seamless, snug fitting, two way stretch garments made of polyester or other "warm when wet" materials Examples of riding pants – yoga pants, skinny jeans that stretch, riding breeches etc.

- Change of clothes for at the huts (long underwear top and bottom, long sleeve shirt, warm pants, dry socks)
- Underwear
- Firm support bras! Trot and tölt won't be fun otherwise!
- Nightwear: top and leggings
- Thin hat, headband or bandanna/buff: to wear under your helmet to keep your ears warm
- Riding Gloves: for riding in on chilly days, and to protect hands from sun and blisters. Consider a light pair and a warmer pair. MUST BE NEW
- Bathing suit: if you wish to soak in the hot river or use the hot pots
- Sunglasses: with a retainer strap if you have one
- Charging cables and adapter plug/power converter for all electronic devices: Iceland's power is 220volts, 50 HZ AC. Euro-plug/Schuko-Plug (CEE types) with 2 round prongs, for Northern Europe.
- Personal toiletries
- Travel towel: towels are not provided at the huts and cottages so you might like to bring a travel towel for hot tubs and at the huts. Compact, lightweight, quick dry.
- Sunscreen and lip balm with SPF: the sun is very strong in Iceland!
- Ziploc baggies: for wet or dirty items
- Ear plugs (for shared accommodations)
- Small flashlight or headlamp with spare batteries for midnight pee missions
- Bug net for your head: Black flies can be persistent all summer. Check your local dollar store, or can be purchased at Hotel Eldhestar for approximately \$10 USD.
- Sleeping bag and pillow case (to be stuffed with your clothes to make a pillow)
 - If renting, consider bringing a flat sheet or fitted sheet to cover the mattress or use as a liner.
 - The rental bag linked is for +15C. If you're a cold sleeper or know it will be colder than 10C, [get this one.](#)

💡 Sleeping bag rentals are now available at Iceland Camping Equipment, conveniently located at the BSÍ Bus Terminal, the rendezvous point for the trip. Please note that the shop closes at 5:00 PM and our rendezvous time is 5:30 PM at the BSÍ. Plan to arrive early and enjoy a coffee or snack at the restaurant while you wait. www.iceland-camping-equipment.com. (+354) 647-0569

Optional Items

- Sheet or sleeping bag liner, if you're renting a sleeping bag
- Energy snacks and drinks: while snacks will be provided, you may like to bring some along too if you have special dietary needs or personal favourites.
- Pair of cycling shorts/ padded underwear to help reduce sore burns and chafing
- Riding Helmet - Helmets are provided (wide variety of sizes), but your own is always best – remember to disinfect it!
- Dress/ Skirt/ Jeans/ Nice top: for restaurant dinners and to travel in or extend your stay
- Pencil and Notebook/Journal (if that's your sort of thing)
- Reading material

Essential Documents

- Passport (with photocopies or stored on phone)
- Travel insurance (with photocopies or stored on phone)
- Airline tickets (with photocopies or stored on phone)
- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved to your phone for easy access on or printed, your preference)
- Any entry visas or vaccination certificates as required

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Borrow: Why buy when you can borrow from a friend?!
- Thrift stores and online swap sites are awesome places to scour for second-hand items.
- Reduce, Reuse, Recycle, Rewear!