






# Iceland Horseback Adventure

## Packing Checklist

 **Fabric Note:** We recommend that you choose multi-purpose, quick-dry clothing such as merino wool or Patagonia Capilene (recycled polyester fabric). 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.

 **Luggage Note:** Checked luggage can get lost or delayed in transit. It's wise to wear all the items essential to your trip on the plane (ie. riding 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.

 **Weather Note:** Weather in Iceland can change from moment to moment. Be prepared for everything from rain and wind (often together) to warm sunny days.

### **Important Notes About Disinfecting Riding Clothing:**

If you are bringing riding clothing such as boots, chaps, riding trousers, riding coat, jackets, hats, etc., or anything that you have worn on a horse outside of Iceland, you **must clean and disinfect it before arriving in Iceland**. Used riding gloves, saddles, bridles, pads, whips, etc. may not be brought into the country. Full details here: [www.mast.is/english](http://www.mast.is/english)

### **Option #1 – Washing Machine**

- Wash used riding clothes in hot water in a washing machine and store away from all livestock for a minimum of 5 days before entering Iceland..

**Option #2 – Dry Clean or Hand Wash** Used riding clothes and boots that can't be machine washed should be:

- **Dry cleaned** and stored away from all livestock for a minimum of 5 days before entering the country, or
- **Hand washed and disinfected** as follows:
  - Wash thoroughly with detergent
  - Rinse and dry
  - Spray with 2% VirkonS® (20g per litre of water) or other veterinary quality disinfectant spray
  - Store away from all livestock for a minimum of 5 days before entering the country.

💡 Note that no proof of disinfection is required at the airport when entering the country. YOU are responsible for ensuring that ALL necessary disinfection procedures have been completed prior to bringing any used riding clothing into Iceland. Your guides may confirm that you have properly disinfected your boots and clothing and that your riding gloves are BRAND NEW, prior to allowing you access to the horses.

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).
- ☐ 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 the cabins and guesthouse.
- ☐ Wind/Waterproof Jacket: Rubber rain gear is supplied, but it's nice to have another jacket to wear when you're not riding.
- ☐ 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 cleaner one!).
- ☐ Water bottle

## Recommended Items

- ☐ Small waist bag or fanny pack (to use when riding)
- ☐ Long sleeve shirts: two, one for riding in and one to wear in the evenings.
- ☐ 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 your base layer on cooler days.
- ☐ Riding pants: Ideally, look for seamless, snug fitting, two way stretch garments made of polyester or other “warm when wet” materials. Some women choose to wear jeans or yoga tights for riding, and these will work in a pinch.
- ☐ Change of clothes for when you’re not riding
- ☐ Long underwear top and bottom
- ☐ Underwear as required
- ☐ Socks as required. Merino wool is recommended
- ☐ Firm support bras! Trot and tölt won’t be fun otherwise!
- ☐ Pajamas (or wear your long underwear for sleeping)
- ☐ Thin hat, headband or bandana/buff: to wear under your helmet to keep your ears warm
- ☐ Riding Gloves: a light pair and a warmer and/or waterproof pair. **MUST BE NEW**
- ☐ Bathing suit
- ☐ Sunglasses
- ☐ 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
- ☐ Sunscreen and lip balm with SPF: the sun is very strong in Iceland!
- ☐ Ear plugs
- ☐ Bug net for your head: Black flies can be persistent all summer. Check your local dollar store or camping/hunting supply store..

## Optional Items

- ☐ Half Chaps (leather not allowed unless new, synthetic must be new or washed)
- ☐ Pair of cycling shorts/ padded underwear to help reduce sore bums and chafing
- ☐ Riding Helmet - Helmets are provided (wide variety of sizes). If you bring your own, it must be disinfected
- ☐ 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.

- ☐ Pencil and Notebook/Journal (if that's your sort of thing)
- ☐ Reading material
- ☐ Small flashlight or headlamp (can be useful inside when roommates are sleeping; outside is mostly daylight through the summer months)
- ☐ Small powerbank to charge your phone/camera

## 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)
- ☐ ATM and/or credit cards, widely accepted
- ☐ Wild Women Expeditions Trip Details and Bulletins (saved to your phone or printed)
- ☐ Any entry visas or vaccination certificates as required

## Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, SAIL, REI, Sportchek, Atmosphere
- Check out Greenhawk Equestrian for riding clothes
- 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!