

# Packing Checklist

## Golden Circle Riding Adventure

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Below is a gear list of required and optional items to bring on your adventure. Try your best to avoid cotton clothing for being active in, looking instead for clothing made of nylon, polyester, wool, etc. Please ensure you check the local forecast before your trip and pack accordingly.

### Required Items

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- Main piece of luggage: a soft sided duffel bag or similar
- Small waist bag or fanny pack (to use when riding)
- Riding Boots ~ you will be wearing these for 90% of your trip!
- 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 horse) and 1 for relaxing in the evenings (a clean one!).
- 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 Buff <sup>™</sup> : 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
- Camera: memory cards and batteries/charger
- Adapter plug/power converter for any electronics: Iceland's power is 220volts, 50 HZ AC. Euro-plug/Schuko-Plug (CEE types) with 2 round prongs, for Northern Europe. ([Recommended MEC Adapter & Converter](#))
- Toiletries (ideally biodegradable): toothbrush, toothpaste, soap, chapstick, small travel towel, prescription medications (Bring in duplicate and pack separately), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc.
- Sunscreen: the sun is very strong in Iceland!
- Zip lock baggies: for wet or dirty items
- Ear plugs or noise cancelling headphones
- Small flashlight or headlamp with spare batteries for midnight pee missions
- 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 BSI 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 BSI. Plan to arrive early and enjoy a coffee or snack at the restaurant while you wait. [www.iceland-camping-equipment.com](http://www.iceland-camping-equipment.com). (+354) 647-0569

- 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.
- Alcohol-based sanitizer and face masks

## Optional Items

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- Sheet or liner, if you're renting a sleeping bag
- Pencil and Notebook/Journal, iPod/mp3 player, Reading material
- 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.
- Personal first aid kit: for any essential items that you know you'll need such as pain and muscle relaxant medication (Ex. Ibuprofen / Aspirin / Tylenol / Advil etc.) for your sore muscles and be ready to deal with chafing (ex. Lanacane Anti-Chafing Gel, and/or Anti Monkey Butt Powder). Your guides will carry a group first aid kit.
- Portable charger or spare battery for electronics
- 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!
- Bandana/ Buff: for dust or cold wind
- Dress/ Skirt/ Jeans/ Nice top: for restaurant dinners and to travel in or extend your stay
- 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.

## Essential Documents

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- Passport
- Passport copies: please bring a photocopy of your passport
- Money: cash in local currency, credit/debit cards with your PIN for cash withdrawals
- Air tickets and itinerary: your international and domestic itinerary and tickets (plus photocopies)
- Negative Covid-19 PCR Test Results (if applicable)
- Approved Covid-19 Vaccination Certificate (if applicable)

## Packing Notes

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## Luggage Logistics

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As a general rule, don't bring more than you can carry. This will help ensure smooth and efficient transfers in airports, customs, hotels, and loading vans/trailers/boats.

On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. These bags are easy to move around, can be toted easily, fit in boats, small planes, and van/ bus roof racks. While on tour, your local guide will instruct you on how to prepare for travel between locations.

Most airlines have reduced the weight maximums for each bag to 50 pounds. Be sure to check with your airline for weight restrictions and carry-on allowances. When packing your carry-on try to include what you would need to be comfortable your first few days in case your checked baggage is misrouted by the airline.

**We recommend a medium duffle bag or backpack of 50-70 litres (your checked bag) and a medium bag or backpack of 20-30 litres (your carry-on bag) for most adventures.**

- Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your adventure such as an active outfit and your riding boots. In your day pack (your carry on), you should bring a full change of clothes, your jacket, toiletries, medications, camera and all paperwork.
- PROVIDED GEAR: Tack (saddles, bridles, nose bands), helmets, saddle bags, rubber rain gear, water bottles.
- Throughout the 3 days of riding to the huts, your luggage is taken by vehicle between the overnight stops - **only 1 piece of luggage per person will be carried in the vehicle. Your sleeping bag may be separate from your luggage.**
- Luggage that is not needed on the tour can be safely left at Eldhestar in their locked luggage room. Prepare to lock and label your luggage.
- Not all the horses can carry saddlebags. Please bring along a small waist bag (fanny pack) that can hold items you will need throughout the day (your camera, TP, sunscreen etc.). Please note that backpacks are not allowed while riding, with the exception of a small low-profile hydration bladder worn under your sweater or jacket.
- Saddle bags are provided but space is VERY limited and they are only to be used for water bottles and our picnic lunches. If you need items throughout the day, use a

small fanny pack (must be under 5 litres).

### Your Waist Bag Essentials are:

- Bug net for your head (can also be purchased at Hotel Eldhestar for approximately \$10 USD). Consider this non-optional! You may not use it much, but you'll appreciate it when you do!
- Sunblock (a small one)
- Chapstick with sunblock
- Camera (optional)
- Personal medication - any medication you might need, for example an asthma inhaler, heart medication or for a diabetic; insulin, glucose etc.

## Clothing Notes

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### Boot Details

1. **If you already have riding boots** – they are comfortable, waterproof and have a sturdy, grippy sole with a well-defined heel to walk up and down rough, rocky trails - bring these. Clean them as follows:
  - Wash thoroughly with detergent (in bathtub or large sink)
  - Rinse and Dry
  - Spray with 1% VirkonS® or other disinfectant spray
  - Store away from all livestock for a minimum of 5 days prior to travelling to Iceland.
  - If they are not “waterproof” but are leather, apply a waterproofing wax.
2. **If you already have hiking boots** - they are comfortable, waterproof and have a small heel and sturdy sole to walk up and down rough, rocky trails - bring these. Clean them as follows:

- Wash thoroughly with detergent (in bathtub or large sink)
  - Rinse and Dry
  - Keep clean for a minimum of 5 days prior to travelling to Iceland.
  - If they have been exposed to horses or livestock, disinfect by following the instructions above.
3. **If you have neither** – Wild Women Expeditions recommends something similar to [Blundstones](#). [Ariat](#) also makes a hiking boot style riding boot that is comfortable and multi-purpose, and comes in a waterproof version. The reason riding boots have a small heel is to help prevent your foot from going through the stirrup and getting caught should you fall off.

## Disinfecting your Riding Gear

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**All riding gear must be disinfected.** Please understand that these precautions are necessary because there are no contagious animal diseases (i.e. rabies or foot and mouth diseases) in Iceland and therefore it is extremely important to protect the animals of the country. Please help us to protect Iceland's fragile nature!

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 gloves are NOT permitted. Riding gear (saddles, bridles, pads, whips, etc.) may not be brought into the country.**

Full details here: [www.mast.is/english](http://www.mast.is/english)

**PROTECT!**  
**the ICELANDIC horse**

As a result of its geographical isolation and strict import policy, Iceland has remained free of **SERIOUS INFECTIOUS DISEASES** in animals. It is our responsibility to take the necessary precautions and avoid the introduction of infectious agents to the country.

**Visitors are asked to adopt strict biosecurity measures!**

**Importing the following equipment is strictly prohibited:**

- Used riding equipment, such as saddles, bridles, nosebands, pads, rugs, whips, 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 5 days prior to bringing the clothes into contact with horses in Iceland

**Icelandic horses are not vaccinated and are therefore susceptible to infectious agents from abroad!**

## Cleaning & Disinfecting Strategies

### Option #1 – Washing Machine

Used riding clothes and boots should be washed in a washing machine and stored away from all livestock for a minimum of 5 days prior to entering the country.

### Option #2 – Dry Clean or Hand Wash

Used riding clothes and boots that cannot be placed in a washing machine should be either;

- Dry cleaned and stored away from all livestock for a minimum of 5 days prior to entering the country.



- Hand washed and disinfected as follows:
  1. Wash thoroughly with detergent (in bathtub or large sink)
  2. Rinse and Dry
  3. Spray with 1% VirkonS® (10g per liter of water) or other disinfectant spray
  4. Store away from all livestock for a minimum of 5 days prior to entering the country.



Note that no certificate or 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.

## Resources for Buying Outdoor Gear & Clothing

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- **Mountain Equipment Co-op (Canada) or REI (USA):** Membership is required for both but so worth it! Both companies have great learning resources, so check them out!
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill, and Salvation Army** are also great places to find second-hand items like sports shirts and fleece sweaters that are quick-drying, for a fraction of the price! Reduce, Reuse, Recycle!