



# PACKING LIST

Iceland Adventure

## Contact Information

(240) 344-0042 | info@getkidsoutside.net

Hiking Equipment	Qty	Need
<input type="checkbox"/> Hiking day pack	1	Required
<input type="checkbox"/> Large backpacking pack	0	Not Needed
<input type="checkbox"/> Large water bottles	2 or 3	Required
<input type="checkbox"/> Sitting pad	0	Not Needed
<input type="checkbox"/> Headlamp or flash light	1	Required
<input type="checkbox"/> Set of extra batteries for head lamp	1	Required
<input type="checkbox"/> Hiking/trekking poles	0	Not Needed

Personal Gear/Clothing	Qty	Need
<input type="checkbox"/> Sunglasses	1	Recommended
<input type="checkbox"/> Moisture-wicking t-shirt	5	Required
<input type="checkbox"/> Quick drying pants (prefer no denim)	3	Required
<input type="checkbox"/> Swim suit	1	Required
<input type="checkbox"/> Long sleeve shirts	3	Required
<input type="checkbox"/> Long underwear	3	Required
<input type="checkbox"/> Underwear	5	Required
<input type="checkbox"/> Lightweight fleece or jacket	1	Required
<input type="checkbox"/> Earplugs	1	Recommended
<input type="checkbox"/> Hat	1	Recommended
<input type="checkbox"/> Bandanas or buffs	1	Recommended
<input type="checkbox"/> Warm hat	1	Required
<input type="checkbox"/> Sleepwear	1	Recommended
<input type="checkbox"/> Insulated jacket	1	Required
<input type="checkbox"/> Insulated pants	1	Required
<input type="checkbox"/> Fleece or wool gloves or mittens	2	Required
<input type="checkbox"/> Rainwear (pants and jacket)	1	Required
<input type="checkbox"/> Flip flops or booties to wear inside lodging	1	Recommended
<input type="checkbox"/> Moisture wicking socks	5	Required
<input type="checkbox"/> Laundry bag	1	Recommended
<input type="checkbox"/> Lip balm	1	Recommended
<input type="checkbox"/> Sunscreen - (must be less than 3.4oz.)	0	Not Needed
<input type="checkbox"/> Prescription medications	1	Required
<input type="checkbox"/> Tooth brush	1	Required
<input type="checkbox"/> Tooth paste - (must be less than 3.4oz.)	1	Required
<input type="checkbox"/> Deodorant - travel size	1	Required
<input type="checkbox"/> Any personal items/feminine products	1	Required
<input type="checkbox"/> Shampoo/conditioner (must be less than 3.4oz.)	1	Required
<input type="checkbox"/> Body soap and container	1	Required
<input type="checkbox"/> Bathroom/toiletries bag - one gallon zip lock bag with their name on it.	1	Required
<input type="checkbox"/> Gaiters	1	Recommended
<input type="checkbox"/> Hiking boots	1	Required
<input type="checkbox"/> Hiking shoes or tennis shoes	1	Required
<input type="checkbox"/> Water shoes	0	Not Needed

Camping/Backpacking	Qty	Need
<input type="checkbox"/> Tent	0	Not Needed
<input type="checkbox"/> Tent pad	0	Not Needed
<input type="checkbox"/> Sleeping bag	0	Not Needed
<input type="checkbox"/> Sleeping pad	0	Not Needed
<input type="checkbox"/> Pillow	0	Not Needed
<input type="checkbox"/> Solar charging station	0	Not Needed
<input type="checkbox"/> Dry bag or stuff sack	0	Not Needed
<input type="checkbox"/> Stove with fuel	0	Not Needed
<input type="checkbox"/> Lighter or matches	0	Not Needed
<input type="checkbox"/> Cook pots	0	Not Needed
<input type="checkbox"/> Eating utensils	0	Not Needed
<input type="checkbox"/> Plates/bowls	0	Not Needed
<input type="checkbox"/> Mug	0	Not Needed
<input type="checkbox"/> Bathing towel	1	Recommended
<input type="checkbox"/> Multi-tool or knife	1	Recommended

Misc.	Qty	Need
<input type="checkbox"/> Camera	1	Recommended
<input type="checkbox"/> Binoculars/spotting scopes	1	Recommended
<input type="checkbox"/> Reading material	1	Recommended
<input type="checkbox"/> Hand and/or foot pocket warmers (18hr single packs)	5-10	Recommended
<input type="checkbox"/> Micro spikes	0	Not Needed

Trip Specific Notes