



The Iceland

Fire and Ice Trek

Challenge Kit List



This checklist has been created to help you choose your clothing and gear for this trip. Try to keep equipment weight low.

You must have everything listed on the 'Required' side of this kit list, otherwise you may not be allowed to take on this challenge.

REQUIRED	OPTIONAL EXTRAS
<ul style="list-style-type: none"> <input type="checkbox"/> Good walking boots – Waterproof with ankle support <input type="checkbox"/> Day pack (20L – 35L) <input type="checkbox"/> Large rucksack (60-75L) (Avoid Suitcase) <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Trekking poles <input type="checkbox"/> Woolly hat and scarf/snood <input type="checkbox"/> Fleece gloves <input type="checkbox"/> Fleece jacket or sweater <input type="checkbox"/> Underwear – Sufficient for duration of challenge <input type="checkbox"/> Waterproof jacket or anorak <input type="checkbox"/> Waterproof trousers <input type="checkbox"/> Long sleeve shirts (Synthetic, Lightweight) <input type="checkbox"/> 2-3 synthetic sports t-shirts <input type="checkbox"/> Trekking trousers <input type="checkbox"/> Anti-bacterial hand gel <input type="checkbox"/> Personal first aid kit/Medications (Lightweight) – Blister plasters, painkillers, re-hydration sachets, anti-sickness and diarrhoea medication, insect spray <input type="checkbox"/> Personal hygiene (toothbrush, toothpaste, deodorant, baby wipes etc) <input type="checkbox"/> Face masks <input type="checkbox"/> Sun cream (SPF 30 minimum) <input type="checkbox"/> Lip sun protection <input type="checkbox"/> 2 x 1-litre water bottle (Reusable) <input type="checkbox"/> High energy bars/snacks <input type="checkbox"/> Travel towel <input type="checkbox"/> Shampoo and conditioner bars <input type="checkbox"/> Head torch with spare batteries <input type="checkbox"/> Power bank/portable charger <input type="checkbox"/> Socks – Wool or synthetic <input type="checkbox"/> Thick walking socks <input type="checkbox"/> Swimwear 	<ul style="list-style-type: none"> <input type="checkbox"/> Knee supports <input type="checkbox"/> Shorts <input type="checkbox"/> Trainers or sandals <input type="checkbox"/> Bandana <input type="checkbox"/> Liner socks (Synthetic) <input type="checkbox"/> Shoes for travel and free time <input type="checkbox"/> Casual clothing for travel and town wear (Lightweight, easily washable) <input type="checkbox"/> Spare laces <input type="checkbox"/> Luggage tags and locks <input type="checkbox"/> Penknife <input type="checkbox"/> Camera and accessories <input type="checkbox"/> Ear plugs <input type="checkbox"/> Reading and writing materials <input type="checkbox"/> Small binoculars <input type="checkbox"/> Whistle <input type="checkbox"/> Reusable cloth bag for shopping (to avoid plastic bags) <input type="checkbox"/> Water purification tablets <input type="checkbox"/> Go Pro or Drone <input type="checkbox"/> Travel pillow <input type="checkbox"/> Cards/travel games <input type="checkbox"/> Sunhat and sunglasses <input type="checkbox"/> Dry bags for electronics <input type="checkbox"/> Pillow or pillowcase <input type="checkbox"/> Powdered drink mix <input type="checkbox"/> Book <input type="checkbox"/> Bin liners for litter/washing etc.

<input type="checkbox"/> Closed shoes/trainers <input type="checkbox"/> Power bank/portable charger <input type="checkbox"/> Chargers and travel adapters	
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DOCUMENTATION

Passport (this must be valid for at least 6 months from the point of travel)
 Passport pictures (recommended) and a photocopy of your passport
 Travel insurance policy documentation
 Proof of vaccinations (if required) - i.e., certificate
 Endeavours Adventures emergency contact information

TRAVEL INSURANCE

Please ensure you have taken out suitable travel insurance for the location, date, and nature of the challenge, this is mandatory for all participants. You are welcome to source your own insurance or book through our supplier here: <https://www.campbellirvinedirect.com/endeavoursadventures/>.

CURRENCY AND MONEY

The currency in Iceland is called krona (crown), or ISK and all banks change foreign currencies. The use of credit and debit card is also common and almost everywhere they can be used even for the lowest amount. Cash can also be obtained with credit cards at banks and ATMs.

We recommend bringing £75-125 worth of currency.

To consider would be:

- A tip for the guides and porters during the trek between £25-60 worth of krona each
- Cash for souvenirs
- Emergency cash
- Money for group dinner and drinks on the last night
- Money for any meals not included in the itinerary and for coffee / snacks you may want on free days
- Krona / GBP to buy food during the airport journeys there and back

If you want to bring a card, you could also bring your Monzo or Revolut card as extra cash. ATMs are available in areas like Reykjavik.

EXTRA NOTES

In the rare possibility that your large rucksack doesn't arrive at your destination with you on time, please can you ensure that you pack enough clothing and items for a couple of days in your day bag.

SUSTAINABILITY

Endeavours Adventures is passionate about being a leading provider of sustainable charity challenges & adventures that are socially and environmentally responsible.

Due to this, here are some companies that we recommend shopping from *if* you need to buy new outdoor gear for your challenge:

- **Patagonia** = <https://eu.patagonia.com/gb/en/home/>
- **Vaude** = <https://www.vaude.com/en-GB/>
- **Alpkit** = <https://alpkit.com/>
- **Páramo** = <https://www.paramo-clothing.com/en-gb/>

When buying new products, try to avoid buying items with perfluorochemicals (PFCs).

However, the most ethical outdoor gear is the kit that you already own. Or someone else does. The biggest thing the team with Endeavours Adventures would recommend is to either borrow someone else's outdoor gear, or to buy second-hand items in a charity shop or on an online platform like Depop.

If you are based in London, we also recommend looking at the 'Library of Things' – a business where you can rent useful things including outdoor gear from local spaces. You can have a look at what they offer here: [Library of Things | Borrow useful Things for your home, projects and adventures](#).

To learn more about the impact of outdoor clothing on the environment, have a read of this article: [Guide to Outdoor Clothing Brands | Ethical Consumer](#).