

## KIT LIST - BLUETITS ICELAND SWIM ADVENTURE

The kit you take can make the difference between being 'just a trek' or a 'memorable trek'.

Our kit lists are put together with feedback from our own experiences and those of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on [info@different-travel.com](mailto:info@different-travel.com)

\*Please consider eco-friendly or biodegradable options.

ESSENTIAL

SUGGESTED

OPTIONAL

| DOCUMENTS + FLIGHT ESSENTIALS     | ✓ |
|-----------------------------------|---|
| Passport and Copy                 |   |
| E-Tickets                         |   |
| Travel insurance                  |   |
| ATM and credit card (s)           |   |
| Cash (£ Sterling)                 |   |
| Pen for immigration forms         |   |
| Sunglasses (preferably polarized) |   |
| Mobile phone + charger            |   |
| Camera + spare batteries          |   |

| LUGGAGE   | ✓ |
|---|---|
| Suitcase/large holdall                              |   |
| Daypack/waterproof dry bag                          |   |
| Hand Luggage (take note of dimensions from airline) |   |

| CLOTHING AND FOOTWEAR                             | ✓ |
|---|---|
| Walking shoes, boots or trainers with a good grip |   |
| Swimwear (at least 3)                             |   |
| Underwear and socks                               |   |
| Non-cotton t-shirts/shirts                        |   |
| Non-cotton shorts/trousers                        |   |
| Non-cotton fleece/sweater/warm layer              |   |
| Non-cotton base layer top and bottoms             |   |
| Thermals  |   |
| Waterproof jacket                                 |   |
| Waterproof trousers                               |   |
| Casual clothes and footwear for evenings          |   |
| Silicone hat/bobble hat                           |   |
| Gloves  |   |
| Swim shoes  |   |
| Goggles   |   |
| Changing robes                                    |   |
| Thermal leggings (snorkelling)                    |   |
| Thermal top (snorkelling)                         |   |
| Thick socks (snorkelling)                         |   |

|            |  |
|------------|--|
| Rash vests |  |
| Booties    |  |
| Wetsuit    |  |

| HEALTH AND HYGIENE*   | ✓ |
|---|---|
| Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner  |   |
| Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, nail scissors/tweezers, muscle rub (e.g. Deep Heat) |   |
| Hairbrush/comb  |   |
| Feminine care products  |   |

| OTHER KIT                                  | ✓ |
|--|---|
| Tow float                                  |   |
| 2 towels (for swimming and showers)        |   |
| Hand sanitiser                             |   |
| 2 ltr metal/insulated water bottle         |   |
| Adaptor (European 2 round pin)             |   |
| Ear plugs (for swimming and for overnight) |   |
| Thermos flask/mug                          |   |
| Tea/coffee/hot chocolate sachets           |   |
| Energy food/snack bars                     |   |
| Bags for dirty washing                     |   |
| Spare glasses/contact lenses               |   |
| Video camera + charger                     |   |
| MP3 player/ipod                            |   |
| Portable power bank                        |   |
| Books/packs of cards                       |   |