

## DISCOVERY ICELAND SUMMER CAMP KIT LIST



Rucksack/ Holdall  
Waterproofs. Top essential, Leggings nice to have  
Walking/Hike Boots.  
Trainers  
Fleece  
Hat  
Sleeping Bag (a three season bag would be desirable)  
Bed Roll  
Night Wear  
Swimming Trunks/Bathing Suit/Bikini/Tankini  
Towel x 2  
Torch and Spare Batteries  
Fast Drying Trousers and Tops (layers are best)  
Warm Tops  
Underwear & Socks  
Washbag - Toothpaste & Brush, Flannel, Soap, Towel  
Group Scarf  
Teddy Bear or Other Security Device/Comforter  
Plastic Bags for Dirty Clothes

The average air temperature will be between 10°C and 12°C during the day and at some locations there will be considerable wind chill factor so your choice of clothes should be that of an English winter camp. Layers are better than single heavy items of clothing both because of their thermal properties and because of their ease of drying.

If you have a propensity for cold feet, particularly at night a good pair of bed socks would add considerably to your comfort.

As the cold moves upwards from the ground it is important to have a good insulating layer underneath your sleeping bag, an old blanket and/or a space blanket would further enhance your nocturnal experience.

We will be doing various adventurous activities, some of which are wet and or dirty, so bring some old clothes as well as those oh, so essential designer labels.

It is fine by me for you to bring personal stereos, other electronic gizmos, trendy sunglasses and other desirable goods, but they are your responsibility, not mine.

We will seek out a suitable laundrette during the camp; therefore some clothes can be recycled.

We are going to be short of space in the minibus/trailer so don't bring your entire wardrobe, hair dryer and curling tongs.