

ICELAND WINTER HIKING EXPEDITION



Highlights

- Explore the remote Icelandic highlands with your newly acquired skills of snowshoeing and drawing a pulk (a sleigh to transport your kit). All training provided
- Soak in geo-thermal hot springs which flow right next to your mountain hut. The ideal spot to witness the spectacular northern lights
- Snowshoe along mighty crater rims which frame frozen lakes and experience the panoramic views across vast snow-covered plains
- Trek past steaming vents and naturally formed artistic snow structures as you climb towards the impressive Hrafninnusker mountain
- Enjoy your final night in comfort Iceland's capital city of Reykjavik and reflect on your incredible winter journey across such a unique and pristine frozen wilderness
- Receive a free Water-To-Go bottle on departure to help eliminate our plastic footprint in Iceland.



WELCOME

Velkommin

Overview

Explore the dramatic landscapes of Iceland on snowshoes during its most vivid season. In the winter months, this small island nation is transformed into a majestic world of lava fields & volcanoes blanketed in snow, waterfalls flowing amid shimmering ice, and night skies painted with the immense colours of the northern lights.

On this unique winter journey, experience the extreme contrasts of Iceland's fire and ice as you snowshoe across frozen lava fields shrouded in geothermal steam, weather sub-zero temperatures from the warmth of outdoor thermal pools and take in views of a glacier-capped volcanos.

This wintry exploration amidst some of the world's most spectacular landscapes is a must do for anyone with a great sense of adventure as no previous snowshoeing or pulka experience is necessary.

On departure of this expedition you'll receive a free **Water-To-Go Bottle** to help eliminate our plastic footprint in Iceland. By joining Adventurous Ewe not only will you have an incredible and insightful expedition, you can take pride in knowing your journey will help continue our support of the leading climate change charity, **Cool Earth**.





TRIP SUMMARY



Activity: Snowshoeing (training provided)
Duration: 6 days & 5 nights
Active days: 4 days snowshoeing
Distance: Approx 58kms in total
Accommodation: Mountain huts & hotels
Cost: Deposit: £245 per person
Remaining balance: £1545 per person
Total cost: £1790 per person

Group size: 7 – 13 people
Level of difficulty: ■ ■ ■ ■ ■
Tough
Dates: February only

ROUTE MAP

Get ready for an adventure



DAY 1: Snowshoe

Hekla volcano to Landmannahellir (approx. 13 km)

DAY 2: Snowshoe

Landmannahellir to Landmannalaugar (approx. 15 km)

DAY 3: Snowshoe

Landmannalaugar to Hrafninnusker (approx. 20 km & 500m of ascent)

DAY 4: Snowshoe

Hrafninnusker to Sigalda (approx. 10 km)

ITINERARY

2 snowshoes. 1 pulka. 58ms trek. 1 incredible winter journey

DAY 1

Flight from UK to Keflavík, Reykjavik Iceland

Flight direct from UK to Reykjavik for the start of your epic adventure. Flights are not included in your winter expedition giving you the flexibility to travel from your nearest airport or extend your stay in Iceland if you wish. We will provide you with the recommended flights for this trip in order for you to take up the airport transfers included in Iceland. You're welcome to book your flights through our flight agent if you wish (ATOL protected). Return flights from the UK (LHR, STN or LTN) to Keflavík, Reykjavik (KEF). Flights operated by British Airways, Easy Jet, SAS or IcelandAir and cost between £150pp - £280 return. You will then be transferred to your hotel in Reykjavik with dinner followed by briefing.

Included:

- Transfer from Keflavík, Reykjavik (KEF) airport to your hotel (twin share accommodation)
- Dinner
- Briefing, equipment checks and expedition preparations

DAY 2

4x4 transfer and snowshoe from Hekla volcano to Landmannahellir (13kms)

In true expedition style, you have an early start this morning. Departing the civilisation of your hotel in Reykjavik, it's time for a spectacular 4x4 journey deep into Iceland's highlands. After 3 hours of winding roads through remote lava fields and snowcapped hills via Selfoss and Hella you'll arrive just north of Hekla volcano for the start of your snowshoeing hike. Crossing vast lava plains of undulating terrain your 13km wintery trail is the perfect day of introduction to snowshoeing with finishing at Landmannahellir mountain hut for an evening meal and a good night's rest.

Included:

- Local guides and support crew
- Snowshoe and hiking poles hire
- Overnight in a self catering mountain hut
- Breakfast, lunch and dinner

DAY 3

Snowshoe from Landmannahellir to Landmannalaugar (approx. 15 km)

Wake up in the picturesque, snow-covered volcanic landscape and enjoy a big healthy mountain hut breakfast. It's then time to pack your kit in your pulka in readiness for the next leg of your journey. Your route today covers 15kms with a wide variety of winter landscapes of rolling hills, vast plains, amazing lakes and lava fields. Arriving at the very comfortable mountain cabin of Landmannalaugar where you have the chance to take a dip in the thermal running river and spend the evening looking out for the northern lights.

Included:

- Local guides and support crew
- Snowshoe, hiking poles and pulka hire
- Overnight in a self catering mountain hut
- Breakfast, lunch and dinner



ITINERARY CONTINUED

2 snowshoes. 1 pulka. 58ms trek. 1 incredible winter journey

DAY 4

Snowshoe from Landmannalaugar to Hrafninnusker (approx. 20 km & 500m ascent)

Today sees your longest and toughest day. From Landmannalaugar (575m) your trail traverses the ancient lava field of Laugahraun, formed in 1477. It's an area of much geothermal activity with steaming vents and bubbling hot springs. The route then climbs towards the Hrafninnusker mountain. From this vantage point the views are spectacular with rugged snow covered mountains dominating the skyline. The surrounding area is patterned with ravines formed from rivers easily cut through the soft rock, some of which may be frozen adding to the incredible atmosphere. There's a good amount of climbing today with a height gain of 500m however it's a day you'll remember with the impressive landscapes to witness and thermal pools to soak those weary limbs in.

Included:

- Local guides and support crew
- Snowshoe, hiking poles and pulka hire
- Overnight in a self catering mountain hut
- Breakfast, lunch and dinner

DAY 5

Snowshoe from Hrafninnusker to Sigalda (approx. 10 km)

Say goodbye to your mountain hut as you strap on your snowshoes for the final time, heading north through the lava fields of Dómadalur towards lake Esíkihlíðarvatn. Hiking along crater ridges framing frozen lakes and across vast lava plains. The horizon is extensive as the impressive Icelandic frozen landscape stretches for miles all around you. Arriving back at the road at Sigalda, you'll climb back onboard your 4x4 for your return transfer to Reykjavík. You'll arrive back at the capital in the late afternoon, ready for a celebratory Icelandic beer or two and enjoy a delicious celebratory meal down town.

Included:

- Local guides and support crew
- Snowshoe and hiking poles hire
- 4x4 transfer
- Overnight in a hotel (twin share basis)
- Breakfast, lunch and dinner

DAY 6

Reykjavik to UK

Depending on your flight time we can arrange an optional excursion to the Blue Lagoon.

There will be one transfer operating from the hotel to Keflavik Airport for your return flight back to the UK. You'll return home with a huge sense of achievement having just completed an incredible winter expedition.

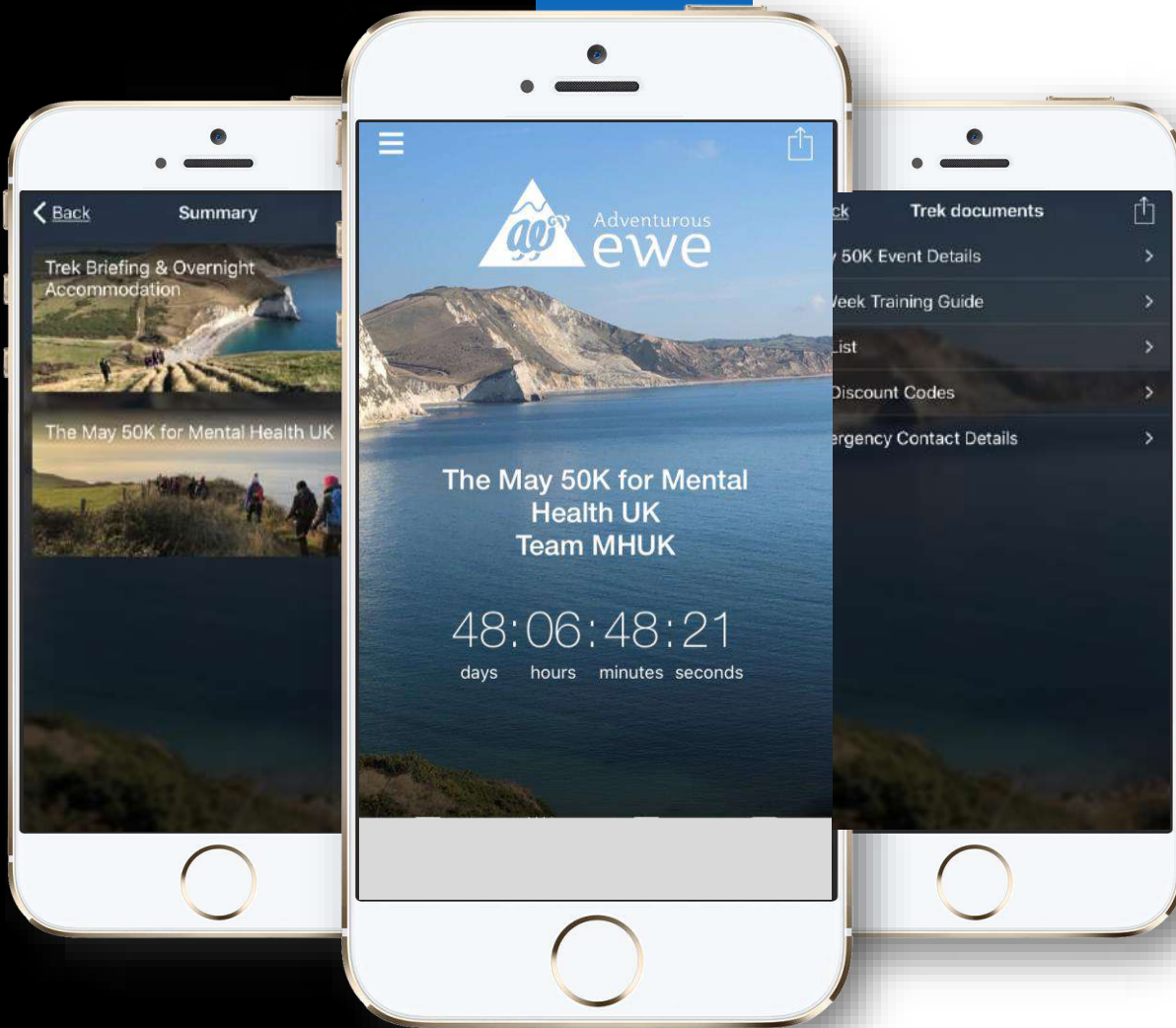
Included:

- Breakfast
- Return airport transfer



TRAVEL APP

Once signed up, all your trip details and updates will be available through our free travel app. It's accessible 24/7 and the excitement will build with the countdown to your adventure starts. Plus no more paper, A'ppy days.



TRIP SUMMARY

Dates, trip overview



TRIP DETAILS

Itinerary, activity details and inclusions



TRAVEL DOCUMENTS

Training guide, kit list & exclusive discount codes, meet the team, emergency contact details, safety & wellbeing guidelines



OTHER INFO

Weather, maps, etc.





ESSENTIAL INFO

The nuts & bolts of your
adventure

01



Safety & well-being

Adventurous Ewe puts the safety and well-being of you, our leaders & crew and the communities we visit at the centre of all our operations, always. Your safety and well-being is our top priority and as such we have implemented a new operational procedures focused on safety and strong hygiene practices for all our adventures together with our carbon footprint for this trip.

The Iceland Winter Hike will require preparation as the expedition is designed to take you out of your every-day comfort zone and achieve something incredible.

You're in safe hands with Adventurous Ewe.

Leaders & crew

You'll be accompanied by experienced Winter Leaders for the expedition together with a support crew. Your Local Leader is a key part to this trip. They are expertly trained and experienced in every field of this winter expedition, bilingual (English and Icelandic) and qualified in first aid and/or Wilderness First responder. They also have a huge passion for what they do and have plenty of knowledge ready to share with you. They are responsible for ensuring the complete safety, well-being and enjoyment of the team whilst also retaining a flexible and fun attitude. The Leaders have radio and phone contact with base, the local office and Adventurous Ewe's HQ

Level of difficulty

The Iceland Winter Hike is graded as '**Tough**'. This is due to there being four consecutive long days of trekking in snowshoes along undulating frozen terrain.

To complete the Iceland Winter Expedition comfortably, it is preferable that you have previous experience of long treks in varied and irregular terrain carrying a 45 litre day-pack. You do not need previous snowshoeing or pulka pulling experience as training will be provided, however it is beneficial that you are a confident walker with a good level of fitness to manage the sections of ascent and long duration of the trek, combined with carrying your day-pack every day



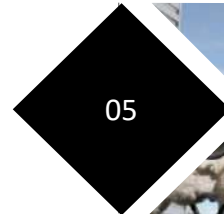
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04



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Group size

We pride ourselves in small group trips to minimise the impact on the environment, to maximise your safety & wellbeing and to make your experience more authentic.

The minimum group size for event is **7 people** and the maximum group size is **13 people**.

You are most welcome to join this adventure as a group of friends, family or colleagues or as a solo traveller. You are also welcome to use this trip as a fundraiser for the charity of your choice.

If you have a group of over 10 people, we would be more than happy to run a private trip for your team, your charity or your company. Please get in touch for more info.

Training

A Training Programme will be provided when you join this expedition to help you with your preparations.

We also have exclusive offers with our Training Partners and Communities – **Her Spirit** and the **Bath Kettlebell Society**. For more info, please visit our [Training and Preparation](#) page.

The more you are prepared, the more you will enjoy the challenge.

Our motto is: Train hard, smile harder and enjoy the journey!

Kit and discount codes

A full kit list will be provided when you join this expedition together with an exclusive Adventurous Ewe discount code for independent outdoor retailers **Joe Brown, The Climbers Shop** and **ashmei** athletic apparel where sustainability meets performance.

Packing and kit tips will also be provided when you join us for this adventure.

Rest assured any equipment that we supply will be hygienically cleaned and sanitised.



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07



Adventure with purpose

We've teamed up with leading climate change charity **Cool Earth** and invest a % of our revenue into supporting their critical conservation projects around the world.

This partnerships mean that just by joining the flock and taking part in this expedition, you will not only have an incredible experience, but you can do so by knowing you are actively supporting rainforest communities sustainably across the globe.

Any queries?

Feel free to contact Jim or Sue at:

jim@adventurousewe.co.uk

susan@adventurousewe.co.uk

call 01492 588 069 or chat to us online via the website.

We're here to help, support and guide you as much as you need.

Travel Admin

A quick snapshot of what you need to know...

Adventurous Ewe Financial Guarantee

Any monies paid to Adventurous Ewe for a trip are immediately placed into a Trust account and not used for the day-to-day operations of the company. So, in the unlikely event of our insolvency, money paid in respect of future travel will be refunded, in full. This pledge has been honoured since the foundation of Adventurous Ewe in 2007. No client has suffered financial loss outside our T&C's whilst travelling with us.

Financial security

Rest assured, your money is safe in any and all circumstances. There has been and always will be full financial protection on your booking. If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection through our insurance. What's more, in the very unlikely event of Adventurous Ewe going under, you'll get your money back and be repatriated if you were on a trip at the time.

Passport

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay.

Visa

Currently there are no visa requirements for British national entering Iceland. For the most up to date info, please visit <https://www.gov.uk/foreign-travel-advice/iceland/entry-requirements>.

Insurance

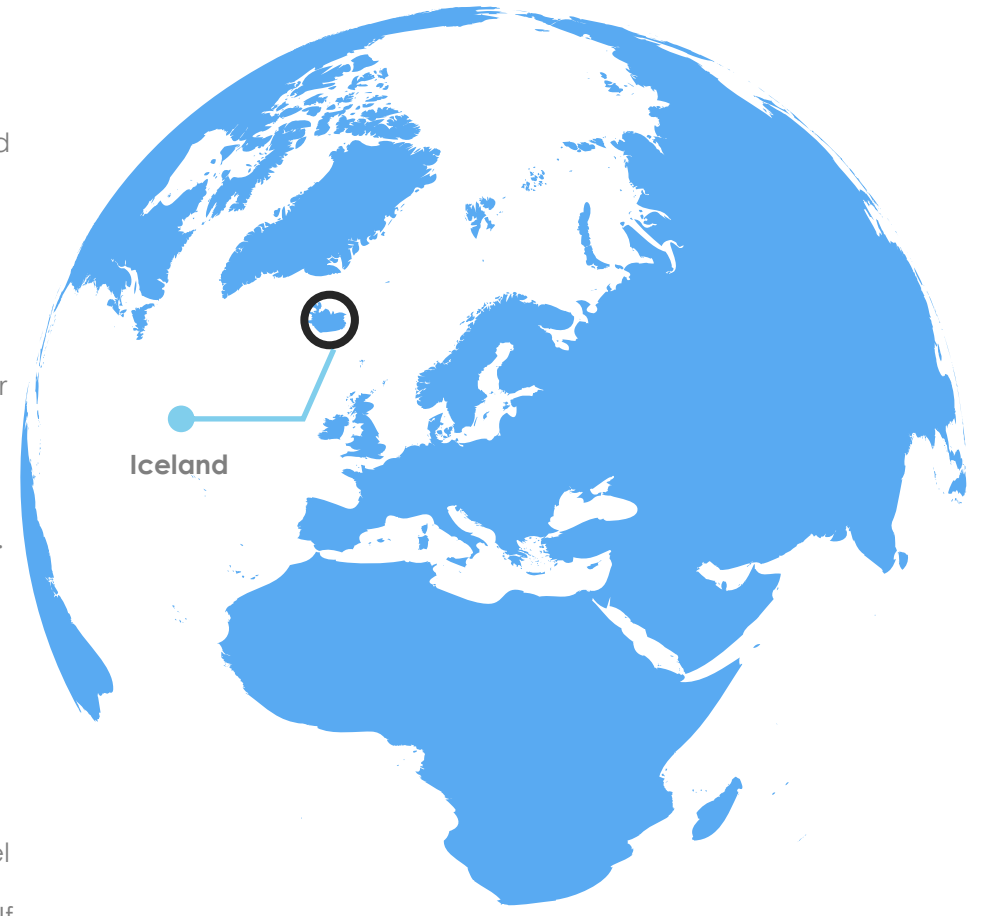
Travel Insurance is an important part of any booking. It is compulsory that everyone who travels with us has taken out adequate travel insurance which includes, among other things, cover for the full value of your trip, medical (emergency, evacuation and repatriation) arrangements, activities undertaken, personal liability, cancellation, curtailment and loss of luggage and personal effects and COVID-19 travel cover.

For UK residents we have partnered with **Campbell & Irvine Direct** to provide you with a travel insurance. If you would like to obtain cover for your trip please feel free to contact specialist Insurance Brokers, [Campbell Irvine Direct](#) for a quote.

Vaccinations

For the most up to date info on vaccinations, please consult with your GP or travel healthcare practitioner 8 weeks in advance of travel. For more info, feel free to visit

<https://www.fitfortravel.nhs.uk/destinations/europe-russia/iceland>.





WHY ADVENTUREOUS EWE

Big adventures, small footprints

Here at Adventurous Ewe we think, talk, love, live and breathe adventure. We create and deliver worldwide adventures, whether they be trailblazing itineraries to remote pockets of the globe or classic bucket list adventures. At the core of each trip creation is real and meaningful connections to destinations and people.

We're a friendly family business operating since 2007 with decades of adventure travel experience, knowledge and insight that you can depend on. We're passionate about igniting your adventurous spirit and achieving the extraordinary in some of the world's most incredible places. We're also proud to be the main UK trip supplier for **Much Better Adventures**.

We're also proud to operate adventures with reason by supporting both local and global environmental charities, the **Snowdonia Society** and **Cool Earth**. So by joining the flock for your next trip, experience the feel-good factor that you're helping the planet through these partnerships. We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

Why join us:

- ✓ Reconnect and gain a fresh perspective through the lens of adventure
- ✓ Be bold, be ambitious and experience an adventure to remember
- ✓ Feel protected, feel safe and know your wellbeing is our focus
- ✓ Be part of something bigger and help the environment and local communities grow
- ✓ Meet and mingle with the people of the planet
- ✓ Enjoy the whole journey - the support & guidance from AE, the new friend-sheeps made, the thrill of travelling, the people & places, the great achievements and difference you can make - not only to your life, others too!

We're excited to be immersed in your adventure from your very first step. Travel is a force for good, for everyone!

All you need is the....

1. **Courage** to start
2. **Strength** to endure
3. **Determination** to finish! **#ewecandoit**

CARBON FOOTPRINT

We've crunched the numbers to work out the total carbon footprint of the Iceland Winter Hike, and plant or protect enough trees to suck 2x as much back out the atmosphere.

What's the number?

It works out on average at **94kg** of CO2 emissions per person, including all local transport, accommodation, food, activities, leaders, crew and office operations.

The only thing not included is travel to Morocco. Given that our beloved guests travel from all parts of the UK for this adventure we have no way of reliably knowing their travel plans therefore we're unable to include an individual number in the figure on display here.

What does the number mean?

To give you a snapshot of the numbers:

- Driving 1000miles/1609km would be approx. 281kg of CO2 in an average car (or 140.5kg per person if there was 2 of you).
- A return economy class flight London – New York would be approx. 1,619kg (1.66 tonnes) per person
- 10 trees in a temperate forest are estimated to remove approx. 250kg of CO2 from the air over a period of 5 – 10 years.

What are we doing about it?

Our adventures are relatively low-carbon by design, and we're working to develop long term carbon reduction plan. Following much research into climate change organisations, we carefully selected to support the environmental charity, [Cool Earth](#). They're a sustainable operation and work with rainforest communities across the globe to halt deforestation and it's impact on climate change. We invest 1% of our revenue into supporting critical conservation projects world-wide with [Cool Earth](#).

On a local level here in the UK, we're an ongoing [business member](#) of the Snowdonia Society, plus Jim and Sue, together with some of our local leaders, also help the Society with their local projects such as planting native trees in Snowdonia. This is to help preserve the landscape and enhance wildlife habitat here in Snowdonia.



TOURISM DECLARES CLIMATE EMERGENCY



Want to know more?

We believe that with great travel, comes even greater responsibility. Tourism is one of the most important and largest industries on the planet. It employs more people worldwide than any other, with millions of families relying on tourism for their daily needs. At Adventurous Ewe we believe that our type of small scale, positive impact tourism can bring benefits to many communities, help preserve the environments we travel to see, and provide real and positive social exchanges. [Here](#) is our plan to do our part towards helping reduce factors that we can contributing to climate change as part of [Tourism Declares a Climate Emergency](#).

HELPING SHAPE THE FUTURE OF TOURISM

Adventurous Ewe may only be a small tour operator however we are proud to be part of these fantastic initiatives with our operations and as a collective collaboration, make a difference to the safety and future of tourism.

We're #GoodToGo

Following the COVID-19 Industry Standard in Partnership with The National Tourist Organisations of Great Britain and Northern Ireland, we have followed and implemented government and industry COVID-19 guidelines, ensuring processes are in place to maintain cleanliness and aid social/physical distancing.

World Travel & Tourism Council's #SafeTravels

We have implemented the protocols for tour operators which have been compiled based on input from leading tour operators either directly or from their public announcements around the healthy, and responsible reopening of tour operations to the public. The protocols also take into account World Health Organisation (WHO), the US' Centres for Disease Control and Prevention (CDC) and the European Centre for Disease Prevention and Control (ECDC) guidelines. The objective is to ensure that protocols are in place across all relevant functions with an increased focus on health, hygiene, and reduction of physical contact guidance which travellers will need and expect to embrace a safe travel experience.

Tourism Declares Climate Emergency

As part of being part of Tourism Declares a Climate Emergency, we have put in place an action plan to reduce our carbon emissions in the next 12 months.

Future of Tourism

We've also joined the movement to reshape the Future of Tourism. We are excited to announce that Adventurous Ewe has signed the new set of Guiding Principles launched by the Future of Tourism Coalition. As a signatory, we commit to please destination needs at the centre of our recovery strategies and do our part to build a better tomorrow for travel and tourism.

Learn more at www.futureoftourism.org. #FutureofTourism



For more info please visit: <https://www.adventuroousewe.co.uk/pre-trip-info/travel-with-confidence/>



**TOURISM DECLARES
CLIMATE EMERGENCY**



ADVENTURE WITH PURPOSE

Our mission: to harness the power of travel to conserve and protect the world's precious natural spaces, one epic adventure at a time.

Our goal: to ensure rainforest communities benefit from adventure tourism, and to educate and inspire our flock to help actively support these communities across the planet.

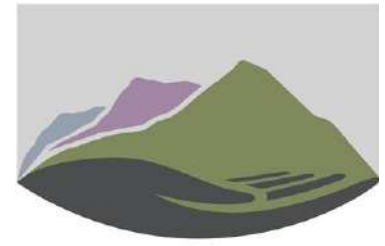
Now more than ever our commitment to maintain our support of one of the leading global climate change charities, **Cool Earth** and the local protection and sustainability work of the **Snowdonia Society**, is of utmost importance.

To do this we'll continue to contribute a % from every booking to Cool Earth and maintain our partnership with the Snowdonia Society. It's time that we all live in a more responsible world. This means that not only will you have a fabewelous experience when you travel with Adventurous Ewe, you can do so whilst taking pride in knowing that you are helping support both of these fantastic causes.

Snowdonia National Park Ambassador

Adventurous Ewe have been a founding member of the Snowdonia National Park Ambassador Scheme since 2019. The scheme was formed to strengthen links between stakeholders working within the tourism industry and the National Park and provide training to create a greater understanding and knowledge about the area's natural and cultural resources, in order to improve the overall visitor and local experience.

For more info please visit: <https://www.adventurousewe.co.uk/about-us/adventurous-ewes-partnership-with-cool-earth/>



Cymdeithas Eryri
Snowdonia Society



Arbenigwyr ar ymweliad â'r Wyddfa
Snowdon visit specialist

Partneriaeth Yr Wyddfa Partnership



TOP TIPS

Snowshoeing

- Dress the part and in layers of breathable fabric ie merino wool. Always have a pair of gloves or mittens (Hestra Alpine or Mountaineering gloves), merino wool winter hiking socks, a warm beanie that covers your ears, waterproof trousers & hooded waterproof jacket (Gore Tex or similar), and sunglasses as snow in the sunlight is intensely bright.
- GOOD boots!! Make sure they are insulated, waterproof winter boots with higher ankle support, thick soles and rubber or leather uppers are ideal ie. Salomon Tundra Pro boots or The North Face Chilkat snow boots
- Train in your kit including the wearing of your daypack with weight inside. Ensure your kit is suitable and comfortable for your exciting expedition. Any questions, please contact us
- Know where you pack your stuff so that it's easily accessible ie. down jacket for when you stop for a break, snacks, water, first aid, factor 50 sunscreen, any medication, lip balm, etc.
- Pack your kit inside a dry bag and also have a rain cover for your daypack
- Bring your own facemask (optional) and hand sanitiser (essential)
- Look after your feet – blister prevention
- Bring some of your favourite high calorie snacks. Remove as much packaging as possible before taking it on the trek (less litter to carry)
- Bring your own water bottle, your Water-to-Go bottle and a wide mouth Nalgene bottle that you can refill and avoid plastic bottles. Plus bring a good flask for a hot drink.
- Have an understanding of the history of the Sámi people and culture
- Study up on how to take photos of the Northern Lights
- Be respectful of the local people, the volunteer caretakers of the mountain huts and this pristine Arctic wilderness
- Have fun. Snowshoeing is one of the most welcoming and friendly of the winter sports. Blaze your trail and have a blast doing it.
- **Most importantly.....ENJOY THE ENTIRE EXPERIENCE!**





COST

Deposit: £245 per person payable on booking

Remaining balance: £1545 per person payable 6 weeks prior to start of trip

We've got you covered – financial protection

If your adventure needs to be cancelled for any reason, like say a global pandemic, you won't be left stuck and you'll be offered plenty of alternative options thanks to our financial protection arranged by Towergate Travel through Zurich Insurance PLC.

Pay in instalments, interest free

We're well aware that adventures can be a significant investment, so we've set out to make it easy to afford. Once you've put down your deposit, you can pay the remaining balance off in monthly instalments with no extra charges so you can get out there and live your dream.

Cancelled trips

If you book on a trip that we are forced to cancel due to the pandemic, you will have the option to join another trip at a later departure with no admin costs or receive a full refund or credit note (excluding flights or insurance payments as these have their own booking conditions directly with the supplier).and prompt refunds.

If you choose to cancel your trip within 30 days of departure despite no official advice against travel

We respect your decision if you no longer wish to travel regardless of the destination or official advice. If you choose to cancel your trip, we will happily make those arrangements for you though please note, if there is no F&CO advice against travel, our standard cancellation terms will apply.

Fundraising

You're most welcome to use this trek as a fundraising activity for the charity of your choice.

INCLUSIONS & EXCLUSIONS

ICELAND WINTER HIKING EXPEDITION

INCLUDED

Pre-expedition:

- Personalised trip support in the lead up to your trek from Adventurous Ewe
- Training guide
- Discount on personal kit from Joe Brown, The Climber's Shop and ashmei athletic apparel both in shop and online
- Trip info supplied via our free mobile travel app
- Financial protection of your booking
- Public liability insurance
- Risk assessment and emergency management planning
- Monthly payment plan available
- **Free Water-To-Go Bottle to help reduce our plastic footprint in Iceland**

During your expedition:

- Certified Local Icelandic Winter Mountain Leader for 4 days
- UK Mountain Leader for groups over 7 people
- Local ground crew
- Airport transfer day 1
- Transfers on day 2 and day 5 by private super jeep
- 2 nights hotel accommodation in Reykjavik (twin room basis)
- 3 nights accommodation in mountain huts (dormitory rooms)
- Sleeping bag
- All meals from dinner on day 1 until breakfast on day 6
- Hire of snowshoes, walking/ski poles, pulka, sleeping bag for duration of the expedition
- Filling of water bottle/s and thermos (please provide your own water bottles and thermos for refilling)
- All trip management and hygienic cleaning procedures of equipment before, during and post expedition.

NOT INCLUDED

- Return flights from UK to Reykjavik Iceland. These can be booked via our flight operator (ATOL protected)
- Travel insurance (mandatory)
- Clothing and equipment listed on your Kit List
- Water bottle/s and/or camelbaks/platypus and thermos for filling and refilling. Please provide your own bottles as this is to minimise the use of plastic bottles
- Personal snacks and electrolytes
- Personal spending money
- Any costs incurred with retiring from the expedition early ie. hotel accommodation, change of travel tickets, any medical costs, etc
- Tips for local crew.

KIT LIST

Good quality, durable kit could mean the difference between a fantastic trip and an uncomfortable one. This is a list of recommended kit to take on your winter expedition.

BAGS

- ☐ **Rucksack** – 45 litre with waist straps for carrying your kit needed during your expedition, a snow shovel, group shelter and food & drinks. The bulk of your kit can be transported by your pulk (sleigh) and remain in the mountain huts (sleeping bag, etc)
- ☐ **Small duffel or rucksack**. Before leaving Reykjavik you can leave a small bag of clothing at the hotel
- ☐ **Dry bags** – for clean and dirty kit whilst snowshoeing

CLOTHING

- ☐ **Water-proof jacket with hood AND water-proof trousers**. It's imperative to have good quality water-proof clothing which is breathable. We recommend the following fabrics: Gore-Tex Pro, Gore-Tex or Páramo.
- ☐ **Wind-stopper jacket** or a **soft-shell jacket** which is wind-proof
- ☐ **Down jacket** ideally with a hood. Essential for when having breaks during your expedition, for wearing at night or in extreme weather conditions
- ☐ **Midlayer or fleece**
- ☐ **Trekking trousers** – soft shell trousers are ideal
- ☐ **Base layers** (merino wool or wicking fabric) long-sleeved top x 2 and long johns x 2 (one pair for snowshoeing and one pair for mountain hut & sleeping)
- ☐ **Neck warmer** or merino wool buff – which can also be pulled over the lower half of your face in poor weather conditions (there are face masks available with an airhole for breathing)
- ☐ **Beanie** which covers your ears and is lined for extra warmth
- ☐ **Gloves or mittens** - insulated and waterproof (Gore-Tex) ski gloves or mitts. We recommend Hestra Alpine or Mountaineering gloves
- ☐ **Inner/liner gloves** – ideally merino wool, windproof
- ☐ **Socks** – liner socks x 3, merino wool mountaineering extra thick socks x 2. We recommend Smartwool Merino Mountaineering Extra Heavy Crew Socks
- ☐ **Underwear** – merino wool or wicking fabric
- ☐ **Clothes for mountain huts and general travel**
- ☐ **Swim wear and towel** for hot springs and Blue Lagoon (if you opt to visit)

FOOTWEAR

- ☐ **Winter boots** - insulated, waterproof winter boots with higher ankle support, thick soles and rubber or leather uppers are ideal. E.g. Salomon Tundra Pro boots or The North Face Chillkat snow boots. Both available in mens and womens makes
- ☐ **Slippers** with rubber sole or **crocs** for mountain huts
- ☐ **Trainers** or similar for travel

EQUIPMENT

- ☐ **Sleeping bag** – sleeping bags are provided or you are welcome to bring your own. We recommend a 4 season bag with a comfort level of -10 degrees Celsius. Pack inside in a waterproof bag. The mountain huts have wood burner stoves which help with heating. Option to bring a sleeping bag liner for extra warmth and protection of your sleeping bag.
- ☐ **Ski goggles** - must have strong UVA/UVB protection. Used in poor or windy weather conditions
- ☐ **Sunglasses** - must have strong UVA/UVB protection. Ideally be wrap-around glasses to fully protect the eyes from potential strong reflections off the snow
- ☐ **Gaiters** - water-proof knee height gaiters to prevent snow entering your boots
- ☐ **Flask or thermos** – 1 litre, for carrying hot drinks or soup
- ☐ **Water bottle** – 2 litre capacity. We recommend a Nalgene wide mouthed water-bottle as narrow mouths and camel-packs/ platypus/ bladder systems will freeze.
- ☐ **Head torch and spare batteries**

TRAVEL ADMIN

- ☐ **Passport**
- ☐ **Flight tickets**
- ☐ **Travel insurance policy and emergency number**
- ☐ **Debit/credit cards**
- ☐ **Cash** - Icelandic króna (including 5 x 100 króna coins if you wish to use the showers available in some mountain huts)

ADDITIONAL ITEMS

- ☐ **Antibacterial hand gel & face mask** - we recommend <https://www.virustaticshield.com/>
- ☐ **Sunscreen and lip block** – minimum SPF50
- ☐ **Favourite snacks** - both sweet and savoury
- ☐ **Electrolytes**
- ☐ **Camera** – enclose in a dry bag
- ☐ **Toiletries** – including biodegradable loo paper, dog poop bags, soap/shampoo, travel hand soap, eco-friendly wet-wipes, toothpaste & bamboo toothbrush, deodorant.
- ☐ **Travel towel**
- ☐ **Personal First Aid** - personal medication plus paracetamol, ibuprofen, reusable hand warmers, rehydration sachets, and plasters/Compeed blister pads, zinc oxide or Rock tape, knee or ankle support if you experience knee or ankle problems, etc.

NICE TO HAVE

- ☐ **Duct tape** for emergency repairs – wrap some around your water bottle rather than carrying a whole roll
- ☐ **Ear plugs** for mountain huts
- ☐ **Reading material / card games** for mountain huts
- ☐ **Spare dry bag** for dirty or wet clothing
- ☐ **Portable charger**
- ☐ **Small foldaway bag**
- ☐ **Small foam pad** or similar to use to sit on during breaks on expedition

WHAT YOU WILL BE SUPPLIED WITH

- ☐ **Snowshoes**
- ☐ **Trekking poles**
- ☐ **Snow shovel and group shelter**
- ☐ **Pulk (sleigh)**

EXCLUSIVE DISCOUNT CODES

To help you get the very best from your Adventurous Ewe trip we have teamed up with independent UK outdoor specialists:

Joe Brown and The Climber Shop who are kindly offering any members of our flock a 10% discount* in either Joe Brown / The Climbers Shops or online at <https://www.climbers-shop.com/>

Ashmei who produce sustainable high performance sporting apparel. <https://ashmei.com/>

Exclusive discount codes will be provided when you sign up for this adventure.

For more info please visit:

<https://www.adventurousewe.co.uk/training-kit/>



ADVENTUROUS EWE

Big Adventures, Small Footprints

EST 2007

We not only want to make a difference to your life, your experiences and your stories, but to the lives, communities and environments of this awe-inspiring planet.

- We believe in epic goals, trailblazing adventures and pushing boundaries
- We cheer, salute and support every person stepping outside their comfort zone
- We celebrate the things that make us different and doing things that make a difference
- We dream big, aim high, inspire others and believe #ewecandoit



EPIC
ADVENTURES

CONTACT US

For any further info or any questions,
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<https://www.adventurousewe.co.uk/>



@Adventurous Ewe





We look forward to welcoming
you to the stunning Icelandic
Highlands for this unique winter
adventure.

