

# WILD GUANABANA WELCOMES YOU TO ICELAND!



## ENTERING ICELAND

### VISA

All visitors to Iceland must carry a valid passport.

Nationals of EEA countries need not apply for a visa. However nationals outside the EEA need to have a passport that is valid for at least three months beyond the intended date of departure from Iceland.

Iceland joined the Schengen states on March 25, 2001. Visitors from non-Schengen countries who require a visa to visit the Schengen area must apply for a visa before travelling to Iceland.



Capital  
**REYKJAVIK**

### WEATHER IN MAY/JUNE

*Reykjavik*

LOW 4-7c - HIGH 10-12c

*The Mountains*

LOW -15c - HIGH -3c

*The South Coast*

LOW 0-3c - HIGH 5-9c

### CURRENCY



ICELANDIC KRONA

Exchange Rate

USD 1 = 128.51 ISK

### LANGUAGE



ICELANDIC - ENGLISH

### RELIGION



CHRISTIANITY

### PLUGS & VOLTAGE



Plug  
TYPE C/F

Voltage  
240 V

### DIALLING CODE



+354

## STAYING SAFE!

*Iceland* is not a dangerous country to travel in, but it is not crime-free either

CHECK THE [SAFETY LINK](#) FOR MORE DETAILS

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# CONTENTS

## ICELAND ----- 3

- Introduction
- The 3 Peaks

## A GUIDE TO TRAINING FOR THE 3 PEAKS ----- 4

- Getting Your Body Prepared
- A Potential 3-Month Training Program

## THE 3 PEAKS EQUIPMENT CHECKLIST ----- 7

- Climbing Equipment
- Footwear
- Technical Clothing
- Handwear
- Headwear
- Personal Equipment
- Traveling
- Medical & Safety
- Gear Rental List

## TIPS & TRICKS ----- 12

- Hiking Backpack
- Duffel Bag
- Sleeping Bag
- Hiking Shoes
- Gloves
- Socks
- Cameras
- Hygiene
- Nails
- Blisters
- Phones
- Mountain Hut Shoes/Clothes
- Gear List
- Snacks
- Bring a Joke!
- Bring Some Entertainment
- Bring an Awesome Attitude

## EXTRAS ----- 15

- Staying Healthy
- Climate
- Safety
- Culture of Iceland
- Travel Green Tips
- Medical & Travel Insurance

# ICELAND

## INTRODUCTION

Iceland is a Nordic island country in the North Atlantic, with a population of 360,390 and an area of 103,000 km<sup>2</sup>, making it the most sparsely populated country in Europe. The capital and largest city is Reykjavík. Reykjavik and the surrounding areas in the southwest of the country are home to over two-thirds of the population. Iceland is volcanically and geologically active. The interior consists of a plateau characterized by sand and lava fields, mountains, and glaciers, and many glacial rivers flow to the sea through the lowlands. Iceland is warmed by the Gulf Stream and has a temperate climate, despite a high latitude just outside the Arctic Circle. Its high latitude and marine influence keep summers chilly, with most of the archipelago having a tundra climate.

According to the ancient manuscript Landnámabók, the settlement of Iceland began in 874 AD when the Norwegian chieftain Ingólfr Arnarson became the first permanent settler on the island. In the following centuries, Norwegians, and to a lesser extent other Scandinavians, emigrated to Iceland, bringing with them thralls (i.e., slaves or serfs) of Gaelic origin. Until the 20th century, Iceland relied largely on subsistence fishing and agriculture. Industrialization of the fisheries and Marshall Plan aid following World War II brought prosperity and Iceland became one of the wealthiest and most developed nations in the world. In 1994, it became a part of the European Economic Area, which further diversified the economy into sectors such as finance, biotechnology, and manufacturing. Icelandic culture is founded upon the nation's Scandinavian heritage. Most Icelanders are descendants of Norse and Gaelic settlers. Icelandic, a North Germanic language, is descended from Old West Norse and is closely related to Faroese. The country's cultural heritage includes traditional Icelandic cuisine, Icelandic literature, and medieval sagas.

## THE 3 PEAKS

On the itinerary are three different stunning peaks as well as walks in the beautiful landscape around beautiful Skaftafell National Park. With each peak, the climbing get more challenging and more rewarding. We start with an easy hike of Mt Hengill (805 m) overlooking the lake. The next peak is the world famous volcano Hekla (1491 m). On our way up the peak of this highly active volcano, we have to make our way over rough lava and sometimes snow, before reaching the summit.

In Skaftafell National Park, right under the great Vatnajökull glacier, is the home of Hvannadalshnúkur (2110 m) Iceland's highest summit and our ultimate climbing objective! Together with all this excellent climbing and hiking in the 24-hour daylight, you get an opportunity to bathe in a hot river and see some amazing views of outstanding landscape.



# A GUIDE TO TRAINING FOR THE 3 PEAKS

## GETTING YOUR BODY PREPARED

The best training for The 3 Peaks would be to go on long hikes with a pack. However, very few people have this luxury and so we want to make sure you're fully prepared given the resources you would have access to in your own city or town; at a gym or even in an open space like a park or the track.

A good way to think about The 3 Peaks from an effort point of view is that it's a long day hike that you get up the next day and do again several times. Essentially the only activity you're doing is walking which is why these mountains can be climbed by anyone who has the right determination and is willing to put in the effort to prepare – no previous experience is necessary. Please note that this document is a guideline on how you should approach your training. It's not a training program.

For an inclusive day to day training program, we partnered up with Uphill Athletes, the leading training provider used by the world's top alpinists and mountaineers developed by alpinist Steve House to give you the best possible coaching for our expeditions. Once you book your trip with us, let us know and we will provide you with a discount code specially for Wild Guanabana clients.

You can check the program through this link: <http://www.uphillathlete.com/wild-guanabana/>

As a general concept you should take note of the following:

- The ideal form of training is known as HIIT or High Intensity Interval Training. The idea is to do an exercise like burpees for 50 seconds non-stop then take a 10 second rest and repeat for 5 sets. Ideally you will have a group of exercises constituting a set with short breaks and repeat that group of workouts 4 to 6 times before moving on to something else.
- Do not train until the last day before the hike. Make sure to taper off your training a week before and just rest 3 days before your flight. Getting sports massages is excellent for taking away all the lactate acid build up in your system and sending off to the mountains is fresh as possible.
- Think of your whole day as an opportunity to get fitter and break in your hiking boots (to minimize the occurrence of blisters – wear them to work even!). For example walk or cycle to a meeting instead of driving or climb up the stairs regularly instead of taking the lift. Some people completely stop taking lifts a couple of months before the hike. You will be amazed what something like that will do for your cardio and general well being.
- If you're working out well, make sure to eat well too. Don't approach this as an opportunity to lose weight by reducing your food intake. The more you exercise the higher your metabolism will get and you will be losing the right kind of weight regardless.
- In order not to get bored, you can mix up your workout routine with other aerobic sports you enjoy like swimming, tennis, basketball etc.

## A POTENTIAL 3-MONTH TRAINING PROGRAM IS AS FOLLOWS:

### **Journey Date Minus 3 Months**

- Gym / fitness class / any selection of fitness session x 2 times a week: choose workouts that make you work hard and increase fitness and push your heart rate up rather than build muscle.
- Walking: walk whenever possible – short 10 minute walks are fine, go to the shops, see friends, short trips you might normally take a bus or taxi for.
- Diet: cut out soft drinks with sugar or sweeteners and junk food. Remember this is a once in a lifetime event – use it as a great excuse to get healthy!

### **Journey Date Minus 2 Months**

- Gym session x 3 times a week: again choose workouts that make you work hard and increase fitness rather than build muscle. No need to go crazy, but doing 3 workouts a week creates discipline and mental stamina as well as improving physical conditioning. You can even substitute 1 gym session for an alternative activity such as Yoga or swimming.
- Walking: keep walking – short 10 minute walks are good, but increase your distance to at least 1 hour once a week. That's only 4 x 1 hour walks for the whole month!
- Diet: keep healthy but remember to feed the fire! When you exercise you will burn lots of calories and so replace lost fuel and keep very well hydrated – water is life, drink, drink. Lots of water helps flush out toxins and maintains a healthy perfusion of the body's cells.

### **Journey Date Minus 1 Month**

- Gym session x 3 times a week: no need to go crazy on the gym sessions, simply keep up a good routine. Do not over exercise! 4 times a week is also good but going over that will increase the risk of injury and muscle damage which may prevent you from even starting, which is not what we want.
- Walking: be realistic and set 4 hikes for this month of around 3 – 2 hours each. Keep walking whenever possible. Again, overexertion and strains should be avoided at all costs, but some hill work and distance will definitely help wear in those thighs and boots. It will also prepare you mentally.
- Diet: a good well balanced diet is the way to be. Any loss of body weight or toning should really have been done in the last couple of months and now keeping healthy and maintaining the status quo is our goal. Make sure to drink a lot of water and have enough calorie intake to complement your exercise routine.

## **Journey Date Minus 1 Week**

- RELAX. No need for last minute blasts or burnouts. Exercise gently at the beginning of the week, take a good walk and then simply relax. If you haven't prepared up to this point then training one week from your arrival is not going to help (people that take that approach should expect to find the hike hard work and possibly be ready to fail). Being MENTALLY RELAXED is as important as physical conditioning. Even if you haven't managed to put in lots of training time the same applies.
- Many people work really hard right up to the night before they leave, and then arrive tired and start climbing tired. A stressed body will not acclimatize as well as a relaxed body so give your body a chance and try to prepare early. You can also spend extra days in Kenya relaxing or even doing light acclimatization walking if you have the time – there are a number of activity options in the Mount Kenya area from walking with Maasai in wilderness to seeing Bantu culture on foot. 2 or 3 nights before you climb can make a world of difference.








*Note: wearing in your boots will avoid discomfort in the mountains – blisters can seriously affect your ability to walk and enjoy the experience.*














# THE 3 PEAKS EQUIPMENT CHECKLIST



*This list is only a guide. While you are required to bring everything on this list (unless otherwise stated), there are numerous options, brands, and versions of each piece of equipment. Please let us know if you need advice on what product to go with.*

CLIMBING EQUIPMENT		
<p><b>Adjustable Ski/Trekking poles.</b> 1 pair.</p>		
<p><b>Head torch.</b> Bring extra batteries (preferably Lithium).</p>		
FOOTWEAR		
<p><b>Running shoes and sandals.</b> 1 pair to wear at the end of every day for comfort.</p>		
<p><b>Light Hiking Boots.</b> 1 pair of sturdy boots in which you can wear a light synthetic sock (optional) under a heavy sock comfortably, either wool or synthetic. Shoes should be very <u>Water Proof</u> and <u>Warm</u>, and should cover your ankle for maximum protection.</p>		
<p><b>Wool or Synthetic Socks.</b> 3 pair heavyweight socks (wool is warmer). If you're going to be layering socks, check fit over feet and inside boots.</p>		
<p><b>Liner Socks (optional).</b> 3 pair of smooth thin wool, nylon or Capilene to be worn next to the skin. This reduces the incidence of blisters and hot-spots and makes the outer sock last longer before needing to be changed. They should fit well with your heavyweight socks.</p>		
<p><b>Gaiters.</b> 1 pair used to keep rocks/snow out of shoes and boots dry.</p>		












**TECHNICAL CLOTHING**







<p><b>Thermal Underwear.</b> 2 pairs of Tops &amp; 1 pair of bottoms, Capilene, other synthetic or wool. <b>No Cotton.</b> Lightweight is preferable as it is more versatile. Zip-T-neck tops allow more ventilation options. If available, bring 1 set of white or light colored for intense sunny days and 1 pair of dark for other days.</p>		
<p><b>Synthetic Shirts.</b> Sweat wicker material. <b>No Cotton</b> Preferably 1 short sleeved and 2 long sleeved. Light colors preferred.</p>		
<p><b>Fleece/Soft Shell jacket.</b> 1 Mid weight fleece. A full-zip version is easier to put on and has better ventilation than a pullover. Zip-T's are also good.</p>		
<p><b>Down or Synthetic jacket (optional).</b> Medium to heavy weight for summit days and evenings.</p>		
<p><b>Hard Shell jacket w/ hood.</b> We recommend a waterproof breathable shell material with full front zipper, underarm zips, and no insulation. This outer layer protects against wind and rain.</p>		
<p><b>Trekking Pants.</b> Synthetic pants to be worn every day.</p>		
<p><b>Insulated Synthetic Pants (optional).</b> Warmer mid-weight pants to be worn between long underwear and hardshell on summit days.</p>		
<p><b>Hard Shell Pants.</b> Waterproof, breathable. Full-length side zippers preferred because it allows easy removal of pants.</p>		
<p><b>Underwear.</b> Synthetic or cotton.</p>		



**HANDWEAR**

<p><b>Lightweight synthetic gloves.</b> Quick drying material. Should fit comfortably inside heavy gloves.</p>		
<p><b>Heavy Gloves.</b> A good pair of heavy gloves works well. Should not be too tight or too loose so that it's warm enough.</p>		



HEADWEAR		
<b>Warm Lightweight synthetic/wool hat.</b> Preferably hat should cover ears.		
<b>Baseball cap/sun hat.</b> One with a good visor to shade the nose and eyes. Synthetic is nice as it dries quickly but not necessary.		
<b>Bandana/Buff.</b> Used to shade your neck from continuous sun exposure.		
<b>Balaclava.</b> Look for a simple lightweight model for windy days.		
<b>Glacier glasses.</b> 100% UV, IR, high quality optical lenses with no more than 8% light transmission (category 3 or 4). If you wear contact lenses we recommend packing a spare pair of glasses—it is a good idea to have these with “photo-gray” or equivalent light-sensitive material so they can double as emergency sunglasses.		
PERSONAL EQUIPMENT		
<b>Trekking Backpack.</b> A daypack big enough to carry water bottles, camera, lunch and extra clothing. Porters carry the rest. 30-40L is a good capacity. Maximum capacity is 45 L.		
<b>Water Bottles:</b> 2 Wide mouth bottles with minimum 1 Litre capacity per bottle. 1 or 2L water bag or bladder systems is also good in the lower regions but tend to freeze higher up so not ideal on summit days. Total carrying capacity should be 2L.		
<b>Sunscreen.</b> SPF 30 or higher, Make sure that the sunscreen is not older than 6 months as it would lose half of its SPF rating.		
<b>Lipscreen.</b> SPF 40 or higher, again not older than 6 months.		
<b>Sports Drink Mix (optional).</b> Powdered electrolyte drink mix can help you rehydrate. Bring 1-2 Servings per day for 7 days.		
<b>Sleeping bag.</b> Expedition quality to at least -5c comfort rating. Down is lighter, warmer and less bulky, but more expensive than synthetics.		

TRAVELING		
<b>Dry Sacks.</b> Keeps clothing and other items dry and organized.		
<b>Duffle Bag.</b> A small duffle can be nice for storing things between the day hikes during the trip and extra clothing while traveling. Maximum capacity of 90L.		
<b>Zip lock bags.</b> To store food, tablets, documents, camera etc.		
<b>Trail snack food items (optional).</b> Bring your favorite energy bars, GU packets etc for the long days		
<b>Travel clothes.</b> Don't forget to bring clothing to wear after the trip in the city and on your return home.		
<b>Toiletries.</b> Soap, wet wipes, toothbrush, towel, hand sanitizer, foot powder, dust mask, ear plugs etc.		

MEDICAL & SAFETY		
<b>Small personal first-aid kit.</b> The guides will have a first-aid kit. Please let us know about any medical issues before the trip.		
<b>Drugs/Medications/Prescriptions.</b> You should bring Pepto Bismol, Ciprofloxin (Cipro) 500mg tablets for traveler's diarrhea and for urinary tract infections, Azithromycin (Z-pak) 250mg tablets for non-gastrointestinal infections, Ibuprofen 200mg or Acetaminophen (Tylenol) tablets for headaches, sprains, aches, etc.		

Please note that the items below are the property of Wild Guanabana and are on loan to you for the purpose of the trip. Should any of the items be damaged/go lost you will be charged the full cost of replacing them. If the item(s) is not available then a similar one will be chosen in its place. A 50\$ deposit will be returned to you once all items have been inspected.

ITEM	PRICE IN USD
Balaclava	10
Sleeping Bag (-29C)	50
Sleeping Mat	10
Therm-A-Rest	25
Hiking Pole (single)	15
Gaiters	20
Head-Torch	15
Thin Gloves/Liner Gloves	10
Thick Gloves	20
Thick Gloves with Inners	30
Rain Jacket	30
Rain Pants	25
Mid-Layer/Convertible Pants	20
Water Platypus/Bottle	10
Mid-Weight Fleece	15
Heavy Fleece	20
Warm Hat	10
Sun Hat	10
Dry Sack	10
Synthetic/Down Jacket	40
Pair of Socks (4 season)	10
Pair of Socks (3 season)	10
Duffel Bag	30
Backpack	30

***Take nothing but memories and leave nothing but your footprint.***



# TIPS & TRICKS

## HIKING BACKPACK

Your hiking pack should only contain in it your water, your extra sweater/gloves/sunglasses/etc., waterproofs, and camera, snacks. Everything else will be in your main duffel bag, which will be transported from one hut to another. Maximum capacity for the backpack is 45L so pack as light as you can :)

## DUFFEL BAG

**Please note that the duffel bag cannot exceed 90 litres as per regulations.** Everything needs to fit in your duffel bag - the only items that should be in your hiking day pack are extra layers of clothing for the hike in case you get cold or feel hot, camera, snacks, medication, etc. - and that's all! You don't want it to be any more than that or else it will be too heavy for you since you will be walking for long hours.

Please make sure its a soft duffel bag and one that does not have wheels. Don't over pack! You will not be changing your clothes as often as you think! Especially the last few days you will be cold and tired so some have slept and woken up and hiked in the same clothes for 2 days straight and it was all good! :) So just bring what is necessary and if you follow the checklist you should be okay.

## SLEEPING BAG

For those of you purchasing a sleeping bag - please note that it has to be -5c Comfort Rating. Sleeping bags have a comfort rating and an extreme rating -- most people make the mistake of reading the extreme rating and therefore end up buying the wrong sleeping bag. It needs to be -5c Comfort Rating or else you will get cold in the mountains.

## HIKING SHOES

We hope you are wearing them daily! Make sure they are high enough to support your ankles and made out of an insulated material so that they can keep you warm and they also need to be waterproof. They also need to be a half size bigger as on summit days you will need to wear at least 2 socks to stay warm (it will feel very very cold!) so its important that your hiking boots have room for that.

## GLOVES

This is a tip for gloves: What keeps your fingers warm is actually the air pockets between the gloves so make sure that you buy your gloves a bit bigger than normal so that when you wear them on top of each other there is still room in between them. If they are all too tight you won't feel warm - so you need to make sure the air pockets are there.

## SOCKS

Your socks need to be made out of wool-ish material absolutely no cotton! -- They call them 3 season or 4 season socks, kind of like the ones you would wear for skiing. Keep a fresh pair in a zip lock bag

## CAMERAS

Since this is a super awesome trip, you definitely want to bring a camera with you. Some of you if you are photo enthusiasts will want to bring your SLR. You can but we don't recommend it, as they are heavy and bulky. A normal digital camera will do. In the case of batteries, make sure you bring extras! The trick with camera batteries is to bring extras and always keep them in a warm place, like inside your socks in your duffel bag - as the cold makes the battery life deplete a lot faster. Also, interchanging the battery is believed to be better and also makes it last longer than using one full battery till it runs out and then switching to another one.

## HYGIENE

The best thing to bring with you is Dettol wipes or baby wipes. These will be your new best friends in the mountains! So you can use them for obvious reasons and you can also use them in what we like to call «Dettol Showers» and just wipe yourself down in your tent to freshen up. Some people have also taken with them Dry Shampoo, so you can do that as well. Or you can just hide your hair under a hat that works as well!

## NAILS

Make sure you cut your toe nails really short. This is important especially on the way down from the mountains, as the pressure on your toes from the boots have caused some people to lose their nails when they get home. It's not fun so if you keep them short you should be okay.

## BLISTERS

Some people get them from the long hours of walking. The last thing you want on a trek is a blister as that can seriously make your life miserable when you are there. The trick we find best for this is «Pre-Emptive Behavior». That means you wrap your sensitive spots, like your heels, certain toes, etc. with gauze and medical white tape as soon as you start the trek. This will protect those areas from extra friction and save you from blisters. So you wrap them up like you already have a blister - before you get the blister. It works for us!

## PHONES

You will get reception in the mountains, so feel free to bring your phones if you like. Some people take this as a chance to completely disconnect from the world and unplug but some of you have moms and dads who need that update so it's ok. The battery trick here is the same as the camera one so keep your phone in a dry and warm place so it lasts longer and keep it turned off when you are not using it. In certain places you might have to walk around and find a certain rock to stand by that gets good reception :)

## MOUNTAIN HUT SHOES/CLOTHES

Once you get to each mountain hut you're going to want to take off your hiking boots and get into something comfortable. We suggest bringing something that's easy to slip on and off - versus something with laces.

## GEAR LIST

Everything on our gear list is mandatory so we can't stress enough that you should go over it again and again and make sure you have everything, every little thing counts!

## SNACKS

The best snacks to bring are DATES - as they are small and packed with energy. We prefer these over the usual energy bars as sometimes they have not so friendly effects on your stomach and that's the last thing you want on the trail. Nuts are also a great option.

## BRING A JOKE!

The trail is long so sometimes it's nice to share a joke or two :)

## BRING SOME ENTERTAINMENT

Some people bring with them books (kindle is best so you don't have to worry about weight) or a journal - you're going to want to document this for your memories. Sometimes it will be cold to write so perhaps bringing a voice recorder is best to record your thoughts and memorable moments. Avoid bringing heavy items such as laptops as you won't get as much use out of those as you would think.

## BRING AN AWESOME ATTITUDE

The 3 Peaks Challenge is 60% mental so make sure you start visualizing yourself there - and bring with you a flag or a picture or whatever you want to take your photo with when you reach the summits!





# EXTRAS

## STAYING HEALTHY

Traveler's diarrhea is the most common illness affecting travelers, involving a substantial number of international travelers each year. You can minimize the risk for Traveler's Diarrhea by avoiding to eat foods and drink beverages in places with poor hygienic conditions, abstaining from consuming raw or undercooked meat and seafood, and avoiding raw fruits and veggies unless they can be peeled. Drinking clean water is also recommended. Needless to say that frequently washing your hands is the prudent thing to do, whether at home or abroad.

While on the trip, you will have access to an extensive first-aid kit, which includes meds such as Ibuprofen, Tylenol, Aspirin, Immodium, Pepto Bismol, Diamox, and some common broad spectrum antibiotics. If you wish to bring a small med kit of your own, feel free to do but keep it simple. Many over the counter and antibiotic medications are readily and cheaply available in the pharmacies in big towns.

If your health insurance doesn't cover you for medical expenses abroad, we recommend that you get extra travel insurance prior to departure.

## CLIMATE

The climate of Iceland's coast is subarctic. The warm North Atlantic Current ensures generally higher annual temperatures than in most places of similar latitude in the world. Regions in the world with similar climates include the Aleutian Islands, the Alaska Peninsula, and Tierra del Fuego, although these regions are closer to the equator. Despite its proximity to the Arctic, the island's coasts remain ice-free through the winter. Ice incursions are rare, the last having occurred on the north coast in 1969.

The climate varies between different parts of the island. Generally speaking, the south coast is warmer, wetter, and windier than the north. The Central Highlands are the coldest part of the country. Low-lying inland areas in the north are the most arid. Snowfall in winter is more common in the north than the south.

The aurora borealis is often visible at night during the winter. The midnight sun can be experienced in summer on the island of Grímsey off the north coast; the remainder of the country, since it lies just south of the polar circle, experiences a twilight period during which the sun sets briefly, but still has around two weeks of continuous daylight during the summer.

## SAFETY

Iceland is not a dangerous country to travel in, but it is not crime-free either. Be careful when using ATM machines and try not to walk alone at night. Do not exhibit valuable personal belongings (camera, iPod, passport, credit cards, watch, jewelry, etc) when you don't need to. Never leave your bag(s) out of your sight or unattended. Be alert to the risk of thefts of personal property from cars and taxis stationary in traffic. Keep your important documents and money safely hidden under your clothes (not in your backpack or day pack or locked in a secure place. Care should be taken throughout your stay. Use your common sense and vigilance to minimize the risk of becoming victim to crime.

## CULTURE OF ICELAND

Icelandic culture has its roots in North Germanic traditions. Icelandic literature is popular, in particular the sagas and eddas that were written during the High and Late Middle Ages. Centuries of isolation have helped to insulate the country's Nordic culture from external influence; a prominent example is the preservation of the Icelandic language, which remains the closest to Old Norse of all modern Nordic languages. In contrast to other Nordic countries, Icelanders place relatively great importance on independence and self-sufficiency.

## TRAVEL GREEN TIPS

- Unplug your home and office appliances before leaving for the trip
- When researching your destination, try to go paperless and avoid printing unnecessary materials
- Pack lightly and leave the extra shoes and clothes at home
- Bring your own water bottle for filtered water instead of purchasing endless plastic bottles
- Pack a re-usable food container for snacks and meals on the go
- Bring a re-usable shopping bag to carry purchases made on the trip
- Bring rechargeable batteries and a battery charger
- Minimize your waste by not buying disposable items for which there are reusable alternatives
- Avoid pre-heating or pre-cooling your hotel room when you are not around
- Turn off the lights and appliances when you leave your hotel room
- Try to wash your own clothes as laundry service can waste a lot of precious water
- Eat local foods and order only ocean-friendly seafood
- Stay at small, locally owned and operated hotels
- Support sustainable tourism practices by forgoing certain comforts while on the journey
- Buy from local artisans and co-ops not department stores
- Do not purchase items made from endangered species
- Lend a helping hand to the communities you visit whenever you can - volunteer
- Stay on the trail - take only memories leave only footprints
- Respect the local culture and be mindful of cross-cultural differences when interacting with locals
- Plan your trip in conjunction with a local festival/event to get an insight into local culture and customs
- Try to fly with on-time airlines that fly non-stop whenever possible
- Consider offsetting your travel through carbon offset schemes or otherwise
- Share your knowledge and experiences with others

## MEDICAL & TRAVEL INSURANCE

The 3 Peaks challenge is a strenuous adventure and should not be undertaken if you have any health condition which may put you at risk. You are advised to consult your physician for a thorough medical check-up and clearance before attempting the mountains. If you are over 50 years old, talk to your doctor about doing a stress EKG. Should you require any special medication whatsoever, you must provide your own and be able to administer it yourself. Medical supplies are not reliable or guaranteed. The following are recommended for visiting Iceland; please do consult your local physician first.

- **Measles** - People with no evidence of immunity or no written documentation of any doses: 2 doses of MMR vaccine before travel. The 2 doses must be given 28 days apart. People who have written documentation of 1 dose and no other evidence of immunity: 1 additional dose before travel, at least 28 days after the previous dose.
- **Routine Vaccines** - Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.
- **Hepatitis A / Hepatitis B** - can be taken together in one injection called TwinRex, which is more expensive but worth it if you don't like injections. Note that TwinRex also needs a booster in 1 month + booster in 6 months
- **Rabies** - Although rabies can be found in bats and other mammals in Iceland, it is not a major risk to most travelers. Vaccination is recommended for these groups: Travelers involved in outdoor and other activities in remote areas that put them at risk for bat bites or other animal bites (such as adventure travel and caving) and people who will be working with or around animals (such as wildlife professionals and researchers).

You have made a significant investment in your travel plans and while in most cases everything will run smoothly, situations may arise on or before your trip that are outside of our control and for which we cannot be held responsible. Travel insurance may help to make your trip more worry-free by protecting your investment and yourself.

Travel insurances can cover expenses resulting from situations such as:

- Trip Cancellation and Interruption due to sickness
- Emergency Medical Transportation
- Trip and Baggage Delay
- Lost or Stolen Baggage
- Doctor and Hospital Payments
- Travel Accidents
- Weather delays

There are plenty of options when it comes to travel insurance providers. We highly recommend World Nomad's single trip travel insurance. You can buy it here: <https://www.worldnomads.com/travel-insurance>