

Packing list for Polar Winter School

We will move in a region with very variable weather, please keep this in your mind. Air temperatures are very variable, but usually around 0°C. Strong wind and fog are not excluded. We will stay outside for several hours during the day.

Therefore, you need to take respective clothing and equipment.

You can find basic info about travelling to Iceland at the bottom of this website:

<https://www.lbhi.is/unigreen-jic-meeting-2024>

Mandatory equipment

- The top layer consists of a warm and waterproof jacket and trousers. We recommend one warm jacket (down or synthetic fibre) and one waterproof (membrane-like gore-tex) jacket and pants. If you don't have a waterproof jacket, take a raincoat with you.
- The middle and bottom layers should consist of more thin layers rather than one thick layer (you can always take one layer down). If possible, prefer wool or synthetic fibre before cotton.
- Warm underwear
- A scarf or something to cover your face
- Two pairs of warm and waterproof gloves (one as backup)
- At least two pairs of warm socks (one as backup). Prefer wool or synthetic fibre before cotton.
- Besides the cap, some other protection of the face and neck might be very useful (neck warmer, face mask)
- Warm and waterproof **hiking boots** (ankle-length) - this is of top importance!
- Swimsuit (we plan to visit the spa)
- Headlight + extra batteries
- First aid kit (especially if you have extra medicine for allergies etc.)
- Sunglasses / goggles
- Sun cream, Cold cream
- Laptop for data analysis and indoor work (preinstalled Excel and R)
- Thermo flask, bottle
- ID, passport for non-EU participants
- Backpack— ideally 30L and bigger
- Travel Insurance—covering Iceland region and off-track activities

Recommended equipment (good to bring with you if can, but not required)

- Camera
- Snow probe, Snow shovel (if you have, please bring it with you)
- Slippers
- Ice spikes
- Compass