

## The Environment Agency Volunteer Guide Information for Trail Team Volunteers

### Equipment Checklist

*When packing for your trip to Iceland, please remember that the weather is extremely changeable; you may find yourself in cold conditions one day and hot sun the next. It is essential that you bring adequate protection against the sun and plenty of extra layers of clothing for cold conditions even in summer months. It is important to remember that our teams may have projects in isolated places so you should bring everything you think you will need for the duration of the placement. You must have everything with you when you join your team at the meeting point as it may not be possible to get additional equipment during the project.*

<b>Essential equipment:</b>	<b>NOTES</b>
<b>Tent</b> - Good quality tent that is sturdy enough to cope with Iceland weather. This can include strong winds, rain showers or even snow! A good supply of sturdy tent pegs as the ground on the campsites is often stony. NB: you need to have enough room in your tent for yourself and your equipment.	
<b>Ground sheet or tent footprint</b> - If in any doubt about the how waterproof the bottom of your tent is, we recommend that you bring an additional ground sheet or tent footprint.	
<b>Rucksack</b> - Bring a rucksack or base camp duffle with rucksack straps (65 - 100 litres).	
<b>Daypack</b> - Important for workdays to carry lunch and personal equipment and it is useful for days off. Small enough to take as hand luggage on your flight.	
<b>Rucksack/Daysack liner</b> - An easy way to ensure your rucksack is waterproof is to line it with a thick polythene sack.	
<b>Sleeping bag</b> – Even in midsummer the nights can be cold and damp and occasionally frosty. Please bring a good quality „three season“ sleeping bag ideally with a -5°/-10° comfort rate.	
<b>Sleeping bag liner</b> - (Optional) In the past some volunteers have brought fleece blankets or sleeping bag liners to make the nights more comfortable.	
<b>Sleeping mat</b> - Essential as it provides comfort and insulation from the cold and wet ground.	
<b>Walking boots</b> - Comfortable sturdy walking boots are essential. All the holidays will involve plenty of walking. Please don't bring new out of the box boots that hasn't been worn in.	
<b>Safety boots</b> - Boots with protective toecaps are recommended for the projects, but please note that they are often not suitable for hill walking so you must bring others as well.	
<b>Walking socks</b> – Two/three woollen pairs are recommended (keep a spare pair for tent use).	
<b>Waterproof jacket and trousers</b> - They must be good quality. Please bring something that you are happy to work in. Expensive Gore-Tex style clothing is fine for leisure activities but you may want to bring an alternative and save them from the work site.	
<b>Lunchbox and water bottle and/or small (personal) thermos flask</b>	
<b>Sunhat, high factor sun cream, lip salve and sunglasses</b>	
<b>Clothing:</b>	
<b>T-shirts</b> - Made from technical fabrics are good as they can be washed easily and dry quickly.	
<b>Walking trousers</b> – Bring whatever you feel comfortable with, those with SolarDry technology are useful. Please note that jeans are not good for outdoor work as they will not keep you warm if they get wet.	
<b>Fleece top</b> - Be prepared! Almost any weather is possible! Bring warm clothes and different layers.	
<b>Underwear</b> - Those made from technical fabrics are useful.	
<b>Warm hat and gloves</b> - Work gloves will be provided but warm gloves may be very useful.	

Additional recommendations: <i>list of additional equipment that you may find useful.</i>	NOTES:
<b>Torch</b> - (We recommend head torches – torches are only necessary from late July as the nights start to become dark.)	
<b>Towel and swimming costume</b> - Iceland has many heated outdoor pools. Trek towels pack small and dry quickly	
<b>Camera</b> - Photographic equipment is very expensive in Iceland. Don't forget extra batteries and memory cards.	
<b>Toiletries</b> - You will need to bring your own soap, shampoo, toothpaste, toothbrush etc. It may not be possible to get the brands you are used to using in Iceland so stock up before you leave, especially with things like contact lens cleaners.	
<b>Medication</b> - Bring sufficient supplies of any prescribed medication to last you the duration of your project.	
<b>Books, binoculars, music, games</b> and other things for your own entertainment during free time.	
<b>First Aid / welfare Kit</b> (for personal use) – We recommend that you bring a personal supply of useful first aid items e.g. plasters and antiseptic wipes. In accordance with the Environment Agency's Health and Safety Policy, volunteers must administer things like painkillers themselves, so bring your own supplies.	
<b>Solar charger</b> - Is a simple way to recharge your electronic devices during the project.	

## Questions about equipment

*For further questions please contact us by email, typing "Kit Advice" as the email subject; Volunteer@ust.is*

**What kind of tent would be suitable?** It is quite difficult for us to answer this as there are a huge number of different tents available in the countries that our volunteers are coming from.

There are three categories At the lower end of the scale are cheap "festival tents" which are not designed to withstand harsh weather conditions and are definitely not suitable. At the higher end of the scale are "expedition tents" which are great to use but can be very expensive. In the middle there are the "hill-walking tents" sometimes called "three season tents" which are suitable for summer conditions in Iceland. Some volunteers used North Face tents, and turned to be adequate for Iceland. Other brands that have been recommended by our volunteers are Vango and Vaude. **Top tips when choosing a tent:**

- Remember that you need space for your rucksack and equipment
- Try and find one that is easy to put up. Make sure everything is working properly before you join us.
- Try and find one that is light weight (3-4 kg is a rough guide). Some tent models offer a fitted "footprint" type ground sheet which is recommended.

**Do we really need protective work boots?** Yes, protective boots are a requirement for all Trail Team volunteers for safety reasons. You will also need sturdy walking boots.

**Is there somewhere to leave equipment during the placement?** Yes, there are storage facilities at the base camp, and in Reykjavik (during the holiday week).

**What is the luggage allowance for the flight?** Usually 20kg-23kg for the hold (things you check in) and 10-12 kg hand luggage (that you carry on). Limits may vary between airlines, please check this information.

**Should I bring a camping stove with me?** This is entirely optional, though obviously if you plan to go camping in your holiday week, it may be something you will need. Remember, it is not permitted to bring camping stove fuel (gas etc.) on the flight. Most petrol stations in Iceland sell a variety of gas bottles.

**Where can I find replacement equipment in Iceland?** If you forget something important or if something needs to be replaced, we recommend that you take care of this whilst you are in Reykjavik. Please note that there are very difficult to find outdoor equipment stores outside Reykjavik. The outdoor stores *Útilif*, *Everest*, *66° North*, *Íslensku Alparnir* and *Intersport* are located in Reykjavik.