



# Iceland Trip Prep

Hot steam permeates the air from geysers and thermal baths, the reflection of the sun shimmers as it bounces off unspoiled glaciers while you step on prehistoric volcanic rock. In Iceland, you may feel as if you are in the middle of nowhere and at the center of everything. The contrasts are unavoidable; Vikings and baristas, the world's strongest men and the world's trendiest designers, the tectonic plates where the world literally divides between North America and Eurasia. Iceland, the Land of Fire and Ice.

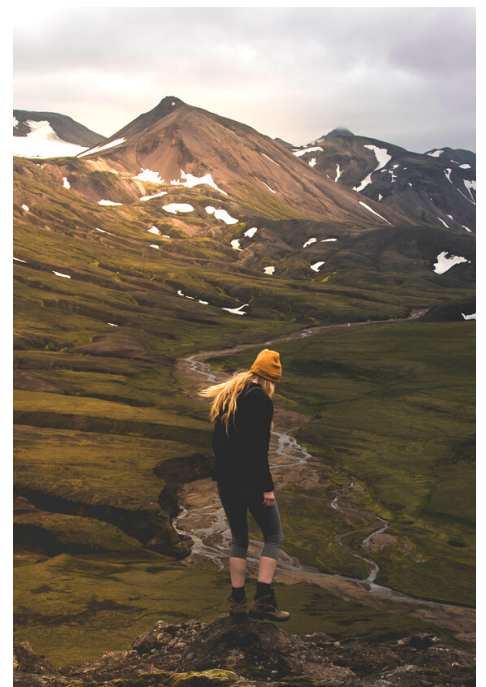
**Capital City:** Reykjavik

**Population:** 364,260 (2019 est.)

**Currency:** Icelandic Krona - ISK

**Time Zone:** Greenwich Mean Time -

**GMT Emergency Number:** 112





# Iceland Packing List

- **Active shoes** - For exploring off the beaten paths, hiking trails, and waterfalls.
- **Sunglasses** - So you can catch some zzz's with the midnight sun.
- **Sunblock with SPF** - Protect your skin from unwanted damage by loading up on SPF. Opt for a reef-friendly option please!
- **Layers, layers, layers!** - Iceland can get very cold so warm layers of all kinds will be your best friend.
- **Day packs** - Great for long adventure days.
- **Anti-motion sickness medication** - Between bumpy roads and boat rides, Dramamine can be really helpful if you know you're prone to motion sickness.
- **Rain jacket** - Weather often fluctuates in Iceland and you'll much be happier if you can stay dry, trust us!
- **Conditioner & hand lotion** - Not all hotels provide conditioner or lotion, so remember to pack your favorite products.
- **Reusable water bottle** - Hydrate, hydrate, hydrate! You will have access to clean water for refilling at all the hotels.
- **Carry-on bags** - Avoid unnecessary baggage fees. Planning on doing some hiking? Pick a backpack that can double as your day pack.



- **Hand & feet warmers** - Air activated and will keep you toasty for hours.
- **Packing cubes** - Save space in your suitcase and stay organized.
- **Hand sanitizer** - 'Nuff said.
- **Portable chargers & adapters for wall sockets** - Keep your devices juiced at all times. Use adapter types “C” or “F” (also called Northern Europe adapters) for Icelandic sockets.
- **Ear plugs** - Sensitive sleeper? Nice to have on the plane or in case of a snoring roommate.
- **Laundry soap** - Single packets are perfect for sink washes when you're running low on clean clothes.
- **Local currency** - Make sure to get some local currency. On average, you'll lose around 15% at the airport if you use the currency exchange. While many places do accept cards, small local restaurants tend to be cash only.
- **Call your bank** - Your bank may suspend your card if they suspect unusual activity. Give them a heads up about your travel plans.
- **Extra underwear** - Always.



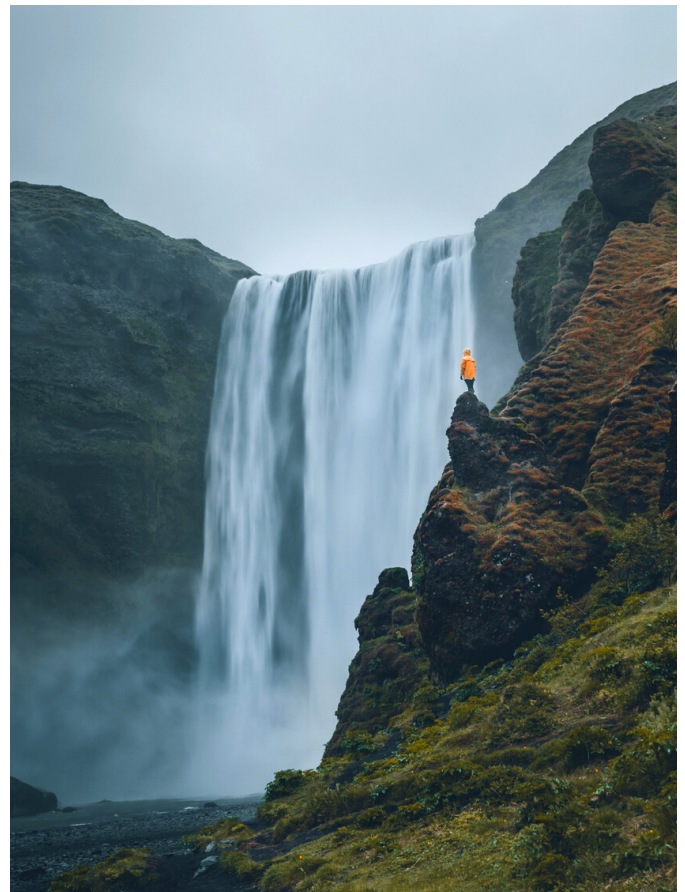
# Fun Facts About Iceland

- Iceland is one of the most volcanic places on earth and is made up of nearly 200 volcanoes, active and dormant. On average, a volcano erupts in Iceland every 4-5 years.
- The eruption of the Grímsvötn Volcano and its infamous 'ash cloud' closed the majority of European airspace from April 15-21, 2010 causing a whopping 100,000+ flight cancellations in total.
- Around the year 800, the Norwegian Vikings settled and misnamed Iceland and Greenland to mislead their enemies to follow them to 'ice-covered' Greenland instead of their 'green-covered' colony, Iceland.
- The Icelandic do not have last-names/surnames, rather they use the traditional Nordic naming system: the father or mother's first name plus -*dottir* (daughter) or -*son* (son).
- Thingvellir National Park is 1 of only 2 places in the world where you can see 2 of Earth's tectonic plates above the world's surface, the divide between North America and Eurasia.





- There is not a single McDonald's on the entire island of Iceland and as of 2010, strip clubs were also banned.
- On January 1, 2018, Iceland became the first country in the world to make it illegal to pay men more money than women for the same job. Iceland also had the first openly LGBTQ+ Prime Minister and Head of Government in the world, Jóganna Siguróardóttir.
- Although a very young nation (independence from Denmark in 1944), and one of the last places on Earth to be settled by humans (the aforementioned Norwegian Vikings), Iceland is home to one of the oldest democracies, established in 930.
- The Army, Navy, Air force, forests and mosquitos do not exist in Iceland.



# Speak the Language

**Language:** Icelandic, many also speak English.

- **Hello** - Hallo' (hah-low)
- **Goodbye** - Bless (bleh-s)
- **Thank you** - Takk (tah-k)
- **Do you speak English?** - Talar pu' ensku? (ta-lar thoo en-sku?)
- **I (don't) understand** - Eg skil ekki (yeh skil eh-ki)
- **How are you?** - Hvernig hefur pu' pao'? (kver-nik her-wer thoo thahd?)
- **Fine, thank you** - Ég segi allt gott, þakka þér fyrir. (Yeh sey-i atlt goht, thah-ka thyer fi-rir)
- **What's your name?** - Hvaeo heitir pú? (kvath heytir thoo)
- **My name is...** - Ég heiti \_\_\_\_ (yeh hay-tee)
- **Where is...** - Hvar er \_\_\_\_ (kvar er...)
  - **the bathroom** - klósett (k-low-seht)
  - **ATM** - hraobanka

Google Translate: Download the Google Translate app or use the following link to translate more words: <https://translate.google.com>

## Tipping Etiquette

Tipping is uncommon in Iceland as a 15% tip is built into most restaurant tabs. For your guides and drivers, tipping is appreciated but not expected.

**Guides: USD \$10-20 per day**

**Drivers: USD \$10 per day**



## FAQ

**Where can I find information on travel safety?** Check out the US Department of State's website for the most up to date information on safety while traveling <https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Iceland.html>

**Is the water safe to drink?** Tap water in Iceland is recognized as some of the cleanest in the world. In fact, 95% of all drinking water in Iceland comes from natural springs.

**Do I need a Visa?** For Visa information, visit <https://www.schengenvisainfo.com/iceland-visa/>. Make sure to also check that your passport isn't expired or about to expire!

**What about vaccines?** For Vaccination information, visit <https://wwwnc.cdc.gov/travel/destinations/traveler/none/iceland>

**Do you recommend travel insurance?** While not required, we highly recommend all travelers get travel insurance for their trip to protect themselves from the unknown! Check out travel insurance options from our partner, [worldnomads.com](http://worldnomads.com) or from a provider of your choice.

**What does public transportation look like?** Bus and taxi services operate between Reykjavík and Keflavík International Airport. Buses depart to and from Keflavík every 45 to 60 minutes. Currently Uber or Lyft do not operate in Iceland but there are many taxi companies in Reykjavík.