



Information for visitors

We are sure you will enjoy your visit to Iceland. However, please remember you will be travelling in remote areas with highly changeable weather conditions so it makes sense to think carefully about what to bring. These notes cover clothing essentials and other useful information.

In addition to your regular clothes you should have:

- Waterproof jacket and overtrousers
- Warm jersey or fleece jacket
- Hat and gloves
- Strong walking boots or shoes

The hotels and guesthouses we use are comfortable and relaxed so there's no real need to bring any formal evening clothes with you.

Icelandic geothermal swimming pools are deservedly popular. If you fancy a swim or a soak in a 'hot pot' then bring some swimwear and a towel along, too.

Sun cream, sunglasses and insect repellent are useful for those sunny, still days and a small rucksack to carry your personal belongings is also a good idea.

Travel can often be wet or dusty and some plastic bags (large and small) can protect optical equipment and keep your luggage clean. If you bring any electrical equipment then you'll need a mains adapter — Iceland uses twin pin 'continental' type plugs on a 220v system.

Currency

Icelandic Krona can be bought at your bank though you may have to give some advance notice. Exchange facilities are available for arriving visitors at the Keflavík International Airport. Credit cards are widely used and cash machines are available.

Health

Health Centres are only in the larger settlements. If you need prescription medicine then it is, of course, sensible to bring a suitable supply along with you.

Books

In addition to general field guides covering European plants and animals we recommend:

- *Icelandic Bird Guide* by J O Hilmarsson is an excellent photographic guide to all the species you are likely to encounter on a trip to Iceland.
- *A Guide to the Flowering Plants and Ferns of Iceland* by Hörður Kristinsson is a delightful and comprehensive account of Iceland's flora.
- *Living Earth* by Ari Trausti Guðmundsson provide a good background to Iceland's geology and landscapes.

And finally,

Don't forget your passport and travel insurance and do please get in touch with us if there's anything else you need to know.