**APPENDIX 8**

**Equipment Checklist**

When packing for your volunteering mission, 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 you may have projects in isolated places so you should bring everything you think you will need for the duration of the placement.

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| **Essential equipment:** | **NOTES** |
| **Daypack -** Important for workdays to carry lunch and personal equipment. |  |
| **Hiking boots -** Comfortable sturdy hiking boots are essential. All the holidays will involve plenty of walking. Please don’t bring new out of the box boots that haven’t been worn in. |  |
| **Safety boots -** **Boots with protective toecaps are mandatory** for the projects, but please note that they are often not suitable for hill walking so you must bring hiking boots as well. |  |
| **Walking socks -** Two/three woollen pairs are recommended (keep a spare pair for tent use). |  |
| **Waterproof jacket and trousers -** 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.  |  |
| **Lunchbox and water bottle and/or small (personal) thermos flask** |  |
| **Sunhat, high factor sun cream, lip balm and sunglasses**  |  |
| **Clothing:** |  |
| **T-shirts -** Made from technical fabrics are good as they can be washed easily and dry quickly. |  |
| **Walking trousers -** 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. |  |
| **Fleece top -** Be prepared! Almost any weather is possible! Bring warm clothes and different layers (woollen fleece is recommended) |  |
| **Underwear -** Those made from technical fabrics are useful. |  |
| **Warm hat and gloves -** Work gloves will be provided but warm gloves may be very useful. Don´t forget to bring a warm hat |  |
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| **Additional recommendations: l***ist of additional equipment that you may find useful.* |  |
| **First Aid / welfare Kit** (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. |  |

**Where can I find equipment?** The outdoor stores *Útilíf, Fjallakofinn, Everest,* 66° North, *Íslensku Alparnir* and *Ellingsen*.