Backwell School

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Headteacher: Will Penny BSc NPQH

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Dear Parents / Carers

Iceland trip 2026 Information Evening

I would like to invite you to an information evening ahead of the Year 13 Iceland trip next month.

The meeting will take place in the **Sixth Form Theatre on Tuesday 13 October at 6pm.**

I will discuss important reminders, the itinerary, a suggested kit list (also enclosed, below) and behaviour expectations.

In advance of the trip, I am enclosing a Managing Medication Form which needs to be filled out if your young person is bringing any medication with them. Please fill this out and hand to the trip leader on the day of the trip. Please note that students must bring a spare of any critical medication should the primary medication get lost e.g. asthma inhalers, EpiPens, diabetes insulin/equipment, etc.

Please make Student Services or myself aware of any new medical conditions, injuries, allergies or dietary requirements that may affect the trip.

If you have any queries that you would like to ask ahead of time, please email me at msales@backwellschool.net

I look forward to seeing you on Tuesday 13 October at 6pm.

Yours sincerely

M Sales
Trip Leader

Iceland 2026 Kit List

Clothing

- **Walking Boots/Sturdy Footwear**
  These should have a strong grip to cope with the conditions, which may be steep and uneven (TIP: wear your walking boots on the plane to make more space in your luggage)
- **Warm Socks**
  One pair of thick, warm socks for each day of your trip.
- **Layered Clothing**
  A combination of thick and light sweaters, long sleeve and short sleeve tops, a thermal base layer and a fleece.
- **Trousers**
  Outdoor/walking trousers or thermal/sports leggings. Keep jeans for indoors where it's warm and dry.
- **Waterproof Outerwear**
  A good wind and rainproof jacket with hood, and waterproof trousers are essential in all seasons.
- **Warm Hat, Snood/Scarf and Gloves**
  Essential for all seasons.
- **Sleepwear**
  Rooms are warm and comfortable, standard pyjamas are advised.
- **Day Bag/Rucksack**

Toiletries

- **Glasses/Contact Lenses**
  We recommend bringing a spare pair of glasses as dusty conditions can make wearing lenses very uncomfortable.
- **Medication**
  Some medicines may require a doctor's letter confirming that the drugs are medically required. Check with the embassy about the rules for entering Iceland before you travel.

Miscellaneous

- **Power Adaptors**
  Iceland uses a standard northern European two-prong plug (type C or F).
- **Torch**
  Required if staying in a countryside cabin**.**

- **Lunchbox**
  An empty lunchbox is suggested to store the daily packed lunches provided.
- **Waterproof Bag**
  Useful to put wet clothing in so that other items in your bag are kept dry.
- **Phone**
- **Camera**
- **Chargers (pack in carry on)**
- **Reusable Water Bottle**
- **Field Study Equipment**
- **Binoculars**

Important Documents

- **Passport**
- **Itinerary**
- **Travel Insurance**
- **Emergency Contact Information**
- **Dietary Requirements List**

Luggage

We recommend your student taking as little as possible whilst ensuring they have all the essential items for their trip. Check that the weight of your student's luggage does not exceed the airline's maximum allowance and that your student is able to comfortably carry their own bags. Please also ensure that all power banks and portable chargers are packed in their carry on.