

Essential guide to **ICELAND**

Good preparation makes every experience in Iceland smoother, more organised and more enjoyable. This guide brings together essential information to help you travel with greater safety, comfort and confidence, prepare for local conditions, avoid unexpected situations and make the most of every moment of your journey.

With the right preparation and the support of our team, you will be ready to experience Iceland with greater safety, comfort and peace of mind, focusing on what truly matters: making the most of every experience.



THE 3 LAYER SYSTEM

BASE LAYER:

Merino wool or thermal fabric worn close to the body to retain warmth and help control moisture. Avoid cotton, as it takes longer to dry.

MID LAYER:

Fleece, wool or another insulating layer to retain body heat. On colder days, you may need to add another layer.

OUTER LAYER:

A waterproof and windproof jacket to protect you from rain, snow and wind. Choose one with a hood and good water resistance.

IMPORTANT:

The weather can change quickly. Dress in layers so you can easily adapt your clothing throughout the day.



ESSENTIAL PACKING LIST

FEET:

Waterproof, comfortable boots with good grip. Bring warm socks, preferably made of wool or thermal materials.

WELL-BEING:

Reusable water bottle, lip balm, moisturiser, sunscreen and sunglasses. Cold and windy conditions can dry out the skin quickly.

LEISURE:

Swimwear and a towel for swimming pools, lagoons and geothermal experiences. Some attractions may provide towels for an additional fee.

USEFUL ACCESSORIES:

Gloves, a warm hat, scarf or neck warmer and a small backpack for daily excursions.

ELECTRONICS:

Charger, power bank and European plug adapter if required. Cold temperatures can reduce the battery life of mobile phones and cameras.



MONEY AND CONNECTION

PAYMENTS:

Cards and contactless payments are accepted almost everywhere, including restaurants, shops, attractions and fuel stations.

CURRENCY:

The official currency is the Icelandic Króna, ISK. In most situations, there is no need to carry large amounts of cash.

INTERNET:

4G and 5G coverage is generally very good in the main cities and tourist areas. Signal may be more limited in remote regions.

ESIM:

An eSIM can be a practical way to stay connected from the moment you arrive, especially if your mobile plan does not include roaming in Iceland.

TIP:

Cards such as Wise or Revolut can be useful for currency conversion and payments in ISK. Whenever possible, choose to pay in the local currency.



HEALTH AND SAFETY

TALK TO YOUR GUIDE:

Inform your guide in advance about allergies, physical limitations, special requirements or any condition that may affect the planned activities.

MEDICATION:

Bring enough personal medication for the entire trip and keep the most important items in your hand luggage.

MEDICAL PRESCRIPTION:

Se utiliza medicamentos sujeitos a prescrição, leve a receita ou documentação médica correspondente, preferencialmente em inglês.

EMERGENCIES:

The national emergency number in Iceland is 112, available for situations requiring police, ambulance or rescue services.

LOCAL CONDITIONS:

Weather and road conditions can change quickly. Always follow your guide's instructions and local safety warnings.



GOLDEN RULES IN ICELAND

RESPECT THE MOSS:

Icelandic moss is extremely fragile and can take decades to recover. Stay on marked trails and authorised areas.

MANDATORY SHOWER:

Before entering public swimming pools and geothermal baths, you must shower without swimwear in the designated washing areas.

DRIVING:

Never stop your vehicle on the road to take photographs. Use designated parking areas and safe stopping points only.

NATURE COMES FIRST:

Do not cross barriers, ropes or restricted areas. They are there to protect both you and the environment. Do not remove rocks, plants or other natural elements and always take your rubbish with you.

FOLLOW YOUR GUIDE:

Local conditions always take priority over the planned itinerary. If an activity needs to be changed, always follow the instructions of your Atelier guide.