



Iceland Information

Travel documents

U.S. citizens traveling to Iceland must have a passport that is valid for six months after their expected return date. You must also hold proof of return (your e-ticket receipt will suffice). Entry visas are not required. Please check travel.state.gov to confirm passport validity requirements prior to your tour. Citizens of all other countries should contact their appropriate embassies to find out what specific documentation is required for them to travel.

Vaccinations and health precautions

For the most up-to-date information on necessary vaccinations, we recommend you visit [cdc.gov](https://www.cdc.gov) or consult your physician.

Tour Director

Your Tour Director is responsible for all of the logistics during your time in Iceland. They will coordinate details including transportation, accommodations, meals, and special excursions. Your Tour Director will also show you the highlights of your destinations and can recommend free time activities. They will be with you throughout the tour and are trained to handle any challenging situations or emergencies that may arise.

Tipping

It's customary to tip your Tour Director and bus drivers as a token of appreciation. We recommend:

- \$6–8 per person per day for your Tour Director
- \$3 per person per day for your bus driver
- \$2 per person per tour for each local guide

We encourage Group Leaders to collect tip money from their travelers before leaving on tour. You can tip in U.S. dollars or exchange the money into local currency before presenting it to your Tour Director and bus driver at the end of tour in the tip envelopes provided by EF. If you have any questions on tipping, please reach out to your Tour Consultant.

Currency

Iceland uses the Icelandic króna as their currency. Visit xe.com for current exchange rates and more information. We recommend using debit and credit cards to access money while abroad and discourage the use of traveler's checks. Additionally, cash isn't commonly used, so check with your Tour Director before taking any out. Be sure to notify your bank or credit card company that you will be traveling abroad and ask what international fees you may have to pay.

Most items in Iceland are imported, so things like food and souvenirs will be expensive. Budget at least \$50 per day for spending money to cover bottled water, lunches, some free time activities, and special excursions offered by the Tour Director.

Transportation

Groups typically travel by motor coach between destinations, on sightseeing tours, and on excursions arranged by EF. Some itineraries may also include internal flights. When traveling to local activities or free time options that aren't within walking distance of your hotel, ask your Tour Director for help arranging transport.

Phones and internet

It's easy to buy an international phone card in Iceland to make phone calls home, and your Tour Director can help you find places to buy them. If you plan to use your personal cell phone on tour, contact your wireless provider to see what fees you may incur for calling, texting, or using data abroad. Wi-Fi may not be available at all hotels, and when it is, there could be a fee to use it.

Local food

The Icelandic diet is simple and focused on warmth and sustenance. Breakfast typically includes oatmeal, a protein-packed yogurt cheese called *skyr*, juice, coffee, and tea. Lunch is your chance to make culinary discoveries on your own. Included dinners will be a mix of familiar foods and local specialties centered around staples like stews, potatoes, meat, and seafood. Water in Iceland is safe to drink, and table water is always provided free of charge.

Accommodations

Hotels in Iceland may not be as modern, big, or standardized as they are in North America. Students under the age of 20 will share rooms with two or three other travelers of the same gender in rooms that have single or shared double beds (or a combination of the two). Students may share rooms with students in the tour group who are not from their own school.

Adults will share twin rooms with other adults of the same gender. They may share rooms with adults in the tour group who are not from their own school. Please note that groups may not all have rooms next to each other (some may even be on different floors) and that hotels may be located outside of the city center.

Environment

With glaciers and volcanoes sitting side by side, Iceland is a geological paradise that comes with its own set of peculiarities. Showers and water in Iceland often smell of sulfur. Get used to the scent; it's normal and completely safe. During the winter in Iceland, be aware that the days are short and there is very little sunlight. In the summer months, the opposite is true and it can feel like midday at midnight. Please note that seeing the northern lights is not something that can be reliably planned for or guaranteed.

Safety

As a precaution, we recommend you refrain from carrying large amounts of cash or wearing jewelry, and that you keep your valuables in your room's safe or in the safe at the front desk of your hotel. When you are out in a city, it's a good idea to keep your passport and spending money in a money belt that can be worn under your clothes. Never leave your bags, cameras, backpacks, or other belongings unattended. Always inform your Tour Director if you should need to break away from the group at any point. And please be sure to read EF's *Travel & Safety Guide* before going on tour.

Weather and clothing

One of the main draws to Iceland is its stunning natural beauty, so prepare to be outdoors during extreme weather, particularly if you're visiting during the winter months. The country can be cold, windy, wet, and snowy (it's called Iceland for a reason!) Winter clothing like hats, gloves, boots, and other waterproof gear are a must all year long—even in summer. Make sure you have comfortable hiking boots so you can easily navigate muddy or snowy terrain. We recommend checking weather.com for your destinations and travel periods.

Packing

To see the best of Iceland, you'll need to be on your feet. Make sure you have comfortable hiking boots so you can easily navigate muddy or snowy terrain. You should bring proper winter clothing no matter what season you visit in. Hats, boots, gloves, a snow jacket, and waterproof gear won't always be available during the summer, so plan to buy any items you need ahead of time. Pack light and only bring as much as will fit in one suitcase and your EF backpack, as many airlines now charge for additional luggage. You will be responsible for loading your luggage on and off buses and into hotels. We recommend you carry valuables, medications, and an extra change of clothes in your EF backpack, which you can use as your carry-on for any flights.

Additional information

Iceland is a world leader in geothermal energy and sustainability. Electricity and heat is produced by harnessing the power of the country's natural hot springs. Visiting a power station is highly recommended to understand how Icelandic people have adapted to and made use of the world around them.

Please note that only our *Iceland: Glaciers and Geysers* itinerary includes a glacier walk. Our *Explore Iceland: North and South* itinerary does not travel near any glaciers.