

# THE NATURAL ADVENTURE COMPANY

## ICELAND – RECOMMENDED EQUIPMENT

### Boots and Clothing

- Sturdy Hiking Boots – waterproof with good ankle support.
- Long sleeve shirt (thermal underwear) – Wool or synthetic.
- T-shirt (thermal underwear), Wool or synthetic.
- Light wool or fleece sweater (2nd layer).
- Trousers – Strong and light material that dries quickly e.g. soft-shell.
- Jacket with a good hood – windproof, waterproof and breathable, e.g. Gore-Tex or comparable.
- Rain trousers – windproof, waterproof and breathable. Please note that full raingear is mandatory in Iceland, poncho is not useful because of wind.
- Gloves – Wool or synthetic 2 pairs of different thickness.
- Socks – Wool or synthetic. Two or three pairs.
- Warm hat – Wool or synthetic.
- Swimwear if you want to bathe in the hot geothermal pool in Landmannalaugar.

### Other gear

- A duffel bag for the transport of your overnight gear between huts. Please avoid bringing a suitcase!
- Day backpack for extra clothes and lunch pack during the day. 25 – 40L (1500 – 2500 cu in).
- River shoes – Walking sandals or old running shoes with a good grip are a good choice, along with a pair of warm socks or neoprene socks. Open sandals or flip-flops will not do the job.
- Sleeping bag. A basic sleeping bag with no specific temperature rating is sufficient for this trek since all the huts are heated.
- Towel – light weight and packable.
- Sunglasses & sun protection.
- Water container – thermos flask, water bottle 0.5 – 1 l or camelback.
- Headlamp for reading and getting around the hut.
- Change of clothes for wearing in the hut.
- Personal first aid kit – including blister care.
- Prescription medication and other personal health items.

- Toiletries; Toothbrush, toothpaste, soap etc.
- Earplugs.
- Lunch box

## **Optional gear**

- Walking pole(s). To preserve the vulnerable nature please keep the rubber tip protectors on.
- Power-bank / extra battery for your electronics – small solar cells usually do not work that well in Iceland, so a pre-charged power bank is a better option. Charging your electronics in the highlands often is not an option or will cost you extra. Having converters adapters for 220 V and/or USB will help.
- Gaiters (recommended for departures in June and early July).
- Pocket knife.
- Sun/rain hat or a cap. Shorts.
- Small thermal mat (to sit on for lunch breaks).
- Puffy jacket (e.g. Primaloft or down).
- Dry-bags for electronics and extra clothing.
- Slippers for indoor use.
- Pillow or pillow case (to wrap around your warm sweater or down jacket for a pillow).
- Playing cards and travel games – or other toys you might like and can travel.
- Cash– for the showers, a shower normally costs about 500 ISK.
- Book - to read during the evenings.
- Aperitif or other heart-warming spirits: Liquor laws in Iceland prohibit the sale of alcohol in most places you come by on your trip in the highlands. So, having a flask (preferably plastic or metal) to share with your fellow travels in front of the camp fire (gas heater) can be the crowning of a good day. You can take care of this in the duty-free up on arrival in Iceland if you like. Just follow all the Icelanders on your flight, they will take you straight to duty-free!