



## **Essential Equipment and Clothing for Assisted trekking tours**

### **Boots and clothing:**

- Hiking boots, good sturdy boots with sufficient ankle support for walking on rough trails. They should have a robust sole and preferably be waterproof.
- Long sleeve tops and long johns, thermal underwear made of wool or synthetics, not cotton
- Warm jacket - fleece, primaloft or similar
- Rain jacket with a hood, preferably breathable fabric such as GoreTex or similar
- Rain trousers, preferably breathable fabric such as GoreTex or similar
- Gloves and mittens, one pair each. Wool or synthetic, waterproof
- Hiking socks, wool or synthetic, 2-3 pairs
- Warm hat and balaclava

### **Other gear:**

- Backpack, 20-30 liters

- River shoes, old sneakers, or similar for fording rivers
- Sleeping bag and travel pillow. A light sleeping bag with no specific temperature rating will be sufficient. A travel bag is necessary for transporting your baggage between huts. Suitcases are not recommended.
- Towel
- Toothbrush and personal toiletries
- Sunglasses/sunscreen (high protection, the sun in Iceland can be powerful)
- Water bottle
- Small personal first aid kit (Compeed and tape for blisters)
- Painkillers such as aspirin or ibuprofen

**DON'T FORGET TO BRING EXTRA HEALTH SUPPLIES OR PRESCRIPTION MEDICATION IN CASE OF NEED.**

**Optional:**

- Hiking poles
- Gaiters
- Pen knife
- Camera, batteries (x2), memory card (x2)
- Book
- Headlamp for trips in late season (after August 10th).
- Earplugs/ Sleep mask (especially if you sleep in a tent in Summer)
- Swimming costume for swimming at the pool or relaxing in hot springs
- Umbrellas are not recommended because of the strong wind coming from everywhere :)

Note: Sleeping bags can be rented, but notice that they should be booked in advance through our booking process by going to Booking Information/ At the bottom of the right pane Extras Box/ Sleeping bag rental 1.000 ISK per. pers/per day ).