

Luggage for overland journeys and trekking with assistance vehicle

- Extra bag clearly marked with your name can be kept at your Reykjavik accommodation.
- Large duffel bag (60/80 liters) sturdy and water-resistant, not exceeding 15 kg
- Daypack (30 to 50 liters)

Clothing

You will need to bring comfortable and adequate clothing to protect you from the cold and wet weather. Wool, synthetics, and wool/synthetic blends are good. We discourage the use of cotton, as this does not insulate against cold or wet conditions. When camping, tents are provided. You will be responsible for bringing your mattress and sleeping bag.

When layering, the innermost layer should be long underwear. The middle layer can be a synthetic turtleneck or wool shirt, and pants. The outermost layer should be a synthetic jacket, and/or a good quality Gore-Tex wind/rain parka and over-pants.

For quantities for each item listed, use your own judgment, based on the expected weather conditions and overall packing/weight restrictions for your luggage.

- Regular underwear. Synthetics are easier to wash and dry
- Synthetic or wool thermal underwear
- Long-sleeved, synthetic or wool shirt
- Short-sleeved synthetic or cotton/synthetic T-shirts
- Medium-weight synthetic fleece sweater or jacket
- Full-length pants, quick-drying synthetic fabric
- Down jacket from mid-August to September (optional)
- Hiking shorts, quick-drying synthetic fabric
- Pile/fleece pants, ideal for around the camp
- Sun & rain hat
- Woolen hat
- Gloves (wool or pile)
- Waterproofed shell gloves
- Medium weight synthetic socks
- Gore-Tex rain/wind parka
- Gore-Tex rain/wind pants
- Hiking boots, medium-weight, all leather, with padded ankle, good arch support, and a lug sole traction. Your hiking boots should be waterproof, well broken in, and suitable for rocky terrain or possibly snow.
- Comfortable shoes to wear when not hiking. Optional. Teva-type sandals for river crossing. Absolutely recommended!
- Gaiters. Highly recommended!

Travel Accessories

- Comfortable sleeping bag +10°C to –10°C
- Pillow if you can't sleep without it (optional)
- Swimsuit and towel for hot springs bathing and swimming pool
- 1-to-2 liters capacity unbreakable water bottle or thermos
- Headlamp or small flashlight with spare batteries (from August only)
- Toiletry kit—soap, toothbrush, etc.
- Sunglasses
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses (but not only lenses)
- Sunscreen and lip protection (The sun in Iceland is much more intense than you probably imagine)
- Personal first aid kit

Optional Travel Accessories

- Hiking poles. Highly recommended
- Binoculars
- Repair kit with needle, thread, and safety pins
- Your favorite snack food such as raisins or chocolate
- Protein supplements for vegetarian
- 1 or 2 good bottles of wine or a bottle of something stronger

Additional gear for backpacking tours

- Backpack (50 to 70 liters) for backpacking trips only
- 1 set eating utensils with bowl
- Pocketknife – multi-tool
- Thermo bottle 0.75L – 1L