



ICELAND EQUIPMENT LIST

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- DAYPACK (25-30 Liter pack w/rain cover)
- TREKKING POLES (collapsible)
- SMALL FIRST AID KIT (blister bandages, aspirin &/or ibuprofen, tape, etc)
- HEADLAMP
- WATER BOTTLES or WATER RESERVOIR (2 Liters carrying capacity)
- LIGHTWEIGHT TOILET ARTICLES (shampoo, soap-travel size is best for trekking)
- SUNSCREEN & LIPSCREEN

SUGGESTED CLOTHING

- WARM JACKET (for under rain jacket...synthetic preferable to down)
- WATERPROOF RAIN COAT (info on these here)
- WATERPROOF RAIN PANTS
- WARM FLEECE JACKET
- HIGH TOP TREKKING BOOTS ~ waterproof (no mesh) and broken in!
- LIGHTWEIGHT GAITERS (optional)
- WALKING SHOES (ie: for dinner or town)
- 4 PAIR WOOL HIKING SOCKS
- 2 LONG SLEEVE HIKING SHIRTS
- 2 THERMAL BOTTOMS (mid & heavy weight)
- 2 TREKKING SHIRTS (quick dry)
- 2 TREKKING PANTS ("convertible" hiking pants have zip off legs)
- 1 SHORTS (optional)
- BUFF OR BANDANA
- 1 PAIR WARM GLOVES
- 1 PAIR LIGHTWEIGHT HIKING GLOVES (removable fingers are nice for taking photos)
- 2 or 3 WARM HATS
- SWIM SUIT
- FLIP FLOPS
- SMALL QUICK DRY TOWEL
- SUN HAT
- SUNGLASSES WITH SPARE

■ SPARE CLOTHES FOR DINING OUT

MISC. ITEMS

- POWERBANK FOR CHARGING & USB CORD (to charge your phone in the van)
- WATERPROOF IPHONE CASE OR COVER (if you want to take photos in hot springs)
- ANTI BACTERIAL WIPES OR LOTION (for face and hands)
- ENERGY BARS &/OR SNACKS YOU LIKE FOR 12 DAYS
- FOLDABLE/WASHABLE BAG FOR DIRTY ITEMS (can be a garbage bag!)
- EU ADAPTOR FOR CHARGING
- DEBIT CARD with PIN (Iceland quirk)
- 4 LARGE ZIPLOCKS
- 2 TRASH BAGS
- FOR ANY RX, BRING AN EXTRA WEEK & CARRY ON

NOTES:

Carry On ~ your trekking shoes, warm jackets, prescription meds and anything that would be tough to replace in Iceland. EVEN if you have a direct flight!

Clothing~ think all four seasons in one day. Do not bring cotton anything, really, unless for night. For anything that ruins in water, bring a cover.

Links ~ the links above are in order to give you an idea of the item, not necessarily the one you should buy. Some of the links are discussions regarding the items.

Questions? Email info@mountainspirits.com



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