

## Gear List

### FOOTWEAR

- ❑ Running Shoes or Lightweight Trail Shoes: For travel and easy walking.
- ❑ Hiking Boots: Leather with sturdy mid-sole and a Vibram sole, ½ or ¾ shank. Boots should be warm and fit well over light and heavy sock combination. Fit is much more important than brand. Take time to select a pair that fits, and *break them in well*.
- ❑ Sport Sandals: Excellent at for in and around the huts in the evenings. An open-toe model that can be worn with socks is best (Teva or Crocs).
- ❑ Lightweight Socks: Synthetic/Wool Blend (Smartwool, Bridgedale, Patagonia).
- ❑ Medium Weight Socks: Synthetic/Wool Blend (Smartwool, Bridgedale).

### CLOTHING

It is very important that your clothes fit loosely and comfortably so you can layer your clothes appropriately. This is key for maintaining a comfortable body temperature.

- ❑ Hiking Shorts: One pair (any brand of Supplex short). Will often be worn over lightweight long underwear bottoms.
- ❑ Lightweight Pants: One pair (any brand Supplex or “stretch woven” pant).
- ❑ Lightweight Long Underwear Top: (Patagonia Capilene, REI, Mountain Equipment Co-op).
- ❑ Mid-weight Long Underwear Top: Zip-T neck design is good. Light colors are better for tops because they are cooler when hiking in direct sunlight and just as warm as dark colors when worn underneath other layers (Patagonia Capilene, North Face, and Mountain Hardwear).
- ❑ Lightweight Long Underwear Bottom: Dark colors are preferable (Patagonia Capilene, REI, Mountain Equipment Co-op).
- ❑ Midweight Underwear Bottom: Dark colors are preferable because they do not show dirt (Patagonia Capilene, REI, and Mountain Equipment Co-op).
- ❑ Briefs: Synthetic or cotton. Running shorts also work well for underwear.
- ❑ Short-Sleeved Shirts: Most nylon running shirts or athletic shirts work (North Face Tek Ware, Patagonia Tech Dri, or any brand of synthetic athletic wear).
- ❑ Fleece or Synthetic Jacket: Polartec 100 or 200 is good. An even better alternative is a synthetic fill jacket made of Primaloft or Polarguard (Mountain Hardwear, OR, Wild Things, Moonstone, Patagonia).
- ❑ Waterproof/Breathable Jacket and Pants: Such as Gore-Tex. Jacket must have hood. It is recommended that pants have full-length side zips. These garments should be large to fit over your other layers.
- ❑ Gaiters: For use with light hiking boots. Short and simple gaiters are preferable, such as OR Rocky Mountain Low.

### HEAD & HAND GEAR

- ❑ Liner gloves: They should be lightweight and synthetic (Patagonia Capilene).
- ❑ Windstopper fleece gloves: Any brand of Windstopper fleece.
- ❑ Sun Hat: Any lightweight hat with a good brim or visor to keep the sun and rain off of your face and neck.
- ❑ Bandana: Two to three traditional cotton styles. This is an important item with many uses. Large sizes are best. You may also like to have a circular bandana like those made by Buff.
- ❑ Wool or Fleece Hat: Any brand of warm hat that can go over ears for cool evenings.

## ACCESSORIES

- ❑ Sunglasses: One pair high quality 100%UV and 100%IR. You may want to bring a back-up pair too.
- ❑ Headlamp: (Petzl or Black Diamond)

## HIKING AND CAMPING GEAR

- ❑ Duffel bag: For flying to Iceland with your belongings. It will come be with you on the entire trip.
- ❑ Backpack: 50-60L (3,000-3,700 cubic inches) pack with an internal frame. Top opening style is best. Avoid large zipper openings and excessive outside pockets. Larger packs are better than smaller ones because they are easier to pack with cold hands and they distribute loads more effectively (MEC, ArcTeryx, Gregory, Osprey, Black Diamond).
- ❑ Pack cover: To protect your pack on rainy days (REI, MEC, Osprey, Gregory).
- ❑ Sleeping bag: Minimum temperature rating of 32F to maximum 14F (0 C to -10C) (Marmot, Mountain Hardwear, Moonstone).
- ❑ Water Bottle: Two one-liter, leak-proof wide-mouth (Nalgene Poly bottles).
- ❑ Sleeping pad: Inflating, full-length (Therm-a-rest)
- ❑ Trekking Poles: Useful for going up and down steep, muddy trails, and general trekking. Adjustable poles are best so that you can strap them on your pack when not in use. Remove the ski baskets (Lek 3-section, Black Diamond).
- ❑ Swiss Army Knife: Remember not to leave in carry-on bags for any international or domestic flight. Scissors are probably the most useful features; you will seldom need the knife blade.

## MEDICAL & PERSONAL

- ❑ Sunscreen: SPF 30 or higher, non-oily.
- ❑ Lip screen: SPF 30 or higher, any brand.
- ❑ Toiletry Kit: Toothbrush, toothpaste, lotion, alcohol-based anti-bacterial hand sanitizer (Purell), soap, comb/brush, shave kit, needle/thread and throat lozenges (bring travel size bottles to keep your kit small).
- ❑ First Aid Kit: Ibuprofen/aspirin assorted band-aids, moleskin, small gauze pad, roll of adhesive tape, tweezers, and safety pins. Include any prescription travel meds that might be prescribed by your doctor (antibiotics, sleep aids).
- ❑ Zip-loc bags: They can be very useful for organization.
- ❑ Ear plugs: Available in most drug stores and hardware stores.

## TRAVEL ITEMS

- ❑ Lightweight Travel Jacket: Simple wind shirt or light fleece.
- ❑ Travel Clothing: For travel days and for time visiting the capital.
- ❑ Bathing Suit: Simple and versatile item that are good for hot springs.
- ❑ Passport Belt/Pouch
- ❑ Books or E- Reader.
- ❑ Journal: ("Rite in the Rain") waterproof.
- ❑ Binoculars: Optional. High quality, 8x32 or 10x42 is recommended.
- ❑ Camera, Lenses, Video Camera
- ❑ Waterproof containers for your photo equipment: Two-gallon zip lock bags, shower caps, or manufactured rain covers.
- ❑ Memory Cards for Digital Camera: Bring plenty, as well as plenty of camera batteries.