



TREK PREPARATION & PACKING GUIDE

Everything you need to know before you hit the trail in the Icelandic Highlands

Preparing properly for your trek will help ensure a safe, comfortable, and enjoyable experience in the Icelandic Highlands. Weather conditions can change quickly, so having the right equipment is essential.

CLOTHING

Dress in layers so you can easily adjust to changing weather conditions.

Base Layers

- Thermal underwear (top and bottom) – 2 sets recommended
- Moisture-wicking T-shirts (avoid cotton)

Mid Layers

- Wool or fleece sweater/jacket
- Light insulated jacket (optional but recommended)

Outer Layers

- Waterproof and breathable hiking jacket
- Waterproof and breathable hiking pants

Hiking Clothing

- Hiking pants
- 2–3 pairs of wool or synthetic hiking socks
- Underwear for each day
- Comfortable clothes for evenings in the huts

Accessories

- Warm wool hat or beanie
- Lightweight gloves
- Buff or neck gaiter (recommended)
- Sunglasses
- Sun hat or cap (optional)

FOOTWEAR

- Waterproof hiking boots with good ankle support (well broken-in)
- River crossing shoes (old sneakers, sports sandals, or similar)
- Comfortable camp shoes or sandals (Teva-style or similar) for evenings

BACKPACK & LUGGAGE

Daypack (25–40 L)

- Extra clothing
- Rain gear
- Lunch and snacks
- Water
- Camera
- Personal items

Transported Luggage

- Soft duffel bag (20–30 L maximum)
- Please do not use hard suitcases
- If travelling with additional luggage, most Reykjavík hotels can store it during your trek

SLEEPING EQUIPMENT

Depending on your tour:

- Sleeping bag
- Travel pillow (optional but recommended)
- Sleeping bag liner (optional)

Please check your tour details if sleeping bags are included or available for rental.

PERSONAL ITEMS

- 1–2 litre reusable water bottle or hydration bladder
- Towel (quick-dry recommended)
- Swimsuit (many tours visit geothermal pools or hot springs)
- Toiletries (travel size)
- Toothbrush and toothpaste
- Lip balm
- Sunscreen
- After-sun lotion (optional)
- Hand sanitizer and/or Wet wipes (recommended)

HEALTH & SAFETY

Bring any personal items you may need:

- Prescription medication (enough for the entire trip)
- Personal first aid kit
- Blister treatment (Compeed or similar)
- Pain reliever
- Personal hygiene products

OPTIONAL ITEMS

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|-------------------|--------------------------------------|
| • Trekking poles | • Binoculars |
| • Camera | • Earplugs (shared huts) |
| • Power bank | • Small notebook or journal |
| • Charging cables | • Lightweight gaiters (early season) |

FOOD FOR OUR SELF-GUIDED TREKS

Meals are not included in our self-guided tours, so bring enough food for all the days of the itinerary, including breakfasts, hiking lunches, dinners, and snacks. Choose lightweight, easy-to-prepare foods such as oatmeal, instant rice or pasta, soup, tortillas, nuts, dried fruit, and energy bars. Purchase your supplies before departure; do not rely on shops or food being available along the trail. Carry each day's lunch and snacks in your daypack and pack the remaining supplies securely with your transported luggage. Avoid foods that require refrigeration, bring a little extra food for unexpected delays, and check with IceTrek about available hut cooking facilities before choosing meals that need preparation.

BEFORE YOUR TREK

To help make your trip as smooth as possible:

- Break in your hiking boots before arriving
- Test your rain gear to ensure it is waterproof
- Pack using waterproof stuff sacks or dry bags inside your backpack and duffel
- Check the latest weather forecast before departure
- Inform us of any medical conditions, allergies, or dietary requirements before your tour
- Make sure you have appropriate travel insurance that covers hiking activities

LUGGAGE STORAGE

If you are staying in Reykjavík before and after your trek, most hotels offer luggage storage while you are in the Highlands. We recommend confirming this directly with your hotel before arrival.

IMPORTANT NOTES

- Iceland's weather can change rapidly, even during summer. Sunshine, wind, rain, and cold temperatures may all occur on the same day.
- Cotton clothing is not recommended while hiking, as it retains moisture and can quickly make you cold.
- Every kilogram matters. Pack thoughtfully and bring only what you need to stay comfortable.

We look forward to welcoming you on your IceTrek adventure and helping you experience the incredible Icelandic Highlands safely and comfortably.

CONTACT INFORMATION

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We reply to all emails within 24 hours during business days. Outside of regular business hours, please contact us via WhatsApp, and we will respond as soon as possible.