

# HIKING TIPS FROM THE ICELANDIC PROS

HERE ARE A FEW THINGS TO KEEP IN MIND WHILST HIKING IN ICELAND DURING SUMMER:

01

## What to wear:

- Good hiking boots that are waterproof
- Hiking pants or leggings
- Hiking socks
- Thermal top or lightweight T-shirt
- Mid layer
- Windproof outer layer

In your daypack – large enough to carry all the items listed below (around a 25-40L bag)

02

## What to daypack:

A warm hat, cap, and gloves, waterproof jacket and waterproof pants, sunglasses, water bottle or water bladder, sunscreen, river crossing shoes, food and snacks for the day, provided by Viking Women, an extra fleece sweater or down jacket to put on when we stop for breaks. Hand sanitiser, hiking poles (optional), camera — (optional but recommended)

03

## Your luggage:

Sleeping bag ( doesn't have to be in your luggage, just attached to it somehow). You can also rent a sleeping bag in Iceland [here](#). Recommended: Travel pillow, underwear and socks, extra clothes for the trail, extra clothes for the huts, medicine, hygiene and beauty products, towel, headlamp or a flashlight, powerbank to charge your devices, earplugs and a sleeping mask, cash or a debit/credit card.

04

## Food:

Food is important to your guides. Good and nourishing food makes a good trip even better. All meals and snacks whilst on the trek are included in the tour price. All food is purchased in Reykjavik, with an emphasis on fresh produce and relatively simply prepared meals.

We only cater to vegetarians and allergies during hikes due to limitations in the huts.

05

## Follow marked trails:

Stick to designated hiking trails and respect any closures or restrictions. Iceland's delicate ecosystems need to be protected.