CHARITY CHALLENGE

ICELAND GLACIER TREK KIT LIST

One of the most common pre-trip questions we receive is all about what to pack, and what the essential items are. This is a list of recommended kit to take on the Iceland Glacier Trek. We have tried to pare down this kit list to the absolute must-haves for your trek, but above all you should use your common sense and your own personal preferences when you are packing. Check out our additional guidelines at the bottom of this list!

RUCKSACKS AND BAGS

- [ ] Day sack 30-50L
- [ ] Large Duffle bag (preferable) or rucksack
- [ ] Waterproof liner*

SLEEPING

- [ ] 4 season sleeping bag rating of -25 °C to - 30°C (Down or synthetic)
- [ ] Sleeping bag liner*

FOOTWEAR

- [ ] Ski boots suitable for using crampons will be provided
- [ ] Hiking socks – at least 4 pairs, of which one is thermal
- [ ] Down socks or boots for use in the tent
- [ ] Strong and waterproof mountain trekking boots (suitable for 3-point Rottefella binding)*

CLOTHING

- [ ] Waterproof and breathable jacket. GORE-TEX recommended
- [ ] Warm and waterproof trekking trousers
- [ ] Down jacket/puffy jacket (with layers)
- [ ] Lightweight fleece top
- [ ] Wicking t-shirts
- [ ] Long sleeved shirt/t-shirt (wool or synthetic)
- [ ] Thermal long johns (wool or synthetic)
- [ ] Warm mid-layer - wool or fleece preferred
- [ ] Buff/scarf for the cold
- [ ] Woolly hat/balaclava/hat
- [ ] Insulated gloves/mittens
- [ ] Face mask*

GENERAL TREKKING EQUIPMENT

- [ ] LED Head torch plus spare batteries
- [ ] Water bottles/bladder min 3l
- [ ] Sunglasses
- [ ] Ski goggles
- [ ] High energy snacks (cereal bars, dried fruit, chocolate, nuts)
- [ ] Dry bags for electronics and extra clothing
- [ ] Walking poles are provided
- [ ] Thermos*
- [ ] Camera*
- [ ] Contact lenses (plus spare glasses)*
- [ ] Gaffa tape *
- [ ] Alarm clock/watch*
- [ ] Ear plugs*

SMALL FIRST AID KIT

- [ ] Your own medication
- [ ] Pain killers
- [ ] Plasters
- [ ] Zinc oxide tape
- [ ] Blister pads such as Compeed
- [ ] Antiseptic wipes
- [ ] Diarrhoea tablets
- [ ] Rehydration sachets
- [ ] Dextrose tablets for extra energy*
- [ ] Deep heat*
- [ ] Knee supporters*

TOILETRIES

- [ ] Personal toiletries
- [ ] Tissue/toilet paper
- [ ] Sun screen (min factor 30), Aftersun/moisturiser
- [ ] Anti-bacterial hand gel
- [ ] Dry wash*

DOCUMENTS

- [ ] Passport
- [ ] Tickets
- [ ] Photocopy of passport
- [ ] Cash in Krona
- [ ] Debit / credit card
- [ ] Copy of travel insurance

KEY * Indicates Optional

Please note – cotton clothing is not appropriate for the outdoor conditions you will be in.

If you do not own some of this equipment and do not wish to spend a lot of money on buying equipment then we would highly recommend hiring equipment from our partners at Outdoorhire. They can hire really good quality outdoor equipment for weekends and often hiring a high quality piece of equipment is better than purchasing a cheap version

MAKING THE MOST OF YOUR KIT

PACKING

Your day sack should have a thick waist strap for maximum comfort. Other things to consider are back ventilation, hydration compatibility and gear loops for stowing walking poles. Waterproof liners or bags are essential for keeping valuables and clothes dry within your pack.

CLOTHES

Temperatures can fluctuate enormously from day-night. Lots of light layers are key, as well as a synthetic or down jacket. Make sure that you wear and test your kit before arrival, particularly your trekking boots.
Cotton clothing is not appropriate for any strenuous outdoor activity – including jeans and t-shirts. Modern outdoor clothing is by far more comfortable and will greatly improve your experience.

SLEEPING

Look for a sleeping bag 'Comfort Rated' as close to the anticipated minimum temperature for your trek. For this glacier trek this should be between -25° and -30° C. If you particularly feel the cold then upgrade your sleeping bag to the next level, e.g. from 4 Season to 4+ Season. Aim for light weight and warm. Goose down with high 'fill power' or top of the line synthetic bags are recommended. Winter mattresses, Therm-A-Rest NeoAir XTherm, are provided.

Don't forget a silk sleeping bag liner for extra comfort without taking up too much space in your pack. Another handy tip is to keep your camera in your sleeping bag as you sleep. This will conserve the battery, which runs down quickly in cold temperatures.

HYDRATION

During exercise your fluid needs increase dramatically and hydration is vital. There are various ways to get the right fluids into your body, with many people using insulated water bladders or bottles. Another alternative is a wide mouth bottle with a drinking tube adaptor (click here for an example). This set up is easy to fill on the glacier and if the tube freezes it can be removed and you can still drink straight from the bottle.

HEALTH

Make sure you take a first-aid kit with you, as the group medical kit is designed for emergencies. Zinc Oxide tape is a handy addition, as it is often a lifesaver for blisters. Tape up your feet before trekking and this will reduce the chance of you developing hotspots. In addition, when applying your sunscreen, make sure that you cover the backs of your hands as well as your face and neck. Although you may feel cold, the sun will be stronger on the glacier. Don't forget to take an SPF stick for your lips as well.