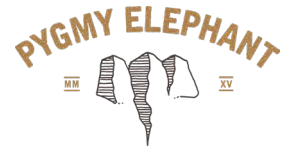


Laugavegur Packing Guide



The beauty of Iceland's Highlands is matched only by its rugged nature and wildly unpredictable weather. There are a few things to take into account when packing for the Laugavegur: the huts do not provide meals, bedding, or electricity, it is almost always windy and often rainy, and there are several mandatory river crossings. Food and a sleeping bag are therefore required, and we highly recommend wind- and waterproof clothing, appropriate river-crossing shoes, and battery packs. This packing list is based on our experience and the official backpacking packing list from Ferðafélag Íslands which manages the Laugavegur. You may find that you don't need everything on this list, or that you need things we haven't mentioned.

PRE-TRAVEL PLANNING

- ☐ Notify friends and family of travel plans
- ☐ Notify bank of travel plans
- ☐ Notify government of travel plans (optional)
- ☐ Ensure passport is current (6+ months validity)
- ☐ Obtain visas and travel documents
- ☐ Purchase travel insurance policy

DOCUMENTS

- ☐ Passport and visas
- ☐ Travel insurance policy documentation
- ☐ Cash in ISK
- ☐ Pygmy Elephant handbook
- ☐ Guidebooks and maps

CLOTHING

- ☐ Broken-in hiking boots or shoes
- ☐ Shoes for crossing rivers
- ☐ Wool or synthetic hiking socks
- ☐ Wool, silk, or synthetic base layer
- ☐ Wool, silk, or synthetic underwear
- ☐ Fleece midlayer (or similar)
- ☐ Hiking pants and/or shorts (optional zip-off pants)
- ☐ Wind- and waterproof jacket and pants
- ☐ Leggings
- ☐ T-shirts and comfortable layers (for huts)

GEAR

- ☐ Backpack (40–60 liters)
- ☐ Waterproof backpack cover
- ☐ Sleeping bag
- ☐ Camelbak or water bottle (≥ 2 liters)
- ☐ Hiking poles
- ☐ Battery pack(s)
- ☐ Knife or multi-tool
- ☐ First aid kit
- ☐ Repair kit
- ☐ Compass
- ☐ Dish/cutlery for trail (optional)

ACCESSORIES

- ☐ Hats (beanie and billed cap)
- ☐ Waterproof gloves
- ☐ Sunglasses
- ☐ Buff
- ☐ Slippers (for huts)
- ☐ Flip-flops (for showers)
- ☐ Earplugs and eye mask

COSMETICS/MEDICAL

- ☐ Sunscreen and lip balm
- ☐ Towel (quick dry)
- ☐ Toothbrush, toothpaste, floss
- ☐ Shampoo, soap, hand sanitizer
- ☐ Blister plaster or moleskin
- ☐ Toilet paper and resealable bags
- ☐ Painkillers
- ☐ Medication

FOOD

There are kitchen facilities available at each hut, so you do not need to bring cooking gear. There is also a small restaurant at Álftavatn, and a larger restaurant at Thórsmörk.

- ☐ Freeze-dried food
- ☐ Dry pasta
- ☐ Oatmeal and/or granola
- ☐ Bread and wafers
- ☐ Crispbread and biscuits
- ☐ Dried fruit, chocolate, and nuts
- ☐ Cocoa, tea, and/or coffee
- ☐ Soups, bagged
- ☐ Spices
- ☐ Sausage and/or cheese
- ☐ Fruit (especially bananas)
- ☐ Energy bars
- ☐ Sports drink powder