

WELCOME TO
TREK
ICELAND

📍 Thorsmork Valley, Highlands

LAUGAVEGUR TREK

Get ready to embark on a journey through the highlands of Iceland. We've included an information package to help you prepare for the adventure ahead of you. We look forward to sharing this experience with you and hope you are as excited as we are!



TREK Iceland is a part of the Arctic Adventures family. Together we can provide you with great variety when it comes to adventures and exploration in Iceland. Our team of experienced guides ensure you enjoy your journey to the fullest and keep you safe while exploring the incredible hiking and trekking trails in Iceland.

www.trek.is | www.adventures.is

PICK UP AND DROP OFF INFORMATION

Pick up:

Here is a list of the meeting points and times for the tour. If you have not already informed us where you would like to be picked up from, then please send an e-mail to info@adventures.is to update your booking.

Meeting points in Reykjavik:

7:00 am – [Reykjavik's City Hall \(Ráðhúsið\) on Vonarstræti - Bus pick up/drop off nr. 1](#)

7:15 am – [Hallgrímskirkja Church](#)
– bus pick up/drop off nr. 8

7:30 am – [Reykjavik Campsite](#)
– in front of Reykjavik City Hostel

Meeting points outside of Reykjavik:

8:35 am – [Selfoss N1 gas station](#)

9:15 am – [Hella Bus Terminal](#)

Please be ready and on time at the meeting point of your choice but keep in mind that it can take up to **30 minutes** before the bus departs the given location.

Drop off:

After the trek we offer drop off at:

- Hvolsvöllur N1 gas station
- Hella bus stop
- Selfoss N1 gas station
- Hveragerði N1 Gas Station (stops only if passengers ask for especially)
- Orkan gas station on Miklabraut (by Kringlan)
- Reykjavik Campsite
- Reykjavik's City Hall (Ráðhúsið) on Vonarstræti - bus pick up/drop off nr. 1

Good to know about the drop off

Please note that we do not offer pick up and drop off at accommodations on this tour.

We usually return to Reykjavik at around 10 pm on the 4 day tours and 6:30 pm on the 6 and 8 day tours.



“ FILL YOUR LIFE WITH
ADVENTURES, NOT THINGS.
HAVE STORIES TO TELL,
NOT STUFF TO SHOW ”

EQUIPMENT LIST FOR LAUGAVEGUR TREKKING TOURS

Your main luggage will be transported between huts/campsites. All you will need to carry is your day backpack including your lunch, water bottle, river crossing shoes and other items you might need for the day such as medication, extra clothing, sunglasses, etc. Try to keep your pack as light as possible but still take what you need but maybe not all that you want! Pack your spare clothes and sleeping bag in a dry bag or plastic bags. Pay good attention to your hiking shoes and make sure that they are waterproof, worn in, and up for the task ahead.

What to bring:

- Thermal underwear (top and bottom), at least two sets of shirts
- Wool or fleece thermal mid layer
- Hiking pants (we recommend no cottons as they take long to dry if wet and retain heat poorly)
- Waterproof and breathable pants and jacket
- Wool/fleece hat
- At least one pair of gloves - wool or synthetic. A spare pair of gloves is recommended.
- 2 to 3 pairs of thick socks - wool or synthetic
- Waterproof hiking boots (Vibram sole or similar). Good sturdy boots with sufficient ankle support and a robust sole
- Sleeping bag and travel pillow
- Sun glasses
- Sunscreen / after sun cream
- Travel sack for your baggage that is transported between huts/campsites. (Suitcases are not recommended. We recommend a waterproof duffel bag)
- Day backpack, 25-40 L
- River crossing shoes (old sneakers or similar for fording rivers)
- Health supplies and prescription medicine (e.g. Asthma – bring your inhaler, even if you don't always need it). Bring any allergy medication you might need
- Personal medical kit to include personal medication and i.e. band aids, throat lozenges, lip salves, second skin for blister etc.
- 1-2 liter water bottle
- Towel
- Toothbrush
- Earplugs
- Hiking poles
- Gaiters (optional)
- Soda / Beer / Wine (optional)
- Bring a lunch box for sandwiches (we are aiming to reduce our use of plastic bags)
- Book (optional)
- Playing cards and/or games (optional)
- Power bank/portable charging device
- ...and don't forget your camera!

NOTES ON CLOTHING AND EQUIPMENT

Clothing

Dressing for Iceland is an adventures on it's own, you should keep the following tips in mind and make sure your clothing meets the following criteria:

- ✓ Insulate the body from cold
- ✓ Water and wind resistant
- ✓ Maintain its insulating ability when wet
- ✓ Durable and long lasting
- ✓ Breathable to allow body moisture to escape
- ✓ Light and flexible
- ✓ Packable / compressible

Unfortunately no single item of clothing exists that fulfills all of the demands listed above. Therefore our challenge is to find the most efficient selection of clothing that combines all of these features, maximizing performance while minimizing space and weight. Our solution lies is in the layers. When traveling in Iceland it's good to alway keep in mind, that layers are key!

Layering

We have learnt from experience that a 3-layer structure is the way to go. Each layer has its own specialized role and purpose. If properly selected, these layers can act in harmony to fulfill the demands of the adventurer and the elements. A simple layering system consists of a **transfer layer (base layer)** next to your skin, adjustable **insulating layers**, and an **outer shell** to protect you from water and wind. Rather than a few warm and bulky garments, we recommend a selection of lighter and more versatile pieces that can be worn in various combinations to better manage the wide range of conditions that you will encounter in Iceland.



Example of the 1st Layer:
Transfer/Base layer

Example of the 2nd Layer:
Insulating layer

Example of the 3rd Layer:
Outer shell layer

1ST LAYER

Transfer Layer / Base Layer

Worn directly against the skin, this layer is designed to move or “wick” perspiration away from your body, thus keeping you dry from the inside. When this layer gets wet (from sweating), it is important that it maintains its insulating value while minimizing absorption. For this reason, it is generally made of wool or synthetic materials, and **never of cotton**. Since this layer is directly in contact with your skin, comfort is also paramount, so consider something that avoids rubbing in sensitive places. Consider packing an extra set so that you can use one for hiking and the other for comfortable evening relaxation and sleeping.

Examples: undershirt, sports bra, underwear, long underwear, socks

2ND LAYER

Insulating Layer

This is the most versatile of all layers, and will be determined by activity levels as well as the outside environment. The purpose of the insulating layer is to manage body heat appropriately. Light and medium weight fleece jackets are ideal during the day, when activity levels are higher and daytime temperatures are warmer. Hiking pants should be made of light, strong, and quick-drying fabrics. Fleece pants or expedition (heavy) weight long underwear also works well. Again, garments made of cotton such as **jeans are a poor option**, for their lack of ability to manage moisture. On cold days and during the evenings, two insulating layers work well together to provide extra warmth. A down or PrimaLoft jacket is also a good idea to bring along, for quick access to warmth during stops and lunch breaks, as well as a light and comfortable layer for relaxing in the evenings.

Examples: toque/hat, gloves, fleece sweater/jacket of all weights, hiking pants

3RD LAYER

Outer Shell

This layer is mainly meant to protect you from the two most threatening elements: wind and rain. The other critical function of the outer shell is the ability to allow moisture to escape or “breathe”, so as to prevent you from getting wet from the inside as a result of your own perspiration. Additional features such as hoods and zip ventilation systems allow for more precise adjustments and help to maximize warmth and comfort in the outdoors, although they are not essential. It is very important that jackets and pants in this category be waterproof, windproof, and breathable. Keep in mind that favorable weather conditions may often be such that the use of the outer shell is not needed, however it is always wise to have this layer easily accessible as conditions can change quickly.

Examples: sun/rain hat, waterproof/breathable jacket and pants, hiking boots

HEAD-TO-TOE CLOTHING GUIDE

Upper Body



For a guide to under shirts and sport bras see Transfer Layer (Base Layer)/1st Layer above. For light, medium, and expedition (heavy) weight sweaters and down and PrimaLoft jackets see Insulating Layer/2nd layer. Information on wind and rain jackets can be found in the Outer Shell/3rd Layer section.

Head



A warm toque/hat made of wool or synthetics is recommended. A lightweight sun hat is a good idea on long and sunny summer days in Iceland, as are sunglasses, especially when hiking around snow and water. A rain hat or hood will help to keep your head dry in wet conditions.

Hands



Light gloves are generally enough for summer conditions, and wool and fleece will still keep you relatively warm when wet. Waterproof over mitts are optional but could easily come in handy in wet or snowy environments.

Lower Body



For underwear and long underwear see Transfer Layer/1st Layer above. For hiking pants see Insulation/2nd layer above. For wind and rain pants see Outer Shell/3rd Layer above.

Feet



We cannot place enough emphasis on the importance of your feet during this trek! This involves adequate preparation before the trip and proper care on the trail. For hiking footwear, leather or synthetic boots, mid-weight, medium stiffness, waterproof hiking boots are ideal. Light hikers do not provide enough platform stability for the terrain we cover, and rigid-soled heavy hikers or mountaineering boots are likely to compromise comfort. To avoid blisters and debilitating foot conditions, it is important to wear your shoes in before beginning a long and challenging trek like this one. Please **do not bring boots that you have never used before**. Also remember to put a fresh coat of wax or water proofer on your boots before this trip as Iceland can be notoriously wet.

Once in camp after a long day of hiking, it is nice to be able to take off your hiking boots and put on a pair of loose, comfortable camp shoes to rest your feet. Sandals, moccasins, or other lightweight footwear are a good option.

We recommend that you bring merino wool socks (or similar) designed for hiking. As discussed in the Transfer Layer (Base Layer)/1st Layer section above, these will maximize comfort by keeping your feet dry. We also strongly recommend bringing two or three extra

pairs in case they get wet or simply for a comfortable change of socks when you reach camp. Inner liners, a thin pair of socks you wear underneath your normal hiking socks, are also nice to prevent rashes and uncomfortable blisters. **No cotton socks please** (are you noticing a pattern?).

River Fording Shoes

We will be crossing at least one creek/river most days on the trek, all of which involve rough, slippery riverbeds and frigidly cold water. In order to make these crossings safely, you will need a separate pair of shoes for stream crossings. Quick-drying trail runners, sandals (with straps!), old sneakers or neoprene booties are the best options. Crossing these rivers in bare feet is not advised by any means! Neoprene socks can also be a good option to help protect you from the cold waters.

Optional Extras

On the warm sunny days you may wish to change into a pair of shorts to cool off and catch an Icelandic tan! If you tend to favour shorts, we suggest considering bringing gaiters, as we will surely encounter snow and muddy crossings. Orthotics are also an optional comfort for long treks to ease the stress on the feet and lower legs, but should be purchased and fitted under the guidance of a specialist. A neck tube can be useful in protecting precious body heat from escaping, especially if you often find yourself susceptible to cold winds.

EQUIPMENT GUIDE

When it comes to equipment, weight is often the primary concern, so it is essential to carefully consider the need of each item. As you strive for the lightest possible pack, ask yourself the following questions: Do I really need it? Will it serve several functions? Is there a lighter option? Can I share the item with someone? Is there room for food, extra garments, and group gear/snacks in my pack? One way to reduce weight without giving up anything important is to manage quantities by bringing the bare minimum for the duration of the trip. Your goal is to take what you absolutely need and not much more.

Trekking Poles

Trekking pole/s are optional but are recommended and can be useful when encountering terrain with poor footing, such as rocky trails, loose scree, slippery mud, and especially stream crossings. They also ease the load on your legs during uphill and downhill, especially if you have a heavy backpack and/or weak knees. Trekking poles come in all types, sizes, and prices. Some are incredibly light, adjustable in length and packable, whereas others include features like shock absorbing tips or camera mounts. Your choice will depend on your needs. You can also spare the room in your luggage and rent a pair from us.

Sleeping Bag

Sleeping bags are necessary on our trekking tours. You can either bring one yourself or rent one from us. We recommend a down or fiber which is light weight and warm. For example goose down or top of the line synthetic bags. For the camping experience you will need at least a 0°C rating. We don't require any specific rating for the hut tours since they are heated up. Any warm sleeping bag will do just fine on these tours.

Water

In Iceland we are fortunate to have an abundance of pure, fresh, safe drinking water flowing in rivers and streams all over the country. The only natural water that may be unsafe to drink is from hot streams in thermal areas. On our trip, we fill our **water bottles** at the campsites every morning and usually have plenty of opportunities to top them up throughout the day. Between Landmannalaugar and thorsmork, the longest stretch we encounter without a water source is approximately 4-5 hours. For this you will need at least 1 litre of water, so please ensure your bottle or container is at least this size. On the hike up to Fimmvorduhals, you will need to bring enough water to last you the whole day.

While hiking, it is important to drink water, more water, and then even more water! In Iceland it is all too common for people to not drink enough fluids while hiking, usually because of the cold temperatures in the highlands that tend to suppress thirst. Dehydration is a serious, but easily preventable condition, so remember to drink water even when you're not thirsty!

Weather

Consider yourself warned! Although it might be summer according to the calendar, Iceland's highlands are notorious for their unpredictable weather. Conditions can change quickly and often it gets very cold and very wet in this area. It can snow in any month of the year! As we will be spending all of our time either outside or in a tent, it is necessary to bring good gear along. For detailed information on gear, please refer to the Clothing and Equipment checklist and the Notes on Clothing and Equipment section above.



Here are some examples of necessary and optional equipment. Similar things are perfectly fine!

OTHER IMPORTANT INFORMATION

Huts

There are not a lot of options for accommodation on the Laugavegur trail but we are fortunate enough to have the option of staying in huts. These are rustic but charming highland-style huts located in remote locations, most of which are only accessible (with a 4*4) during summer. Keep in mind that the huts on the Laugavegur trail are dormitory style so you must be prepared to share a room with others. In case you are a light sleeper, we recommend that you bring earplugs and sleeping mask, especially during the brightest months. Toilet facilities are located a few meter outside of the huts as well as the showers. Note that since the huts are running on solar power, there is limited (and weather dependent) electricity available and access is restricted to a few power outlets. Charging phones and batteries costs 1,000 ISK and is often only possible for a limited amount of time, if possible at all. Portable charging devices or power banks can come in handy if you would like to keep your devices charged in the highlands. Otherwise, we recommend to enjoy the moment, take in the beautiful nature and spending time with your fellow travelers. These are the memories you will want to look back on...

Showers

There are showers at all huts/campsites except for the one in Hrafninnusker. Showers usually cost 500 ISK which is not included in the price. You can purchase a voucher or coins at the warden hut in each area, they take both cash and credit cards. You might find that they are not always warm but quite refreshing after a long day of hiking.

Luggage and Luggage Storage

Your main luggage will be transported between huts/campsite by a support vehicle (included in the price). Space is limited so we would appreciate it if you kept your luggage light and in a soft bag rather than in a suitcase. This luggage, like you, will also need to cross rivers so we recommend waterproof duffel bags to keep your belongings dry from the splashes. A 70-80 L bag should be more than enough. Everyone is allowed one piece of luggage each which is to be transported between campsites/huts (included). If you have extra luggage that you won't be needing on the trek and would like to leave at our headquarters in Reykjavik for storing then you can add the luggage storage to your booking.

Conveniently, all you will need to carry is a small daypack (approx. 25-40 L) with your lunch, water bottle, rain gear, river fording shoes and any other items you might need for the day.

We recommend that you have your hiking boots and a set of thermal layer in your carry-on when traveling to Iceland in case your luggage gets lost on the flight.

Drinks

We provide water, coffee and tea on our tours. If you would like to enjoy a beer, a glass of wine or a soda or juice (alcoholic or non-alcoholic) after a long day of hiking, then please bring this along on the tour since there will not be many (if any) chances to buy them in the highlands.

Meals and Special Food

Our standard menu includes milk products, eggs, fish, nuts, meat and bread. If you are vegetarian, vegan, gluten-free, have allergies or any other specific food preferences that need to be accommodated then you will need to purchase the special food extra. In preparation of the meals, although the guide is usually appointed project leader, everyone is expected to participate in both the preparation of the meals and cleaning after the meals. It brings the group together and creates a nice, cozy and fun atmosphere. We have a saying in Icelandic "margar hendur vinna létt verk" which basically means when people help out the job is a lot easier, and we think that this fits perfectly into this situation. Make food and friends at the same time.

Tour Extras

If you have already booked your tour but would like to add extras to your booking, for example hiking poles, waterproof clothing or boots, then you can use these links. Make sure that you choose the correct category according to the length of the tour you are signed up for:

<https://www.adventures.is/3-day-trekking-tours-rental-equipment-and-upgrades/>

<https://www.adventures.is/4-day-trekking-tours-rental-equipment-and-upgrades/>

<https://www.adventures.is/6-day-trekking-tours-rental-equipment-and-upgrades/>

<https://www.adventures.is/8-day-trekking-tours-rental-equipment-and-upgrades/>

Further Questions?

You should now be prepared for your upcoming highland adventure. If you have any questions then please don't hesitate to contact us at trek@trek.is

We look forward to an exciting trekking experience together!



**WE LOOK FORWARD TO AN EXCITING TREKKING
ADVENTURE WITH YOU!**