

Iceland Coast to Coast

Mandatory Kit List

The background of the entire page is a topographic map. The upper half is a dark teal color with white contour lines. The lower half is a light cream color with dark teal contour lines. The contour lines represent elevation and are more densely packed in some areas, indicating steeper terrain.

The countdown is on!

Time to get kitted out...

Foot Stage

- ☐ Trail running footwear
- ☐ Trail running apparel: shorts, technical wicking tee/ base layer, long-sleeved wicking layer, mid-layer (e.g. microfleece)
- ☐ Running day pack to carry spare clothing, bivvy bag, first aid kit, spare food. Recommended capacity 15 – 30l
- ☐ Hydration system for pack. Either bladder or bottle to be secured to pack. Minimum of 2l carrying capacity
- ☐ Waterproof upper body and leg cover with TAPED or WELDED SEAMS as a minimum standard
- ☐ Buff or similar neck gaiter
- ☐ Thin running gloves
- ☐ Spare base and mid layers
- ☐ Socks
- ☐ Blister care kit
- ☐ GPS enabled watch
- ☐ 1 person bivvy bag (not survival blanket, must be a bag)
- ☐ Personal First Aid kit – more details on what this should contain below
- ☐ Cap or wide-brimmed sun hat
- ☐ Footwear to put on for the river crossings. These can be sandals with a heel strap (no flipflops) Or some form of wet shoe/trainer.
- ☐ *Recommended: Trekking poles*
- ☐ *Recommended: Running tights*

Bike Stage

- ☐ Mountain Bike (either your own or a rental)
- ☐ Bike box or bag (hard box recommended), if transporting your own bike
- ☐ Handlebar mounted GPS device e.g. Garmin Edge, Wahoo or mobile phone with a power pack, bike mount and waterproof case.
- ☐ Water bottles: Recommended 2 x 750ml bottles
- ☐ Tools. To comprise a minimum of: Cycling multitool, peddle spanner and chain link removal tool
- ☐ Puncture repair kit (or slime if you are using that)
- ☐ Your own pedals (if you wish to use them. You will be issued flats on the hire bikes)

- ☐ Cycling footwear
- ☐ Cycling gloves
- ☐ Full length upper body and leg cover suitable for cycling
- ☐ Cycle helmet
- ☐ Waterproof upper body and leg cover with TAPED or WELDED SEAMS as a minimum standard
- ☐ Additional warm layers to carry. Natural fabrics and fibres recommended.
- ☐ Spare cycling clothing in case you get drenched
- ☐ Socks 1 pair each day minimum
- ☐ *Recommended: Spare pair of full-finger length gloves in case of wet/ windy weather*
- ☐ *Recommended: Waterproof socks*
- ☐ *Recommended: Pair of overshoes/ booties are useful for insulation and waterproofing*

Bike Spares

- ☐ 4 x inner tubes suitable for the size of your tyre (always carry 2 with you when riding)
- ☐ Tyre levers
- ☐ 1 x puncture repair kit. If running a tubeless set up, have a slime spare and repair kit
- ☐ Peddle spanner
- ☐ Bike multitool
- ☐ Chain link remover
- ☐ Chain links x 2
- ☐ Small pump
- ☐ 1 x gear cable (if appropriate for your bike)
- ☐ 1 x brake cable (if appropriate for your bike)
- ☐ Cable ties
- ☐ Rear Hanger suitable for your own bike
- ☐ Small bottle of oil
- ☐ An old rag and toothbrush for bike cleaning

Water Stage

Buoyancy aid, drysuit, helmet, paddle and packraft will be provided. You should dress in technical wicking undergarments and midlayers. Please remember you will be sitting stationary, and you WILL get cold. Avoid cotton and use technical wicking fabrics. If you do have kayaking or rafting gear, (such as a bag), then please do bring these if you prefer to wear your own items

- ☐ Sturdy footwear that you can wear in the raft and can wear for the short (but rough) trekking section after the rafting stage
 - ☐ Dry bag medium size (approx. 10l +).
 - ☐ Dry bag small size: For phones and other personal items
- sonal First aid kit (Further details below)

General

- ☐ Sleeping bag: Comfort rating to 0 degrees
- ☐ Roll mat or self-inflating mattress
- ☐ Headtorch rated to 150 lumens minimum
- ☐ Spare batteries for headtorch
- ☐ Sunglasses with Cat 3 protection
- ☐ Mobile phone and means of keeping it dry (e.g. small drybag or waterproof phone cover/ pouch)
- ☐ Casual clothing for use in evenings and transit stages – no formal wear required
- ☐ Personal toiletries including any personal medication required
- ☐ Power bank for mobile phone
- ☐ International plug adaptor
- ☐ Overnight bag: Such as a duffel or rucksack
- ☐ Transition bag: A smaller duffel, or a small rucksack or drybag. This can double up as your day pack for the foot stage.
- ☐ Ear plugs
- ☐ Collapsible cup
- ☐ Hand sanitiser
- ☐ Electrolytes
- ☐ Sunscreen
- ☐ Sports nutrition and snacks - 5 days' worth PLUS one day of contingency - 6 days total
- ☐ *Recommended: General trekking trousers and robust outdoor footwear, given the type of destination*

- ☐ *Recommended: Swimming outfit for geothermal hot spring at Hveravellir*
- ☐ *Recommended: Small zip lock bags. Very useful for general gear storage / organisation / protection but also good for doing your business and disposing of the toilet paper if caught short on the trails*
- ☐ *Recommended: Towel – travel micro towel or full-size*
- ☐ *Recommended: Multitool or penknife*
- ☐ *Recommended: Reading material*

Personal Medical Kit

- ☐ 1 x triangular bandage
- ☐ 1 x crepe roll bandage
- ☐ Gauze or similar absorbent dressing
- ☐ Small set of scissors
- ☐ Pain Killers (paracetamol or/and ibuprofen)
- ☐ Steri-Strips
- ☐ Antiseptic (spray or cream)
- ☐ Assorted plasters
- ☐ Rubber gloves
- ☐ Prescribed medication
- ☐ K-tape
- ☐ Compeed – various sizes
- ☐ Lube stick • Sudacrem