

# HIKING, SUMMMER

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always chcek weather foreacast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Underwear, wool or similar	x
Middle layear, fleece or similar	
Rain and windproof outer layer	
Hiking shoes, 3 season	
Socks, 1 - 2 pair	
Mittens	
Buff and/or balaclava	
Gaiters	
Food	
Map, kompass & GPS	
Mobile phone and/or radio	
First aid equipment	
Second skin	
Sun protection	
Water bottle and/or thermos	

## Add in longer tours

Tent	
Sleeping bag and mattress	
Stove	
Kitchen equipment	
Extra food	
Extra clothing	
Shoes for crossing rivers	
Personal hygiene	
8mm rope, 30 m.	
Toiletpaper and a showel	
Light	

# HIKING, WINTER

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experience</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will go well.</i>
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## Shorter tours

Underwear, wool or similar	x
Middle layer, fleece or similar	
Rain and windproof outer layer	
Hiking shoes, 3 season	
Socks, 1 - 2 pair	
Mittens	
Buff and/or balaclava	
Gaiters	
Food	
Map, kompass & GPS	
Mobile phone and/or radio	
First aid equipment	
Second skin	
Sun protection	
Water bottle and/or thermos	

## Add in longer tours

Tent	
Sleeping bag and mattress	
Stove	
Kitchen equipment	
Extra food	
Extra clothing	
Shoes for crossing rivers	
Personal hygiene	
8mm rope, 30 m.	
Toiletpaper and a shovel	
Light	

# JEEP TOURS, SUMMMER

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Underwear, wool or similar	x
Middle layer, fleece or similar	
Rain and windproof outer layer	
Good shoes, hiking or jeep	
Socks, 1 - 2 pair, wool or similar	
Mittens	
Buff and/or balaclava	
First aid kit	
Food	
Map, kompass & GPS	
Mobile phone and/or radio	
Water bottle and/or thermos	
Sun protection	
Tire repair kit	
Jumper cables	
Showel	
Elastic tow rope	
Spare fan belt	
Tool kit	
Waders & throw line	
Leverage bar	

## Add in longer tours

Sleeping bag	
(Tent, mattress & kitchen equipment)	
Extra clothing	
Extra food	
Fuel filter	
Oil filter	
Hose clamp	
Motor oil	
Extra fuel	
Canvas tape	
Toilet paper & showel	
Personal toiletry	
Radio with LW	

# JEEP TOURS, WINTER

<b>Travel Plan</b>	<b>Conditions</b>	<b>Experienc</b>	<b>Preparation</b>
<i>You should always leave your travel plan with someone.</i>	<i>Always chcek weather forecast and conditions.</i>	<i>Do you have enough experience for your travel?</i>	<i>must be good to ensure the trip will good.</i>

## Shorter tours

Underwear, wool or similar	x
Middle layer, fleece or similar	
Rain and windproof outer layer	
Good shoes, hiking or jeep	
Socks, 1 - 2 pair, wool or similar	
Mittens	
Buff and/or balaclava	
First aid kit	
Food	
Map, kompass & GPS	
Mobile phone and/or radio	
Water bottle and/or thermos	
Sun protection	
Tire repair kit	
Jumper cables	
Showel	
Elastic tow rope	
Spare fan belt	
Tool kit	
Waders & throw line	
Leverage bar	
Snow anchor	
Mountain equipment for crevass rescue	

## Add in longer tours

Sleeping bag	
(Tent, mattress & kitchen equipment)	
Extra clothing	
Extra food	
Fuel filter	
Oil filter	
Hose clamp	
Motor oil	
Extra fuel	
Canvas tape	
Toilet paper & showel	
Personal toiletry	
Radio with LW	

# BICYCLE TOURS

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Cycling shorts (short)	x
Cycling shorts (long)	
Socks, wool or similar	
Strong shoes (hiking)	
Cycling gloves and/or mittens	
Water & windproof outer layer	
Extra outdoor clothing	
Extra tube & bætur	
GPS, map, kompass	
Cycling helmet	
Mobile phone and/or radio	
First aid kit	
Extra tire & pump	
Multi tool	
Tire levers	
Extra cables & wires	
Extra chain pieces	
Chain tool	
Tape	

## Add in longer tours

Trailer or bags	
Tent	
Sleeping bag	
Mattress	
Stove & kitchen equipment	
Extra food	
Extra clothing	
Extra batteries for GPS	
Extra batteries for mobile & radio	
Toilet paper & showel	
Tire with pikes if biking in winter	

# SNOWMOBILE TOURS

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Underwear, wool or similar	x
Middle layer, fleece or similar	
Water & vindproof snow suit or other water & vindproof outer layer	
Good shoes, hiking	
Extra clothing	
Mittens & balaclava	
Helmet	
Balaclava	
TEK Vest & knee brace	
Avalanche receiver	
Avalanche pole & shovel	
Emergency flare	
Mobile phone & radio	
Headlight or other light	
Food	
Bivac bag and/or sleeping bag	
First aid kit	
Tape	

## Add in longer tours

Gear bags / saddle bags	
Tent	
Sleeping bag	
Mattress	
Stove & kitchen equipment	
Extra food	
Extra clothing	
Extra batteries for GPS	
Extra batteries for mobile & radio	
Toilet paper & showel	
Tools for repair	
Motor oil	
Rope for towing (30m. 7mm)	
Extra handheld GPS	
Ice axe and crampons	
Radio with LW	
Mountain equipment for crevass rescue	
Spareparts	
Auxillary fuel carrier	

# BOAT TOURS

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Underwear, wool or similar	x
Middle layer, fleece or similar	
Water & vindproof outer layer	
Buff or similar	
Mittens	
Light hiking shoes or similar	
Mobile phone	
First aid kit	
Björgunarvesti	
Food?	
Sun protection	

## Add in longer tours

Extra food	
Extra clothing	
Charger or batteri for your mobile	
Personal products	

# NORDIC SKIING

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Underwear, wool or similar	x
Middle layer, fleece or similar	
Water & vindproof outer layer	
Socks, 2 - 4 pairs	
Nordic ski shoes	
Mittens	
Shell over mittens	
Buff and/or balaclava	
Nordic skis and poles	
Backpack	
Food	
Extra clothing	
Communications f.e. mobile and radio	
Map, compass and GPS	
First aid kit	
Avalanche receiver	
Avalanche showel and pole	

## Add in longer tours

Tent	
Mattress	
Sleeping bag	
Stove & kitchen equipment	
Extra food	
Extra clothing	
Batteries	
Personal products	
Sled for towing equipment	
Radio with LW	
Thermos	
Mountain equipment for crevass rescue	



# SKIING

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## Shorter tours

Underwear, wool or similar	x
Middle layer, fleece or similar	
Water & windproof outer layer	
Socks, 2 - 4 pairs	
Buff and/or balaclava	
Mittens and/or gloves	
Helmet	
Food	
Thermos	
Ski shoes	
Ski & poles	
Ski glasses	
Face mask to protect face from cold	
Extra clothing	
Mobile phone	
First aid kit	
Sun protection	

## Add in longer tours

Extra clothing	
Extra food	
Charger for mobile phone	
Personal products	

# SEA KAYAK TOURS

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Underwear, wool or similar	x
Socks, 2 - 4 pairs	
Mittens, neopren, wool	
Deck bag	
Kayak shoes	
Fleece sweater or similar	
Fleece pants or similar	
Dry suit	
Dry balaclava	
Spray shirt	
Map, compass and GPS	
Communications f.e. mobile and radio	
First aid kit, emergency flare, whistle	
Extra clothing	
Food	
Extra paddle	
Paddle float	
Rope for towing	
Pump	
PDF	
Waterproof bag for equipment	
Repair kit	
Sun protection	

## Add in longer tours

Tent	
Sleeping bag	
Mattress	
Stove	
Kitchen equipment	
Thermos	
Food	
Extra clothing	
Extra batteries for comm equipment	
Tide information	
Fishing rod and spoons/baits	
Toilet paper & showel	
Radio with LW	
Light f.e. headlight	

# SWIFT WATER KAYAK

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Underwear, wool or similar	x
Socks, 2 - 4 pairs	
Mittens, neopren, wool	
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Light hiking shoes	
Fleece sweater or similar	
Fleece pants or similar	
Dry suit	
Deck bag?	
Spray skirt	
Flotpoki í báti	
Communications f.e. mobile and radio	
First aid kit, emergency flare, whistle	
Extra clothing	
Throwline & knife	
PDF	
Repair kit	
Swift water helmet	
Food	
Good travel companion	

## Add in longer tours

Tent	
Sleeping bag	
Mattress	
Stove	
Kitchen equipment	
Thermos	
Food	
Extra clothing	
Extra batteries for comm equipment	
Toilet paper & showel	

# HORSE RIDING TOURS

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Riding boots or good boots	x
Riding pants	
Good jacket or	
water & windproof outer layer	
Socks, wool or similar, 1 - 2 pairs	
Mittens and/or gloves	
Riding helmet	
Buff	
Underwear, wool or similar	
Flugnanet over the riding helmet	
Communications f.e. mobile and radio	
Communications f.e. mobile and radio	
First aid kit	
Map, GPS and compass	
Food	

## Add in longer tours

Extra clothing	
Extra food	
Personal products	
Tent?	
Sleeping bag	
Mattress	
Stove & kitchen equipment	
Toilet paper & showel	

# MOTOR BIKE TOURS

<b>Travel Plan</b> <i>You should always leave your travel plan with someone.</i>	<b>Conditions</b> <i>Always check weather forecast and conditions.</i>	<b>Experienc</b> <i>Do you have enough experience for your travel?</i>	<b>Preparation</b> <i>must be good to ensure the trip will good.</i>
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## Shorter tours

Underwear, wool or similar	x
Middle layer, fleece or similar	
Pants, waterproof f.e. enduro	
Jacket, waterproof f.e. enduro	
TEK vest	
Knee & elbow braces	
Shoes, waterproof f.e. motorcross	
Neck brace	
Helmet	
Gloves and extra gloves	
Buff and mittens	
Face mask	
Extra underwear	
First aid kit	
Tool kit	
Pump	
Food	
Communications like mobile & radio	
Map, GPS & compass	

## Add in longer tours

Extra clothing	
Extra food	
Personal products	
Tent?	
Sleeping bag	
Mattress	
Stove & kitchen equipment	
Toilet paper & showel	
Extra fuel	
Spareparts for the bike	
Radio with LW	