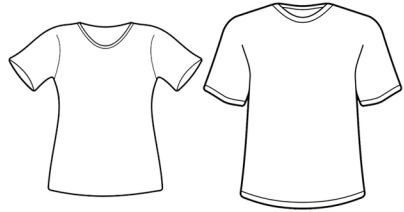


PACKING FOR ICELAND'S MAGICAL NORTHERN LIGHTS TOUR

BASE LAYER 1

Undershirt (wicking)



It is best to select synthetic or Merino wool under shirts. The former are dry more quickly, and for those who like the feel of microsoft wool, Merino wool is heaven. Avoid cotton long underwear, as it absorbs moisture and dries slowly.

Briefs (wicking)



Same advice as with undershirts above.

Thin (Liner) Socks

Sock liners are thin wicking socks worn underneath a heavier hiking or snowsport sock. The biggest benefit they provide is blister prevention.

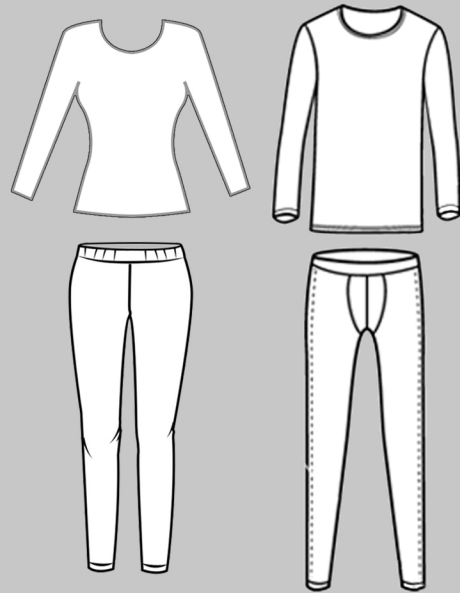


BLUE LAGOON REMINDER

Remember your bath suit, swimming cap (especially if you do not want to wash your hair before entering), and clean flip flops and/or watershoes. Both are permitted to the lagoon's edge, and the shoes can be worn in the lagoon.

BASE LAYER 2

Thermal Underwear (wicking)



Thermal long underwear is essential for any trip to Iceland, even in the Summer. Look for a pair that is light and snug fitting, and is rated for moisture wicking.

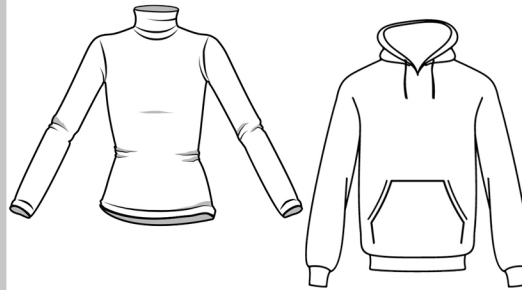
Avoid cotton long underwear, as rather than wicking the moisture away, it absorbs it, and leads to feeling colder.

Depending on your preference, synthetics or Merino wool are the best options. The benefit of synthetics is that they dry out more quickly. Merino wool offers more warmth than synthetic material of the same thickness, but it is still comfortable on warm days.

Thermal underwear is sometimes classified by fabric weight. You should avoid ultra-lightweight materials, and select from lightweight to heavyweight, based on your tolerance to cold weather.

INSULATING LAYER 1

Optional
Turtle Neck / Light Fleece



For those who tend to be cold, or who wish to add thinner layers one over the other, a turtle neck (or similar light shirt) or fleece hoodie/top can be just the thing.

Fleece Leggings

For those whose feet or legs or run towards the cold, it may be a good idea to consider an additional fleece legging layer. Fleece provides warmth and breathability, all while avoiding that feeling of being overly padded. If you tend to warm up quickly, this may not be the best option. You can pack heavier fleece for colder days, and lighter fleece for days that hover around the freezing point (most of the time in South Iceland).



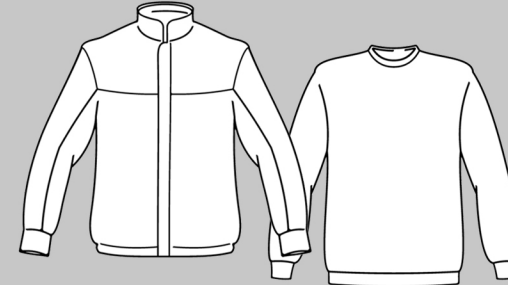
Thick Wool Socks

If your feet run cold, a second pair of thicker wool socks could do just the trick. Some also pack two thicknesses of wool sock, mid-thickness and thick. Merino wool, although more expensive, offers the best comfort to warmth ratio - it's worth the price.



INSULATING LAYER 2

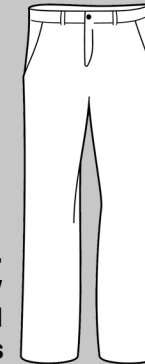
Light Jacket / Sweater



A light jacket (possibly fleece) or sweater is recommended, the former if an optional *Insulating Layer 1* is used, the latter if it isn't. This layer should keep you warm enough in sunny conditions without wind so as to not need a Protective Layer.

Wind-Breaker Trousers

If not wearing waterproof pants as part of your *Protective Layer*, you should wear wind-breaker trousers (worn with a water resistant shell as an outer layer when it rains). This type of trouser is usually water resistant, and will tolerate light rain, but are less effective against stronger downpours.



Hat / Gloves / Scarf



An insulated winter hat, thinsulate-type waterproof gloves (mittens will keep you warmer, but fingered gloves will offer you more control). Consider gloves that work with touch screens, to help with picture taking.

PROTECTIVE LAYER

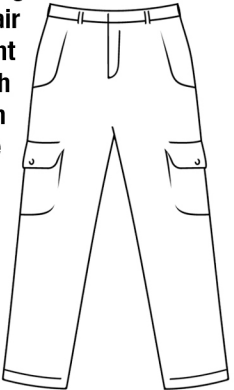
Waterproof Jacket and Sunglasses

An insulated, completely water proof coat is most strongly recommended, as we will spend a lot of time outdoors. Hooded models give additional and rather needed protection for your head. Sunglasses are a must.



Water Resistant Pants (or Water Proof Shell)

When worn with long underwear, a good pair of water resistant pants offer warmth and protection from the elements, all while offering you maximum flexibility and mobility. Jeans, cotton-based pants (sweats, trainers) are discouraged, as once they get wet, they take a long time to dry, which amplifies the cold.



Waterproof Hiking Boots

If nothing else, this is probably the most critical part of clothing you will bring with you. Your basic sneakers, work boots, and fashion statements may not suffer the ground conditions as well.

