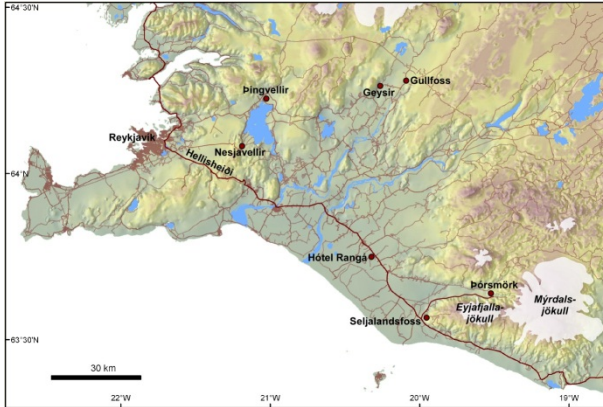


Field trip to Þórsmörk, 27-29th of August 2014

Information and equipment list



We will leave for the field trip in the evening of Aug 27, spend two nights in Þórsmörk (http://www.nat.is/fjallaskalareng/skalar_utivistar_basar.htm) by Eyjafjallajökull volcano. While staying there we will visit Seljalandsfoss, Eyjafjallajökull volcano and hike around Þórsmörk Natural Reserve. On our way back to Iceland we will visit the Golden Circle (Gullfoss and Geysir), Thingvellir and Nesjavellir. Arrival in Reykjavík will be around 19:00 in the evening of Friday Aug 29.

The following equipment is needed for the field trip:

Clothing:

Hiking boots - good sturdy boots with a robust sole. Preferably waterproof.

Rain and windproof outer wear (jacket and trousers) - preferably breathable fabric such as Gore Tex or similar

Warm mid layer - Fleece jacket/wool jumper/primaloft or similar

Wool and fleece for inner wear - long sleeve top and long johns. Thermal underwear made of wool or synthetics. NO COTTON, silk is OK.

Gloves and/or mittens

Warm hat - wool or synthetics

Thick socks, several pairs – for hiking, as well as comfy socks for the evening in the hut.

Slippers for the hut (optional)

Gear:

Sleeping bag, essential - Light sleeping bag with no specific temperature rating will be sufficient and a **travel pillow** (optional)

Small backpack for food, drinks and personal belongings for the daytrip

Flash light/head light

Sunscreen

Sunglasses

Water flask

Towel

Ear plugs (optional, but could come in handy when sleeping in a room with several others)

Hiking poles (optional)

Cash for the optional shower - gas heated shower 400 ISK, bring coins for the automat

Luggage:

Please bring your luggage for the week in two smaller bags since there isn't enough space to store regular suitcases for about 100 people in the hut. One can be left in Reykjavík and stored in a storage room at the University during the field trip. Travel sacks/duffel bags are preferred for the field trip. Laptops should preferably be left in Reykjavík.