

EXPLORA

Project










Iceland Crossing Expedition 2019 EQUIPMENT LIST

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MANDATORY EQUIPMENT

YOUR EQUIPMENT WILL BE REVIEWED AT BASE CAMP BEFORE TRAINING.
FAILURE TO HAVE AN ITEM WILL RESULT IN NOT BEING ALLOWED TO START THE EXPEDITION

#	ITEM	COMMENTS	QTY.
FEET			
1)		Warm socks (merino wool recommended)	3
2)		Hiking boots <i>(Trek section)</i>	1
3)		Pair of gaiters <i>(Trek section)</i>	1

4)		Pair of trail shoes (Salomon type) <i>(Bike section & evenings)</i>	1
5)		Water foot shoes (Crocs type) <i>(Rivers crossing, packraft section & evenings)</i>	1
HANDS			
6)		Pair of wool gloves <i>(Keep you warm even wet)</i>	1
7)		Pair of liner gloves	1
8)		Pair of neoprene Gloves <i>(For rain & packraft section)</i>	1
HEAD			
9)		Wool / polar hats <i>1 will be offered by Explora Project !</i>	1
10)		Sun hat	1
11)		Neck cover	1
12)		Pair of sunglasses	1

13)		Lipstick UV 30	1
14)		Suncream (50 UV min)	1
BOTTOM BODY			
15)		Waterproof and windproof pants (Gore-Tex type)	1
16)		Hiking pants	1
17)		Thermal underwear pants (merino wool recommended)	1
18)		Set of underwear	1
TOP BODY			
19)		Warm down jacket (for evenings and breaks)	1
20)		1 waterproof and windproof jacket (Gore-Tex type)	1

21)		Long sleeved merino thermal shirts	2
22)		Short sleeved tee-shirt	2
23)		Warm polar jacket	1
BASE CAMP			
24)		Coton or polar pyjama	1
25)		1 bathing suit (hot springs)	1
26)		Hygiene kit: toothpaste, biodegradable soap	1
27)		Air or self-inflating light mattress	1
28)		Sleeping bag comfort 0/-10°c (feathers or synthetic fibers)	1

29)		Camping spoon	1
30)		Insulated camping cup	1
31)		Plastic plate (folding recommended)	1
32)		Headlamp + rechargeable batteries	1
ACCESSORIES			
33)		Drybags from 10 to 35L To protect sleeping bag, clothes and personal items from humidity and rain	4
34)		Hiking Backpack 50 Liters	1
35)		Pair of trekking poles	1
36)		Compass	1
37)		Microfiber towel	1
38)		Thermos 1L	1

39)		Passport	1
40)		Credit card	1
41)		Travel insurance	1
42)		Mobile phone + portable batterie	1
43)		Lighters & matches	3
44)		2L hydration bladder or plastic bottle (Nalgene Type)	1
45)		Multi-tools knife	1
46)		Toilet paper + tiny hand sanitizer in a waterproof bag	1
SAFETY ACCESSORIES			
47)		First aid kit Waterproof bandages/ Blister patches/ Aspirine/ 1 needle/ 1 tweezer/ Few toes and hands warmers + personal drugs	1

48)		Whistle	1
49)		Small outdoor camp mirror (to signal your position if needed)	1
50)		Survival blanket	1

OPTIONAL EQUIPMENT

THE FOLLOWING IS NOT MANDATORY BUT CAN ADD COMFORT DURING THE EXPEDITION

51)		Silk or polar liner	1
52)		Camera / Gopro	1
53)		Pen + notebook Rite in the Rain	1
54)		Pair of neoprene socks	1
55)		Vapour- barrier socks Ex : https://en.aventurenordique.com/rab-vapour-barrier-socks.html	1
56)		Mini portable solar batterie	1

(end)