

Equipment for Hiking and Knitting tour between Fire and Ice

Boots and Clothing – an opportunity to show off your beautiful handknits:

Hiking Boots – The boots should be of leather (or leather and synthetic) with high cut to give sufficient ankle support. Preferably the sole should be soft but robust.

Long sleeve shirt (thermal underwear) – Wool or synthetic.

Warm wool or fleece sweater (2nd layer).

Rain Jacket or an Anorak with hood – Preferably waterproof and breathable material (Gore-Tex or equivalents).

Hiking pants.

Rain trousers – Waterproof and breathable material.

Liner Gloves – Wool or synthetic (polypropylene / polyester).

Mittens – Wool or synthetic (optionally waterproof)

Socks – Wool or synthetic. Two or three pairs.

Hat or Balaclava – Wool or synthetic.

Other gear:

Sleeping bag – Down or fibre. Aim for light weight and warm bags. We recommend goose down with high “fill power” or top of the line synthetic bags. Possibility to rent a sleeping bag: contact vera@mountainguides.is

Backpack for extra clothes and food for day hikes. Size: 30-50 litres.

A travel sack for your baggage that is transported between camps. Note that suitcases are to be avoided.

Swimsuit

Towel

Water container – Pet plastic bottle.

Ear plugs

Slippers (for inside the huts)

Optional gear:

Walking poles.

Gaiters – Calf or knee height and wide enough for your boots.

Camera, spare batteries and a memory card or films.

Knitting equipment

Circular needle, about 60-80 cm/24”-31” flexible (thin and soft string suitable for magic loop) 4 mm/US 6

Double pointed needles: 4 mm /US 6

Crochet hook nr 3/US C2 or D3

Darning needle

Scissors

Sketchbook and pen

Wool is provided for knitting the samples during the workshops but not for the optional projects.

**Optional knitted projects:**

Icelandic beret (from the book "Icelandic Color Knitting: using rose patterns"): circ needle 5 mm/US8 and band needles or DPN's 7 mm / US 10.5 knitted with Alafoss lopi

Inserts in shoes (from the website: icelandicknitter.com): 1.5 mm/ US 00 (2mm/US 0 will do too) knitted with Einband-Lodband (lace weight)

Any extra knitting equipment such as sets of needles in different sizes (4.5 and 6 mm / US 7 and 10 are common sizes for lopi sweaters respectively in Léttlopi and Alafosslopi), stitch markers, tape measure, pocket calculator, paper graph, etc...