



Packing List for 1-Day Hikes in Iceland

Clothing

- ☐ **Base Layer:** merino wool or synthetic (moisture-wicking)
- ☐ **Insulating Layer:** fleece or lightweight down jacket
- ☐ **Shell Jacket:** waterproof & windproof Gore-Tex or similar
- ☐ **Hiking Pants:** water-resistant or quick-dry material
- ☐ **Hat/Beanie:** insulated for protection against elements
- ☐ **Buff or Neck Gaiter:** protection against elements
- ☐ **Gloves:** insulated and waterproof
- ☐ **Extra Socks:** merino wool preferred

Footwear

- ☐ **Hiking Boots:** waterproof with ankle support
- ☐ **Gaiters:** for muddy or snowy trails (optional)
- ☐ **Camping shoes:** (optional)

Gear

- ☐ **Daypack:** (20–30L) with rain cover
- ☐ **Water bottle:** at least 1.5–2L
- ☐ **Trekking Poles:** for extra support and river crossings
- ☐ **Map/GPS/Offline Apps:** trail navigation
- ☐ **Headlamp or Flashlight:** doesn't apply for peak of summer

- ☐ **First Aid Kit:** for emergencies
- ☐ **Multitool or Knife:** for almost everything
- ☐ **Power Bank:** might be handy for longer hikes
- ☐ **Whistle:** for signaling in emergencies

Snacks

- ☐ **High-energy snacks:** trail mix, jerky, protein bars, nuts
- ☐ **Packed lunch:** sandwiches, wraps, etc.
- ☐ **Electrolyte tablets:** for proper hydration (glacier water lacks electrolytes)

Misc

- ☐ **Sunglasses:** UV protection even on cloudy days
- ☐ **Sunscreen & Lip Balm:** Icelandic sun and wind can burn
- ☐ **Ziplock Bag:** for used items, toiletries
- ☐ **Bug Spray:** important for summer in certain areas
- ☐ **Toilet paper & Wipes**

Optional

- ☐ **Camera gear:** for photography enthusiasts
- ☐ **Binocular:** for observing landscapes and animal life