



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