



Packing List for Multiday Hikes in Iceland

Clothing

- ☐ **Base Layers:** 2 sets, moisture-wicking (merino wool or synthetic)
- ☐ **Insulating Layers:** 2 sets, fleece and/or lightweight down jacket
- ☐ **Shell Jacket:** windproof, waterproof, high-quality, breathable
- ☐ **Rain Pants:** light, for rainy days
- ☐ **Hiking Pants:** 2 pairs, quick-dry, durable
- ☐ **Trekking Shirt:** 2–3 pairs: lightweight, long-sleeved preferred
- ☐ **Hat/Beanie:** to protect from wind and cold
- ☐ **Buff or Neck Gaiter:** to protect from wind and cold
- ☐ **Gloves:** waterproof and insulated
- ☐ **Underwear:** 3–4 pairs
- ☐ **Socks:** 3–4 pairs, merino wool
- ☐ **Sleepwear:** warm and dry layer for sleeping only

Footwear

- ☐ **Hiking Boots:** waterproof, sturdy with ankle support
- ☐ **Sandals:** lightweight, for resting and river crossings
- ☐ **Gaiters:** for snow, mud, or ash (optional)

Gear

- ☐ **Backpack:** (50–70L) – with rain cover

- ☐ **Tent:** lightweight, 3-season, wind-proof
- ☐ **Sleeping Bag:** rated for 0–5°C (32–41°F)
- ☐ **Sleeping Pad:** insulated and compact
- ☐ **Trekking Poles:** for additional support and river crossing
- ☐ **Headlamp:** with extra batteries (not needed in peak of summer)
- ☐ **Navigation:** map, compass, GPS or offline apps (AllTrails, Gaia)
- ☐ **First Aid Kit:** include blister pads, painkillers, allergy meds
- ☐ **Multitool or Knife:** for almost everything
- ☐ **Power Bank:** or solar charger
- ☐ **Trash Bags:** a need to carry your trash in many places in Iceland
- ☐ **Duct Tape:** for repairs (small roll)
- ☐ **Repair Kit:** for sleeping pad/tent

Cooking & Food

- ☐ **Portable Stove:** gas or alcohol-based (compatible fuel)
- ☐ **Fuel Canisters:** enough for all days
- ☐ **Cookware:** lightweight pot, pan, utensils, mugs, cutlery
- ☐ **Lighter/Firestarter:**
- ☐ **Dehydrated meals:** instant, lightweight hiking meals
- ☐ **High-Energy Snacks:** jerky, trail mix, granola bars, nuts, dried fruit
- ☐ **Electrolyte tablets:** for proper hydration (glacier water lacks electrolytes)
- ☐ **Dish Soap:** biodegradable, and scrubber
- ☐ **Water Bottle:** 2–3L total capacity
- ☐ **Thermos:** useful for both, hot and cold beverages

Hygiene

- ☐ **Toothbrush & Toothpaste:** biodegradable
- ☐ **Soap:** biodegradable
- ☐ **Ziplock Bag:** for used toilet paper/waste
- ☐ **Towel:** lightweight, fast-dry
- ☐ **Lip Balm & Sunscreen:** Icelandic sun and wind can burn
- ☐ **Bug Spray:** especially June–August, certain areas

- ☐ **Wipes and Toilet paper**

Misc

- ☐ **Sunglasses:** polarized sunglasses
- ☐ **Camera gear:** for photography enthusiasts
- ☐ **Binocular:** for observing landscapes and animal life
- ☐ **Stuff bags:** for clothes, electronics, food etc.
- ☐ **Earplugs:** for a good night's sleep in windy conditions or shared huts