



# 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:** lightwere 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