

# PACKING LIST – ICELAND SUMMER

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Iceland. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

### Dress for the Weather

Iceland's summer is from mid-June to mid-August, with temperatures ranging from 45-58 degrees F. (It can be warm enough to wear a light shirt, or cold enough to send you looking for your down jacket!). During this time, almost continual daylight illuminates the land, and occasional rain and drizzle can be common in the south. Light woolens, polypropylene fabrics, and wind- and rain-proof clothing are essential. Dressing in layers works best in Iceland's changeable weather. Casual clothes are ideal for all parts of this trip.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- Daypack and rain cover
- 1 pair medium weight hiking boots
- 4-5 pairs wool socks
- 2-3 long sleeve shirts
- 2-3 short sleeve shirts
- 1 wool sweater/fleece jacket
- 1 lightweight puffy jacket or vest
- 2 pairs hiking pants
- 1 pair hiking shorts
- 1-2 sets of nicer clothes for dinners
- 1 waterproof/windproof jacket (waterproof is key!)**
- 1 pair waterproof rain pants (suggested/optional)
- Underwear & bras
- 1 pair of wool long underwear for extra chilly days
- 1 wool/fleece hat
- 1 pair wool/fleece gloves
- 1-2 bathing suit
- Sleepwear
- Eye mask/eye covering for sleeping
- Optional waterproof phone case (for when you are in the lagoons)

### AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Locks for your luggage
- Travel alarm clock
- OPTIONAL Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- OPTIONAL Digital camera, memory cards, battery charger
- Power adapters/power bank (and international adapter is best - Iceland uses 2 prong/220volt)
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Water bottle
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs

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- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens

## Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*