

# PACKING LIST – ICELAND WINTER

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your winter 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

The weather in Iceland is notoriously variable and often very windy; you should expect daytime temperatures ranging from 10°F to 40°F. Good layers of thermal underwear and ideally fleece or wool sweaters in combination with a windproof jacket will keep you warm and snug even in colder temperatures. Good gloves, warm and windproof hats, and wool socks are important as well. Sturdy shoes with good soles – ideally hiking shoes are highly recommended. A hiking stick and crampon-style traction will be provided for you in Iceland, which will help when walking on icy paths. We also recommend bringing some chocolate or other small snacks for quick bursts of energy.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- Daypack with rain cover - we recommend a hiking-style backpack between 20 and 30 liters with a comfortable hip belt. Your pack should fit several extra layers of clothing, water, your camera, and anything else you might want during the day
- Sturdy winter boots you can hike in - waterproof is preferred
- 2-3 warm long underwear tops (100% merino wool preferred, no cotton)
- 2-3 warm long underwear bottoms (100% merino wool preferred, no cotton)
- 1-2 wool, fleece, or synthetic mid-layer tops
- 1 down or synthetic winter jacket
- 1 pair synthetic pants (jogging or hiking pants work)
- Gore-Tex/waterproof hooded jacket
- Gore-Tex/waterproof pants (insulated or shell pants for snow)
- 2 warm wool and windproof winter hat
- 2 pairs warm gloves/mittens (touchscreen/fingerless gloves under your mittens is fine)
- Fleece neck warmer or Balaclava, (note that scarves cannot be worn during any activities)
- 1-2 bandanas/Buff
- Bathing suit and flip flops for spas/lagoons
- Underwear & bras
- 4-5 pairs of warm wool hiking socks
- Sleepwear
- Water bottle or thermos
- 1-2 casual outfits for evenings at hotels
- 1 nicer outfit for farewell dinner
- Snow goggles (optional)
- 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)
- Optional locks for your luggage

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- Optional travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s) – an international adapter is best – Iceland is 2 prong/220 volt
- Power bank (optional)
- Sunglasses, case, and strap
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF (you do need this in winter!)
- Hand wipes/hand sanitizer
- Hand/Toe warmers
- Earplugs – we recommend silicone earplugs
- Toiletries: soap, shampoo, and conditioner (may be provided at certain hotels); toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Optional assortment of stuff sacks and bags – please consider bringing reusable stuff sacks or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

- Prescription medicine you usually take (in original containers)
- Person 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, throat lozenges & cough drops
- 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.*