



# PACKING LIST

## TRAVEL

- Passport/ID
- Credit/debit cards
- Cash
- Hotel/Fight info
- Insurance cards
- Travel itinerary
- Earplugs
- Eye mask
- Neck pillow
- Camera gear
- Electronics
- Chargers + Adapters

## TOILETRIES

- Sunscreen
- Prescriptions/medicines
- First aid kit
- Shampoo+Conditioner
- Bodysoap
- Lotion
- Insect repellent
- Dental Hygiene

## CLOTHING

- Base layer top/bottom
- Mid layer  
fleece/wool/puffy jacket
- Walking (hiking) pants
- Undergarments
- Pajamas
- Leggings
- Swimsuit

## MISCELLANEOUS

- Sunglasses
- Quick dry towel
- Daypack
- Reusable water bottle/coffee mug
- Small gifts for new friends (*optional*)

## FOOTWEAR

- Walking shoes
- Casual shoes
- Flip flops - for after hot springs!
- Hiking socks

## OUTER WEAR

- Outer layer (shell)
- Warm hat
- Gloves
- Buff or scarf



# Layering for Iceland

The *Layering System* is all about keeping you warm and dry in all types of weather. The environment (and your body temperature) changes throughout the day. It is important to be able to add or subtract layers as needed.



**BASE LAYER**  
"wicks" perspiration away from skin

## BASE LAYER

- Wicks sweat away from your body to keep you dry and warm
- Can be made of natural or synthetic material
- Fits snug to your skin

## MID LAYER

- Insulation to retain your body heat
- Fleece and puffy jackets are commonly used
- Ideally lightweight, quick drying and packable



**MID LAYER**  
insulation retains body heat



**OUTER LAYER**  
protects from wind, rain, and snow

## OUTER LAYER (shell)

- Protects you from the elements
- Should be windproof, waterproof and durable