

Iceland Packing List for Mindful Travel

Pack mindfully for your Iceland adventure. This checklist balances comfort, warmth, and intention for hot springs, harbor walks, and cozy cafés.

Clothing Essentials

✓ Thermal base layers (top and bottom) ✓ Warm fleece or wool sweater ✓ Waterproof and windproof jacket ✓ Quick-dry pants or leggings ✓ Swimsuit (for Blue Lagoon or local pools) ✓ Warm socks (wool preferred) ✓ Hat, scarf, and gloves (lightweight and warm) ✓ Sleepwear and undergarments

Footwear

✓ Waterproof hiking boots or shoes ✓ Flip flops or sandals for hot springs ✓ Comfortable walking shoes (optional)

Toiletries & Wellness

✓ Toothbrush, toothpaste, travel-size toiletries ✓ Hair conditioner (Blue Lagoon can be drying) ✓ Travel towel or microfiber wrap ✓ Travel-size K18 or Olaplex (hair repair) ✓ Moisturizer and SPF (wind protection) ✓ Prescriptions & supplements ✓ Lip balm with SPF

Travel Comfort & Extras

✓ Reusable water bottle ✓ Travel journal or notebook ✓ Power bank / chargers ✓ Noise-canceling earbuds or headphones ✓ Sleep mask (for long daylight hours) ✓ Book or mindful podcast download ✓ Snacks (nuts, bars, tea bags)