

COLD WEATHER PACKING LIST

ICELAND AND FAROE ISLANDS

SPRING (12 Day Trip)

- It is still quite COLD in the Spring. And WET. It is essential to pack warm layers and waterproof exteriors. If you are bundled up properly, you will very much enjoy all the outdoor time that is a must in these special places!
- I went with a PERSONAL ITEM and 1 med. sized checked luggage.
- I always travel with this backpack (personal item) from Amazon: <https://a.co/d/7Lqc79u>

It, remarkably, holds a lot AND because of its soft shape, fits nicely under the seat in front of you. It is also easy to wash by hand upon return. **Bonus features:** There's a handy sleeve on its back that you can slip over the handle of your carry-on, an exterior pocket for your water bottle, and many compartments to easily access things.

LARGE CAPACITY



I also PAID to check a medium sized piece of luggage. Due to needing winter gear, I wanted ample space, and room for any souvenirs. The cost for a checked bag was not much more than what I would have paid for a carry-on, so I went with the roomier option. We had a direct flight, so I wasn't too worried about luggage going missing. We were away for 12 days and in looking back, I probably could have packed even more economically, which I have suggested in this list. It is up to you to decide whether you will bring a carry-on OR a piece of checked luggage (in addition to your personal item allowance). My list below would work best for a checked bag, but if you wear your bulkiest clothes on the plane and scale back on my suggested clothing list, you might be able to get by with a carry-on! **NB:** The attire list is based on being **outside**, hiking and walking around, for most of the days.

- As always, check the luggage costs, size and weight allowances for the airline you choose to go with!

OUTERWEAR

- * a streamlined puffy vest
- * a waterproof raincoat with a hood
- * a lightweight winter coat with a hood; waterproof or resistant. I ordered mine from Columbia, but the exact one is no longer available. This one is very similar. <https://www.columbiasportswear.ca/>



- * a toque (a winter hat) with fleece lining inside, along the ears (to keep wind out)
- * sunglasses
- * thermal wicking or fleece streamlined neck warmer
- * waterproof gloves (with touchpad fingers for picture taking)
- * waterproof, windbreaker pants (to wear over layers)
- * waterproof HIKING BOOTS with thermal lining
- * I wore my COLUMBIA Sportswear hiking boots everywhere. The pair I ordered seems to be discontinued, but here is a pair that looks very similar. <https://www.columbiasportswear.ca/>



- * slides or flip flops (should you opt into a hot springs day).

- * a pair of comfortable booties for nightlife (optional)
- * a lanyard with a waterproof phone case . I ordered this set of two on Amazon and they worked great for picture taking (touchpad works through the case). <https://a.co/d/amneSjX>



CLOTHES

a) Under layers

- 2 pairs thermal, moisture wicking or fleece base leggings (to wear underneath pants)
- 2 long sleeved thermal, moisture wicking tops
- streamlined fleece zip up top
- wool socks (4 pairs)
- sports bras (2: neutral and black)
- underwear (7 pairs; you can wash in a sink and hang dry)

b) Others (for shopping, lounging, going out to dinner, etc...)

- 2 pairs of jeans
- 3 sweaters (for going out at night)
- 2 tank tops (to wear under sweaters)
- 2-3 long sleeve tops (for going out at night)
- 1 pair comfy sweats (for lounging and to wear on the plane)
- warm pjs!
- slippers (the floors can be cold)

- bathing suit (for hot springs)
- sweatshirt or hoodie (for lounging and to wear on the plane)

NB: This list is based on our staying in several places that had washing machines (and even dryers) IN our flats, so I was able to do laundry and wear things several times. Also, many places have irons and hair dryers, so I don't bring any hot tools.

TOILETRIES AND MISC.

LIQUIDS (airport approved clear bag as per above)

–each bottle **MUST BE** 4oz or less!

Suggestions for necessities: saline; eye/ear drops (can buy one bottle that works for both); mascara; lip gloss; shampoo; conditioner; facial cleanser; sunscreen for face; toothpaste; eye cream; hair styling product; bodywash (only if you're particular. I either use my shampoo OR whatever the accommodations provide)

SOLIDS & Miscellaneous Items

-deodorant -make-up -lip balm -perfume balm -baby wipes -Qtips
-facial cleanser pads -razor -tweezers -brush and comb (travel sized) -contact lenses -GLASSES -scrunchie & hair elastics/accessories -travel sized magnifying mirror. I ordered this one from Amazon. It packs really well. <https://a.co/d/7pzP3FN>



-RFID passport and card protectors. Available on Amazon:

<https://a.co/d/1Z1hLoc>



-Multi country plug adapter and converter with several usb ports. I bought mine at a local store, but you can order one from Amazon.

<https://a.co/d/9oLLyTx>



-YOUR PHONE CHARGER (plus one extra just in case!)

MEDICAL KIT (In a soft cloth bag for easy packing)

-Ibuprofen -Acetaminophen -Allergy (liquid gel capsules)
-anti-nauseant -anti-diarrhea -Cold and Flu (and/or Sinus) meds

(powder packets OR pills) -Alcohol wipes -bandaids -Vitamins
-asthma inhaler -any prescription meds

-**TIP:** Always keep essentials WITH you in your personal item bag (medical kit; contact lenses, glasses, etc...) IN CASE your checked bag goes missing or they make you check your carry-on.

ORGANIZE YOUR PACKING!

TIP: Roll your clothes tightly to save space. Tuck socks and undies into the space of your shoes. Consider space saving cubes if you want things to stay really organized. I do not use them, but I've heard those who do love them.

IN THE PERSONAL BAG (under the seat)

Tip: Put a luggage tag on the outside.

***Make a little "airplane kit" (in a small pouch/baggie that you can easily pull from your bag's side pocket/pouch):**

-ear plugs -wireless earbuds (for your electronic device) -"old fashioned" wired earbuds (for the plane's entertainment system if there is one) -gum and mints -disinfectant wipes -hand sanitizer -SLEEP MASK -medication needed for in-flight (anti-nauseant; ibuprofen, etc...)

Also in the PERSONAL BAG:

-metal water bottle (go through security with it EMPTY, but then find a water filling station and fill it up. -a few granola bars -journal and pen -glasses & sunglasses (with cleaning cloth)

-PLASTIC FOLDER (with two pockets inside) for: itinerary printout with info for accommodations/transportation bookings; COPIES of: birth certificate, credit card, PASSPORT, health insurance plan, etc...

-AIRPORT APPROVED CLEAR POUCH/BAG FOR TOILETRIES (keep this at the top of the inside of your bag so you can easily grab it at the security belt). -make-up and toiletries (that aren't liquid based)

-TRAVEL SIZED FOLDER: Passport; boarding passes (if printed); all cards (credit, health, travel health plan, driver's license....). Once you are situated at your accommodation, you can hide this/put in safe and take only what you need with you in your crossbody/fanny pack when going out.

-charging block and phone chargers

-clothes for 1 day, incl. Pjs. This is IN CASE the overhead compartment is full and you are asked to check your bag at the gate/as you board. Should your carry-on go missing, you will have clothes to get you started.

IN THE CARRY-ON OR CHECKED BAG

Tip: *Put luggage tags on the outside AND the inside (in case the exterior one falls off).*

These HELPFUL EXTRAS

-tiny luggage scale -medium size food storage bags -a few freezer size food storage bags -clothespins (to double up for line drying AND using on unfinished food/coffee to keep fresh) -cloth bag for packed shoes (they get dirty!) --cloth reusable bag (to double up for groceries and/or beach) -small wine bottle/beer bottle opener --light, small souvenirs from your country and mini "thank you" cards (to leave for the hosts/cleaners when you check out, along with a tip if you so choose). IDEAS: pencils, keychains, rubber bracelets (with your country's emblem/flag).

PLUS: -your **clothes!!**

