

# THE VENTURE SEEKERS ICELAND PACKING LIST

Pack for wind and water, not just the temperature

From a family who has been to Iceland four times, here is the packing list we actually use, with all the easy to forget items. The weather app is a suggestion, not a promise, so pack for wind, rain, and mist and you will be comfortable anywhere on the island.

## SAVE WITH OUR CODES

**ICEWEAR**, 15% off outerwear built for Iceland weather with code **VENTSEEK**, valid until March 2027. [Shop outerwear here](#)

**TOBIQ Bags**, TSA approved 30L and 18L bags with organized sections and hidden compartments, 15% off with code **theventureseekers**. [Grab yours here](#)

**Blue Car Rental**, 5% off rental cars. [Book here](#)

**Happy Campers**, 10% off new camper van bookings with code **VENTURE**, valid September 5, 2026 through October 31, 2026. Cannot be combined with other codes or applied to insurance or extras. [Book the Happy 4x4 XL here](#)

**Planning reads**, [our Iceland survival guide](#) and [our full Iceland guide on Rexby](#).

## SECTION 1: ICELAND NON NEGOTIABLES (EVERYONE)

### LAYERS AND CLOTHING

- ☐ **Base layer:** merino wool or synthetic, never cotton
- ☐ **Mid layer:** fleece or a wool quarter zip hoodie
- ☐ **Warm layer:** lightweight packable jacket or a winter jacket. If you run cold, pack a parka, especially starting in October
- ☐ **Outer shell:** must be windproof and waterproof, non negotiable around waterfalls. [Grab our ICEWEAR rain gear here, code VENTSEEK](#)
- ☐ **Bottoms:** hiking pants, preferably water resistant, with waterproof rain pants over them when needed. [Women's here](#), [men's here](#), [kids' here](#)
- ☐ **Casual outfits:** comfortable clothes for city dinners, bakery runs, and road trips
- ☐ **Hiking boots:** waterproof hiking boots
- ☐ **Wool socks:** merino wool socks, bring several pairs in case they get wet. [Grab ours here](#)
- ☐ **Comfortable shoes:** sneakers or comfortable boots for city dinners, bakery runs, and road trips
- ☐ **Sandals:** hiking or water sandals for river crossings and hidden hot springs, the moss is extremely slippery
- ☐ **Microspikes:** for icy trails, waterfall paths, and early spring or late fall conditions. [Grab ours here](#)
- ☐ **Head and hands:** warm beanie and two pairs of waterproof or water resistant gloves, they get wet fast
- ☐ **Buff or neck gaiter:** the wind makes this one a must. [Grab ours here](#)
- ☐ **Goggles:** for wind and glare, you will thank me later. [Grab ours here](#)
- ☐ **Sunglasses:** the wind kicks up debris and glacier glare can burn your eyes
- ☐ **Swimsuits:** bring two, you will live in hot springs, local pools, and lagoons

- ☐ **Quick dry towel:** you will randomly pull over for a hidden hot spring and realize you have nothing to dry off with. [Grab ours here](#)
- ☐ **Midge head net:** small but it earns its place when you get swarmed in warmer months. [Grab ours here](#)
- ☐ **Lens cloth:** waterfall mist gets on cameras and glasses constantly

#### DOCUMENTS AND MONEY

- ☐ Passports
- ☐ Driver license, plus an international permit if your country requires one
- ☐ Credit card with a PIN, Iceland is nearly cashless
- ☐ Printed and offline copies of your bookings

#### TECH

- ☐ European Type C/F plug adapter for 230V, charging cables, and a power bank. [Grab ours here](#)
- ☐ Car USB charger with multiple ports for cameras, phones, drones, and Insta360s. [Grab ours here](#)
- ☐ Headlamps for caves, early starts, and late arrivals. [Grab ours here](#)
- ☐ Offline maps downloaded, plus vedur.is and road.is bookmarked

#### HEALTH AND COMFORT

- ☐ Motion sickness meds
- ☐ Reusable water bottle, the tap water is excellent so you never need to buy bottled. [Grab ours here](#)
- ☐ Lip balm and heavy moisturizer, the wind destroys lips and skin. [Grab ours here](#)
- ☐ Hand warmers, not mandatory but really nice when the wind and cold hit hard. [Grab ours here](#)
- ☐ Eye mask, especially in summer when the midnight sun can wreck your sleep
- ☐ Reusable wet bag for wet swimsuits, muddy shoes, and soaked socks. [Grab ours here](#)

#### MEDICINE BAG

Iceland does not sell over the counter medicine the way the United States does, and what is available is regulated differently and may require a prescription. Pack a small travel pharmacy so you are not hunting for a pharmacy in Reykjavik late at night.

- ☐ First aid kit for the basics. [Grab ours here](#)
- ☐ Ibuprofen for adults and children. [Grab ours here](#)
- ☐ DayQuil or your preferred cold medicine
- ☐ Non drowsy allergy medicine like Zyrtec or Claritin
- ☐ Tums or antacid. [Grab ours here](#)
- ☐ Dramamine if anyone gets car sick
- ☐ Saline nasal spray, cough drops, and a thermometer
- ☐ Bandages and waterproof blister bandages. [Grab ours here](#)
- ☐ Electrolyte packets. [Grab ours here](#)
- ☐ Antibiotic ointment and hydrocortisone cream

## KIDS: WHAT WE PACK FOR THEM

- ☐ Snacks from home, groceries are pricey. [Shop our top snacks](#)
- ☐ Tablet with downloaded shows for long drive days
- ☐ Car activities for the long stretches between stops, ours keep the kids busy for hours. [Grab ours here](#)
- ☐ Swim goggles, the kids live in the local pools and swim better with them. [Grab ours here](#)
- ☐ An extra full change of clothes per kid, kept easy to reach
- ☐ Kid sized rain gear and waterproof boots
- ☐ Kid sized base layers, wool socks, warm hat, and gloves, they get cold and wet faster than you do
- ☐ A small daypack each, the TOBIQ 18L is our kids' favorite for road trips and flights and it organizes everything perfectly. 15% off with code **theventureseekers**. [Grab yours here](#)

## SECTION 2: CAMPER VAN MUST HAVES (ADD ON)

We used Happy Campers, so check what your camper van company provides before you pack everything below. Use code **VENTURE** for 10% off new bookings from September 5, 2026 through October 31, 2026. Cannot be combined with other codes or applied to insurance or extras. Automatic booking incentives may also apply: 5% off 7+ day rentals, 10% off 14+ day rentals, and 10% off bookings made at least 3 months in advance. [Book the Happy 4x4 XL here](#)

### ALREADY INCLUDED IN THE HAPPY CAMPERS 4X4 XL

- ☐ Bedding, extra thick duvets, linens, pillows, and extra blankets
- ☐ Full kitchen setup, two gas stoves, gas canisters, pots, pans, dishes, and cutlery
- ☐ Sink with running water and a cooler or refrigerator
- ☐ Webasto heater with extra batteries, wool insulation, and all night heater power
- ☐ Wifi hotspot with unlimited data, USB charger, bluetooth, and aux
- ☐ First aid kit, fire extinguisher, and a GPS safety tracker
- ☐ Broom and dustpan, curtains, reading light, and a campsite map
- ☐ Winter kit in the colder months, studded tires, shovel, starter cables, and ice scraper
- ☐ Free zone at the office where you can grab leftover camping basics
- ☐ No shower or toilet in the van, so plan on campsite facilities, pools, and hot springs

### ADD ONS YOU CAN RENT INSTEAD OF PACKING

- ☐ Camping table and chairs
- ☐ Coffee press and towels
- ☐ Power inverter for charging
- ☐ Portable toilet, rented separately
- ☐ Extra driver and upgraded insurance bundles

### WHAT YOU STILL NEED TO BRING

- ☐ Sleeping bag liner or an extra sleeping bag if you sleep cold
- ☐ Pillows from home if you are picky, though the van does provide them
- ☐ Eye masks for the midnight sun
- ☐ Headlamps, also great for caves and early or late trailhead arrivals
- ☐ Dish soap, sponge, and a small towel
- ☐ Trash bags, plus ziplocks for wet swimsuits, muddy shoes, food, and electronics
- ☐ Baby wipes and dry shampoo for no shower days
- ☐ Clothesline and clips for drying wet layers
- ☐ Bungee cords, duct tape, and zip ties
- ☐ Slip on shoes for quick campsite stops
- ☐ Storage cubes or bins so the van does not become chaos
- ☐ Cooler bag for groceries

## SAFETY IN THE HIGHLANDS

If you are heading into the Highlands, anywhere on the F roads like Landmannalaugar, Askja, or Kjolur, submit a travel plan to Safe Travel Iceland before you go. It is a short online form at [safetravel.is](https://safetravel.is), and it tells ICE-SAR and the authorities where you are and what you are doing. If you get stranded, stuck in weather, or anything happens, they know your location and can send help. Standard rental insurance does not cover river crossings or water damage in the Highlands, and there are no shops, fuel stations, or settlements in the interior, so plan fuel, food, and weather carefully. [Submit a travel plan here](#)

Tag us in your Iceland photos, we love seeing where this list takes you.  
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