

Winter Camping Checklist for Iceland

Shelter & Sleeping Gear:

- 4-season tent (windproof, waterproof, and sturdy for snow)
- Thermal sleeping bag (rated for -10°C to -20°C)
- Insulated sleeping pad (R-value of 5 or higher)
- Lightweight emergency bivy or blanket

Clothing:

- Base layers (moisture-wicking and thermal)
- Insulating mid-layers (fleece or down jacket)
- Waterproof and windproof outer shell (jacket and pants)
- Thermal gloves, hat, and neck gaiter or balaclava
- Thick wool socks (multiple pairs)
- Insulated, waterproof boots
- Gaiters (to prevent snow from entering boots)

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Cooking & Hydration:

- **Portable stove (compatible with cold-weather fuel)**
- **Fuel canisters (check for cold-weather compatibility)**
- **Lightweight cooking pot and utensils**
- **Insulated water bottles or thermos**
- **High-calorie, easy-to-prepare meals and snacks**

Safety & Navigation:

- **Map, compass, and GPS device**
- **Headlamp with extra batteries**
- **Multi-tool or knife**
- **First aid kit**
- **Personal locator beacon (PLB) or satellite communicator**
- **Mobile phone and portable charger (solar or battery-powered)**

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Miscellaneous:

- Firestarter (waterproof matches, lighter, or fire steel)
- Trekking poles (for stability in snow)
- Snow shovel (for clearing tent space)
- Sunglasses or goggles (UV protection and glare reduction)
- Moisturizer and lip balm (to protect from wind and cold)

Optional:

- Microspikes or crampons (for icy terrain)
- Hot water bottle (for additional warmth in the sleeping bag)
- Lightweight camping chair

Always check the weather forecast and road conditions before heading out and let someone know your itinerary for safety.

