

Shopping List for Winter ‐ The Essentials + Free

author:



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Synopsis

Winter in Iceland can range from a somewhat calm winter wonderland to blizzard like conditions that force you to stay off the road. Even though the temperatures here are milder than what most people assume (an average of around 0 degrees celsius in Reykjavik), packing appropriately for winter in Iceland is crucial for staying warm and dry. Just note that the farther north you go, it is normally colder and snowier/icier. Granted you will encounter plenty of ice in the south too. While I do focus on essential things to pack for winter in Iceland, I will also include some fun non-essentials that could come in handy.

Cintamani - High Quality Local Icelandic Outdoor Clothing Company

Before I jump in, I am very excited to share that the sponsor of this episode is Cintamani, an Icelandic outdoor clothing brand that provides high quality clothes for all types of adventures. I have been a fan of theirs for quite some time because their clothes are amazing. I have a decent amount of items from them that have provided amazing protection against Iceland's harsh weather conditions. Because I am so familiar with the brand and the quality they provide, I am happy that I can offer my listeners a discount of 15% off your online purchases with them when you use the code `ajewells`. I will share in the show notes of this episode my favorite items from them, if you are curious. This discount comes just in time for the gift giving season, so you can get something for yourself or a loved one. If you shop in person, they have a lovely outlet in the Hafnarfjörður area that is on the way from the airport to Reykjavík. Along with new clothing for the season, they have clothes from a previous season in the back being sold at a discount. Definitely worth checking out.

My Favorite Clothes from Cintamani

- Brynja jacket
- Trausti pants
- Ágn jacket

Essentials to Pack for Icelandic Winter

There are many more essentials on my free packing list here.

Base layer - moisture control - This is essentially long underwear and can be made from polyester, Merino wool, nylon and silk. Top and bottoms are good to have during winter here.

Mid-layer - insulation - tops made of fleece, wool (like an Icelandic lopapeysa sweater), down or synthetic material. Jackets and vests with these fibers work well over your base layer.

Outer layer - protection - a windproof winter coat with a hood that has a water repellent layer. It is best to have pants made for winter conditions that are also wind resistant and water repellent and

made from synthetic material. Winter boots with a sole that has good grip (Vibram soles work well) and are water resistant. Winter hiking boots with ankle support are necessary if you plan to go on glacier hikes or when walking on very uneven terrain. Pants (casual use) - jeans or slacks to wear around the city/out to dinner Microspikes - it can be very icy on some Reykjavík sidewalks and on paths in the countryside. Windproof gloves - warm and insulated - preferably a pair with touchscreen tips that allow you to operate your phone or gadgets without having to take your gloves off. Windproof and insulated hat Scarf Warm socks - ones made from wool or an insulating synthetic fiber Swimwear - Iceland is known for its swimming pools and hot springs Day pack Free Iceland Packing Checklist Non-Essential Things to Pack for Winter in Iceland This is just a few items on my list and you can find the whole list here. External power pack Walking sticks Ear plugs A journal Random Fact of the Episode The lowest temperature on record in Iceland is -39.7°C (-39.5°F). Icelandic Words of the Episode Efri hluti á€“ upper part but means the outer layer Ášlpa á€“ Á°lpur - parka Jakki - jakkat RegnfatnaÁ°ur á€“ rain coat Peysa á€“ peysur Share This Post Facebook Email Twitter

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