

CHAMONIX

2023 Clothing + Equipment List



We've provided packing recommendations below; however, equivalent items work just fine. We also offer many items for sale via our online store. These items are marked with an "x" in the appropriate column.

[You can shop the Chamonix Clothing + Equipment List on the Gear Store!](#)

Keep in mind that June and July can still be cold in the Alps! Warm layers are very important, as evening temperatures can dip down in the low 30s.			
EQUIPMENT			
Gear	Quantity	Purchase	Description
Backpacks & Bags			
Backpack	1	x	Internal frame with waist straps; 38 - 45 liters, MUST be small enough to carry on the plane (<i>Recommendation: Deuter Unisex 40L Futura or Deuter Women's 38L Futura Pro</i>)
Waterproof Backpack Cover	1		Covers your backpack
Lightweight Daypack	1	x	15-25 liter lightweight, collapsible daypack to carry your rain jacket, water bottle and snacks (<i>Recommendation: Sea to Summit Ultra Sil Day Pack</i>)
Please keep all necessary trekking gear in your carry on, including hiking boots, headlamp, warm gloves/hat, hiking socks, rain jacket, water bottles, and layers as airlines have been extremely inconsistent with lost baggage over the past year.			
Sleeping Gear			
Sleeping bag liner or Hostel sheet	1	x	Silk, cotton, or synthetic (<i>Recommendation: Sea to Summit Expander Travel Liner</i>)
Additional Equipment			
Water Bottles	2	x	Minimum 32oz water bottles (<i>Recommendation: Nalgene 1L wide mouth</i>)
Headlamp	1		With fresh batteries + 2 sets of spare batteries (<i>Recommendation: Black Diamond Spot or Black Diamond Storm</i>)
Plastic container w/ lid	1		Plastic food storage container with sealable lid (<i>Recommendation: Nalgene 160z Storage Jar</i>)
Plastic spoon	1		(<i>Recommendation: Light My Fire spork</i>)
Sunglasses	1		With 100% UV protection (<i>Recommendation: Goodr</i>)
Sunglasses holders	1		(<i>Recommendation: Crookies or Chums</i>)
FOOTWEAR & CLOTHING			
Gear	Quantity	Purchase	Description
Footwear			
Hiking Boots	1		Light-weight or Gore-Tex hiking/trail running shoes ***MUST be broken in
River Shoes	1		These can be open-toed but do need to have a back strap - no flip flops! (<i>Recommendation: Chaco, Teva, Keen</i>)
Socks	4 – 6 Pair		Non-cotton, lightweight hiking socks (<i>Recommendation: Smartwool or Darn Tough</i>)

Upper Body Layers			
Long Underwear Top	1		Medium-weight long sleeve (polypropylene or Capilene, NOT cotton) (<i>Recommendation: Patagonia Capilene Crew</i>)
T-shirts	2	x	Minimum of 2 short sleeve Capilene or synthetic fabric t-shirt (<i>Recommendation: Patagonia Capilene T-Shirt</i>), others may be cotton
Insulating Jacket	1		Synthetic or down insulation, non-cotton. This can be a synthetic or down "puffy" jacket (<i>Recommendations: Patagonia Nano Puff or Down Sweater</i>), or an additional heavyweight fleece
Rain Jacket with hood	1		Must be waterproof, not water resistant. NO PONCHOS (<i>Recommendation: Patagonia Torrentshell or Marmot Precip</i>)
Sports bra	3		For girls
Lower Body Layers			
Long Underwear Bottom	1		Medium-weight (polypropylene or Capilene, NOT cotton) (<i>Recommendation: Patagonia Capilene Lightweight/Midweight Bottoms</i>)
Fleece Pants	1		Synthetic, non-cotton fleece pants or heavyweight long underwear bottoms (<i>Recommendation: Patagonia Synchilla Fleece Pants or Patagonia R1 Pants</i>)
Quick-Dry Shorts	3		Synthetic, non-cotton shorts (<i>Recommendation: Patagonia Baggies</i>)
Underwear	5		Synthetic, non-cotton are best (but a couple cotton pairs are okay)
Bathing Suit	1		Boys: your quick-dry shorts can double as your bathing suit
Head & Hands			
Gloves	1		Wool or fleece
Warm Hat	1	x	Wool or fleece, non-cotton beanie
Baseball Hat	1	x	A baseball hat or wide-brimmed hat for sun protection
PERSONAL ITEMS / MISCELLANEOUS			
Gear	Quantity	Purchase	Description
Toiletries			
Dopp Kit*	1		Contains: toothbrush, toothpaste, prescription medication, travel shampoo & soap, deodorant (<i>Recommendation: Patagonia Black Hole Cube 6L – M</i>)
COVID-19 Vaccination Card + Copies	2		Valid COVID-19 vaccination card + 2 additional photocopies of your vaccination card
First Aid Kit*	1		Contains: Waterproof sunscreen, Band-aids, Moleskin, Chapstick w/ SPF, Wet Ones wipes, Dramamine (if prone to motion sickness), personal hand sanitizer, blister care, electrolytes
Prescription glasses + Contacts	2 pair		If your child wears glasses and/or contacts, please bring at least one spare pair of glasses/ lenses. Contact lens wearers should bring a pair of glasses as backup in addition to contacts.
*Please keep in mind that you will be carrying all toiletries with you on the plane, so make sure they are travel-sized (3.4oz or less)!			
Miscellaneous			
Wallet	1		Personal wallet with \$250 spending money and valid identification
Passport + copies	1 + 2 copies		Passport (valid for 6 months after the last day of your trip) + 2 additional photocopies of your passport
Bandana / Buff	2	x	For additional sun and wind protection. Buffs are tube-like and can be worn up to 12 different ways providing versatile sun protection. Can even be worn as a headband! (<i>Recommendation: Moondance Buff</i>)
Nylon Stuff Sack	1		One extra (Sleeping bag size)

Pack Towel	1	x	Absorbent & quick to dry, large or extra-large is ideal (<i>Recommendation: Sea to Summit Drylite Towel</i>)
Ziploc Bags	2		Gallon size
Trash bag	1		Heavy duty plastic garbage bags
OPTIONAL GEAR			
Gear	Quantity	Purchase	Description
Casual Clothing	1 set		One (1) set to wear while in Paris
Small Notebook w/ pen	1		For journaling
Camera*	1		With charger & international adapter or batteries, and a memory card (<i>Recommendation: Canon PowerShot G9X</i>)
Go Pro	1	x	With charger and 32-64 GB memory card
Hydration System	1		(i.e. Camel Bak)
Tennis Shoes	1		One (1) pair of lightweight tennis shoes
Carabiner	1		One (1) non-plastic
A Good Book	1		Paperback books are less bulky
Backpackers Pillow	1		A luxury to have while in hostels or on travel days
Personal Protective Equipment: Mask	2		Two (2) reusable, breathable masks that completely cover nose and mouth and fit snugly; Moondance will not provide masks. To be used where it is required by trip location or outfitter.

***To avoid the risk of lost luggage, we ask you to carry your backpack onto the airplane. The backpack sizes listed above (38 - 45 liters) meet the carry-on regulations for Delta and Air France. Again, please do not check your backpack on travel days. Thank you!**

Questions? Please reach out to: admissions@moondanceadventures.com

PACKING TIPS

NOTE: Since your backpack will be your carryon, we want you to be prepared/ comfortable on travel days. Therefore, wear your hiking boots on the plane to save space in your backpack. Plus, make sure the following remains in a safe place during travel days:

- Prescription medications & toothbrush
- Wallet: Passport, ID, money
- COVID-19 Vaccination Card
- Personal Protective Equipment: Mask (2)
- Completed International Travel Authorization form (if under 18)
- Raincoat

LODGING / TRIP INFORMATION

SLEEPING ARRANGEMENTS: During your trip you will stay in a variety of accommodations: Hotels (in the more metropolitan areas) and unique, primitive mountain hostels (refuges)

EATING ARRANGEMENTS: Please bring all personal eating utensils/gear listed on the packing list. Moondance and the accommodations will provide all group cooking gear.

If you have any special dietary restrictions/ considerations, please contact the Moondance office for further information.