

SPAIN + MOROCCO

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 Spain + Morocco Clothing + Equipment List on the Gear Store!](#)

EQUIPMENT			
Gear	Quantity	Purchase	Description
Backpacks & Bags			
Duffel Bag	1	x	45-60 liters; MUST be small enough to carry on the plane (<i>Recommendation for Duffel Bag: shoulder straps, North Face Base Camp S duffel or Patagonia Black Hole Duffel 55 L</i>).
Day Pack	1	x	28 - 35 liter sturdy hiking daypack with hip straps (<i>Recommendation: Deuter AC Lite 28 L or Osprey Talon 33</i>).
Waterproof Backpack Cover	1		Covers your backpack
Sleeping Gear			
Sleeping bag liner or Hostel sheet	1	x	Silk, cotton, or synthetic. Sleeping bag liner/travel sheet isn't required, but is nice to have (<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>)
Sunglasses	1		With 100% UV protection
Sunglasses holders	1		(<i>Recommendation: Croakies or Chums</i>)
Mesh Stuff Sack	1	x	Mesh nylon stuff sack (sleeping bag size) for dirty clothes, etc. (<i>Recommendation: Sea to Summit Mesh Sack</i>)
Buff or Bandana	1	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>)
FOOTWEAR & CLOTHING			
Gear	Quantity	Purchase	Description
Footwear			
Trail Shoes	1		These can be lightweight hiking boots or low top trail shoes - break them in before arrival! (<i>Recommendation: Salomon X Ultra 3</i>)

River Shoes	1		These can be open-toed, but do need to have a back strap (<i>Recommendation: Chaco, Teva</i>)
Socks	4 - 6		Non-cotton, mid-weight hiking socks (<i>Recommendation: Smartwool or Darn Tough</i>)
Upper Body Layers			
Long Underwear / Base Layer Top	1		1 Synthetic, non-cotton medium weight long underwear top (<i>Recommendation: Patagonia Capilene Crew</i>)
T-shirts	4	x	Minimum of 2 synthetic, non-cotton t-shirts (<i>Recommendation: Patagonia Capilene T-Shirt, Marmot Windridge</i>), other shirts may be cotton
Fleece Jacket	1		Heavy-pile fleece pullover or full zip jacket is good (<i>Recommendation: Patagonia Synchilla or R2 Jacket</i>)
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 w/ hood	1		Must be 100 % waterproof - not water resistant. NO PONCHOS! (<i>Recommendation: Patagonia Torrentshell</i>)
Sports Bra	2		For girls
Lower Body Layers			
Long Underwear / Base Layer Bottom	1		Synthetic, non-cotton medium weight long underwear bottoms (<i>Recommendation: Patagonia Capilene Lightweight/Midweight Bottoms</i>),
Rain Pants	1		100% Waterproof pants large enough to fit over regular pants
Hiking Pants	1		One pair synthetic, non-cotton hiking pants (<i>Recommendation: Exoficio</i>)
Shorts	2		Two pair nylon, quick dry shorts (<i>Recommendation: Patagonia Baggies</i>)
Bathing Suit	1		Boys: your quick-dry shorts can double as your bathing suit
Underwear	6 pair		Synthetic, non-cotton are best (but a couple of cotton pairs are okay)
Head & Hands			
Baseball Hat	1	x	A baseball hat or wide-brimmed hat for sun protection
Warm Hat	1	x	Wool or fleece, non-cotton beanie
Gloves	1		One pair of medium-weight wool or fleece gloves
PERSONAL ITEMS / MISCELLANEOUS			
Gear	Quantity	Purchase	Description
Toiletries			
Dopp Kit*	1		Contains: toothbrush, toothpaste, prescription medication, travel shampoo & soap, deodorant (<i>Recommended: 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, stool softener medication, Dramamine (if prone to motion sickness) , personal hand sanitizer

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 (3.4 oz or less)!			
Miscellaneous			
Passport + copies	1 + 2 copies		Passport (valid for 6 months after the last day of your trip) + 2 additional photocopies of your passport
Wallet	1		Personal wallet with \$150 spending money and valid identification
International Travel Authorization Form	1		Original signed and notarized International Travel Authorization Form
Casual Clothing	1		One (1) set to wear in Marrakech: Girls - long maxi skirts or flowy, non-fitted pants; scarf or shawl to wear over short sleeves Boys - long pants; short sleeves are fine
Wallet	1		Personal wallet with \$150 spending money and valid identification
Pack Towel	1	x	Absorbent & quick to dry, large or extra-large is ideal <i>(Recommendation: Sea to Summit Drylite Towel)</i>
OPTIONAL GEAR			
Gear	Quantity	Purchase	Description
Digital Camera*	1		With charger + international adapter, and a 32- 64GB memory card <i>(Recommendation: Cannon Powershot G9 X)</i>
Go Pro	1	x	With charger and 32-64 GB memory card
A good book	1		Paperback books are less bulky
Notebook with Pen	1		For journaling
Hydration System	1		Highly recommended (i.e. Camel Bak®)
Carabiner	1		One (1) non-plastic
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.
*Since we don't allow cell phones during the course of our trips, you may not use your phone as a camera. Leaders will take photos that will be shared at the end of the summer.			

***To avoid the risk of lost luggage, we ask you to carry your backpack onto the airplane. The backpack and duffel sizes listed above meet the carry-on regulations.. 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/duffel will be your carry-on, we want you to be prepared/ comfortable on travel days. Therefore, wear your hiking boots on the plane to save space in your backpack/duffel. 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
- Raincoat

LODGING / TRIP INFORMATION

SLEEPING ARRANGEMENTS: During your trip you will stay in a variety of accommodations: Mountain refugios, hotels/hostels, riads (Moroccan hotels)

EATING ARRANGEMENTS: Eating utensils (plates and cutlery) will be provided throughout the trip. If you have any special dietary restrictions/ considerations, please contact the Moondance office for further information.