

BELIZE + COSTA RICA

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 Gear Store! These items are marked with an "x" in the appropriate column.

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

Please note a sleeping bag is not necessary for your trip. Sleeping essentials will be provided at every hotel & hostel.

EQUIPMENT

| Gear | Quantity | Purchase | Description |
|-----------------------------|----------|----------|---|
| Backpacks & Bags | | | |
| Duffel Bag | 1 | | 70-liter duffel (Recommendation: Patagonia Black Hole Duffel 70 L or North Face Base Camp M duffel 71L) |
| Day Pack | 1 | | 20 – 30 liter daypack /school backpack to carry your rain jacket, water bottle and snacks (Recommendation: Patagonia Refugio Pack 26 L or Sea to Summit Ultra Sil Day Pack) |
| Mesh Stuff Sack | 1 | x | Mesh nylon stuff sack (sleeping bag size) for dirty clothes, etc. (Recommendation: Sea to Summit Mesh Sack) |

NOTE: Your duffel bag needs to be able to fit all of your belongings.

Sleeping Gear

| | | | |
|--------------------|---|---|--|
| Sleeping Bag Liner | 1 | x | Highly recommended. Silk, cotton, or synthetic. Used as a "lightweight sheet" in warm climates in lieu of a sleeping bag. Used when staying in hotels/ hostels as a personal sheet. (Recommendation: Sea to Summit Expander Travel Liner) |
|--------------------|---|---|--|

Additional Equipment

| | | | |
|--------------------|---|---|---|
| Water Bottles | 2 | x | Minimum 32oz water bottles (Recommendation: Nalgene 1L wide mouth) |
| Headlamp | 1 | | With fresh batteries + 2 sets of spare batteries (Recommendation: Black Diamond Spot or Black Diamond Storm) |
| Sunglasses | 1 | | With 100% UV protection (Recommendation: Goodr) |
| Sunglasses holders | 1 | | (Recommendations: Croakies or Chums) |

FOOTWEAR & CLOTHING

| Gear | Quantity | Purchase | Description |
|--------------------|----------|----------|---|
| Footwear | | | |
| Trail/Tennis Shoes | 1 pair | | A pair of comfortable, closed-toed, sturdy shoes. (Able to get dirty) |
| River Shoes | 1 pair | | These can be open-toed, but do need to have a back strap (Recommendation: Chaco , Teva , Keen) |
| Flip-Flops/Crocs | 1 pair | | Backless, comfortable shoes that can get wet |
| Socks | 4-6 pair | | Non-cotton, lightweight hiking socks (Recommendation: Smartwool or Darn Tough) |

| Upper Body Layers | | | |
|---|----------|----------|--|
| T-shirts | 4 | x | Minimum of 2 synthetic, non-cotton t-shirts (<i>Recommendation: Patagonia Capilene T-Shirt or Marmot Windridge</i>), other shirts may be cotton & okay to get dirty |
| Lightweight Top | 1 | | Synthetic, non-cotton. This can be a fleece or wool pullover, sweater or a full-zip jacket (<i>Recommendation: Patagonia R1 fleece</i>) |
| Rain Jacket w/ Hood | 1 | | 100% waterproof rain jacket with a hood – No ponchos! (<i>Recommendation: Patagonia Torrentshell or Marmot Precip</i>) |
| Long Sleeve Rash Guard | 1 | x | Highly recommended for sun protection and comfort in the water (<i>Recommendation: Patagonia Long-Sleeved Rashguard</i>) |
| Sports Bra | 4-6 | | For girls |
| Lower Body Layers | | | |
| Quick-dry Shorts | 4 | | Synthetic, non-cotton shorts (<i>Recommendation: Patagonia Baggies</i>) |
| Bathing Suits | 4 | | Boys: your quick-dry shorts can double as your bathing suit |
| Long Pants | 1 | | Pair of synthetic, lightweight non-cotton hiking pants |
| Underwear | 10 | | Synthetic, non-cotton are best (but a couple cotton pair are okay) |
| Yoga pants | 1 | | For girls, if you prefer to wear them |
| Head & Hands | | | |
| Baseball or Wide-Brimmed Hat | 1 | x | A baseball hat or wide-brimmed hat for sun protection |
| Work Gloves | 1 pair | | An inexpensive pair of basic work or gardening gloves for the community service project |
| NOTE: You can expect to get your clothes dirty during your community service section, so keep that in mind when choosing specific clothing and footwear items. | | | |
| 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 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: Insect repellent, reef safe waterproof sunscreen (Kokua, Thinkspout, Stream2Sea), zinc oxide, Band-aids, Chapstick w/ sun prevention, Wet Ones wipes, 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 all toiletries in your checked luggage, except for your toothbrush and any personal/prescription medication. | | | |

| Miscellaneous | | | |
|------------------------------------|--------------|---|---|
| Wallet | 1 | | Personal wallet with \$150 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 |
| PADI E-Learning Copy | 1 | | Printed hardcopy of completed PADI E-Learning form (additional details to come regarding this) |
| International Travel Authorization | 1 | | Original signed and notarized international travel authorization form |
| Bandana / Buff | 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>) |
| Pack Towel | 1 | x | Absorbent & quick to dry, large is ideal (<i>Recommendation: Sea to Summit Drylite Towel</i>) |

| OPTIONAL GEAR | | | |
|--|----------|----------|--|
| Gear | Quantity | Purchase | Description |
| Camp Chair | 1 | x | A luxury item but highly recommended! Provides a comfy place to sit while hanging out at camp in the afternoons. (<i>Recommendation: Crazy Creek Chair</i>) |
| Digital Camera* | 1 | | With charger + adapter, and a 32- 64GB memory card (<i>Recommendation: Canon 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 |
| Snorkeling Equipment | 1 | | Mask, fins, & snorkel (only if you already own items) |
| Spanish / English dictionary | 1 | | Helpful tool |
| Mosquito Head Net | 1 | x | Not required but can be helpful! |
| ENO Hammock | 1 | | Not required, but a great item to have when relaxing on the beach! |
| 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 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. | | | |

PACKING TIPS

NOTE: In the event that your luggage is delayed or lost in transit, we want you to be prepared. Therefore, wear tennis or hiking shoes on the plane. Plus, pack the following items from this packing list in your daypack / school backpack carry-on:

- A change of clothes (underwear + t-shirt + shorts or pants)
- Your rain jacket
- Prescription medications & toothbrush
- Passport, ID, money
- Completed International Travel Authorization form
- Printed completed PADI E-Learning form
- COVID-19 Vaccination Card + Copies
- Personal Protective Equipment: 2 Masks

These items are already included in the packing list – they are not additional items!

LODGING / TRIP INFORMATION

SLEEPING ARRANGEMENTS: During your trip you will stay in a variety of accommodations; private lodge (cabin style with bunks), community stays, permanent tents, and hotels (single gender rooms). Sleeping bags and/or bedding with pillows will be provided throughout your trip. Sleeping bag liners are highly recommended.

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.

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