

HAWAIIAN ISLANDS

2023 Clothing + Equipment List



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

Link to our online resource:

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

EQUIPMENT			
Gear	Quantity	Purchase	Description
Backpacks & Bags			
Duffel Bag	1		70 liters (<i>Recommendation: Patagonia Black Hole Duffel 70 Liters</i>)
Day Pack	1	x	20 – 30 liter school backpack to carry your rain jacket, water bottle and snacks (<i>Recommendation: Patagonia Refugio Pack 26 L</i>) OR (<i>Recommendation: Sea to Summit Ultra Sil Day Pack</i>) for a lighter option
Mesh bag	2	x	For storing dirty clothes & gear
Sleeping Gear			
Sleeping Bag	1		Synthetic sleeping bag rated 40° – 50° Fahrenheit with a compression stuff sack
Ground Pad	1		Insulating ground pad (<i>Recommendation: Therm-a-rest RidgeRest or Therm-a-Rest ProLite</i>)
NOTE: Your duffel bag needs to be able to fit all of your belongings. Your sleeping bag & ground pad will take up a lot of the room in your duffel, so we encourage you to pack light around those bulky items.			
Additional Equipment			
Water Bottles	2	x	Minimum 32oz water bottles (<i>Recommendation: Nalgene 1L wide mouth</i>)
Cup with Lid	1		Sturdy plastic or metal; thermal plastic mug is best (<i>Recommendation: 16oz Nalgene wide mouth</i>)
Bowl with Lid	1		(<i>Recommendation: Tupperware or Nalgene</i>)
Plastic Spoon	1		(<i>Recommendation: Light My Fire Spork</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, very important! (<i>Recommendations: Goodr</i>)
Sunglasses holders	1		(<i>Recommendations: Croakies or Chums</i>), very important!

FOOTWEAR & CLOTHING

Gear	Quantity	Purchase	Description
Footwear			
Tennis Shoes	1		A pair of comfortable, closed-toed, sturdy shoes
River Shoes	1		These can be open-toed, but do need to have a back strap (<i>Recommendation: Chaco, Teva, Keen</i>)
Flip-Flops/Crocs	1		Backless, comfortable shoes that can get wet
Socks	4 pair		Non-cotton, lightweight hiking socks (<i>Recommendation: Smartwool or Darn Tough</i>)
Upper Body Layers			
Base Layer Top	1		Synthetic, non-cotton, light-weight long sleeve top (<i>Recommendation: Patagonia Capilene Cool Daily Long-Sleeve Tee or Patagonia Tropic Comfort Hoody</i>)
T-shirts	4	x	Minimum of 2 synthetic, non-cotton t-shirts (<i>Recommendation: Patagonia Capilene Cool Daily T-Shirt, Marmot Windridge</i>), other shirts may be cotton & okay to get dirty
Lightweight Top	1		Synthetic, non-cotton. This can be a fleece 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>Recommendations: Patagonia Torrentshell or Marmot Precip</i>)
Sports Bra	4		For girls
Lower Body Layers			
Quick-dry Shorts	5		Synthetic, non-cotton shorts (<i>Recommendation: Patagonia Baggies</i>)
Bathing Suits	3		Boys: your quick-dry shorts can double as your bathing suit (<i>Recommendation: Patagonia Baggies</i>)
Lightweight Bottoms	1	x	Capilene bottoms or yoga pants (for girls, if you prefer to wear them)
Hiking Pants	1		Synthetic, lightweight pants
Underwear	6		Synthetic, non-cotton are best (but a couple cotton pairs are permitted)
Head & Hands			
Hat	1	x	A baseball hat, sunhat, bucket hat, or wide-brimmed hat for sun protection
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			
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, waterproof sunscreen (must be reef safe and nonspray) , Aloe vera, Band-aids, Moleskin, 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, with the exception of your toothbrush and any personal/prescription medication

Miscellaneous

Camp Chair	1	x	HIGHLY recommended (<i>Recommendation: Crazy Creek</i>)
Wallet	1		Personal wallet with \$150 spending money and valid identification
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!
Towels	2	x	Absorbent & quick to dry, large or extra-large works best (<i>Recommendation: Sea to Summit Drylite Towel</i>), No cotton!

OPTIONAL GEAR

Gear	Quantity	Purchase	Description
Camera*	1		With charger, extra battery, and 32-64 GB memory card (<i>Recommendation: Canon Powershot G9 X</i>)
GoPro	1	x	With charger, extra battery, and 32-64 GB memory card (<i>Used GoPros available for purchase on Moondance Gear Store</i>)
External charger	1		Portable charger / power bank to charge camera and GoPro
A good book	1		Paperback books are less bulky
Notebook with pen	1		For journaling
Long Sleeve Rash Guard	1	x	For sun protection and comfort in the water (<i>Recommendation: Patagonia Unisex Long-Sleeved Rashguard</i>)
Snorkeling Equipment	1		Mask, fins, & snorkel (only if you already own)
Sleeping bag liner	1	x	Silk, cotton, or synthetic; for those warmer nights (<i>Recommendation: Sea to Summit Expander Travel Liner</i>)
ENO Hammock	1		A great option for downtime on the beach!
Backpacker's Pillow	1		A luxury to have while traveling or camping
Swimmer's Ear Drops	1		If prone to swimmer's ear
Personal Protective Equipment: Mask	2	x	(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
- COVID-19 Vaccination Card
- Optional Personal Protective Equipment: Mask (2)
- ID, money
- Printed completed PADI E-Learning form

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

LODGING / TRIP INFORMATION

SLEEPING ARRANGEMENTS: 4-person, single gender tents at front country campsites.

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

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

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