

# SOUTH AFRICA

## 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 South Africa Clothing + Equipment List on the Gear Store!](#)

EQUIPMENT			
Gear	Quantity	Purchase	Description
<b>Backpacks &amp; Bags</b>			
Duffel <b>OR</b> Backpack	1		45-60 liters; MUST be small enough to <b>carry on</b> the plane ( <i>Recommendation: Patagonia Black Hole Duffel 55 L</i> )
Day Pack	1	x	25 – 32 liter daypack /school backpack to carry your rain jacket, water bottle and snacks ( <i>Recommendations: Patagonia Refugio Pack 26 L or Sea to Summit Ultra Sil Day Pack</i> )
<b>Additional Equipment</b>			
Water Bottles	2	x	Minimum 32oz water bottles ( <i>Recommendation: Nalgene 1L wide mouth</i> )
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> )
Mesh Stuff Sack	1	x	Mesh nylon stuff sack (sleeping bag size) for dirty clothes, etc. ( <i>Recommendation: <a href="#">Sea to Summit Mesh Sack</a></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> )
FOOTWEAR & CLOTHING			
Gear	Quantity	Purchase	Description
<b>Footwear</b>			
Trail / Tennis Shoes	1		A pair of comfortable, closed-toe sturdy shoes
River Shoes	1		These can be open-toed, but do need to have a back strap ( <i>Recommendation: Chaco, Teva, Keen</i> )
Socks	6 Pair		Non-cotton, lightweight hiking socks (At least 2 pair heavier weight--wool) ( <i>Recommendation: Smartwool or Darn Tough</i> )
<b>Upper Body Layers</b>			
Long Underwear / Base Layer Top (1)	2 - 3		At least one synthetic, non-cotton, medium-weight long sleeve top ( <i>Recommendation: Patagonia Capilene Crew, TASC Performance Beaver Falls</i> ), other can be cotton
T-shirts	3 - 4	x	Minimum of 2 synthetic, non-cotton t-shirts ( <i>Recommendation: Patagonia Capilene T-Shirt, Marmot Windridge</i> ), other shirts may be cotton
Lightweight Top	1		Synthetic, non-cotton. This can be a fleece pullover, sweater or a full-zip jacket ( <i>Recommendation: Patagonia R1 fleece</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
Fleece Jacket	1		Synthetic, non-cotton. This can be a fleece pullover, sweater or a full-zip jacket ( <i>Recommendation: Patagonia Synchilla or R2 Jacket</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	2 - 3		For girls
<b>Lower Body Layers</b>			
Long Underwear / Base Layer Bottom	2		Synthetic, non-cotton medium weight long underwear bottoms ( <i>Recommendation: Patagonia Capilene Lightweight/Midweight Bottoms</i> )
Quick-dry Shorts	3		Synthetic, non-cotton shorts ( <i>Recommendation: Patagonia Baggies</i> )
Bathing Suits	2		Boys: your quick-dry shorts can double as your bathing suit
Long Pants	2		Minimum 1 pair of synthetic, non-cotton hiking pants, but the other pair may be cotton or a yoga pant
Underwear	5 - 7		Synthetic, non-cotton are best (but a couple cotton pairs are okay)
<b>Head &amp; Hands</b>			
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		Wool or fleece, non-cotton medium weight gloves
Work Gloves	1		An inexpensive pair of basic work or gardening gloves for the community service project
<b>NOTE:</b> 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.			
<b>PERSONAL ITEMS / MISCELLANEOUS</b>			
<b>Gear</b>	<b>Quantity</b>	<b>Purchase</b>	<b>Description</b>
<b>Toiletries</b>			
Dopp Kit*	1		Contains: toothbrush, toothpaste, prescription medication, travel shampoo & soap, deodorant ( <i>Recommendation: Patagonia Black Hole Cube 6L – M</i> )
First Aid Kit*	1		Contains: Insect repellent, <b>reef safe waterproof sunscreen</b> (Kokua, Thinkspout, Stream2Sea), 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 in mind that you will be carrying all toiletries with you on the plane, so make sure they are travel-sized!			
<b>Miscellaneous</b>			
Wallet	1		Personal wallet with \$185 spending money and valid identification
COVID-19 Vaccination Card + Copies	2		Valid COVID-19 vaccination card + 2 additional photocopies of your vaccination card
Passport + copies	1 + 2 Copies		Passport (valid for 6 months after the last day of your trip) + 2 additional photocopies of your passport
South Africa Entry Documents	1		Instructions to follow in the spring
Mozambique Visa	1		(Inside passport) Directions to obtain visa to follow in the spring

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 or extra-large is ideal ( <i>Recommendation: Sea to Summit Drylite Towel</i> )
OPTIONAL GEAR			
Gear	Quantity	Purchase	Description
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...highly recommended for long flights
Notebook with pen	1		For journaling
Small Binoculars	1		Recommended for wildlife safari (These don't have to be expensive!)
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 bag onto the airplane. The bag sizes listed above (40-60 liters) meets the carry-on regulations. Again, please do not check your bag on travel days. Thank you!\***

### 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)
- Rain jacket
- Prescription medications & toothbrush
- COVID-19 Vaccination Card
- Personal Protective Equipment: Mask (2)
- Passport, ID, money (bank card + cash)
- Completed International Travel Authorization form

**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: Tented safari camps, hotels, and lodges (all single gender).

**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](mailto:admissions@moondanceadventures.com)