

Mountains to Sea

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 Gear rentals will be sent with your leaders, and you'll receive them at your arrival location.

[Moondance Retail Store](#)

[Moondance Gear Rentals*](#)

***To rent gear, click on the link above, log in, click the Forms tab, click "Forms for [Student Name]", and complete the "Mountains to Sea Gear Rental" Form.**

Keep in mind that in June and July in North Carolina there tends to be warm days with afternoon showers and cool evenings. Please consider this as you prepare for your Moondance Adventure!

Equipment

Gear	Rental	Purchase	Description
Backpacks & Bags			
Duffel Bag		x	75 – 110 Liters (<i>Recommendation: North Face Base Camp L duffell</i>)
Backpack			20 – 30 liter daypack /school backpack to carry your rain jacket, water bottle and snacks (<i>Recommendation: Patagonia Refugio Pack</i>)
NOTE: Moondance Adventures will provide you with a 30-50 Liter backpack and a waterproof backpack cover for the backpacking section of your trip.			
Sleeping Gear			
Sleeping Bag	x	x (used)	Synthetic sleeping bag rated 20° – 25° Fahrenheit with a compression stuff sack
Ground Pad	x		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			Sturdy plastic or metal; thermal plastic mug is best
Bowl with lid			(<i>Recommendations: Tupperware or Nalgene</i>)
Plastic spoon			(<i>Recommendation: Light My Fire Spork</i>)
Headlamp			With fresh batteries + 2 sets of spare batteries (<i>Recommendation: Black Diamond Spot or Black Diamond Storm</i>)
Nylon stuff sack (1)			Sleeping bag size for food storage while backpacking
Sunglasses			With 100% UV protection
Sunglasses holders			(<i>Recommendations: Croakies or Chums</i>)
Footwear & Clothing			
Gear	Rental	Purchase	Description

Footwear			
Hiking Shoes			Light-weight hiking shoe or trail runners - Break them in before arrival!
Tennis Shoes			Old tennis shoes that you don't mind getting dirty work best
River Shoes			These can be open-toed but do need to have a back strap (<i>Recommendation: Chaco, Teva, or Keen</i>)
Socks (6 pair)			Minimum of 3 non-cotton, lightweight hiking socks, others may be cotton
Upper Body Layers			
Long Underwear/Base Layer Top (2)		x	1 synthetic, medium-weight long sleeve top (<i>Recommendation: Patagonia Capilene Crew</i>), other may be cotton
T-shirts (5)		x	Minimum of 2 synthetic, non-cotton t shirts (<i>Recommendation: Marmot Windridge, Patagonia Capilene T-Shirt</i>), others may be cotton
Lightweight Top			Synthetic, non-cotton. This can be a fleece pullover, sweater, or a full-zip jacket
Rain Jacket w/ Hood			100% waterproof rain jacket with a hood - No ponchos! (<i>Recommendations: Marmot Precip or Patagonia Torrentshell</i>)
Sports Bra (3)			For girls
Lower Body Layers			
Long Underwear/Base Layer Bottom			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
Underwear (7-8)			Synthetic, non-cotton are best (but a couple cotton pairs are permitted)
Waterproof rain pants			100% Waterproof pants large enough to fit over regular pants
Long Pants (1)			A pair of cotton pants are fine
Head & Hands			
Warm Hat			Wool or fleece, non-cotton beanie
Baseball Hat		x	A baseball hat or wide-brimmed hat for sun protection
Personal Items / Miscellaneous			
Gear	Rental	Purchase	Description
Toiletries			
Dopp Kit*			Contains: toothbrush, toothpaste, travel shampoo & soap, deodorant
First Aid Kit*			Contains: Insect repellent, waterproof sunscreen, Band-aids, Moleskin, Chapstick w/ sun prevention, Wet Ones wipes
*Please keep all toiletries in your checked luggage, with the exception of your toothbrush and any personal/prescription medication			
Miscellaneous			
Wallet			Personal wallet with \$150 spending money
Bandana / Buff (2)		x	For additional sun protection
Whistle			Small, pea-less plastic will do
Pack Towel		x	Absorbent & quick to dry, large or extra-large works best (<i>Recommendation: Sea to Summit Drylite Towel</i>)

Optional Gear			
Gear	Rental	Purchase	Description
Digital Camera*		x(used)	With charger and 32-64 GB memory card (<i>Recommendation: Canon Powershot G9 X</i>)
GoPro			With charger and 32-64 GB memory card
Backpackers pillow			A luxury to have while camping or on travel days
Ground Tarp (1)		x	Approximately 6' x 9'
A good book			Paperback books are less bulky
Notebook with pen			For journaling
Crazy Creek Chair		x	Not required, but HIGHLY recommended
Carabiner			Non-plastic works best
Compression stuff sack (1)			One extra stuff sack
*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			
<p>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:</p> <ul style="list-style-type: none"> • A change of clothes (underwear + t-shirt + shorts or pants) • Your rain jacket • Prescription medications & toothbrush • Money <p>These items are already included in the packing list – they are not additional items!</p>			

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

If you can't find what you need on our store be sure to check out our preferred retailers:

[Cumberland Transit](#)

[Mountain High Outfitters](#)