

NORWAY

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

EQUIPMENT			
Gear	Quantity	Purchase	Description
Warm layers are very important, as evening temperatures can dip down in the low 30's.			
Backpacks & Bags			
Backpack	1		Internal frame with waist straps; 38 - 45 liters (<i>Recommendation: Deuter Unisex 40L Futura or Deuter Women's 38L Futura Pro</i>)
Backpack Cover (waterproof)	1		Covers your backpack
Collapsible Duffel Bag	1		To store your belongings during the trekking section, needs to fold down and store in your pack (<i>Recommendation: Sea to Summit Ultra-Sil Duffel Bag</i>)
Lightweight Daypack	1	x	15-25 liter lightweight, collapsible daypack to carry your rain jacket, water bottle and snacks (<i>Recommendation: Sea to Summit Ultra-Sil Daypack</i>)
Please keep all necessary trekking gear in your carry on, including hiking boots, headlamp, warm gloves/hat, hiking socks, rain jacket, water bottles, and layers as airlines have been extremely inconsistent with lost baggage over the past year.			
Sleeping Gear			
Sleeping bag liner or Hostel Sheet	1	x	Silk, cotton, or synthetic (<i>Recommendation: Sea to Summit Premium Silk Travel Liner</i>)
NOTE: Moondance Adventures will provide you with a sleeping bag and ground pad for the backpacking section of your trip.			
Additional Equipment			
Water Bottles	2	x	Minimum non-metal 32oz water bottles (<i>Recommendation: Nalgene 1L wide mouth</i>)
Plastic container w/ lid	1		Plastic food storage container with sealable lid (<i>Recommendation: Nalgene 16oz Storage Jar</i>)
Plastic Spoon	1		(<i>Recommendation: Light My Fire Spork</i>)
Sunglasses	1		With 100% UV protection
Sunglasses holders	1		(<i>Recommendations: Croakies or Chums</i>)
FOOTWEAR & CLOTHING			
Gear	Quantity	Purchase	Description
Footwear			
Hiking Boots	1		Medium – heavy weight waterproof boots with ankle support – break them in before! (<i>Recommendation: Marmot, Salomon, Vasque</i>)
Tennis Shoes	1		A pair of comfortable, closed-toe shoes
River Shoes	1		These can be open-toed, but do need to have a back strap (<i>Recommendation: Chaco, Teva, Keen</i>)
Hostel Shoes	1		Flip flops or sandals to wear in hostels

Socks	7		At least 4 pairs of medium-weight wool, non-cotton hiking socks. Bring at least 1 -2 heavy wool pairs for colder temperatures (<i>Recommendation: Smartwool or Darn Tough</i>)
Gaiters	1		Mid-calf or Knee length - must have strap to fit under hiking boots; no zippered gaiters, Velcro only! (<i>Recommendation: Outdoor Research Crocodile Gaiters- Men's</i>)

Upper Body Layers			
Long Underwear / Base Layer Top	1		Minimum 1 wool, medium-weight long sleeve (Wool or Capilene, NO COTTON) (<i>Recommendation: SmartWool Merino 150 Base Layer</i>)
T-shirts	4	x	Minimum of 2-3 synthetic, non-cotton t-shirts (<i>Recommendation: Patagonia Capilene T-Shirt, Marmot Windridge</i>), other shirts may be cotton
Long Sleeve Shirt	1		Long sleeve synthetic shirt (<i>Recommendation: Patagonia Long Sleeve Cap Cool Daily Tee</i>)
Lightweight Top	1		Synthetic, non-cotton. This can be a fleece pullover, sweater or a full-zip jacket (<i>Recommendation: Patagonia R1 fleece</i>)
Fleece Jacket	1		Synthetic, non-cotton. This needs to be heavier than the lightweight top (<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		100% waterproof rain jacket with a hood - no ponchos! (<i>Recommendations: Patagonia Torrentshell or Marmot Precip</i>)
Sports Bra	3		For girls
Lower Body Layers			
Long Underwear / Base Layer Bottom	1		Minimum 1 pair wool, non-cotton medium weight, long underwear bottoms (<i>Recommendation: SmartWool Merino 150 Base Layer Bottom</i>), one pair can be leggings
Quick-dry Shorts	2		Synthetic, non-cotton shorts (<i>Recommendation: Patagonia Baggies</i>)
Bathing Suit	1		Boys: your quick-dry shorts can double as your bathing suit
Long Pants	2 - 3		Minimum 2 pair of synthetic, non-cotton hiking pants, but the other pair may be cotton
Underwear	6		Synthetic, non-cotton are best (but a couple cotton pairs are okay)
Rain Pants	1		100% Waterproof pants large enough to fit over regular pants
Fleece Pants	1		Synthetic, non-cotton fleece pants or heavyweight long underwear bottoms (<i>Recommendation: Patagonia Synchilla Fleece Pants or Patagonia R1 Pants</i>)
Yoga pants	1 - 2	x	For girls, if you prefer to wear them
Head & Hands			
Gloves	1		Wool or fleece, non-cotton medium weight gloves
Warm Hat	1	x	Wool or fleece, non-cotton beanie
Hat	1	x	A baseball hat or wide-brimmed hat for sun protection

PERSONAL ITEMS / MISCELLANEOUS

Gear	Quantity	Purchase	Description
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Toiletries			
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, waterproof sunscreen, Band-aids, Moleskin, Chapstick w/ sun prevention, Wet Ones wipes, Dramamine, 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 \$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
Student ID	1		Child's student ID for boat travel.
International Travel Authorization Form	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 or extra-large is ideal (<i>Recommendation: Sea to Summit Drylite Towel</i>)
OPTIONAL GEAR			
Gear	Quantity	Purchase	Description
Hydration System	1		(i.e. Camel Bak)
Sock liners (1 – 2)	1 - 2		Synthetic, non-cotton liners that help wick moisture
Digital Camera*	1		With charger + international adapter, and a 32- 64GB memory card
Go Pro	1	x	With charger and 32-64GB memory card
A good book	1		Paperback books are less bulky
Notebook with pen	1		For journaling
Backpacker's Pillow	1		A luxury to have while camping or on travel days
Eye Mask	1		It doesn't get dark in the summer in Norway, like in Alaska.
Camp Chair	1	x	(i.e. Crazy Creek)
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.			

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 (bank card + cash)
- COVID-19 Vaccination Card
- Personal Protective Equipment: Mask (2)
- 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: Tents, cabins, lodges, and hotels (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