

# CROATIA

## 2023 Clothing + Equipment List



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

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

Keep in mind that June and July will mostly be very warm (90's F) in Croatia; however, it can still be cold in the mountains! Warm layers are important, as evening temperatures can dip down in the low 50s.

### EQUIPMENT

Gear	Quantity	Purchase	Description
<b>Backpacks &amp; Bags</b>			
Duffel Bag	1	x	40-60 liters duffel with shoulder straps ( <i>Recommendation: Patagonia Black Hole Duffel 55L</i> ); This must be <b>carry-on size</b>
Outdoor Daypack	1		30-45 liter daypack, <b>one with a waist strap is highly recommended</b>
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 Day Pack</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> )
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**NOTE:** Moondance Adventures will provide you with a sleeping bag and ground pad for the backpacking section of your trip.

Water Bottles (2)	2	x	Minimum 32oz water bottles ( <i>Recommendation: Nalgene 1L Wide Mouth</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	Rental	Purchase	Description
<b>Footwear</b>			
Hiking Boots	1		Low or high top, light-weight or Gore-Tex hiking shoes (No tennis shoes!)
Tennis Shoes	1		A lightweight, comfortable pair of tennis shoes you wouldn't mind getting dirty!
River Shoes	1		These can be open-toed, but do need to have a back strap - no flip flops! ( <i>Recommendation: Chaco, Teva, Keen</i> )
Socks	4 Pair		<b>Non-cotton</b> , mid-weight hiking socks (Recommendation: Smartwool or Darn Tough)

### Upper Body Layers

Long Underwear Top	1		Medium-weight long sleeve (polypropylene or Capilene, NOT Cotton) ( <i>Recommendation: Patagonia Capilene Daily Long-Sleeve Tee</i> )
T-shirts	3		Minimum of 2 short sleeve Capilene or synthetic fabric t-shirt ( <i>Recommendation: Patagonia Capilene T-Shirt</i> ), others may be cotton

Fleece jacket	1		Fleece pullover or full-zip jacket works great ( <i>Recommendation: Patagonia Synchilla or R2 Jacket</i> )
Rain Jacket with hood	1		Must be waterproof, not water resistant ( <i>Recommendation: Marmot Precip or Patagonia Torrentshell</i> )
Sports bra	3		For girls
<b>Lower Body Layers</b>			
Long Underwear Bottom	1		Medium-weight (polypropylene or Capilene, NOT Cotton) ( <i>Recommendation: Patagonia Capilene Lightweight/Midweight Bottoms</i> )
Hiking Pants	1		Synthetic, non-cotton pants
Quick-Dry Shorts	2		Synthetic, non-cotton shorts ( <i>Recommendation: Patagonia Baggies</i> )
Underwear	6		Synthetic, non-cotton are best (but a couple cotton pairs are okay)
Bathing Suits	2		Boys: your quick-dry shorts can double as your bathing suit
<b>Head &amp; Hands</b>			
Warm Hat	1		Wool or fleece, non-cotton beanie
Baseball Hat	1		A baseball hat or wide-brimmed hat for sun protection
<b>PERSONAL ITEMS / MISCELLANEOUS</b>			
<b>Gear</b>	<b>Rental</b>	<b>Purchase</b>	<b>Description</b>
<b>Toiletries</b>			
Dopp Kit*	1		Contains: toothbrush, toothpaste, prescription medication, travel shampoo & soap, deodorant ( <i>Patagonia Black Hole Cube 6L – M</i> )
First Aid Kit*	1		Contains: Waterproof sunscreen, Band-aids, Moleskin, Chapstick w/ SPF, bug spray, Wet Ones wipes, Dramamine (if prone to motion sickness), personal hand sanitizer
COVID-19 Vaccination Card + Copies	2		Valid COVID-19 vaccination card + 2 additional photocopies of your vaccination card
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 (3.4 oz or less)!			
<b>Miscellaneous</b>			
Wallet	1		Personal wallet with \$150 spending money and valid identification
Bandana / Buff	2		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!
Passport + copies	1 + 2 Copies		Passport ( <b>valid for 6 months after the last day of your trip</b> ) + 2 additional photocopies of your passport
Pack Towel	1	x	Absorbent & quick to dry, large or extra-large is ideal ( <i>Recommendation: Sea to Summit Drylite Towel</i> )
Mesh Stuff Sack	1		Mesh nylon stuff sack (sleeping bag size) for dirty clothes, etc. ( <i>Recommendation: <a href="#">Sea to Summit Mesh Sack</a></i> )
Carabiner	1		One (1) non-plastic carabiner

OPTIONAL GEAR			
Gear	Rental	Purchase	Description
Casual Clothing	1		One (1) set to wear while in Dubrovnik
Small Notebook w/ pen	1		For journaling
Digital Camera*	1		With charger + 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
ENO Hammock	1		Lightweight, packable camping hammock; <b>HIGHLY recommend</b>
Hydration System	1		(i.e. Camel Bak)
A Good Book	1		Paperback books are less bulky
Packable Camp Chair	1	x	(i.e. Crazy Creek)
Travel/Camping Pillow	1		A luxury to have while camping or on travel days
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
<p><b>NOTE:</b> 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"> <li>• A change of clothes (underwear + t-shirt + shorts or pants)</li> <li>• Your rain jacket</li> <li>• Prescription medications &amp; toothbrush</li> <li>• Passport, ID, money</li> <li>• COVID-19 Vaccination Card</li> <li>• Personal Protective Equipment: Mask (2)</li> <li>• Completed International Travel Authorization form</li> </ul> <p><b>These items are already included in the packing list – they are not additional items!</b></p>
LODGING / TRIP INFORMATION
<p><b>SLEEPING ARRANGEMENTS:</b> During your trip you will stay in a variety of accommodations: hotels/hostels, mountain huts during the trek, tents, and campsites with semi-permanent tents (single gender rooms). Moondance and local outfitters will provide sleeping bags for the</p> <p><b>EATING ARRANGEMENTS:</b> Eating utensils (plates and cutlery) will be provided throughout the trip.</p> <p>If you have any special dietary restrictions/ considerations, please contact the Moondance office for further information.</p>

Questions? Please reach out to: [admissions@moondanceadventures.com](mailto:admissions@moondanceadventures.com)