

SPAIN + MOROCCO

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

| EQUIPMENT | | | |
|------------------------------------|----------|----------|--|
| Gear | Quantity | Purchase | Description |
| Backpacks & Bags | | | |
| Duffel Bag OR Backpack | 1 | x | 45-60 liters; MUST be small enough to carry on the plane (<i>Recommendation for Duffel Bag: shoulder straps, North Face Base Camp S duffel or Patagonia Black Hole Duffel 55 L. Recommendation for Backpack: Deuter Unisex 40L Futura or Deuter Women's 38L Futura Pro</i>) |
| Day Pack | 1 | x | 28 – 35 liter sturdy hiking daypack with hip straps (<i>Recommendation: Patagonia Refugio Pack 26 L</i>) |
| Waterproof Backpack Cover | 1 | | Covers your backpack |
| Sleeping Gear | | | |
| 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>) |
| Additional Equipment | | | |
| Water Bottles | 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: Crookies or Chums</i>) |
| Mesh Stuff Sack | 1 | x | Mesh nylon stuff sack (sleeping bag size) for dirty clothes, etc. (<i>Recommendation: Sea to Summit Mesh Sack</i>) |
| Buff or Bandana | 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>) |
| FOOTWEAR & CLOTHING | | | |
| Gear | Quantity | Purchase | Description |
| Footwear | | | |
| Trail Shoes | 1 | | These can be lightweight hiking boots or low top trail shoes – break them in before arrival! (<i>Recommendation: Salomon X Ultra 3</i>) |
| River Shoes | 1 | | These can be open-toed, but do need to have a back strap (<i>Recommendation: Chaco, Teva</i>) |
| Socks | 4 - 6 | | Non-cotton, mid-weight hiking socks (<i>Recommendation: Smartwool or Darn Tough</i>) |

| Upper Body Layers | | | |
|--|--------------|----------|--|
| Long Underwear / Base Layer Top | 1 | | 1 Synthetic, non-cotton medium weight long underwear top (<i>Recommendation: Patagonia Capilene Crew</i>) |
| T-shirts | 4 | x | Minimum of 2 synthetic, non-cotton t-shirts (<i>Recommendation: Patagonia Capilene T-Shirt, Marmot Windridge</i>), other shirts may be cotton |
| Fleece Jacket | 1 | | Heavy-pile fleece pullover or full zip jacket is good (<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 | | Must be 100 % waterproof - not water resistant. NO PONCHOS! (<i>Recommendation: Patagonia Torrentshell</i>) |
| Sports Bra | 2 | | For girls |
| Lower Body Layers | | | |
| Long Underwear / Base Layer Bottom | 1 | | Synthetic, non-cotton medium weight long underwear bottoms (<i>Recommendation: Patagonia Capilene Lightweight/Midweight Bottoms</i>), |
| Rain Pants | 1 | | 100% Waterproof pants large enough to fit over regular pants |
| Hiking Pants | 1 | | One pair synthetic, non-cotton hiking pants (<i>Recommendation: Exoficio</i>) |
| Shorts | 2 | | Two pair nylon, quick dry shorts (<i>Recommendation: Patagonia Baggies</i>) |
| Bathing Suit | 1 | | Boys: your quick-dry shorts can double as your bathing suit |
| Underwear | 6 pair | | Synthetic, non-cotton are best (but a couple of cotton pairs are okay) |
| Head & Hands | | | |
| Baseball 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 | | One pair of medium-weight wool or fleece gloves |
| PERSONAL ITEMS / MISCELLANEOUS | | | |
| Gear | Quantity | Purchase | Description |
| Toiletries | | | |
| Dopp Kit* | 1 | | Contains: toothbrush, toothpaste, prescription medication, travel shampoo & soap, deodorant (<i>Recommended: Patagonia Black Hole Cube 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: Waterproof sunscreen, Band-aids, Moleskin, Chapstick w/ SPF, Wet Ones wipes, Dramamine, stool softener medication, 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 (3.4 oz or less)! | | | |
| Miscellaneous | | | |
| Passport + copies | 1 + 2 copies | | Passport (valid for 6 months after the last day of your trip) + 2 additional photocopies of your passport |
| Wallet | 1 | | Personal wallet with \$150 spending money and valid identification |
| International Travel Authorization Form | 1 | | Original signed and notarized International Travel Authorization Form |

| Casual Clothing | 1 | | One (1) set to wear in Marrakech: Girls - long maxi skirts or flowy, non-fitted pants; scarf or shawl to wear over short sleeves Boys - long pants; short sleeves are fine |
|--|----------|----------|---|
| Wallet | 1 | | Personal wallet with \$150 spending money and valid identification |
| 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 |
| Digital 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 |
| Notebook with Pen | 1 | | For journaling |
| Hydration System | 1 | | Highly recommended (i.e. Camel Bak®) |
| Carabiner | 1 | | One (1) non-plastic |
| Backpackers Pillow | 1 | | A luxury to have while in hostels 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. | | | |

To avoid the risk of lost luggage, we ask you to carry your backpack onto the airplane. The backpack and duffel sizes listed above meet the carry-on regulations.. Again, please do not check your backpack on travel days. Thank you!

PACKING TIPS

NOTE: Since your backpack/duffel will be your carry-on, we want you to be prepared/ comfortable on travel days. Therefore, wear your hiking boots on the plane to save space in your backpack/duffel. Plus, make sure the following remains in a safe place during travel days:

- Prescription medications & toothbrush
- Wallet: Passport, ID, money
- COVID-19 Vaccination Card
- Personal Protective Equipment: Mask (2)
- Completed International Travel Authorization form
- Raincoat

LODGING / TRIP INFORMATION

SLEEPING ARRANGEMENTS: During your trip you will stay in a variety of accommodations: Mountain refugios, hotels/hostels, riads (Moroccan hotels)

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

