

# THAILAND

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

Keep in mind Thailand will be warm and humid in June & July so pack accordingly!

\*To respect the cultural norms of Thailand, it is important that students have conservative attire- knee length shorts, shoulders covered\*

### EQUIPMENT

| Gear                        | Quantity | Purchase | Description   |
|-----------------------------|----------|----------|---|
| <b>Backpacks &amp; Bags</b> |          |          |   |
| Duffel Bag or Backpack      | 1        |          | 45-60 liters; MUST be small enough to <b>carry on</b> the plane; needs shoulder traps<br><i>(Recommendation for Duffel Bag: Patagonia Black Hole Duffel 55 L)</i> |
| Waterproof Backpack Cover   | 1        |          | Covers your backpack - heavy duty trash bags work well!   |
| Day Pack                    | 1        |          | 12-25 liter lightweight, collapsible daypack to carry your rain jacket, water bottle and snacks <i>(Recommendation: Exped Summit Lite 25L)</i>                    |

**NOTE:** Backpacks purchased from Moondance come with a waterproof cover

### Additional Equipment

|                                     |   |   |  |
|-------------------------------------|---|---|--|
| Water Bottles                       | 2 | x | Minimum 32oz water bottles <i>(Recommendation: Nalgene 1L wide mouth)</i>  |
| Personal Protective Equipment: Mask | 2 | x | (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. <i>(Recommendation: Moondance Buff)</i> |
| Sleeping bag liner                  | 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 | 1 extra mesh stuff sack for dirty clothes storage, sleeping bag size   |
| 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 <i>(Recommendation: Goodr)</i>   |
| Sunglasses holders                  | 1 |   | <i>(Recommendation: Crookies or Chums)</i>   |
| Insect Repellent                    | 1 |   | Recommend 50-95% Deet  |

### FOOTWEAR & CLOTHING

| Gear            | Quantity | Purchase | Description   |
|-----------------|----------|----------|---|
| <b>Footwear</b> |          |          |   |
| Tennis Shoes    | 1        |          | A pair of comfortable, closed-toe shoes that you don't mind getting dirty   |
| River Shoes     | 1        |          | Lightweight shoes that can be worn on travel days, temple days, etc.<br><i>(Recommendation: Chacos, Tevas, flip flops or Crocs)</i> |

|       |   |  |  |
|-------|---|--|--|
| Socks | 5 |  | 3-4 pairs of regular, non-cotton wicking socks; 2 (two) pairs of non-cotton, lightweight hiking socks ( <i>Recommendation: Smartwool or Darn Tough</i> ) |
|-------|---|--|--|

| Upper Body Layers              |   |   |  |
|--------------------------------|---|---|--|
| Long Underwear/ Base Layer Top | 1 |   | Light-weight long sleeve (polypropylene or Capilene, NO COTTON) ( <i>Recommendation: Patagonia Capilene Crew</i> ) We recommend at least one top be pretreated with insect repellent or Insect Shield. |
| T-shirts                       | 6 | x | Minimum of 2 synthetic non-cotton t-shirts ( <i>Recommendation: Patagonia Capilene T-Shirt</i> ), others may be cotton   |
| Lightweight Top                | 1 |   | Synthetic, non-cotton. This can be a fleece pullover, sweater, or a full-zip jacket ( <i>Recommendations: Patagonia R1 fleece</i> )  |
| Rain Jacket with hood          | 1 |   | Must be waterproof, not water resistant. NO PONCHOS ( <i>Recommendation: Patagonia Torrentshell or Marmot Precip</i> )   |
| Long Sleeve Rash Guard         | 1 | x | For sun protection and comfort in the water ( <i>Recommendation: Patagonia Long Sleeved Rashguard</i> )  |
| Sports bra                     | 4 |   | For girls  |

| Lower Body Layers |    |  |   |
|-------------------|----|--|---|
| Long Pants        | 1  |  | Synthetic, non-cotton hiking pants. We recommend pants with Insect Shield or another insect repellent pretreated. ( <i>Recommendation: ExOfficio Bugsaway</i> ) |
| Quick-Dry Shorts  | 4  |  | Synthetic, non-cotton shorts ( <i>Recommendation: Patagonia Baggies</i> )   |
| Underwear         | 10 |  | Synthetic, non-cotton are best (but a few pair of cotton are okay)  |
| Bathing Suit      | 2  |  | Boys: your quick-dry shorts can double as your bathing suit   |

| Head & Hands |   |   |   |
|--------------|---|---|---|
| Baseball Hat | 1 | x | A baseball hat or wide-brimmed hat for sun protection |

| PERSONAL ITEMS / MISCELLANEOUS |  |  |  |
|--------------------------------|--|--|--|
|--------------------------------|--|--|--|

| Gear                               | Quantity | Purchase | Description   |
|------------------------------------|----------|----------|---|
| <b>Toiletries</b>                  |          |          |   |
| Dopp Kit*                          | 1        |          | Contains: toothbrush, toothpaste, prescription medication, travel shampoo & soap, deodorant ( <i>Recommendation: 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: <b>reef safe waterproof sunscreen</b> (Kokua, Thinksport, Stream2Sea), Band-aids, Chapstick w/ SPF, Wet Ones wipes, Dramamine (if prone to motion sickness), Pepto Bismol, Imodium, 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     |   |   |   |
|-------------------|---|---|---|
| Wallet            | 1 |   | Personal wallet with \$250 spending money and valid identification  |
| 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! |
| Passport + copies | 1 |   | Passport (valid for 6 months after the last day of your trip) + 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> ) |
|------------|---|---|--|

#### OPTIONAL GEAR

| Gear                    | Quantity | Purchase | Description  |
|-------------------------|----------|----------|--|
| *Digital Camera         | 1        |          | With charger + international adapter, and a 32- 64GB memory card<br>( <i>Recommendation: Cannon Powershot G9 X</i> ) |
| Go Pro                  | 1        | x        | With charger and 32-64 GB memory card ( <i>Used GoPros available for purchase on Moondance Gear Store</i> )          |
| Flip-Flops/Crocs        | 1        |          | Backless, comfortable shoes that can get wet   |
| Thai/English Dictionary | 1        |          | Helpful tool   |
| A Good Book             | 1        |          | Paperbacks are recommended, less weight to carry!  |
| Small notebook w/ pen   | 1        |          | For journaling   |

\*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 or duffel onto the airplane. The backpack and duffel sizes listed above (38 - 45 liters) meet the carry-on regulations. Again, please do not check your bag 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 tennis shoes on the plane to save space in your backpack. Plus, make sure the following remains in a safe place during travel days:

- Prescription medications & toothbrush
- Wallet: Passport, ID, money (bank card and cash)
- 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: hotels, guesthouses, and community stays (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)