

DOLOMITES

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

Keep in mind that June and July can still be cold in northern Italy! Warm layers are very important, as evening temperatures can dip down in the low 30s.			
EQUIPMENT			
Gear	Quantity	Purchase	Description
Backpacks & Bags			
Duffel Bag	1	x	40-60 liters duffel with shoulder straps (<i>Recommendation: Patagonia Black Hole Duffel 55L</i>); This must be carry-on size
Waterproof Backpack Cover	1		Covers your backpack
Day Pack	1		28-35 liter comfortable daypack; school backpack size works fine, one with a waist strap is highly recommended
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.			
Additional Equipment			
Water Bottle	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>)
Sleeping bag liner or Hostel sheet	1	x	Silk, cotton, or synthetic (<i>Recommendation: Sea to Summit Expander Travel Liner</i>)
Sunglasses	1		With 100% UV protection (<i>Recommendation: Goodr</i>)
Sunglasses holders	1		(<i>Recommendation: Crookies or Chums</i>)
FOOTWEAR & CLOTHING			
Gear	Quantity	Purchase	Description
Footwear			
Hiking Boots	1		Low top, Light-weight or Gore-Tex hiking shoes
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		Non-cotton, mid-weight hiking socks (<i>Recommendation: Smart Wool or Darn Tough</i>)
Upper Body Layers			
Long Underwear Top	2		Medium-weight long sleeve (polypropylene or Capilene, NO COTTON) (<i>Recommendation: Patagonia Capilene Crew</i>)
T-shirts	4		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		Heavy pile 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. NO PONCHOS (<i>Recommendation: Patagonia Torrentshell or Marmot Precip</i>)
Sports bra	3 - 4		For girls
Lower Body Layers			
Long Underwear Bottom	1		Medium-weight (polypropylene or Capilene, NO COTTON) (<i>Recommendation: Patagonia Capilene Lightweight/Midweight Bottoms</i>)
Long Hiking Pants	1		Minimum 1 pair of synthetic, non-cotton lightweight hiking pants
Rain Pants	1		100% Waterproof pants large enough to fit over regular pants
Quick-Dry Shorts	2		Synthetic, non-cotton shorts (<i>Recommendation: Patagonia Baggies</i>)
Underwear	5		Synthetic, non-cotton are best (but a couple cotton pairs are okay)
Bathing Suit	1		Boys: your quick-dry shorts can double as your bathing suit
Head & Hands			
Gloves	1		Wool or fleece
Warm Hat	1		Wool or fleece, non-cotton beanie
Baseball Hat	1	x	A baseball hat or wide-brimmed hat for sun protection
PERSONAL ITEMS / MISCELLANEOUS			
Gear	Quantity	Purchase	Description
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: Waterproof sunscreen, Band-aids, Moleskin, Chapstick w/ SPF, Wet Ones wipes, 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			
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!
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
Nylon Stuff Sack	1		One extra (Sleeping bag size)
Pack Towel	1	x	Absorbent & quick to dry, large or extra-large is ideal (<i>Recommendation: Sea to Summit Drylite Towel</i>)
Note: If you are bringing cash to use as spending money, it's best to have EUR instead of USD!			

OPTIONAL GEAR

Gear	Quantity	Purchase	Description
Casual Clothing	1		One (1) set to wear while in Venice
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		With charger and 32-64 GB memory card
Hydration System	1		(i.e. Camel Bak)
Carabiner	1		One (1) non-plastic
A Good Book	1		Paperback books are less bulky
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 daypack and duffel onto the airplane. The sizes listed above meet the carry-on regulations. Again, please do not check your duffel/backpack on travel days. Thank you!**

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

PACKING TIPS

NOTE: Since your backpack 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. 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 (3)
- Completed International Travel Authorization form
- Raincoat

LODGING / TRIP INFORMATION

SLEEPING ARRANGEMENTS: During your trip you will stay in a variety of accommodations; Refugios (mountain hut bunk rooms), hotels, and hostels (all are single gender rooms).

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.

