



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

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

Keep in mind Fiji tends to be very warm in June and July. Clothing with built in sun protection may be useful during your trip.			
EQUIPMENT			
Gear	Quantity	Purchase	Description
Backpacks & Bags			
Duffel Bag	1	x	70-liter duffel (<i>Recommendation: Patagonia Black Hole Duffel 70 L or North Face Base Camp M duffel 71L</i>)
Day Pack	1	x	20 – 30 liter daypack /school backpack to carry your rain jacket, water bottle and snacks (<i>Recommendation: Patagonia Refugio Pack</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>)
Sleeping Gear			
Sleeping Bag Liner	1	x	Silk, cotton, or synthetic (<i>Recommendation: Sea to Summit Premium Silk 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 (<i>Recommendation: Goodr</i>)
Sunglasses holders	1		(Recommendations: <i>Croakies</i> or <i>Chums</i>)
FOOTWEAR & CLOTHING			
Gear	Quantity	Purchase	Description
Footwear			
Tennis Shoes	1		A pair of comfortable, closed-toe shoes that you don't mind getting dirty
River Shoes	1		These can be open-toed, but do need to have a back strap (<i>Recommendation: Chaco, Teva</i>)
Flip-Flops/Crocs	1		Backless, comfortable shoes that can get wet
Socks	4 Pair		Non-cotton, lightweight hiking socks (<i>Recommendation: Smartwool or Darn Tough</i>)
Upper Body Layers			
Long Underwear / Base Layer Top	1		Synthetic, non-cotton, light-weight long sleeve top (<i>Recommendation: Patagonia Capilene Crew or Patagonia Tropic Comfort Hoody</i>)
T-shirts	5		Minimum of 2 synthetic, non-cotton t-shirts (<i>Recommendation: Patagonia Capilene T-Shirt, Marmot Windridge</i>), other shirts may be cotton & okay to get dirty
Lightweight Top	1		Synthetic, non-cotton. This can be a fleece pullover, sweater or a full-zip jacket (<i>Recommendation: Patagonia R1 fleece</i>)

Rain Jacket w/ Hood	1		100% waterproof rain jacket with a hood - no ponchos! (<i>Recommendations: 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	3 - 4		For girls
Lower Body Layers			
Quick-dry Shorts	3		Synthetic, non-cotton shorts (<i>Recommendation: Patagonia Baggies</i>)
Bathing Suits	3		Boys: your quick-dry shorts can double as your bathing suit
Long Pants	1		Pair of synthetic, non-cotton hiking pants
Underwear	7		Synthetic, non-cotton are best (but a couple cotton pairs are okay)
Yoga pants	1		For girls, if you prefer to wear them
Head & Hands			
Baseball Hat	1	x	A baseball hat or wide-brimmed hat for sun protection
Work Gloves	1		An inexpensive pair of basic work or gardening gloves for the community service project
NOTE: You can expect to get your clothes dirty during your community service section, so keep that in mind when choosing specific clothing and footwear items.			
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: Insect repellent, reef safe waterproof sunscreen (Kokua, Thinksport, Stream2Sea), zinc oxide, Band-aids, Moleskin, Chapstick w/ sun prevention, 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 all toiletries in your checked luggage, with the exception of your toothbrush and any personal/prescription medication			
Miscellaneous			
Wallet	1		Personal wallet with \$185 spending money and valid identification
Passport + copies	1 + 2 copies		Passport (valid 6 months after the last day of the trip) + 2 additional photocopies of your passport
COVID-19 Vaccination Card + Copies	2		Valid COVID-19 vaccination card + 2 additional photocopies of your vaccination card
PADI E-Learning Copy	1		Printed hardcopy of completed PADI E-Learning form (additional details to come regarding this)
Bandana / Buff	2	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>); This is 100% necessary!
Beach Towel	1		Towel for any beach time and to have during water-based activities
Small Dry Bag	1		For personal items

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
Snorkeling Equipment	1		Mask, fins, & snorkel (only if you already own items)
Camp Chair	1	x	Not required, but HIGHLY recommended (<i>Recommendation: Crazy Creek</i>)
Sleeping bag liner or Hostel sheet	1		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>)
ENO Hammock	1		A great option to have for downtime on the island!
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.

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
- COVID-19 Vaccination Card
- Personal Protective Equipment: Mask (2)
- Completed International Travel Authorization form
- Printed completed PADI E-Learning 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: Hotels, cabins, village home/community stay (not a homestay - the whole group will stay together in gender designated 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.

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