

ICELAND

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

Keep in mind that June and July can still be cold and snowy in Iceland! Warm layers are very important, as evening temperatures can dip down in the low 40s.			
EQUIPMENT			
Gear	Quantity	Purchase	Description
Backpacks & Bags			
Duffel	1		45-60 liters; MUST be small enough to carry on the plane (<i>Recommendation: Patagonia Black Hole Duffel 55 L</i>)
Day Pack	1	x	26 – 32 liter sturdy daypack with waist straps to carry your rain jacket, water bottle and snacks (<i>Recommendation: Patagonia Refugio Day Pack</i>)
Waterproof Backpack Cover	1		Covers your backpack
Nylon Stuff Sack	1		One extra (Sleeping bag size) for bag organization
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 Expander Travel Liner</i>)
Additional Equipment			
Water Bottle (2)	2	x	Minimum 32oz water bottles (<i>Recommendation: Nalgene 1L Wide Mouth</i>)
Sunglasses	1		With 100% UV protection
Sunglasses holders	1		(<i>Recommendation: Crookies or Chums</i>)
FOOTWEAR & CLOTHING			
Gear	Quantity	Purchase	Description
Footwear			
Hiking Boots	1		Light – medium weight waterproof hiking boots with ankle support – break them in before arrival!
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	6 pair		Non-cotton, lightweight hiking socks (<i>Recommendation: Smartwool or Darn Tough</i>)
Gaiters	1 pair		High / mid-calf length

Upper Body Layers			
Long Underwear Top / Base Layer	2		Minimum 1 wool, medium-weight long sleeve (Wool or Capilene, NO COTTON) (<i>Recommendation: SmartWool Merino 150 Base Layer</i>)
T-Shirts	4	x	Minimum of 2 synthetic, non-cotton t-shirts (<i>Recommendation: Patagonia Capilene T-Shirt, Marmot Windridge</i>), others may be cotton
Lightweight Jacket	1		Synthetic, non-cotton. This can be a fleece pullover, sweater or a full-zip jacket (<i>Recommendation: Patagonia R1 fleece</i>)
Fleece Top	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>)
Rain Jacket w/ hood	1		Must be 100 % waterproof - not water resistant (<i>Recommendations: Patagonia Torrentshell or Marmot Precip</i>)
Sports bra	2		For girls
Lower Body Layers			
Long Underwear / Base Layer Bottom	2		Minimum 1 pair wool, non-cotton medium weight, long underwear bottoms (<i>Recommendation: SmartWool Merino 150 Base Layer Bottom</i>), one pair can be leggings
Fleece Pants	1	x	Synthetic, non-cotton fleece pants or heavyweight long underwear bottoms (<i>Recommendation: Patagonia Synchilla Fleece Pants or Patagonia R1 Pants</i>)
Rain Pants	1		100% Waterproof pants large enough to fit over regular pants
Hiking Pants	2		Two pair synthetic, non-cotton hiking pants (<i>Recommendation: Exoficio</i>)
Underwear	6		Synthetic, non-cotton are best (but a couple pairs of cotton are okay)
Shorts	1		One pair nylon, quick dry shorts (<i>Recommendation: Patagonia Baggies</i>)
Bathing suit	1		Boys: your quick-dry shorts can double as your bathing suit
Head & Hands			
Gloves	1		One pair of medium-weight wool or fleece gloves (waterproof would be ideal!)
Warm Hat	1		Wool or fleece, non-cotton beanie
Baseball Hat	1	x	A baseball hat or wide-brimmed hat for sun protection
Bug Head Net	1	x	Not required, but HIGHLY recommended
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/baby wipes, Dramamine (if prone to motion sickness), stool softener medication, 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			
Passport + copies	1 + 2 copies		Passport (valid for 6 months after the last day of your 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
International Travel Authorization Form	1		Original signed and notarized international travel authorization form
Pack Towel	1	x	Absorbent & quick to dry, large or extra-large is ideal (<i>Recommendation: Sea to Summit Drylite Towel</i>)
Wallet	1		Personal wallet with \$150 spending money and valid identification
OPTIONAL GEAR			
Gear	Quantity	Purchase	Description
Hydration System	1		(i.e. Camel Bak®)
Tennis Shoes	1		One old pair of tennis shoes
Notebook with 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
Carabiner	1		One (1) non-plastic
Backpacker's Pillow	1		A luxury to have while in hostels or on travel days
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 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

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
- COVID-19 Vaccination Card
- Personal Protective Equipment: Mask (2)
- Passport, ID, money
- Completed International Travel Authorization 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: tents, hostels, and mountain huts (single gender rooms). Moondance will provide sleeping bags and ground pads for the camping/tent section.

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