

Packing List

What to Wear

It's very important to adhere to local customs & traditions, not only is it a sign of respect but you are also far less likely to attract unwanted attention from locals. The best thing is to take note of what local people are wearing and use this as a guide.

In towns/cities: Shoulders to knees must be covered. For women it is preferable to be covered to the ankle. Vest tops/tank tops/low cut tops and shorts/skirts above the knee are not appropriate.

On the trek: You will need good walking boots and walking trousers/long shorts. Shoulders to knees must be covered.

Clothing

Avoid cotton – it doesn't allow moisture to wick away from your body.

Good walking boots (Available for Hire)

Walking socks

Other shoes to wear in camp

Walking trousers

Waterproof trousers

Underwear

Leggings

T-shirts

Fleece jacket or warm jumper

Lightweight windproof/waterproof jacket (Available for Hire)

Hat/Cap

Sunglasses

Lightweight thermal or fleece gloves

Equipment

3-4 season sleeping bag (Available for Hire)

Trekking Poles (Available for Hire)

Day Bag

Headtorch (Available for Hire)

Water Bottle or Camel Pack

Penknife

Health and Hygiene

Anti-Bacterial Handwash

Rehydration salts

Plasters - including blister plasters like Compeed

Painkillers – paracetamol/Ibuprofen

Imodium

Toilet Paper

Baby Wipes

Toothbrush and Toothpaste

Lip salve with SPF

Antihistamine cream

Antiseptic cream
Iodine Tablets
Insect Repellent with DEET
Feminine Hygiene products
Vaseline

Other

Towel
Sunscreen
Small bag for rubbish
Matches e.g. to burn toilet paper
Trail snacks
Bin bags to keep bag contents dry
Camera with case, batteries and memory cards
Repair kit (eg. needle, thread, duct tape)
Mp3 player
Notebook and pens

Important Documents

Before you leave home make two sets of photocopies of all important documents. Put one set of copies in your checked luggage and leave the other set at home with friends and family. Keep your original documents in your hand luggage whilst travelling to Morocco.

Documents to Photocopy:

- **Passport** ID page
- Plane Ticket
- **Contact information of tour company**
- Contact Information for family/friends at home
- **Travel Insurance Policy**
- Credit card(s)