

# Packing Checklist

## Morocco Explorer

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Below is a list of required and optional items to bring on your Morocco adventure.

While visiting mosques and other religious monuments you should dress modestly and cover your shoulders. You may also be asked to also cover your head when entering such places. Outside of capital cities and touristy areas, local dress is often more conservative. We recommend loose-fitting clothing and to avoid wearing short shorts or skirts. Choose breathable fabrics like linen and cotton and be sure to cover your shoulders, cleavage and knees out of respect for the predominantly Muslim culture in Morocco.

Come prepared for all kinds of weather and plan to dress in layers for warmth. Layering with lightweight, multi-purpose fabrics will help keep your pack lighter and you'll stay warm and dry. Wool and synthetic fabrics known as pile (polar-plus, Synchronilla, fleece) are warm even when wet-- and anything made of cotton (socks, jeans, sweaters, hoodies) is inefficient, soggy when wet and takes a long time to dry out.



**Gear Note:** If you're not sure what any of the items in the packing list are, please ask at your nearest outdoor store, or ask us. We want you to be as well prepared as possible for your trip.



**Fabric Note:** We recommend quick-drying, wicking fabrics such as Patagonia capilene, Icebreaker merino, or other specially designed fabrics for this trip. If you're not sure what a quick-dry fabric is, ask at your nearest outdoor store. While you can bring some cotton, denim and other non-wicking fabrics on this trip, be aware that they won't be easy to wash or dry.

## Required Items

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- One main piece of luggage (sports bag with wheels or a soft-sided suitcase, a backpack or similar). A 50-80 litre backpack should be sufficient! [Examples here...](#)
- Daypack to keep your personal items on hand. Recommended size: 20-30 litres. If purchasing, look for one with supportive shoulder straps, a waist and chest strap. [Examples here...](#)
- 2-3 pairs pants capris
- 1-2 long dresses or skirts (knee-length at minimum)
- 5-8 tops (mix of t-shirts and lightweight long sleeves); if bringing tank tops, they should have thicker straps and worn with a shawl, scarf or open sweater
- 1-2 warmer sweaters or insulating layers for cooler nights
- Underwear
- Bras
- Pyjamas
- Brimmed hat
- Bandana/buff
- Scarf/sarong/shawl (when entering a mosque you may be asked to cover your head)
- Breathable, comfortable walking shoes (or hiking shoes)
- Comfortable sandals
- Light rain jacket
- Sunglasses (with optional leash)
- Toiletries (toothpaste, toothbrush, deodorant, etc.)
- Prescriptions
- Sunscreen, Lip Balm (with SPF), Insect Repellent

- Personal First Aid Kit. It should contain: Ibuprofen/ASA, band aids/plasters, second skin, adhesive tape, anti-histamines, Polysporin, Imodium or similar tablets for mild cases of diarrhea, throat lozenges, extra medications/ vitamins you may be taking, motion sickness medication for car travel or sea sickness, hand sanitizer/wipes etc.
- Camera and accessories, with extra batteries
- Electricity plug adapter and converter (for the hotel)
- Luggage locks
- Money belt/Travel wallet
- Refillable water bottle
- Alcohol-based sanitizer and face masks

## Optional Items

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- Swimsuit (recommended)
- Small travel towel
- Snacks
- Electrolyte drink mix/powder (to aid in rehydration)
- Reading material
- Pencil and notebook/journal
- Travel alarm clock or watch
- Ear plugs (recommended)
- Water filter / purification system (we recommend the [Grayl](#) system)

## Essential Documents

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- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)
- Cash in local currency
- ATM and credit cards
- Wild Women Expeditions Trip Information Package
- Any entry visas or vaccination certificates required



Safety Note: Keep photocopies of your original documents (passport, travel insurance and tickets) in a separate bag! It's also wise to have a hard copy of your emergency contacts in the event that you lose your phone.

## Packing Notes

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### Luggage Logistics

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As a general rule, **don't bring more than you can carry**. This will help ensure smooth and efficient transfers in airports, customs, hotels, and loading vans/trailers/boats.

At most accommodations in Morocco, there will be someone available to carry your luggage to your room. In some (not all) instances, you may wish to have a few Dirhams handy for tipping this service.

On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. These bags are easy to move around, can be toted easily, fit in boats, small planes, and van/ bus roof racks. While on tour, your local guide will instruct you on how to prepare for travel between locations.

Most airlines have reduced the weight maximums for each bag to 50 pounds. Be sure to check with your airline for weight restrictions and carry-on allowances. When packing your carry-on try to include what you would need to be comfortable your first few days in case your checked baggage is misrouted by the airline.

**We recommend a medium duffle bag, soft sided suitcase or backpack of 50-70 litres (your checked bag) and a medium daypack of 20-30 litres (your carry-on bag) for this adventure.**

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your adventure such as an active outfit and your hiking shoes. In your day pack (your carry on), you should bring a full change of clothes, your waterproof jacket, toiletries, medications, camera and all paperwork.

#### **Your Daypack Essentials are:**

- Insect repellent (depending on destination)
- Sunblock (a small one will last for your whole trip)
- Lip Balm with sunblock
- Camera
- Binoculars (optional)
- Light rain jacket
- Flashlight (optional)
- Refillable water bottle
- Snacks
- Sun glasses
- Sun hat, buff and shawl or scarf
- Alcohol-based sanitizer and face masks

Personal medication- any medication you might need, for example an asthma inhaler, heart medication or for a diabetic; insulin, glucose etc.

## Laundry

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We recommend bringing enough clothing to only have to do laundry once during your trip, if at all. Laundry facilities will be available at some accommodations for an additional fee.

## Resources for Buying Outdoor Gear & Clothing

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- **Mountain Equipment Co-op (Canada) or REI (USA):** Membership is required for both but so worth it! Both companies have great learning resources, so check them out!
- **Borrow:** Why buy when you can borrow from a friend?!
- **Variety/Value Village, Goodwill and Salvation Army** are also great places to find second-hand items like sports shirts and fleece sweaters that are quick-drying, for a fraction of the price! Reduce, Reuse, Recycle!