



MY MOROCCO TRAVEL PACKING LIST

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Dress Code

Although Morocco is a tolerant society, it's advisable to dress respectfully if you do not wish to attract undue attention. This typically means covering your body between your knees and elbows. i.e. trousers, long shorts or skirt to the knee (at least) and short-sleeved shirts or t-shirts.

In large cities, Moroccans can often dress as fashionably as they would in New York, London or Paris. Conversely, next to the fashionably clad you will also see women traditionally dressed in Derra (hood like a scarf that covers all the hair and is tied under chin). Men often prefer to wear a Djellaba (long-sleeved, ankle-length, flowing garment).

In rural areas, women usually wear traditional clothes and you are encouraged to dress more conservatively when touring.

In summer (April to October), loose clothing is comfortable in the heat and when travelling.

In spring and autumn (March, April and October), a warm fleece or jacket is recommended for chilly evenings, although days are usually warm and sunny.

In winter (December to February), warm clothing is essential. It is particularly cold at night in the desert and mountains.

Pre-departure Morocco Travel essentials

Passport and visa if required

- Comprehensive travel insurance
- Airline Tickets
- Traveler's Checks (it is safer to bring these in case your credit cards gets lost/ stolen or do not work in an ATM machine)
- Debit or Credit Cards
- Cash (Euro, USD and other major currency notes, Australian dollars and travellers cheques are not accepted)
- Health Documentation
- Emergency Information
- Guide books & maps.
- Photocopies of Documentation: (passport and tickets). You can also scan these, upload them to the internet, and email them to yourself. Internet access is widely available in all major cities and most small ones in Morocco).

Shoes

- Sturdy sandals
- All-purpose shoes (which you can walk, run, or bike in)
- Sneakers or hiking boots
- For women, one pair of dress shoes, preferably flat



Travel Medicines

- Antibiotic for traveler's diarrhea
- Antibiotic cream & disinfectant for scrapes and cuts
- Band-Aids
- Birth control products
- Disposable antibacterial wipes or cleanser
- Pepto-Bismol or Imodium for traveler's diarrhea
- Motion sickness pills
- Cold medicine: Decongestant, antihistamine, cough syrup
- Aspirin, Tylenol, or other Pain relievers
- Hydrocortisone cream
- Insect repellent with DEET 30%
- Iodine purifying tablets
- Re-hydration tablets
- Salt tablets
- Sunscreen (SPF 30 +)
- Skin Lotion (especially for Eczema)
- Sunglasses (or prescription glasses/ contact lenses, and solution)

Travel Clothing

Remember that Morocco gets very cold in the winter and layering is important! Conservative clothing is worn throughout Morocco

- Bathing suit (for beach resorts, hotel)
- Brimmed Hat, Visor, Hat, headscarf
- A tracksuit
- Light gloves
- Windbreaker or warm sweater for cooler months (from November to April when days and nights can be cold especially at altitude)
- Lightweight fleece or jacket (April through October just in case of a chilly evening/night)
- Cool natural fibre clothing in summer that you can layer on a chilly evening or at altitude (April through October)
- Travel Footwear: broken in sneakers or hiking shoes, sandals, socks
- Long-sleeved shirts
- Knee-length dressy shorts
- Athletic shorts (for sports or leisure time)
- Several pairs of jeans
- Wool or fleece scarves and gloves
- Thermal underwear

Miscellaneous

- Lightweight towels
- Travel adaptor – 3 into 2 prongs
- Water bottle (e.g., Nalgene)
- Zip-Up bags for camera etc
- Hand wipes
- Flashlight with extra batteries
- Compact umbrella (can be bought in Morocco)
- Backpack for day trips
- Swiss Army knife, Leatherman, or the equivalent
- Travel alarm clock (battery-operated)
- Money belt or other means to conceal your passport and valuables when traveling

Trekking – Mountains Packing list

For trekking in the Atlas, you should prepare as you would for any mountain as it can be warm and sunny when you set out but the weather at high altitude can quickly change to snow and cold winds at any time of year.

- Walking boots and socks – broken in and good quality
- Shoes i.e. change of shoes for evenings
- Sleeping bag (3-4 season); plus thermal liner in winter
- Good fleece and waterproof outers (summer)
- Layers, windproof jacket (autumn/spring)
- Hat for summer and warm beanie for winter plus gloves
- Thermal underwear (winter/autumn/spring)
- Goggles (winter) and sunglasses (summer)
- Walking stick (useful)
- Personal items: towel, sunscreen, wet wipes, loo roll
- Toiletries that are eco-friendly e.g. soap, shampoo, etc.
- Small First Aid Kit e.g. insect repellent, plasters, meds
- Small rubbish bag to carry out what you carry in
- Matches e.g. burn toilet paper
- Daysack/backpack
- Water bottle or Camelbak (recommended)
- Water purification e.g. iodine
- Torch/Flashlight and spare batteries e.g. head torch
- Penknife (useful)
- Trail snacks
- Zip-Up bags for camera etc
- Suitable clothing e.g. long shorts or trousers depending on the season
- REMEMBER your rubbish – carry out what you carry in