



MOROCCO PACKING LIST

We encourage you to stick to the basics as much as possible, and remember that you are responsible for ensuring your own comfort. Temperatures will range from -5C (23F) to 35C (95F). This list comes from years of collective trekking experience, along with a nod to the climate, terrain and length of the G'WA for Morocco. Most of your gear will be transported by mule each day. You'll be required to carry your own water, sunscreen, raingear and layers in a comfortable daypack.

"EQUIPMENT"	Importance	CHECK
95L soft-sided "Expedition" duffel or backpack (NO WHEELS)	Essential	<input type="checkbox"/>
30-36L backpack with rain cover for daily carry of personal items	Essential	<input type="checkbox"/>
3-season sleeping bag	Essential	<input type="checkbox"/>
Waterproof bag liner(s) to keep clothes/sleeping bag dry	Essential	<input type="checkbox"/>
Smaller waterproof bags to organize equipment/clothes	Essential	<input type="checkbox"/>
Head lamp and spare batteries	Essential	<input type="checkbox"/>
2 -3L Platypus or Camelbak water carrier + 2 x 1L water bottles	Essential	<input type="checkbox"/>
Sunglasses with 100% UV protection, blocks sun from the side	Essential	<input type="checkbox"/>
Trekking poles, collapsible are best	Essential	<input type="checkbox"/>
Charging Adapter (Morocco uses Type C and Type E)	Essential	<input type="checkbox"/>
Carbohydrate/Electrolyte tablets for adding to drinking water	Recommended	<input type="checkbox"/>
Camera with spare batteries and memory cards	Recommended	<input type="checkbox"/>
Travel towel	Recommended	<input type="checkbox"/>
Travel pillow	Optional	<input type="checkbox"/>
Favorite Snacks for M'Goun climb (you can buy locally, too)	Optional	<input type="checkbox"/>
Ear plugs, eye mask	Optional	<input type="checkbox"/>



CLOTHING	Importance	CHECK
GoreTex or breathable waterproof jacket with hood	Essential	<input type="checkbox"/>
GoreTex or breathable waterproof trousers to fit over hiking pants	Essential	<input type="checkbox"/>
Heavyweight hiking pants for pre-dawn trekking starts	Recommended	<input type="checkbox"/>
Lightweight trekking pants and/or shorts for warm days	Essential	<input type="checkbox"/>
Down or synthetic down lightweight puffy jacket	Essential	<input type="checkbox"/>
1 x long-sleeve fleece top for layering	Essential	<input type="checkbox"/>
3 x short-sleeve, synthetic hiking t-shirts for wicking (no cotton)	Essential	<input type="checkbox"/>
Leggings or mid weight wicking long/thermal underwear/base layers for tops and bottom	Essential	<input type="checkbox"/>
1x warm pair of wind stopper, waterproof gloves	Essential	<input type="checkbox"/>
Warm fleecy hat/head band which covers ears or a balaclava	Essential	<input type="checkbox"/>
Your SWTW hat or other favorite wide-brimmed hat	Essential	<input type="checkbox"/>
Casual clothes for time in Marrakech	Recommended	<input type="checkbox"/>
Comfy pants for lounging/changing into in evenings	Recommended	<input type="checkbox"/>
Swimsuit	Optional	<input type="checkbox"/>
2-3 sports bras	Essential	<input type="checkbox"/>
3-4 pairs moisture-wicking underwear	Essential	<input type="checkbox"/>
1 x "Buff" or other scarf for dusty trails	Recommended	<input type="checkbox"/>



FOOTWEAR

	Importance	CHECK
GoreTex or Leather Hiking boots – water repellent and fully broken in with ankle support	Essential	<input type="checkbox"/>
Trainers or lighter-weight footwear for evenings	Recommended	<input type="checkbox"/>
Closed-toe, heavy-duty water sandals	Essential	<input type="checkbox"/>
Flip-flops or crocs	Optional	<input type="checkbox"/>
3-4 x pairs of hiking socks, tested in advance with your shoes.*	Essential	<input type="checkbox"/>
1 x pair of heavier-weight socks for cold nights	Optional	<input type="checkbox"/>

Footnote (pun intended!)

*We cannot stress enough the importance of socks and footwear combination. As a general rule, you will want to go up at least a half size in your hiking boots. Feet swell in the heat and after hours of walking. In regards to socks, you may need to experiment in advance to find what works best for you. The goal is COMFORT, and NO BLISTERS. We are partial to brands that offer double-lined options, or even toe-socks can help to limit any potential friction. Do not leave these decisions to the last minute. It is critical to have your footwear broken in, with the socks you intend to walk in.



DOCUMENTS

	Importance	CHECK
Passport and photocopy of passport—stored separately from passport in case passport goes missing	Essential	<input type="checkbox"/>
1 passport sized photo—again, stored separately	Essential	<input type="checkbox"/>
Your own cash currency to change into Dirhams	Essential	<input type="checkbox"/>
Credit card / additional funds in case of curtailment	Essential	<input type="checkbox"/>
Emergency contact list	Essential	<input type="checkbox"/>
Travel Insurance / Trip Interruption / Cancellation Insurance (you must bring your policy details and the 24-hour Emergency contact phone number)	Essential	<input type="checkbox"/>

PERSONAL FIRST AID

	Importance	CHECK
Ibuprofen / Aspirin / Paracetamol	Essential	<input type="checkbox"/>
Antihistamines	Essential	<input type="checkbox"/>
Water Purification Tablets*	Essential	<input type="checkbox"/>
Rehydration powder	Essential	<input type="checkbox"/>
Anti-Diarrhea tablets	Recommended	<input type="checkbox"/>
Antiseptic wipes	Recommended	<input type="checkbox"/>
Throat lozenges	Recommended	<input type="checkbox"/>
Muscle Rub / Deep Heat / Gel for sore muscles	Recommended	<input type="checkbox"/>
Knee supports (if required)	Recommended	<input type="checkbox"/>
Band-aids suitable for Blister Care	Essential	<input type="checkbox"/>
Antibiotics for “travel tummy” just in case	Recommended	<input type="checkbox"/>
Any prescription medications you require	Essential	<input type="checkbox"/>



TOILETRIES & OTHER	Importance	CHECK
Antibacterial hand gel	Essential	<input type="checkbox"/>
Toilet roll or packs of travel tissues	Essential	<input type="checkbox"/>
Sunscreen (at least factor 30+, ideally 50+), lip balm	Essential	<input type="checkbox"/>
Wet wipes for personal hygiene	Recommended	<input type="checkbox"/>
Toothbrush and small tube of toothpaste	Essential	<input type="checkbox"/>
Soap / Face wash	Recommended	<input type="checkbox"/>
Shampoo and shower products (pack light!)	Essential	<input type="checkbox"/>
Insect repellent, wipes, sprays	Recommended	<input type="checkbox"/>
Feminine hygiene products	If applicable	<input type="checkbox"/>
Contact lens solution (and/or pair of back-up glasses)	If applicable	<input type="checkbox"/>
Comb or hairbrush	Recommended	<input type="checkbox"/>
Safety-pins or small clothespins for hanging laundry	Recommended	<input type="checkbox"/>
Light-weight clothing detergent for hand washing clothes	Recommended	<input type="checkbox"/>
Your sense of humor	Essential	<input type="checkbox"/>
Your positive, go-with-the-flow attitude	Essential	<input type="checkbox"/>
Small washcloth	Optional	<input type="checkbox"/>