

PACKING LIST - MOROCCO

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Morocco. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Packing Considerations

Morocco generally has a tropical climate, with temperatures as high as 95°F, but it can get down to the 40s in the Sahara and in the mountains. The temperature should be moderate during the day and cool in the evenings. There is a possibility of rain, but not constant rainfall. Please remember to check the weather before you depart.

You can have laundry done along the way or wash it by hand. We recommend planning on doing laundry when you are staying somewhere for two nights or more.

Morocco is a conservative country. Please be sure to cover your knees, shoulders and chest when visiting cultural sites. Long tops that go past your elbows and waist work well.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1 pair of shorts (must cover knees)
- 1-2 sets of nicer clothes for dinner (skirts should be knee-length or longer)
- 1 bathing suit
- Waterproof jacket
- Hat for sun protection
- 5-7 pairs underwear
- 5-7 pairs of socks
- Comfortable walking shoes
- Sandals
- Sleepwear

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money)

- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Locks for your luggage
- Covid 19 rapid test. 2-3 KN95 masks
- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Optional binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters/power bank
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Mosquito repellent
- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Biodegradable soap, shampoo, and conditioner
- Small packet of tissues

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- Tampons and panty liners (avoid plastic applicators)
- Earplugs: we recommend silicone earplugs
- Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen - if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets - helpful to rehydrate at higher altitudes
- Motion sickness medication (for long car rides)
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.