



**Destination: MOROCCO      Duration: 5 DAYS      Difficulty: CHALLENGING**

## Suggested Kit List

### Clothing and Footwear

- Hiking boots
- Trainers for camp (optional)
- Non-cotton trek socks (2 pairs)
- Underwear (sports bra for ladies)
- Long sleeved base layer
- Non cotton t-shirt
- Warm mid-layer or fleece
- Waterproof / shell jacket
- Light insulated jacket
- Trek trousers
- Sun hat + warm hat for evenings
- Gloves
- Swimwear

### Baggage

- Suitcase for main luggage
- Trek kit bag (carried by mules)
- Daypack (25-30 litres)
- Combination padlock

### Sleeping

- Sleeping bag (**comfort** rating 0°C)
- Sleeping bag liner (silk or thermal)
- Ear plugs (essential)
- Pyjamas (or use light thermals)

### Essentials

- Passport and copy
- E-tickets
- ATM card(s) or cash (£ Sterling)
- Head torch + spare batteries
- Pen for immigration forms
- Sunglasses (pref. polarized)
- Camera + spare batteries
- Travel insurance documents

### First Aid Kit

- Prescription medicine
- 50% DEET insect repellent
- Paracetamol and Ibuprofen
- Imodium (Loperamide)
- Rehydration (e.g. Dioralyte)
- Plasters
- Blister plasters (e.g. Compeed)
- Muscle rub (e.g. Deep Heat)
- Anti-histamine tablets/cream
- Antiseptic cream (e.g. Savlon)
- Zinc oxide tape
- Lip balm with SPF protection
- Scissors/tweezers (optional)
- Indigestion remedy (optional)
- Spare glasses/contact lenses

### Other

- Mobile phone + charger
- Portable charger (optional)
- Video camera (optional)
- MP3 player/iPod (optional)
- Sewing kit (optional)
- Books/playing cards (optional)
- Trekking poles (optional)

### Hygiene

- Shampoo + conditioner
- Toothbrush + toothpaste
- Antiperspirant deodorant
- Shower gel + travel towel
- Comb/hair brush
- Wet wipes
- Toilet paper (1-2 rolls)
- Sun cream (high SPF)
- Moisturiser lotion
- Hand sanitizer
- Nappy bags (for toilet paper)
- Feminine hygiene products

### Eating/Drinking

- Energy snacks
- 2-litre bottle (e.g. CamelBak)
- 1-litre bottle
- Electrolyte tablets (e.g. Nuun)

**PLEASE NOTE: This list is just a guideline and is not exhaustive** – it does not consider your personal preference or requirements. If you have any questions about anything on this packing list, please contact [info@different-travel.com](mailto:info@different-travel.com) for more information.

\*Please ensure you pack your boots in your hand baggage or wear them on the plane in the unlikely event your checked baggage is delayed or goes missing.

