

PACKING LIST FOR OUR WOMEN'S WELLNESS ADVENTURE IN MOROCCO

Here are some suggestions for our trip to Morocco beyond what you expect to take for your usual, comfortable clothing and personal items

GEAR/SHOES

- Hiking shoes/socks
- Hiking poles (our hike at Todra Gorge is loose, dry dirt and pebbles. It was very slippery last year. You cannot carry poles on a plane though and if you bring, they should go in your checked luggage.)
- Day pack
- Water bottle (we will mainly have bottled water but you can fill if you like your bottle)
- Comfortable walking shoes for during the day

CLOTHES

Be sure to bring the following. Beyond that, it's what you want to wear. I like to layer-we will check the weather just before we go. You will be able to pay to do laundry on night 4/day 5 of the trip.

- Evening jacket (fleece or light down. It can get chilly)
- Sweater
- A rain jacket you can hike in (just in case!)
- Bathing suit (just a bottom for the hammam and full suit if you want to go in the pool. This is a zero judgement trip!!)
- Yoga clothes if you are doing the yoga class
- Think of color clothes you want for the peak photo days: The camel trek (orange sand) and for the extension trip to Chefchouen (blue).

OTHER

- A good bag with safety locks or that is very secure for your money and passport during the day (I like travelon cross body if you need one. Any that is secure).
- A scarf (I usually bring one but we will be able to buy for camel trek). We are not going anywhere you will have to cover your head.
- Hat
- Sun glasses
- Some snacks if you want (We often have late dinner)
- A large zip lock bag if your bathing suit is wet.
- If you get car sick, bring dramamine since we have long car rides some days
- Chargers and all the usual travel things. We should have USB ports on the bus but I bring a portable charger just in case.
- ***ATM card
- ***PASSPORT (be sure yours expires more then 6 months after you return).

HEALTH

If you are interested, I recently posted a list of what I usually pack in my [travel first aid kit](#). You don't need any specific vaccines for Morocco. I have Hep A and up to date tetanus. You can read what the CDC says [here](#).

PACKING

- I suggest using a 24 inch suitcase on wheels. (Or around that)
- A fold up travel bag for shopping.