



Packing List

Womens' Wellness Adventure

Morocco

Here are a few suggestions to help you pack for our Morocco adventure, alongside 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 can be slippery.) You can't carry poles in your carry-on, so if you bring them, they'll need to go in 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. Laundry service will be available if needed (around day 4/5, and again on day 8/9)

- Evening jacket (fleece or light down. It can get chilly)
- Sweater
- Lightweight rain jacket for hiking (just in case)
- Bathing suit — just a bottom for the hammam, and a full suit if you plan to swim.
- Yoga clothes if you are doing the yoga class.

Pro Tip: Pack light, breathable layers and bring a scarf or shawl—it's great for sun protection, modesty in villages, or warmth at night. We'll have a chance to buy scarves on day 7 for the camel trek.

ESSENTIALS

- Passport (with a digital copy). Passport expiration date must be at least 6 months after your return date.
- Your travel insurance information (also give a copy to your emergency contact)
- ATM card

TECH AND CHARGING

- Chargers and all the usual travel things. I always bring a portable charger (this must go in your carry on, not in your checked luggage).
- We should have USB ports on the bus.
- Headphones if you want to listen to music or podcasts on the long day bus ride
- Unless you really need your laptop. I recommend leaving it at home—it's a perfect time to unplug
- Morocco uses European-style plugs (Type C or E) with two round pins and 220V voltage. Bring a small European plug adapter (or a universal travel adapter)

OTHER

- Secure bag for your money (and passport if traveling) during the day. I like the Travelon mini cross body but any secure style is fine.
- Hat
- Sun glasses
- Some snacks if you want (We often have late dinner)
- Large zip lock bag if your bathing suit is wet
- Smaller zip lock bags and a sharpie if you want to buy spices

HEALTH

- I put together a comprehensive travel first aid kit list—you can take a look and pick what works best for you. You can view it [here](#).
- There are no mandatory vaccines for Morocco, but you can check the CDC's latest recommendations [here](#). It's good to have Hep A and up to date tetanus for all overseas travel.
- If you get car sick, bring dramamine since we have long car rides some days.

LUGGAGE SUGGESTIONS:

- 24 inch suitcase on wheels (durable). We are packing and moving often on this trip.
- Small duffel or backpack to carry on the plane with your personal bag.
- Fold up bag in your luggage for shopping.