

KIT LIST - MOROCCAN FITNESS ADVENTURE

The kit you take on this trip can make the difference between being 'just a trip' or a 'memorable trip'.

Our kit lists are put together with feedback from our own experiences and that of participants who have taken part in our previous trips.

The items on this list do not take into account your personal preferences based on your previous experiences, or individual requirements.

PLEASE NOTE: This list is just a guideline and is not exhaustive or take into account personal preferences.

For information about items on this list please refer to the trip dossier or contact The Different Travel Company on info@different-travel.com

*Please consider eco-friendly or biodegradable

ESSENTIAL SUGGESTED OPTIONAL

DOCUMENTS + FLIGHT ESSENTIALS	✓
Passport and Copy	
E-Tickets	
Travel insurance	
ATM and credit card (s)	
Cash (£ Sterling)	
Pen for immigration forms	
Sunglasses (preferably polarized)	
Mobile phone + charger	
Camera + spare batteries	

LUGGAGE	✓
Suitcase/large holdall	
Daypack (25 – 30 litres)	
Hand Luggage (take note of dimensions from airline)	
Combination padlocks	

CLOTHING AND FOOTWEAR	✓
Footwear for trek (these can be trainers or trek shoes)	
Trainers	
Gym clothing: vest top, running shorts	
Lightweight trek trousers (zip off trousers ideal)	
Non-cotton, technical t-shirts	
Non-cotton long sleeved top/shirt	
Trek socks	
Warm fleece or sweater (for evening and morning)	
Thermal top and trousers for sleeping	
Sports gear	
Sun hat with brim	
Sandals for evening	
Neck cooling 'Cobber' or cooling towel	
Buff (www.buffwear.co.uk)	
Swimwear	
Goggles for the pool and sea	

HEALTH AND HYGIENE*	✓
Hygiene kit to include: toothbrush and toothpaste, antiperspirant deodorant, wet wipes, shampoo, conditioner	
Personal first aid kit to include: prescription medicine, insect repellent, ibuprofen, paracetamol, plasters, blister plasters (e.g. Compeed), Imodium, rehydration salts (Dioralyte), antiseptic cream (e.g. Savlon), Anti-histamine cream/tablets, lip balm with SPF protection, zinc oxide tape, nail scissors/tweezers, muscle rub (e.g. Deep Heat)	
Hairbrush/comb	
Lateral flow tests (min x2)	
Disposable masks	
Feminine care products	

OTHER KIT	✓
Sun block (high SPF)	
Toilet bag: toilet paper, wipes, hand sanitiser, nappy sacks	
2 x 1 ltr bottle for water	
LED head torch + spare batteries	
Adaptor (European 2 round pin)	
Ear plugs	
Casual shoes for Marrakech/Essaouira	
Casual clothing for Marrakech/Essaouira	
Hiking poles – to be stowed in hold luggage for flight	
Energy food/snack bars	
Bags for dirty washing	
Spare glasses/contact lenses	
Video camera + charger	
MP3 player/ipod	
Portable power bank	
Books/packs of cards	
Travel pillow	