



Necessary equipment

- *Large, non-rigid bag for clothes*
- *Small back-pack for the day*
- *Warm sleeping bag*
- *Hiking shoes or sneakers with high traction outsoles and Teva sandals type*
- *Clothes for warm and cold weather*
- *Waterproof clothes*
- *Hat, cap, scarf or cheche (long cotton scarf)*
- *Sunglasses*
- *Sunscreen lotion and lip balm with sun protection*
- *In case of a sandstorm, it's nice to wear swimming goggles or a ski mask that will protect the eyes well. For those who wear contact lenses: you should have a pair of glasses with you. It is recommended to wear them instead of contact lenses.*
- *water bottle (minimum 1liter/1Qt/34oz)*
- *headlight (with extra batteries)*
- *multifunction knife*
- *first aid kit and toiletries:*
 - *wipes, toilet paper, lighter*
 - *medicine for intestinal problems*
 - *mosquito spray*
 - *band-aids, band-aids for blisters*
 - *headache medicine*
 - *wound ointment*
 - *burn ointment*
- *water purification tablets*
- *valid passport – no need for a visa for Morocco*
- *money: the change will be done on site. No dirham (local currency) is to leave Morocco*
- *it is advised to have your diphtheria and tetanus immunization up to date*