

Kit List

- Sleeping bag (ideally suited down to 0°C)
- Gortex bivvy bag (optional..but recommended)
- Thermarest or other ground mat.
- Basha or Tarp plus bungees or cord
- Mosquito net or hammock (optional)
- Water bottle
- Hydration system-Camelback, Platypus, Dromedary systems with a drinking hose
- Mug
- Plates, bowl, mess tin or small billy can.
- Cutlery
- Wide brimmed hat or cap with neck protection (e.g. Adapt a Cap)
- Light weight loose fitting clothing . Ideally cotton, but modern synthetics are fine. Must be longsleeved/ full length legs. NO CAMOUFLAGE OR OVERTLY MILITARY STYLE CLOTHING PLEASE!
- Spare set of clothes for the night in the hotel and travelling
- Base layer
- Fleece
- Waterproof coat
- Light-weight walking boots or army desert boots
- Torch with 2 sets of spare batteries
- Sun screen (Riemann P20 is expensive but effective and proven in extreme conditions. It only needs applying once a day and is available at the airport duty free shop)
- Sun glasses
- Water filter or at the very least sterilising tablets
- Compass
- GPS (optional)
- Personal first aid kit
- Personal effects;- wash kit, medication etc (it is important to take your own supply of analgesia, rehydration salts and anti diarrhoea tablets as well as toilet paper)
- Daysack

For transportation reasons this must all fit into a single rucksack.

Any cameras, mobile phones etc should be kept in re-sealable plastic bags to keep out dust...which will get everywhere!

Money.

You will need very little spending money, as the opportunity for shopping will be limited and prices in Morocco are very cheap. All food and drinks are provided. Spending money is only required for additional snack, souvenirs, and any alcoholic drinks on the last night in Morocco.

A maximum £50 to take into Morocco will be more than adequate. You will only be able to obtain Moroccan Dirhams at the airport; Sterling, Euros and Dollars can all be exchanged (the exchange rate varies between 12-16dh to the pound). Cash machines

are available at the airport and in Marrakech. No Moroccan currency can be taken out of Morocco.

Health

Current MASTA guidelines suggest making sure you are up to date with typhoid, cholera, diphtheria, tetanus, polio and Hepatitis A. Although there is a very slight malaria risk, insect repellent rather than anti-malarial medication is recommended. Rabies is endemic but vaccination is only suggested for longer stays.

We will only be drinking either bottled or boiled/purified water whilst in Morocco. To avoid sickness and/or diarrhoea all raw fruit and vegetables should be washed in “safe water” before consumption. Salads in hotels and restaurants should therefore be avoided as should ice in drinks. To avoid the spread of any stomach upsets everyone is advised to only use their own water bottle, and use anti-bacterial wipes after going to the toilet and before eating.

Even by taking these precautions it is still possible (or probable!) to get an upset stomach, so having your own supply of Imodium (and loo roll) is advisable.

Weather

The temperatures in the desert could be up to 40°C during the day but it may be quite cool at night. In the Atlas it may be close to freezing at night. Last year the midday day temperature ranged from 35°C to 9°C in the space of 48 hours, we also had massive thunder storms, torrential rain, flash floods and dust storms....be prepared for all eventualities!!