

retreat | recreate  
**Morocco Textiles & Handcrafts Tour**  
**Packing List**

**Luggage**

- One small/medium suitcase **OR** a small/medium sized backpack, clearly labelled with your name & address.  
Luggage space in our coach is restricted so your suitcase should be no larger than 70cm x 50cm
- A daypack/bag for while we're out and about (to carry your water, phone, medical kit etc). You may also wish to use this as an overnight bag for the night we're in the Sahara, and leave your main luggage in the bus.

**Travel Documents**

- Passport
- Travel insurance policy including insurer details, 24 hr emergency contact telephone number and policy number
- Airline tickets
- retreat|recreate Booking Summary
- Photocopies/photos of important documents - to be kept separately (email a copy to yourself and your next of kin)

**Money**

- Money – cash/credit cards
- Money belt, pouch or neck wallet

**Personal Health/Medical Kit**

- Personal medications, asthma inhaler etc
- Sunglasses and spare glasses if you wear them
- Sunscreen and lip balm
- Face masks
- Insect repellent
- Antihistamine tablets/ointment
- Antiseptic ointment
- Hand sanitiser
- Toilet paper/tissues
- Small cloth for your bag (most public rest rooms don't have handdryers or paper towels)
- Travel sickness medication
- Diarrhoea/constipation medication
- Pain relief medication (paracetamol, ibuprofen etc)
- Rehydration powders/Hydralyte/Electrolytes
- Band-aids

**Clothing**

- Pants/culottes (not shorts)
- Dresses and/or skirts below the knee
- Shirts/tops, both short and long sleeved (no plunging necklines or shoestring straps)
- Underwear
- Sleepwear
- Sun hat and sunglasses
- Warm layers (sweater/cardigan)
- Waterproof jacket
- Comfortable walking shoes
- Lightweight scarf or shawl
- Swimwear

**Miscellaneous**

- Personal toiletries
- Waterproof bag for wet swimwear or dirty clothes
- Reading material /small craft project/journal etc
- Refillable water bottle
- Mobile/cell phone and charger
- Power bank/portable battery for phone
- Electrical adaptors (2-round pin)
- Small umbrella
- Travel cutlery set (useful for cutting up fruit/cheese or eating yoghurt etc on picnics)
- Earplugs (in case your room mate snores)
- Fold up bag stashed in your luggage for purchases!