

retreat | recreate  
**Morocco Handcraft and/or Garden Tours**  
**Suggested 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 approx 70cm x 50cm
- A daypack/bag for while we're out and about (to carry your water, phone, medical kit etc)

**Travel Documents**

- Passport
- Travel insurance policy including insurer details, 24 hr emergency contact telephone number and policy number
- Airline tickets
- retreat|recreate Booking Summary (provided to travellers a couple of weeks before departure)
- 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 short 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: type C (2-round pin) and type E (2-round pin with hole for earthing pin)
- Small umbrella
- Travel cutlery set (can be 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!