



Air Temp  
10-40°C (50-105°F)

Water Temp  
15-17°C (59-63°F)

## **4 Nights Camping – 3 Nights Hotel**

### **For on the River**

- A pair of Chaco's or similar sandals that cover your toes and provide grip on wet rocks
- River shorts (longer in length)
- A Swimming costume or bikini for ladies
- Thermal long-sleeved tops and bottoms to wear under your personal floatation device. Merino wool, polypropylene or capilene is best (not cotton)
- A baseball cap for under your helmet to keep the sun off
- A wide brimmed sun hat to protect you from the sun during lunch breaks, and a thin scarf or buff for the Sahara to keep sand off your face
- Sunglasses
- Chums for fastening your sunglasses to your head (these can be purchased from us)
- 2 Litre Nalgene / Sigg or similar water bottle. (Hydration is **Extremely** Important)
- Carabiner for fastening your water bottle to the raft. (very important as they will fall out the raft if not secured)
- Waterproof camera such as a GoPro for the 'action shots' (Helmets for GoPros can be provided)
- Waterproof sunscreen and lip balm SPF30 Minimum

### **Around Camp & Hotels**

- A 4-season sleeping bag, *this can be hired from us in advance. Each sleeping kit contains a sleeping bag, a sleeping bag liner and a pillow at a hire cost of £35 / \$50*
- Travel pillow (if not using ours)
- A sarong or long skirt for ladies to cover their legs whilst in the company of the locals
- Trainers or walking shoes for wearing around camp
- Thermal top and bottoms (good to sleep in)
- Shorts
- Trousers for around camp
- Long sleeves shirts or tops
- A fleece or jumper.
- Light weight down jacket
- Woolly Hat & gloves
- Underwear and socks
- Allow for extra clothes for your stay at the hotels and if you are taking part in any activities or extending your holiday

***The temperature in Morocco can change dramatically so please take this into consideration and pack accordingly to differing temperatures***

### **Personal items**

- Glasses or contact lenses. Disposable lenses are ideal
- Toiletries, toothpaste, biodegradable soap and shampoo
- Forget the hairdryer, but we do suggest moisturizer
- Hand wipes and a small bottle of hand sanitiser
- Small pack towel
- Headlamp or head torch with spare batteries
- Any current medication you are currently taking
- Personal first aid kit. (your trip leader will also carry a first aid kit)

***You do not need to bring tents, sleeping mats, we provide personal floatation jackets, leg floats, spray jackets, helmets, wetsuits and booties***